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SCHOOL NUTRITION PROGRAM EMPLOYEES IMPACT THE LIVES OF CHILDREN IN SOUTHWEST GEORGIA

Judy Bland*, Rachel West, Debbie Purvis, Mandel Smith, Christa Campbell, Rebecca Moore, Sylvia Davis, Karen Brunegraff and Ann Hudgins

ABSTRACT:
School Nutrition Program (SNP) employees play a major role in impacting the health of our school-age children. By providing two meals a day to 80,000 students in our school systems, they influence these children's food choices throughout their lifetimes. Continual nutrition education is vital for these employees. The SNP in Georgia looks to the University of Georgia Extension Service for this education. Extension Agents believe that the employees must first have a personal understanding of nutrition and health before they can convey this information to students in their systems. By partnering with local SNP Directors, South District FACS Agents plan the seven summer conferences to be held throughout Southwest Georgia. While FACS agents prepare and teach the sessions, UGA FACS specialists and other faculty support the conferences through curriculums and other researched based information. Topics planned are based on the needs of the employees and the current nutrition and children's health issues. The conference sessions included Bone Health, featuring a bone density screening for the participants. The Safety of Our Food Supply updated them about the threats of agri-terrorism. Diabetes and Our Children alerted them to the alarming rate of Type II diabetes in children and the relationship between healthy food choices, childhood obesity and this disease. Evaluation data proved that the employees increased their knowledge during the overall conference by 85%. Specific evaluation results of each topic will be highlighted on the poster presented.

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EXTENSION/FOOD BANK PARTNERSHIP UNITES TO FILL FUNDING GAP IN ALASKA WIC PROGRAM

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ABSTRACT:
Desperate times call for desperate measures. In July, 2002 word came that the Alaska WIC program was out of money, three months before the end of the funding year. There would be no new enrollments or renewals to the Alaska WIC program until October. A long-standing partnership between the Tanana District Extension Office and the Fairbanks Food Bank rose to the occasion to ensure that Women and Children in the Fairbanks area would not go hungry. Though funding was eventually restored, a series of weekly educational workshops and a food distribution was established at the Food Bank. The new program ran for 22 lessons and distributed 12,000 lbs of food in 325 "shopping" experiences. One of the major problems with Food Bank foods is the time and skills required to prepare the food. We focused each class on the "fresh" food that was in the greatest supply at the Food Bank, teaching healthy ways to prepare each food and explaining how those foods could fit into family meals. We came in early to survey the food, then prepared the samples for the class. An added bonus was that many of the members of the classes were so interested in learning they came early to help prepare the samples. This program united the EFNEP program, the Food Bank Manager, the Home Economist and a Vista Volunteer to ensure its success. It has been a major recruiting ground for our EFNEP program with 20 new clients enrolling in EFNEP.

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SHOULD I EAT THE FISH I CATCH? AN OUTREACH PROJECT TO PREGNANT WOMEN AND WOMEN OF CHILDBEARING AGE WITH YOUNG CHILDREN

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ABSTRACT:
Urban residents consume locally caught fish/crabs from Newark Bay waters in New Jersey and have ignored NJ State advisory warnings associated with health risks from eating contaminated fish. Fish/crabs from these waters often have high levels of PCBs, methyl mercury, and dioxin that exceed governmental safety standards. A 1995 study by NJDEP found that Latinos were the least likely to be aware or concerned about hazards of consumption of locally caught fish. To address this issue, Rutgers Center for Environmental Communication sought collaboration through focus group research to determine types of culturally appropriate educational materials for outreach to the Latino female population to reduce their exposure to contaminated fish/crabs. Focus groups with EFNEP, FS-NEP and WIC staff in Union County revealed educational materials should include: a simple brochure printed in Spanish/English, a table-top display board with English/Spanish labels and a simple lesson plan for nutrition staff to use to inform this high-risk female Latino population of fish contamination hazards and food safety. The display (exhibit board) has been designed in English and Spanish to include information on selection, preparation and cooking of fish under advisories for this population. This project was funded in part by the Rutgers Center for Environmental Communication, NJ Department of Environmental Protection. The exhibit boards have been funded by the 2001 DHHS PHS Food and Drug Administration Central Region, NJ District Partnership.

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CHILD CARE PROVIDERS - AN UNTAPPED AUDIENCE

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ABSTRACT:
The child-care providers in your community may be an untapped audience and collaborator for family and youth development programming. Since child-care providers work with children and families, what a great opportunity to reach and impact children and families who may not be familiar with 4-H and Cooperative Extension. This poster session will look at how Extension professionals can use existing programs to reach child-care providers and the families with whom they work. Ideas will be shared on how to use such materials as Character Counts, Real Colors Matrixx and 4-H food manuals with this audience. Ideas for collaboration between child-care providers and the Food Stamp Nutrition Education Program will also be shared. Learn how to work with child care providers to teach children and families about nutrition, food safety, food preparation, parenting, child development, and more.

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UW CES STATE-AND COUNTY-BASED CES EDUCATORS TEAM UP TO PARTICIPATE IN A MULTI-STATE ADOLESCENT CALCIUM RESEARCH PROJECT

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ABSTRACT:
Situation: University of Wyoming's (UW's) participation in USDA multi-state project W-191, ("Factors influencing the intake of calcium-rich foods among adolescents") represents a two-pronged effort: first, a research undertaking with 10 other states; and second, a collaboration among state- and county-based Family and Consumer Science and 4-H/Youth educators. The research was undertaken because many studies have documented a precipitous drop in calcium intake between the ages of 12 and 16 years. Objectives: Research objectives were to assess calcium intake among younger and older adolescents and to examine related factors. Objectives of the collaboration were to provide county-based FCS educators with an opportunity to be involved in a significant research project and to provide an effective avenue for gathering data. Methods: The research was conducted in two phases. Phase I consisted of focus groups that elicited adolescents' perceptions about factors influencing consumption of calcium-rich foods. Phase II involved developing, pilot-testing, and administering a survey to assess calcium intake. County-based educators made all contacts with local school personnel, arranged for focus groups, pilot tested instruments, administered the final survey, and secured signed consent forms for all youth who participated in various project stages. Results: A number of conclusions have been drawn from Phase I. Phase II analysis is not yet complete. Significance: The research results will be used to strengthen nutrition education programs. In terms of the collaboration, teamwork made it possible for Wyoming to participate in the project, county-based Extension staff expanded their research experience, and the project enhanced UW as an "engaged institution."

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HEALTHY EATING, HEALTHY LIVING

Susan Holladay*

ABSTRACT:
SKINNY GOURMET CAFE. A program to identify, promote and incorporate healthy eating/ healthy living into participant's lifestyle. A six-week workshop was developed to help participants look at their current eating habits, assess their overall attitude toward food, and to offer assistance in setting and meeting realistic weight goals. The participants met weekly for six weeks, received a brief lesson on weight management and exercise, and were served a healthy, satisfying and tasty lunch. While keeping portion size in mind, the menus were developed and contained some foods that were new to participants and some that were familiar. For three months following the Skinny Gourmet Cafe, a weekly lunchtime program was developed to lend support and to enhance program results. Of those who attended, approximately 73% lost weight. Twenty-three percent had reached their goal weight by the time their progress was reviewed at three months. Components of time management, economics, psychology of eating, palatability of food and exercise were addressed. This program was made available through a partnership with the county health department, Clinton Memorial Hospital, the YMCA, and the Clinton County Homemakers' organization.

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DESIGNING AN AGRICULTURE AND NUTRITION EDUCATION PROGRAM FOR YOUTH: HOW FCS, AGRICULTURE AND 4-HDEVELOPED A TRULY "COOPERATIVE" EXTENSION PROJECT

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ABSTRACT:
Pairing food and nutrition with the farm can be a savvy, appealing and marketable way to interest consumers in nutrition education programs for children. Helping people understand where their food comes from is one way to help them explore food options and incorporate more fresh foods into their diets. This seminar presents a newly developed educational program to increase children's consumption of fruits, vegetables, and dairy foods by learning about how food grows, why it's good for you, and which foods grow on local farms. Called "From Our Farms," it was developed by FCS, Agriculture and 4-H personnel and presented throughout New Jersey via collaborations with libraries, schools, farmers/growers, and volunteer groups. "From Our Farms" provides consumers with the necessary tools to introduce children to food, the farm, and nutrition as a fun way of improving nutrition knowledge and adopting healthful eating behaviors. It is a learn-at-home and in-school program that offers parents, children, and teachers a series of fun, educational activities/programs to promote good nutrition and local agriculture. Data from telephone surveys of program participants revealed that participation in "From Our Farms" resulted in the following behavior changes: (1) 88% reported that their child tried a new fruit/vegetable; (2) 31% prepared/cooked locally grown foods with their children; (3) 79% learned how fruits/vegetables grow; (4) 77% learned which fruits/vegetables grow in New Jersey; (5) 98% visited a farm stand or farm market; (6) 99% purchased "Jersey Fresh" produce.

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SIDS AWARENESS IN SOUTHERN NEVADA

Jo Anne Kock Ph.D.* and Olga Soto

ABSTRACT:
Sudden Infant Death Syndrome (SIDS) doesn't happen very often, still it strikes nearly 6,000 babies in the United States every year. Learn how Clark County, Nevada developed a SIDS Awareness Alliance and provided SIDS "Back to Sleep" education to English- and Spanish-speaking families. View curriculum that was developed for the educational programming, take home SIDS Awareness brochures, view promotional materials and see the significant impact SIDS Awareness education has made in Southern Nevada over the last five years.

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LIFEWORKS MAKES LIFE WORK

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ABSTRACT:
LifeWorks Today is an Ohio critical issues team. The team is a partnership of Extension Family and Consumer Sciences professionals at county, district and state levels that develops educational materials to be used at the workplace to teach employees and employers strategies for balancing their work and personal lives. To expand the use of educational materials throughout the state, an in-service entitled "LifeWorks Helps Life Work" was presented to FCS professionals in five districts. Each district was able to select from a menu of twelve program topics. FCS agents were then able to conduct programs with local clientele in their counties. Topics were as follows: Go for the Buck$--single concept exhibits that teach basic money management; Juggling Multiple Roles--overview of stress and time management tools; How to Say "NO"--practice acceptable ways to say "no"; Priorities Plus--how to set personal priorities; Generations at Work--working with generational differences in the workplace; To Sleep, Perchance to Dream--how the brain uses sleep and dreams for physical and psychological health; Cyber-Balance--how to set new boundaries as technology becomes a bigger part of our lives; Elder Care--finding resources available for caregivers of elderly; Chill Out!--techniques to lessen stress, stay sane, and get on with life; Is It Worth It?--costs and benefits of dual-paycheck families; Worksite Programs--"ideas that work" in programming with employers/employees at the workplace; Fitness Breaks--fitness/relaxation techniques.

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COOPERATIVE EXTENSION AND DIETETIC INTERNS = "WIN-WIN"

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ABSTRACT:
University of Florida IFAS Extension-Leon County has collaborated with Florida State University's Dietetic Internship program for 12 years. During this time 65 dietetic interns have spent 80 hours of their community rotation working with the EFNEP and FNP programs. Dietetic interns generally have completed their course work for graduate degrees and are highly trained in food, nutrition and health subject matter topics. However, they have had very little or no client education experience. The resulting partnership has been "win-win" for the interns and for Extension. Trained volunteers provide high-quality learning opportunities for youth, usually in the 4-H EFNEP or FNP programs and the dietetic interns who will soon be in the workforce have the opportunity to learn about Extension in general and Family & Consumer Sciences specifically. The students meet with the CED and faculty in all departments. They accompany program assistants in the field to observe and assist. They also learn "hands-on" about the educational process as they plan, teach and evaluate a series of lessons for children. The success of this collaboration with FSU has resulted in an additional partnership with the Department of Education for intern placements with Extension. Following their Extension experiences these future nutrition professionals become better equipped to continue networking with Extension, serving on advisory committees and promoting Extension programming to colleagues and clients.

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CORPORATE MELTDOWN: A TEAM APPROACH TO COMMUNITY HEALTH

Linda K. Walter*

ABSTRACT:
When New Year's resolutions find people interested in losing weight and increasing exercise, the team-based Corporate Meltdown program provides the motivation and encouragement for health improvement. Planned and promoted by an interagency community team including the local Extension FACS agent, the Corporate Meltdown effort combines health screening, weekly education classes, exercise sessions and mutual support in a successful 8-week program. Explore he impacts of the Corporate Meltdown program over four years in one Kansas community where more than 400 people have lost nearly a ton of weight. Learn how to launch a similar team-based health improvement program in your community.

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