

2008 Family Nutrition Education Program Report

University of Missouri Extension (UME) Family Nutrition Education Programs (FNEP) reached 1,176 low-income participants with nutrition education in Andrew County during 2007-08. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness.

Nutrition education for youth provides information in kid-friendly terms and lessons with hands-on activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults includes nutrition, food safety, physical activity, and food resource management.

Evaluation data collected across the entire state reflects the positive impacts that occur in every county with FNEP. For youth who participated in FNP, results summarized for the state revealed the following positive impacts:

Three thousand three hundred forty-eight (3,348) teachers gave us feedback.

- 38% have participated in FNP for more than 3 years
- 99% (3,293 teachers) reported one or more changes in students after FNP.

| Student changes reported by teachers | | |
|--|---|--|
| Student changes | Percent of teachers who observed each type of student change | Percent of teachers whose students talked about this change |
| More aware of nutrition | 92% | 85% |
| Make healthier meal and/or snack choices | 62% | 73% |
| Eat breakfast more often | 45% | 48% |
| More willing to try new foods | 73% | 68% |
| Improved hand washing | 87% | 78% |
| Improved food safety other than hand washing | 34% | 38% |
| Increased physical activity | 58% | 60% |

| Teachers' Changes (self-reported) | | | |
|--|---|--|--|
| Behavioral change | Percent of teachers who made each type of change | Percent of teachers already practicing the behavior | Percent of teachers who model or talk about the behavior in front of students |
| More aware of nutrition | 49% | 49% | 89% |
| Make healthier meal and/or snack choices | 47% | 47% | 88% |
| Eat breakfast more often | 33% | 53% | 73% |
| More willing to try new foods | 40% | 49% | 79% |
| Improved hand washing | 33% | 66% | 90% |
| Improved food safety other than hand washing | 35% | 60% | 69% |
| Increased physical activity | 38% | 41% | 79% |
| Make/offer healthier food choices for students | 49% | 37% | |

*Evaluation data was collected on students who participated in a variety of curricula from Pre-Kindergarten through Grade 12.

MU Extension also reaches out to adults in Northwest Missouri. At each of the 6-7 lessons taught to PreK – 5th grade, a newsletter goes home to the family. It explains what was taught in the lessons, sometimes using a game or puzzle as an interactive way for parents or caretakers to discover what their student learned. A recipe on the newsletter makes it even more fun to turn the head knowledge about nutrition and food safety into practical behaviors, like eating vegetables with a yummy, healthy dip, or trying a new protein food like hummus.

Each fall and through the school year, FNEP staff participates in Back to School Fairs and Health fairs at the local schools. At these fairs, the adults in these communities can pick up information on healthy snacks, keeping food safe and reading labels. There are also opportunities to interact directly with Nutrition Educators to learn more about nutrition or about what their children are hearing about in school.

Once again, in 2007-08, FNEP used a media campaign to deliver healthy tips to Food Stamp recipients. In Andrew County, 346 adults received postcards. These colorful postcards had nutrition information, seasonal recipes and fun suggestions for getting themselves and their families more physically active. Each postcard also gave the toll-free phone number for the Show-Me Nutrition Line, at 1-888-515-0016, to answer any further questions that may come up as they make healthier choices for themselves and their families.