

# 2015 Food, Nutrition and Health Impact Report

The Nebraska Food, Nutrition and Health Action Team focuses on improving nutrition, physical activity, health management, and food safety outcomes. In 2015, approximately 42,800 youth and 213,000 adults were reached through direct and indirect education methods for a total of 255,800 Nebraskans.

Approximately 50 team members (specialists, educators, coordinators, and assistants) are located statewide providing food, nutrition, and health programming to audiences through a variety of teaching methods, helping reach Extensions' mission of enhancing Nebraskan's lives through research-based education.

## Food, Nutrition and Health Programs

Program participants are impacted through one-on-one education, group settings, health fairs, on-line and distance programs, social media outreach, newsletters, blogs, webpage development, mobile applications, and media. Grants with statewide and multi-state partners focus on childhood obesity, school wellness, food safety, and food security. Examples of programs delivered in 2015 include:

- **Healthier eating patterns.** Youth and adults increased fruit and vegetable, whole grain, lean protein, and low-fat dairy intake through programming. Adults were reached through worksite wellness, Cooking Matters, Discovering Food, community groups, conferences, and senior programs. Youth were reached through iCook, 4-H Food Smart Families, and KidQuest.
- **Increasing physical activity.** Youth and adults increased and/or met activity recommendations because of program participation. Adults were reached through programs focused on AgrAbility, Pilates, and Tai Chi. Youth were reached through programs such as FitnessGram, Eating Smart Moving More, and Blender Bikes.
- **Improving health management.** Adult audiences were assisted with health management through programs such as the Medicare education, Control Diabetes for Life, and National Diabetes Prevention programs.
- **Safer food practices.** Participants (food service managers, employees, day care providers, general public, youth) learned and implemented safer food practices through programs such as ServSafe, Discovery Neighborhood, Microwave It!, and food preservation classes.

## 2015 Impacts for Nebraska from educational programming

### Healthier Adults

- Approximately 205,700 adults reached through direct and indirect education methods
- 6,330 adults reached through SNAP-Ed and EFNEP
- 142 providers from 37 child care centers/homes participated in NAP SACC

### Healthier Youth

- 14,637 youth participated in nutrition, physical activity, food preparation and food safety programs
- 1,100 youth participated in the 4-H Food Smart Families Program
- Over 23,900 youth participated in SNAP-Ed and EFNEP programming

### Improving Food Safety Practices

- More than 1,200 Foodservice Managers and food workers participated in ServSafe® programming
- Over 3,000 youth participated in hand washing programs
- Over 175 youth and adults reached with Discovering Foods programming

## Growing Healthy Kids

Growing Health Kids through Healthy Communities is a School Enrichment Program (K-2) developed to



increase nutrition/health knowledge and change behavior (USDA funded grant). Growing Healthy Kids (GHK) targets K-2<sup>nd</sup> grade children (ages 5-8), their parents, and teachers.

GHK uses educational kits specifically developed for each grade (K-2) with age-appropriate curriculum and activities. Over 17,000 K-2 students were reached in the Lincoln Public School (LPS) system during the 4 year grant period. A significant increase in nutrition knowledge for all grades and improved nutrition-related behaviors reported by parents and teachers were found. The GHK School Enrichment Curriculum was adapted from the SNAP-Ed School Enrichment Kits and reaches all K-2<sup>nd</sup> students in LPS.



## Food Safety Task Force Conference

The 11<sup>th</sup> Annual Food Safety Task Force Conference focused on Avian Influenza, Norovirus, Food Allergies and Food Waste. Participants included food safety experts from the Nebraska Departments of Agriculture, Health and Human Services and Education; Grocery stores (retail food), restaurants and Extension. An increase in knowledge was reported for all topics presented.



## Nebraska 4-H Food Smart Families

The 4-H Food Smart Families team in Nebraska reached over 1,100 youth and created over 25 community partnerships across the state. Nebraska 4-H Food Smart Families is engaging families in the learning process through family and community engagement (FACE) events, which have included picnics, fairs, and celebrations. The FACE events have involved activities such as parents and youth cooking and eating together, discussing and practicing food budgeting, and participating in physical activities.



Because of participating in the 4-H Food Smart Families program:

- 93% of youth agreed/strongly agreed they learned how to make healthy food choices
- 88% of youth agree/strongly agreed their family has prepared healthier meals
- 88% of youth agree/strongly agreed they learned cooking skills
- 81% of youth agree/strongly agreed they learned skills for buying food on a budget.



Visit  
[extension.unl.edu](http://extension.unl.edu)  
for more information.

UNIVERSITY OF  
**Nebraska**  
Lincoln®

211 Agricultural Hall  
Lincoln, NE 68583-0703  
402-472-2966 | [extension@unl.edu](mailto:extension@unl.edu)