

Strengthening and educating

Individuals, families

We help people help themselves and link citizens with local, state and federal resources for better living.



► **Senior Adult Nutrition.** Programs promoting healthy aging reached 314 senior adults via senior nutrition sites. Programming focused on chronic disease prevention and management, choosing supplements wisely and dementia and diet.

► **Family Nutrition Education Program.** FNEP provides information on nutrition, food safety and physical activity for lifelong health and fitness to low-income families. In 2005 22,328 participants in Jackson County were reached through the adult and youth FNEP programs. 98% of the teachers participating in the Family Nutrition Program reported one or more changes in student's nutritional or health behavior after taking part in the program. In Missouri, the \$1.4 million in federal dollars invested each year results in an estimated \$12.2 million annual reduction in medical costs.

► **Building Bridges.** This intergenerational program reached 39 schools, youth groups, nursing homes and senior centers and one church. With a strong community partnership, more than 3,000 youth, seniors and frail seniors were involved in the Building Bridges program, including Cuban senior refugees.

► **Early childhood education.** A total of 300 early childhood educators, child care providers, and parents participated in a series of workshops on early childhood education and child discipline. Workshop topics included brain power, brain research about infant care, child abuse prevention, healthy eating habits, behavior, discipline, and prevention of communicable diseases. 84% of participants rated the resources as useful and 85% rated workshops as high quality.

► **Eating from the Garden.** Factors affecting childhood obesity include decreasing physical activity and increasing consumption of fast foods, leading to a rise in diabetes II. The Family Nutrition Education Program in the West Central Region of Missouri initiated this program to educate children about fresh fruits and vegetables through the experience of gardening. In 2005, this program reached 375 youth in six urban Kansas City schools, including Knotts Elementary and Nowlin Middle School, and five after school sites.

Alianzas Bi-national Health Week. The second annual Bi-national Health Week in Missouri was held in Kansas City to increase public awareness, understanding and knowledge of services available to low-income Mexican communities regardless of health care coverage or immigration status. The project is an initiative of the Institute for Mexicans Abroad, University of Missouri Extension Project Alianzas, University of Missouri-Kansas City and UMKC Institute for Human Development. More than 500 Latinos received health care education and screening

