

# FOOD and NUTRITION EDUCATION in COMMUNITIES

*programs that turn research into action*

October 1, 2011 through  
September 30, 2012

## Impact 2013

**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.

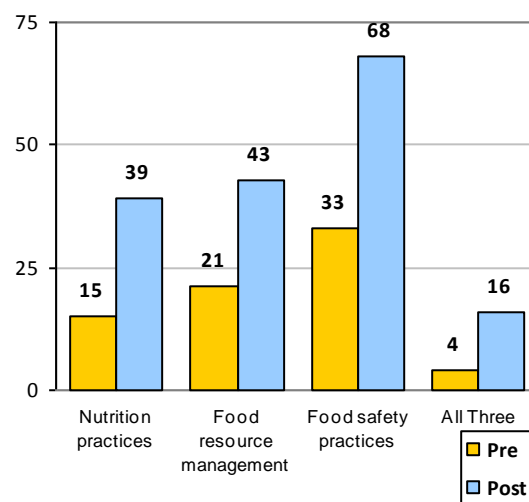
- 18,983 adults were reached, including 748 pregnant women.
- 13,058 (69%) completed the education series.
- 44,461 family members benefited including 24,786 children and youth.
- 14,152 youth received education.

### 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.

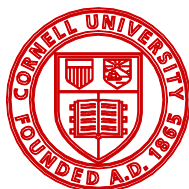
### What did participants learn?

*Percent reporting acceptable practices*



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

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