

Food and Nutrition Education in Communities

Cornell Cooperative Extension of Onondaga County

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Food Stamp Nutrition Education – Eat Smart New York!

The United States Census Bureau estimates 12% of the residents in our county are living in poverty, currently \$20,650 for a family of four. Low income is associated with numerous health problems, including obesity, chronic disease, and poor pregnancy outcomes. Positive changes in these practices are integral to avoiding the negative consequences of these health conditions. Our Nutrition Education Programs provide knowledge and skill development in:

- Nutrition practices/food selection
- Food safety
- Food resource management
- Physical activity

Whom did we reach?

During 2008, **213** adults, representing **489** family members, participated in nutrition programs within our county. 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. Of the enrolled adults, **163 (77%)** graduated from the program and **12** continued into the next program year. Additionally, **358** youth received education designed to increase their awareness of healthy eating and the benefits of being physically active.

Why are our programs effective?

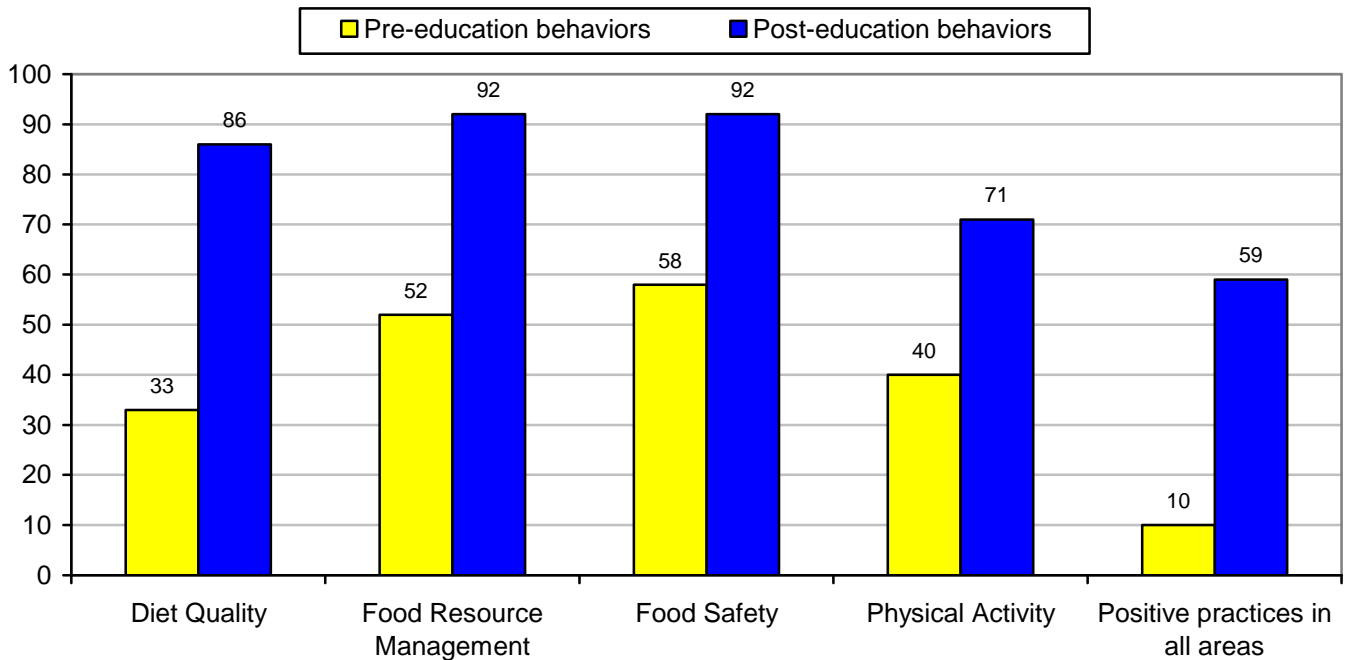
- ❖ Motivate people to adopt healthy eating and lifestyle behaviors.
- ❖ Enhance practices related to thrifty shopping and preparation of nutritious foods.
- ❖ Ensure that individuals and families have enough to eat without resorting to emergency food assistance.

What did participants learn?

- **98%** improved their nutrition practices
(i.e. making health food choices, reading nutrition facts labels, drinking lower fat milk, etc.)
- **64%** improved their food safety practices
(i.e. thawing and storing foods properly)
- **79%** improved their food resource management skills
(i.e. planning meals, comparing prices, using grocery lists, etc.)
- **56%** improved their frequency of being Physically Active

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

Adult participants improved behaviors in many areas:



For More Information about Eat Smart New York in Onondaga County contact:

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