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KITCHEN CREATIONS: A COOKING SCHOOL FOR PEOPLE WITH DIABETES AND THEIR FAMILIES

Martha Archuleta* and Linda Wells, MS

ABSTRACT:

Kitchen Creations: A Cooking School for People with Diabetes and Their Families is a curriculum developed by the New Mexico State University Cooperative Extension Service in collaboration with the New Mexico Department of Health, Diabetes Prevention and Control Program. Kitchen Creations was developed and piloted with the three major ethnicities in New Mexico: Hispanic, Native American and Anglo. The four-session cooking schools focus on increasing diabetes nutrition knowledge and use of simple meal planning strategies for people with diabetes. Kitchen Creations is team-taught by local Extension Home Economists and Certified Diabetes Educators or Registered Dietitians. Each session are features hands-on activities and tasting of delicious food prepared by the class participants. Kitchen Creations cooking schools have been conducted in 22 New Mexico counties with approximately 1,000 participants. Schools have been conducted in both English and Spanish. Results from evaluating practices of participants before and after Kitchen Creations show a dramatic impact on increasing participants' use of basic meal planning tools recommended for people with diabetes (Diabetes Food Guide Pyramid, 50/50 method, portion control and using food labels). Kitchen Creations also improves consumption of non-starchy vegetables, beans and whole grains and results in increased use of healthful food preparation techniques such as using oils instead of solid fats, preparing desserts with less sugar, and using herbs and spices instead of salt and fat to flavor food.

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UNIVERSITY OF WYOMING FOOD & NUTRITION EXTENSION WEBSITE: EVALUATING USERS PREFERENCES

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ABSTRACT:

The University of Wyoming Food & Nutrition Extension Website has been on the Internet since 1997. To elicit user input as part of reformatting and reorganizing the Website, the workgroup sent out surveys to a reactor panel. The individuals were asked to give suggestions on format, content, and design of the Website. This poster session will highlight that feedback and give suggestions to other Website groups looking for ways to evaluate their Website.

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HAWAII FIVE-A-DAY A TASTE OF THE TROPICS WITH FRUITS AND VEGETABLES

Judith L. Corbus* and Joan P. Elmore

ABSTRACT:

University of Florida IFAS Extension in Washington, Holmes, and Jackson Counties and the Tri-County Chronic Disease Program partnered to present a multi-county Hawaiianthemed nutrition education program to encourage daily consumption of five servings of fruits and vegetables to reduce heart disease risk. Hawaii ranks 50th in the United States in the number of deaths from heart disease. The traditional Hawaiian diet is rich in fruits, vegetables, and fish, shown to reduce heart disease risk. Heart disease is the number one cause of death in Washington, Holmes, and Jackson Counties. The Agents demonstrated eight dishes using participants sampled dishes and received nutrition education information, including a 12-page recipe booklet developed by the Agents. A total of 122 persons attended the two 90-minute programs in Jackson and Holmes Counties. A sixmonth follow-up telephone survey of participants was conducted in Jackson County and a written survey was mailed to Washington and Holmes participants. The survey measured an increase in the number of daily servings of fruits and vegetables consumed. Thirty-seven responses were received, with 30 of the 37 having prepared at least one of the new menu ideas presented. Other changes made as a result of the class include increased awareness of food intake, increased consumption of fish, fruits, vegetables, and water, and use of fruit instead of cookies and candy for dessert. Introducing persons to a variety of fruits and vegetables will encourage inclusion in meals, resulting in a potential reduction in heart disease risk.

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REACHING KEY AUDIENCES WITH FOOD SAFETY MESSAGES: A HANDS-ON PROGRAM FOR PARENTS AND KIDS

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ABSTRACT:

Infants and young children are particularly susceptible to foodborne illness because their immune systems are not yet fully developed. Compared to older children and adults, children under five years of age are more likely to get sick sooner, suffer more serious symptoms, require a doctor's care, or even die from foodborne illness. While this group is at comparatively higher risk for contracting foodborne illness than the general population, relatively few instructional materials specifically target the parents of infants and young children with food safety messages. In response to this need, Rutgers Cooperative Extension developed "Handle With Care," a curriculum to teach parents/caregivers how to take extra care when handling and preparing expressed breast milk, infant formula, and children's food. Coordinating hands-on activities for preschoolers were also designed to educate children. "Handle With Care" was developed for the New Jersey WIC program after an initial needs assessment determined that 95% of surveyed NJ WIC clinics rated safe handling of food, formula and expressed milk an educational priority. Most said they do not offer it, however, because they had no materials. "Handle With Care" is used throughout the state with WIC, EFNEP, FS-NEP, parents, schools, grandparents raising grandchildren, community groups, hospitals, and daycare centers. It includes activity-based lessons with behaviorally focused messages, multi-cultural fact sheets, posters, and coordinating preschool activities that teach the Fight BAC principles to promote safe food handling.

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PREGNANCY PREVENTION FOR LATINO TEENS: AN INVESTIGATION OF BEST PRACTICES

Darlene Liesch*

ABSTRACT:

While the teen pregnancy rate in the U.S. has declined for all ethnic groups, some groups, most notably Latinos, have long had higher overall teen pregnancy rates and have experienced smaller declines in those rates. This poster will summarize a research project in California which examined the importance and meanings of culturally-sensitive, non-judgmental staff; Latino sub-group differences; education and support high aspirations; cultural values regarding gender roles; involving the parents and families of teenagers; and involving the fathers of the babies by interviewing 58 practitioners who work with Latino youth in pregnancy prevention and teen parenting programs.

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FOOD IRRADIATION: INSURING YOUR FOOD'S SAFETY

Karen Richey* and Joan Younce

ABSTRACT:

Food Irradiation has been identified as a safe technology used to increase the safety of the food supply and help protect consumers from foodborne illness. Purdue University Extension has addressed the responsibility to educate consumers about the safety and application of the technology by offering Food Irradiation: Insuring Your Food's Safety. Participants will learn about the process of food irradiation, be able to identify the applications of food irradiation, make informed decisions when given the choice of irradiated food, and learn their responsibility in maintaining safe food. The curriculum and video were piloted with youth and adults and reviewed by food safety specialists from academia and industry. "Behind the Headlines" a consumer friendly video, available at cost, defines food irradiation. Partial funding for the video was provided by USDA CSRESS-National Food Safety Initiative Grant Program. The power point lecture presentation provides slides, outline and script notes. Activities include taste testing with an irradiated food response score card and an irradiation quest game. A pre/post-survey is available for evaluation, as well as a six week follow up letter and survey for additional assessment. A brochure for consumers addressing food irradiation and a list of food irradiation web sites are provided. Accessibility to Food Irradiation: Insuring Your Food's Safety can be made online at www.cfs.purdue.edu/extension/irradiation/.

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FARMERS MARKETS--IMPACTING HEALTH THROUGH ECONOMIC DEVELOPMENT

Carole Rison*

ABSTRACT:

Farmers markets provide opportunities not only to enhance the economic well being of families and communities but the health of those families and communities, as well. The Extension Agents for Family and Consumer Sciences in five Eastern Kentucky Counties began providing recipes for market vendors as a method of reaching a limited resource audience with food preparation information. However, vendors soon realized they could sell more produce when instructions for preparation was provided. This resulted in several combined projects between the vendors and agents that have increased the economic viability of markets in the area and throughout the state. At the same time, surveys revealed an increasing consumption of fruits and vegetables which was a goal of the agents because of Kentucky's national ranking of 49th in fruit and vegetable consumption and a ranking in the top 10 for the more common chronic diseases.

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TWO STATE STUDY AT NUTRITION EDUCATION BEST PRACTICES

Denise E. Smith* and Linda Melcher

ABSTRACT:

Situation: The poverty rate in Wyoming is 12 percent which includes approximately 59,709 individuals. Due to the current struggling economy, Wyoming communities have been impacted. The Cent\$ible Nutrition program (EFNEP and FSNEP) offers nutrition education to limited resource families and individuals to help them gain knowledge and skills to eat better for less. The program also focuses on the relationship of proper nutrition to disease prevention in individuals of all ages. Childhood obesity is a rising epidemic and the program targets this growing concern though nutrition education in elementary schools. Objective: The objective of the participatory research project was to study educational practices which result in effective delivery of nutrition education programs to limited resource audiences which effect measurable impacts. Methods: This is a cooperative project between the University of Wyoming and Cornell University. Focus groups were conducted in multiple locations in Wyoming and New York to study the educational practices being utilized. The same open-ended questions were asked in all focus groups in both states. Results: Focus groups are still being conducted, preliminary data shows significant similarities and likenesses in the responses to questions. This substantiates the theory that if an educational practices works in rural Wyoming and also in metropolitan New York, that the practice could be replicated in any state. Significance: A "Best Practices Manual" for the Cent\$ible Nutrition Program (EFNEP and FSNEP) will be written using the study's findings. The manual will be available to county Extension personnel for use as a tool to replicate successful nutrition education programs.

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HOME FOOD SAFETY: SANITATION, PREPARATION, AND STORAGE

Christy M. Walter*

ABSTRACT:

Foodborne illness is prevalent and is often undetected or misdiagnosed. Many people think that you may only get sick from eating out at food service establishments; however, many times people become ill from preparing food in their own home. The main objectives were to determine the knowledge, attitude, and behavior of Osceola County employees in regards to home food safety. Specific objectives included determining (1) the current level of knowledge that consumers have in regards to food safety; (2) key attitudes that affect the use of food safety guidelines; and (3) key behavioral characteristics that affect the use of food safety guidelines in the home. A four-page mail survey was developed asking questions about the knowledge, attitude and behavior of the participant in regards to home food safety. Six hundred Osceola County employees were randomly selected and administered the mail survey. A total of three hundred and seventy-six surveys were returned. Results were compiled and are being used to develop educational programs placing emphasis on the needs determined by the survey. Survey results indicated differences in regards to gender, socio-economic status and other factors when compared with the behaviors evaluated. By determining the current level of knowledge and behavior of Osceola County Employees educational food safety programs can be developed that will meet their needs.

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SCHOOL FOOD SAFETY ZONE

Cami Wells*, Sue Brown, Carol Schwarz and Cheryl Tickner

ABSTRACT:

Although the number of foodborne illness outbreaks is decreasing, the number of occurrences in schools is on the rise. In an effort to address the issue, a team of extension educators from central Nebraska conducted a survey of school foodservice personnel to determine the need for food safety education. A random telephone survey reaching ten percent of managers/head cooks in Nebraska schools found that many had no formal food safety training. Even managers /head cooks who had been trained, found it difficult to get their workers to follow good food handling practices. Because there are few food safety programs specifically designed for school foodservice, team members developed curriculum for a three hour workshop. The program includes a screenshow, pre-post quiz, handout materials, hands-on activities, evaluation, and participant certificate of completion. The program was presented to over 175 school foodservice workers in 2002. Pre-post test scores increased an average of 23 percent. One session, presented several days before starting school in the fall, was called "the best in-service training they had received." Many workers planned to follow procedures more closely especially when washing hands, cooling foods and taking food temperatures. Mini-grant funds allowed team members to duplicate materials, add a toolbox for hands-on activities and train 20 extension co-workers in order to make food safety education for schools available across the state.

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