

FOOD and NUTRITION EDUCATION in COMMUNITIES

programs that turn research into action

October 1, 2011 through
September 30, 2012

Impact 2012

Cornell University Cooperative Extension

In New York State 14% of residents are living at or below the poverty level, including 878,114 children. Poverty is associated with numerous health problems, including heart disease, diabetes, cancer, poor pregnancy outcomes and obesity. Positive changes in food, nutrition and physical activity practices are integral to avoiding the negative consequences of these health conditions.

Our nutrition education programs provide a series of nutrition lessons designed to actively engage participants and proven to increase knowledge and skills. Program graduates improve their knowledge of

- Nutrition Practices/Food Selection,
- Food Safety,
- Food Resource Management, and
- Physical Activity.

Whom did we reach?

We offered lessons in a series delivered over time, allowing participants the opportunity to develop skills, increase knowledge and incorporate changes into their daily lives.

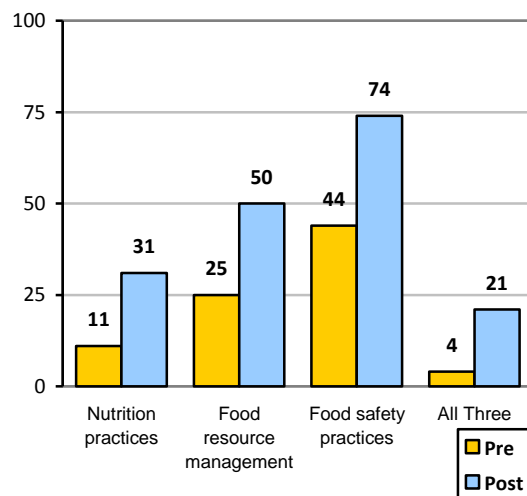
- 21,237 adults were reached, including 872 pregnant women.
- 14,931 (71%) completed the education series.
- 50,208 family members benefited including 22,381 children and youth.
- 10,053 youth received education.

Why are our programs effective?

- They motivate people to adopt healthy eating and lifestyle behaviors.
- They enhance practices related to thrifty shopping and preparation of nutritious foods.
- They ensure skills are gained by participants actively engaging in food preparation and other applied activities.

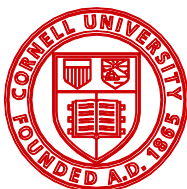
What did participants learn?

Percent reporting acceptable practices



Retention studies document that these desirable practices continue at least one year after graduation.

Cornell University Cooperative
Extension
352 Martha Van Rensselaer Hall
Ithaca, New York 14853
Telephone: (607) 255-7715
Email: fnec-admin@cornell.edu
Fax: (607) 255-0027



Cornell University
Cooperative Extension



Cooperative Extension in New York State offers equal program and employment opportunities.