

# ACES NUTRITION AND PHYSICAL ACTIVITY PROGRAMS 2008-09



## State Institution

## Program Information

## Contact Information

ALABAMA

### *Alabama A&M University*

#### **Expanded Food and Nutrition Education Program (EFNEP)**

EFNEP Extension outreach targets underserved Hispanic audiences in four counties of North Alabama. Nutrition education outreach focuses on expectant mothers and mothers with small children (ages 0-5 yrs).

Educational Resources include: "Having A Healthy Baby"; Educational Kit (video lessons and workbook; Spanish & English), 2006, Purdue Extension, Consumer & Family Sciences; "Eat Right for Life Curriculum" (Spanish & English) 2007 (UFL); WEALTH (Wise Eating Approaches for a Lifetime of Health) ed., 2007; Urban Affairs and New Nontraditional Programs, ACES Alabama A&M Univ.

<http://www.aces.edu/dept/family/efnep/basic.html>

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**Food Stamp Nutrition Education Program (FSNE)**

The Urban Nutrition Education Program (UNEP) targets the underserved, limited resource families in the state's Metropolitan Statistical Areas, involving the primary counties of Calhoun, Houston, Jefferson, Lauderdale, Madison, Mobile, Montgomery, Morgan and Tuscaloosa. In addition, UNEP reaches eleven (11) other adjoining counties in the MSA areas.

Educational Resources: WEALTH (Wise Eating Approaches for a Lifetime of Health) ed. 2007; Urban Affairs and New Nontraditional Programs, Alabama Cooperative Extension System Alabama A&M University; Eat Better, Eat Together Toolkit; Food Stamp Nutrition Education; Network of Washington State; Eat Well for Less; Organ State University Extension; Power of Choices; Team Nutrition, USDA; EatFit; University of California; Jump into Food and Fitness; Michigan State University Extension; "Eat Right for Life Curriculum"; (Spanish & English) 2007, University of Florida

<http://www.aces.edu/dept/family/nep/>

***Auburn University*****EFNEP, the Expanded Food and Nutrition Education Program**

EFNEP, the Expanded Food and Nutrition Education Program, is an integral part of the Alabama Cooperative Extension System's Family and Consumer Sciences. EFNEP teaches low-income audiences how to improve their dietary practices and become more effective managers of available resources:

<http://www.aces.edu/dept/family/efnep/>

**New Leaf**

New Leaf is an evidence based weight loss multi-session program targeted to women over 40.

<http://www.aces.edu/counties/Autauga/NewLeafProgram.php>

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**Nutrition Education Program (Food Stamp Nutrition Education - FSNE)**

Shopping carts of Food Stamp families are getting an extreme makeover in Alabama. Through the Nutrition Education Program, Extension educators are helping Food Stamp families select more nutritious foods while stretching the Food Stamp dollar. Shopping carts are starting to take on a new look with more fruits and vegetables, low-fat dairy foods, whole grains and lean meat.

<http://www.aces.edu/dept/family/nep/>

***Tuskegee University*****Cent\$ible Nutrition: Helping Families Eat Better for Less**

Adult Expanded Food and Nutrition Education Program (EFNEP)

<http://www.aces.edu/dept/family/efnep/basic.htm>

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**Kids in the Kitchen: Junior Star Chef Program**

Youth Expanded Food and Nutrition Education Program (EFNEP)

<http://www.aces.edu/dept/family/efnep/basic.html>

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**ALASKA*****University of Alaska - Fairbanks*****StrongWomen**

The StrongWomen Program is a progressive strength-training program designed for midlife to older women. Through scientific research Dr. Miriam Nelson demonstrated that strength training would increase strength and muscle mass and improve balance. Strength training can reduce the risk for chronic diseases such as diabetes, heart disease, arthritis and osteoporosis. Strength training has also been shown to reduce depression and contribute to a sense of well-being. The Cooperative Extension Service introduced the exercise program in February 2004.

<http://www.alaska.edu/uaf/ces/hhfd/>

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StrongWomen Program  
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**The Alaska Cooperative Extension Service**

The Alaska Cooperative Extension Service provides programs in support of a healthy lifestyle. Services provided include the Expanded Food and Nutrition Education Program (EFNEP), StrongWomen, the Food Stamp Nutrition Education Program (FSNE) and basic health research related to diet and physical activity in conjunction with the Center for Alaska Native Health Research.

<http://www.alaska.edu/canhr/research-diet.htm>

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**AMERICAN SAMOA***American Samoa Community College***Expanded Food and Nutrition Education Program (EFNEP)**

The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited-resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary to maintain nutritionally sound diets. The program also contributes to personal development and the improvement of the total family diet and nutritional well-being.

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**ARIZONA***University of Arizona***Bone Builders**

Bone Builders is a community-based osteoporosis prevention education program for women and older men in Arizona. Bone Builders is working to educate women and older men to change their dietary and exercise habits to reduce the risks of osteoporosis. It is a partnership with University of Arizona Cooperative Extension, the Arizona Department of Health Services, Arizona Osteoporosis Coalition and more than 100 partners including county health departments, health providers and interested citizens. The program uses volunteer educators, community surveys and a social marketing campaign to spread the message of osteoporosis prevention.

<http://www.bonebuilders.org/>

**bones@ag.arizona.edu**

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**Community Health Advancement Partnerships (CHAPS)**

Community Health Advancement Partnerships (CHAPS) is a formal collaboration between the University of Arizona's College of Public Health, Cooperative Extension, and the Department of Nutritional Sciences within the College of Agriculture and Life Sciences that links research, education and outreach efforts in partnership with community health resources. CHAPS projects target health related issues identified by Arizona communities with a focus on Physical Activity Promotion, Nutrition for Health Promotion, and Community Health Leadership Development.

<http://nutrition.arizona.edu/new/chaps.phtml>

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**Expanded Food and Nutrition Education Program (EFNEP)**

The Expanded Food and Nutrition Education Program (EFNEP) provides training for low income residents on how to choose and prepare foods for optimal nutrition. This includes a one-day in-service and training to county FCS educators. This in-service will have the campus faculty from Nutritional Sciences and Family and Consumer Sciences speak to the Arizona county faculty about their current research and projects and how they relate to Cooperative Extension.

<http://nutrition.arizona.edu/new/efnep.phtml>

**Food Stamp Nutrition Education Program (FSNEP)**

Also known by its acronym (FSNEP), the mission of the Food Stamp Nutrition Education Program is to shape food consumption in a positive way to promote health and prevent disease among people living in Arizona.

Since 2002, the University of Arizona Cooperative Extension has partnered with the Arizona Nutrition Network to provide nutrition education to low resource audiences in 9 counties without duplicating EFNEP's efforts. In its first year, the Arizona Nutrition Network targeted low-income Hispanic women and their children. Today, food stamp-eligible persons are targeted to receive free nutrition information and educational opportunities.

The program was implemented using matching funds from county faculty. The Arizona Nutrition Network and DES provide reimbursement for program delivery costs which included hired staff, travel, educational and food demonstration costs. Nutrition education materials are provided to participants free of charge.

FSNEP staff integrate 3 key nutrition and health themes into the educational materials provided to participants: Balance calorie intake from foods and beverages with calories expended; Eat 5 fruits and vegetables, plus whole grains and low fat milk or milk products every day; Add family physical activity to your day; Education materials include topics such as maintaining a healthy lifestyle, physical activity, and gardening.

FSNEP staff also provide referrals to DES offices for food stamp benefits.

<http://nutrition.arizona.edu/new/fsnep.phtml>

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**Sports Nutrition**

Although sound nutrition alone will not change natural athletic ability nor replace good training and coaching, a top-notch nutrition plan can help athletes reach their peak performance.

Learn more about the sports nutrition projects at the University of Arizona by clicking on the link below:

[http://nutrition.arizona.edu/new/sports\\_nutrition.phtml](http://nutrition.arizona.edu/new/sports_nutrition.phtml)

**Walk Across Arizona**

Walk Across Arizona is a 16 week walking program at the county level.

<http://cals.arizona.edu/walkacrossaz/>

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**ARKANSAS***University of Arkansas***Body Walk**

Body Walk is an exciting educational exhibit for Kindergarten through 4th grade students. The program consists of classroom activities for use prior to and following the students' walk through the exhibit, a take-home activity book for students to read with their families, a list of additional nutrition education resources, and information to help publicize the event and communicate with the media.

<http://www.uofabodywalk.org/>

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**Eating and Moving for Life**

Eating and Moving for Life is a healthy lifestyle program that targets African American and Hispanic audiences in five Arkansas counties. The program focuses on chronic disease prevention by promoting healthy food choices and a physically active lifestyle.

[http://www.arfamilies.org/health\\_nutrition.htm](http://www.arfamilies.org/health_nutrition.htm)

**Expanded Food and Nutrition Education Program (EFNEP)**

The Expanded Food and Nutrition Education Program (EFNEP) helps youth and families with limited incomes to acquire knowledge, skills, attitudes, and behaviors that enable them to maintain nutritionally sound diets, enhance personal development and improve the total family diet and nutritional well being.

<http://www.uaex.edu/depts/FCS/EFNEP/default.htm>

**Food Stamp Nutrition Education Program (FSNE)**

The goal of Food Stamp Nutrition Education (FSNE) is to provide educational programs that help food stamp participants and those eligible for food stamps make healthier food choices and adopt active lifestyles that are consistent with the Dietary Guidelines for Americans and USDA Food Guidance System.

[http://www.arfamilies.org/health\\_nutrition/fsne.htm](http://www.arfamilies.org/health_nutrition/fsne.htm)

**Reshape Yourself**

Reshape Yourself is a 15 week healthy lifestyle program that helps participants assess their own diets and learn to choose foods that meet their nutritional needs as well as satisfy hunger and appetite. Participants adopt physical activities that are individually appropriate and enjoyable.

[http://www.arkansas.gov/ha/worksite\\_wellness/reshape\\_yourself.html](http://www.arkansas.gov/ha/worksite_wellness/reshape_yourself.html)

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**Local County Extension Office**

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**Steps to Walk Across Arkansas**

Steps to Walk Across Arkansas is a program that persuades and motivates people of all ages to make that most important change... to get started. It is a program that is simple, inexpensive, and safe. All you need is a team of up to eight people and a desire to get moving.

[http://www.arfamilies.org/health\\_nutrition/walkacrossar/default.htm](http://www.arfamilies.org/health_nutrition/walkacrossar/default.htm)

**StrongWomen**

StrongWomen is a healthy living program that encourages mid-life and older women to lift weights, make healthy dietary choices and enjoy the benefits of exercise.

[http://www.uaex.edu/depts/FCS/strong\\_women/Default.htm](http://www.uaex.edu/depts/FCS/strong_women/Default.htm)

***University of Arkansas at Pine Bluff*****Families First: Nutrition Education and Wellness System (FF-NEWS) Program**

FF-NEWS is a comprehensive nutrition education program for SNAP customers. It focuses on resource management, food safety, diet quality, food security, and physical activity.

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## State Institution

## Program Information

## Contact Information

### **The Expanded Food and Nutrition Education Program (EFNEP)**

EFNEP is a nutrition education program for low-income families and youth. The focus is on diet quality, food buying, preparation skills, resource management, food safety and physical activity

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## CALIFORNIA

### *University of California - Davis*

#### **Physical Activity**

Consists of several programs and activities (see website for details): Active Community Environments; Cardiovascular Health Promotion Project; Joy of Sports; KaBOOM!; KidsWalk-to-School; Sparthenian program; Sports 4 Kids; Sports, Play, and Active Recreation for Kids (SPARK); Take 10!; The Walking Schoolbus

[http://nature.berkeley.edu/cwh/resources/progs\\_projs\\_pa.shtml](http://nature.berkeley.edu/cwh/resources/progs_projs_pa.shtml)

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#### **Programs for Overweight Children**

Programs for childhood obesity, how income affects diet, children's body image and weight discrimination among young people (Center for Weight and Height)

[http://nature.berkeley.edu/cwh/resources/progs\\_overwt.shtml](http://nature.berkeley.edu/cwh/resources/progs_overwt.shtml)

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**Programs for Overweight Children**

Programs for childhood obesity, how income affects diet, children's body image and weight discrimination among young people (Center for Weight and Height) includes: Children's Hospital Oakland: Fit Families, Way to Go Kids; HUGS for Teens; Kaiser Permanente Child and Teen Obesity Programs; Kidshape; Shapedown; Packard Pediatric Weight Control Program; Stanford Pediatric Weight Control Program; Tomando Pasos Northern CA Center for Well Being.

[http://nature.berkeley.edu/cwh/resources/progs\\_overwt.shtml](http://nature.berkeley.edu/cwh/resources/progs_overwt.shtml)

**The California Food Stamp Nutrition Education Program (FSNEP)**

This program operates through a joint agreement among the U.S. Department of Agriculture/Food & Consumer Services (USDA/FCS), the California Department of Social Services (CDSS) Food Stamp Bureau, and the University of California Cooperation Extension (UCCE). CDSS is the agency responsible for administration of the Food Stamp Program in California. UCCE is the statewide arm of the University of California. The UC-FSNEP consists of Adult and Youth program components and operates throughout various California counties.

<http://fsnep.ucdavis.edu/>

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## State Institution

## Program Information

## Contact Information

### **The Expanded Food & Nutrition Education Program, EFNEP**

This program is a partnership of the University of California, the USDA, county governments and California residents. This program is the main outreach and public service branch of UC's Division of Agriculture and Natural Resources for low-income families and youth. EFNEP is administered by the county UC Cooperative Extension offices. Trained nutrition educators deliver the educational program in their communities. <http://efnep.ucdavis.edu/>

### **Barbara Sutherland, PhD; Marilyn Townsend, PhD, RD**

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## COLORADO

### *Colorado State University*

#### **America on the Move**

America on the Move is conducted in Colorado as a statewide initiative to prevent obesity and improve health by increasing lifestyle physical activity. The program uses pedometers to help participants monitor and increase physical activity. The goal is to increase walking by 2500 steps/day per person. A recent USDA CSREES NRI grant, 'America on the Move Program for Weight Gain Prevention' will look to expand programming to youth and families. The program is a joint effort with the Center for Human Nutrition, University of Colorado Denver.

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**Dining with Diabetes**

Dining with Diabetes is a 3 class series program for individuals and caregivers with type 2 diabetes. The goals of the program are to increase knowledge about healthful food choices; present healthful options of familiar foods; demonstrate the proportion of foods desirable for meals for diabetes control and management; and prevent diabetes complications. Materials are available in both English and Spanish. The program is conducted in partnership with the Colorado Department of Public Health and Environment's Diabetes Control Program.

[http://www.newsinfo.colostate.edu/index.asp?page=news\\_item\\_display&news\\_item\\_id=](http://www.newsinfo.colostate.edu/index.asp?page=news_item_display&news_item_id=)

**Food Assistance and Nutrition Education**

The goal of the Food Assistance and Nutrition Education program is to provide educational programs that help supplemental nutrition assistance program (SNAP) participants and those eligible for SNAP make healthier food choices and adopt active lifestyles that are consistent with the Dietary Guidelines for Americans and USDA Food Guidance System.

**Small Changes Make a Big Difference**

Small Changes Make a Big Difference is a diabetes awareness program aimed to prevent type 2 diabetes; delay type 2 diabetes onset; prevent and/or delay type 2 diabetes complications; encourage action to take control of personal health. The program is available on CD in both English and Spanish. It is conducted in partnership with the Colorado Department of Public Health and Environment's Diabetes Control Program.

<http://www.csuextstore.com/store/pc/viewPrd.asp?idcategory=78&idproduct=456>

**Laura Bellows, PhD, MPH, RD****Laura Bellows, PhD, MPH, RD**

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## State Institution

## Program Information

## Contact Information

### **Strong Women**

Strong Women aims to increase the number of middle-aged and older women participating in safe and effective strength training programs throughout Colorado. The program goals are to improve participants' quality of life and allow them to live independently longer. This class series is conducted with various community agencies and in partnership with Tufts University.

Contact:

[http://www.ext.colostate.edu/pubs/str\\_women.html](http://www.ext.colostate.edu/pubs/str_women.html)

### **Shirley Perryman, MS, RD**

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## CONNECTICUT

### *University of Connecticut*

### **Expanded Food and Nutrition Education Program (EFNEP)**

The Expanded Food and Nutrition Education Program (EFNEP) provides food and nutrition education to low-income families, youth and individuals to improve eating patterns, shopping and food preparation skills. Visit the EFNEP Web site for more information and contacts.

<http://www.cag.uconn.edu/nutsci/nutsci/outrch/EFNEP.html>

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### **Family Nutrition Program (Supplemental Nutrition Assistance Program)**

The Supplemental Nutrition Assistance Program conducts nutrition and food safety education initiatives for teachers, schoolchildren, and food service staff (Team Nutrition program). Visit the Family Nutrition Program Web site for more information and contacts.

<http://web.uconn.edu/brainfood/FSNE/>

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**The Food Marketing Policy Center**

The Food Marketing Policy Center focuses on the organization and performance of food markets in the State of Connecticut, the nation, and the world. Visit Food Marketing Policy Center Web site for more information and contacts.

<http://www.fmpc.uconn.edu/>

**The Food Safety Program**

The Food Safety Program conducts food safety and food education workshops and programs for farmers and fishing industry personnel, dealers and harvesters, food processors, food service providers, childcare workers, teachers and consumers. Visit the Food Safety Program Web site for more information and contacts.

<http://foodsafety.uconn.edu/>

**The Food Security Program**

The Food Security Program helps recipients of emergency foods improve the quality of their diets, stretch food stamps and food money; improve food and nutrition knowledge and food safety and preparation skills. Visit the Team Nutrition website for more information and contacts.

<http://www.cag.uconn.edu/nutsci/nutsci/outrch/foodsecr.html>

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**The Special Nutrition Needs Program**

The Special Nutrition Needs Program provides workshops on prenatal nutrition and special needs nutrition. You may do a key word search of our database to find an expert.

<http://www.extension.uconn.edu/pages/nutrition.html>

Extension@uconn.edu

**DELAWARE***Delaware State University***Expanded Food and Nutrition Education Program (EFNEP)**

EFNEP Extension outreach targets underserved adults and youth in after school programs in Kent County . Nutrition education outreach focuses on expectant mothers and mothers with small children (ages 0-5 yrs). After school programs focus on youth in various 4-H and Boys and Girls Clubs in the county. Educational Resources include:

For Pregnant Teens: Simply Good Eating for Young Moms - University of Minnesota;

For Adults: Eating Smart, Being Active, University of California & Colorado State University; Small Steps to Health and Wealth;

For Youth: CATCH After School Program materials; Various 4-H materials; Some Team Nutrition materials; Kids Cooking, University of Missouri - as part of summer youth programming

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**SNAP-ED (formerly Food Stamp Nutrition Education Program)****DSU SNAP-ED**

SNAP-ED (formerly Food Stamp Nutrition Education Program) DSU SNAP-ED targets primarily third graders in low income schools in DE. Program is limited by availability of matching funds to reaching about 600 third graders a year with 5 nutrition lessons. Educational Resources include: MyPyramid for Kids; CATCH School materials.

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*University of Delaware***Expanded Food and Nutrition Education Program (EFNEP)**

The Expanded Food and Nutrition Education Program's (EFNEP) Nutrition Assistants work with limited resource families with young children, teaching them nutrition, food safety and resource management. Participants are taught on an individual or group basis.

<http://ag.udel.edu/extension/fnutri/efnep.htm>

**Nutrition Education - When You Want It-Where You Want It**

Nutrition on Demand provides nutrition education at the request of the community. This unique program focuses on the age and health requirements of the requesting community group and encourages responsibility for ones own health.

<http://ag.udel.edu/extension/index.php>

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**DISTRICT OF COLUMBIA*****University of the District of Columbia*****Nutrition on Demand**

Nutrition on Demand provides nutrition education at the request of the community. This unique program focuses on the age and health requirements of the requesting community group and encourages responsibility for ones own health. Topics vary and include nutrition education on Diabetes, Cardiovascular health, Obesity, Hypertension, Cholesterol etc.

Other topics include Soybeans, the Food pyramid, 5-a day, Vegetarian diets, Prenatal Nutrition, Infant and Toddler Nutrition. A variety of methods are used to teach nutrition. These methods include cooking demonstrations, nutrition activities, seminars, training etc. The target audience ranges from preschoolers to seniors.

<http://www.udc.edu/ces/fcs/programs.htm>

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**FEDERATED STATES OF MICRONESIA*****College of Micronesia*****Expanded Food and Nutrition Education Program (EFNEP) -  
Federated States of Micronesia (FSM)**

<http://comfsm.fm/chuuk/index.htm>

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## FLORIDA

*University of Florida***Elder Nutrition and Food Safety (ENAFS)**

ENAFS enhances the nutritional status and health of older Floridians. Its goal is to develop and distribute research-based education materials targeted to Florida's culturally diverse older population. Staff works in the University of Florida's Department of Family, Youth and Community Sciences. They include specialists in nutrition, food safety, weight management, athletic training, heart health, and more.

<http://enafs.ifas.ufl.edu>

**Expanded Food and Nutrition Education Program (EFNEP)**

The Expanded Food and Nutrition Education Program, EFNEP, is a Cooperative Extension Service educational program funded by USDA to help limited-income families and youth acquire the knowledge, skills, attitudes, and changed behavior necessary to improve their diets in normal nutrition.

Currently, EFNEP operates in thirteen counties. Please click on the links below to learn more about each office or unit. Large cities located within the county are listed next to the county name for easier reference.

<http://efnep.ifas.ufl.edu>

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**Family Nutrition Program (Supplemental Nutrition Assistance Program Education)**

FNP is the Florida component of the USDA's Supplemental Nutrition Assistance Program Education. It is a partnership and includes Florida Department of Children and Families, and the University of Florida Cooperative Extension Service.

<http://fnp.ifas.ufl.edu>

**Gators on the Go**

Started in 2006, Healthy Gators 2010, a campus wide initiative aimed at producing a healthier University of Florida community, is focusing on helping UF faculty, staff and students reduce stress and improve their health and fitness. Because physical activity has been scientifically proven to be a major stress buster, Healthy Gators 2010 is starting its efforts this fall with Gators on the Go.

<http://www.healthygators.hhp.ufl.edu/>

**Take Charge of Your Diabetes (TCYD)**

Take Charge of Your Diabetes (TCYD) is an in-depth Extension-based, collaborative educational program targeted to adults with type 2 diabetes. The program is designed to improve blood glucose control and reduce long-term health risks of persons with diabetes by providing the information and motivation they need to adopt positive behavior changes.

<http://fyics.ifas.ufl.edu/diabetes/index.htm>

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**UF/IFAS Extension Nutrition and Health Programs**

<http://fycs.ifas.ufl.edu/areas/health.htm>

Includes information on the following curricula: Cholesterol Control, Cholesterol Control Self Study, Keeping the Pressure Down, Take Charge of Your Diabetes, Toward Permanent Weight Management

<http://fycs.ifas.ufl.edu/areas/nutri.htm>

Includes information on the following curricula: Elder Nutrition and Food Safety (ENAFS), Nutrition for the Young Athlete, Smart Food Shopping for Teens, Choices: Charting a Positive Future for Teen Parents

<http://fycs.ifas.ufl.edu/areas/nutri.htm>

**UF/IFAS Extension Nutrition and Health Publications****UF/IFAS Extension Solutions for Your Life Nutrition and Health Information**

Navigate: Families and Consumers/Health and Nutrition

<http://www.solutionsforyourlife.com>

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## GEORGIA

*University of Georgia***Expanded Food and Nutrition Education Program (EFNEP)**

EFNEP, the Expanded Food and Nutrition Education Program, is federally funded and conducted through the Cooperative Extension Service in every state and U.S. territory. For over 30 years, EFNEP has been helping families with children learn how to eat healthier meals and snacks, stretch their food dollars and reduce the risk of food-borne illness.

<http://www.fcs.uga.edu/ext/efnep/index.php>

**Focus on Diabetes**

Nine interactive on-line diabetes self-management learning modules provides knowledge and skills about meal planning, medications, physical activity, blood glucose monitoring, prevention of diabetic complications, and the emotional adjustment to diabetes. (Live April 1, 2009)

<http://www.fcs.uga.edu/ext/pubs/food.php?category=Diabetes>

**The Rite Bite Diabetes Cooking School**

This diabetes cooking school (revised 2007) teaches the meal planning and food preparation skills that will reduce calories, control carbohydrate, modify fat and increase fiber so those affected by diabetes can achieve better blood glucose control.

<http://www.fcs.uga.edu/ext/food/rite.php>

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**State Institution****Program Information****Contact Information****Walk-A-Weigh**

This weight control program provides lesson plans, pre-made menus, recipes and a walking program that can help those dealing with diabetes, overweight, obesity and other chronic diseases to lose weight and become more physically fit.

<http://www.fcs.uga.edu/ext/food/walk.php>

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**GUAM*****University of Guam*****Expanded Food and Nutrition Education Program (EFNEP)**

The objectives of the Expanded Food and Nutrition Education Program are to assist low-income families and youth acquire the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets and to contribute to their personal development and the improvement of total family diet and nutritional welfare.

Participation in the Expanded Food and Nutrition Education Program should result in: Improved diets and nutritional welfare for the total family; Increased knowledge of the essentials of human nutrition; Increased ability to select and buy food that satisfies nutritional needs; Improved practices in food production, preparation, storage, safety, and sanitation; Increased ability to manage food budgets and related resources such as food stamps.

<http://www.uog.edu/>

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## HAWAII

*University of Hawaii at Manoa***Diabetes Detection and Prevention.**

Diabetes Detection and Prevention multi-state collaborative aims to prevent diabetes and increase awareness of diabetes and related complications.

<http://www.ctahr.hawaii.edu/diabetes-ces/>

**Hawaii Foods**

This project is web-based with collaborating community outreach. Its mission is to help consumers make better food choices and improve their diets through reliable food and nutrient information on Hawaii's foods.

<http://hawaiifoods.hawaii.edu/>

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**Healthy Youth, Healthy Communities**

The Healthy Youth, Healthy Communities project includes a series of hands-on lessons to help kids practice healthy eating and incorporate daily physical activity.

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**I'll Take Charge of My Health! - Steps to Better Health to Live Well,  
Live Long**

The I'll Take Charge of My Health! - Steps to Better Health to Live Well, Live Long project addresses general nutrition education for the public including Dietary Guidelines, MyPyramid, and nutrition and physical activity for life's ages and stages.

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**Lifeskills in Food Education – Integrated and Intergenerational (LIFE-II)**

LIFE-II is an integrated and intergenerational project of the Hawai'i Expanded Food and Nutrition Education Program (EFNEP) and the UH CES Supplemental Nutrition Assistance Program – Education (SNAP-Ed) which provides practical life skills in food and nutrition for Hawaii's limited-income population, through activities designed to increase nutrition knowledge and healthy food choices on limited budgets.

<http://www.ctahr.hawaii.edu/NEW/LIFE-II/index.htm>

**Nutrition Education For Wellness (NEW)**

Nutrition Education For Wellness (NEW) is a statewide "umbrella concept" program that facilitates consumer foods and nutrition education. Projects included are Engaged Instruction, Food: Just Grow It!, Food and Money Basics: Choices and Decisions, Food Safety, Fruits & Veggies-More Matters, Germ City, Hawaii Child Care Nutrition Program, Hawaii Foods For Wellness, Healthy Meetings for Wellness, Kauai Kids Too, Nutrition Integrity, Produce A Plate, Produce An Athlete, and HEW Web Based Resources.

[www.ctahr.hawaii.edu/NEW/](http://www.ctahr.hawaii.edu/NEW/)

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## IDAHO

*University of Idaho***ENP is Idaho's Supplemental Nutrition Assistance Program-Education (SNAP-Ed)**

The Extension Nutrition Program (ENP) is a University of Idaho Extension education program that is designed to help limited resource adults learn how to stretch their food dollars to provide tasty, low-cost, healthy meals for their families. Research has found that when families take charge of their diets and food budgets they frequently begin taking control over other areas of their lives. ENP teaches nutrition and consumer related skills that lead to individual change. Therefore, ENP helps families in Idaho move toward increased self-sufficiency. It is helpful for those who are transitioning from welfare to work.

<http://www.agls.uidaho.edu/enp>

**Expanded Food and Nutrition Education Program (EFNEP)**

EFNEP utilizes trained paraprofessionals (known as Nutrition Advisors or NAs) to teach practical nutrition education to limited resource families with children. The NA's teach, in English or Spanish, a series of culturally appropriate food and nutrition lessons that lead to behavior change. EFNEP operates in four Idaho counties and one Indian reservation with lessons taught at community sites or in client homes. Topics include practical nutrition, meal planning, saving money on food, basic food preparation, infant and child nutrition, healthy snacks, breakfast, food safety, and the importance of physical activity. EFNEP partners with agencies that serve incarcerated women ready for parole, chemical dependency programs, teen and young adult parenting programs, transitional housing groups, family justice centers, welfare to work clients, parenting classes at a local Air Force Base, and USDA's summer lunch program. In all four counties, Head Start parents, WIC moms, and Food Stamp clients attend EFNEP classes.

<http://extension.ag.uidaho.edu/ada/efnep.htm>

**MEAL TIME IN LESS TIME**

Meal Time in Less Time teaches individuals how to plan meals, shop to save time and money, and prepare healthy meals in less time. It is designed to be taught in three 1-hour sessions.

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**Nutrition and Physical Activity Programs**

Nutrition and Physical Activity Programs

For a complete list visit :

[http://www.agls.uidaho.edu/fcs/extension/news/ExtEducator\\_FCS\\_Booklet.pdf](http://www.agls.uidaho.edu/fcs/extension/news/ExtEducator_FCS_Booklet.pdf)

[http://www.agls.uidaho.edu/fcs/extension/news/ExtEducator\\_FCS\\_Booklet.pdf](http://www.agls.uidaho.edu/fcs/extension/news/ExtEducator_FCS_Booklet.pdf)

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**Osteoporosis: Prevention and Treatment: Your Bones, Your Body**

This peer-reviewed curriculum has a practical approach for teaching adults how to prevent and treat osteoporosis through healthy meal planning and increased physical activity. The four lesson curriculum includes: Incidence, Development and Prevention of Osteoporosis; Bone Up on Calcium; The Hunt for Calcium in the Supermarket; and Boost Your Calcium Intake.

[http://www.uidaho.edu/extension/impacts/Pdf\\_04/46-04mraidl-osteo.pdf](http://www.uidaho.edu/extension/impacts/Pdf_04/46-04mraidl-osteo.pdf)

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**SEAFOOD AT ITS BEST**

As consumers look for ways to eat healthier, seafood is a great answer. It is naturally low in fat, calories and carbohydrates, so fish works for many popular diet programs. This curriculum teaches consumers that the health benefits of eating seafood far outweigh the risks. Participants learn what seafood is, the sources of seafood, seafood consumption, the health benefits of seafood, and how to select, buy, store, and cook seafood.

**Rhea Lanting**

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**SENIOR EXTENSION NUTRITION PROGRAM (SENP)**

Older adults benefit from good nutritional status; their health is improved, they have a decrease in morbidity and mortality, hospitalization stays and time required to recuperate from an illness is reduced, and utilization of health care resources are minimized. SENP uses Nutrition Advisors to offer in-home lessons to seniors in the educational areas of nutrition and food safety. Seniors receive a minimum of six home visits from a Nutrition Advisor.

**Shelly Johnson**

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**STRONG WOMEN, STAY YOUNG and STRONG WOMEN,  
STRONG BONES**

Strong Women is a national fitness and nutrition program for women. The Strong Woman Program will help you increase your strength, bone density, balance, and energy and you will look and feel better. Staying physically active and being properly nourished is one of the most important things we can do to stay healthy for life.

**The Healthy Diabetes Plate**

This is a peer-reviewed curriculum that targets adults with type 2 diabetes. It visually teaches people the types and amounts of food they should consume using the Idaho Plate Method (IPM), LLC. It consists of four lessons: Signs and Symptoms of Diabetes and Intro to the Idaho Plate Method; Planning Meals Using the Idaho Plate Method; Using the Idaho Plate Method in the Supermarket; and How to Use Recipes and Eat Out Using the Idaho Plate Method.

<http://info.ag.uidaho.edu/diabetes>

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## ILLINOIS

*University of Illinois***EFNEP & FNP**

Include physical activity in all interactions (walking) and also have included full range of motion and midline crossing activities in all lessons.

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**Illinois Senior Wellness Initiative**

The overall goal of this project is to educate, inspire and empower rural seniors to improve their health and that of their community. This is a grass roots program where teams of rural seniors participate in an experientially based holistic wellness conference and then receive a mini grant of \$500 to transfer their knowledge into a local community wellness project or event.

Additional goals include: Meet new friends; Experience joy, fun and excitement; Obtain cutting-edge, credible health and wellness information for yourself and others in your community; Become acquainted with exhibitors, speakers and staff; Understand the importance of nature, laughter and health in daily well-being; Learn about leadership and activities planning; Increase knowledge of funding sources to support local wellness programs/events; Develop a realistic action plan to implement a wellness activity or event in one's community.

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**INDIANA*****Purdue University*****Expanded Food and Nutrition Education Program (EFNEP)**

EFNEP utilizes Family Nutrition Advisors (trained paraprofessionals known as FNAs) to teach a series of culturally appropriate food and nutrition lessons that lead to behavior change to limited resource families in their homes or community sites in 14 Indiana counties. These lessons utilize the learner-centered approach. Topics include food safety, meal planning, food resource management, selection and purchase of nutritious foods, physical activity, and nutrition for pregnancy, lactation and early childhood. EFNEP works closely with agencies that serve this audience, including WIC, Food Stamps, Step Ahead, Healthy Families, Healthy Start, Head Start, Maternal and Child Health, Minority Health Coalitions and other local agencies.

<http://www.ces.purdue.edu/cfs/topics/EFNEP/index.htm>

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**In Shape Indiana**

INShape Indiana is Governor Mitch Daniels' statewide health initiative. INShape Indiana is about helping Hoosiers to make healthy choices by linking them to valuable resources and offering a fun challenge to improve their health and well-being. INShape Indiana is not another program; it is an initiative to coordinate the many efforts taking place across the state to combat obesity and smoking.

<http://www.in.gov/inshape/>

**Indiana on the Move - America On the Move In Indiana is Improving Community Environments**

What impact does your community environment have on influencing one's behavior related to being physically active? Lots. Traditionally, those of us interested in health have tried to influence individual behavior by promoting physical activity and teaching people about proper nutrition -- in essence, working to change an individual's behavior. But that is not enough. There is plenty of research to support the need for a built environment (how are communities are developed) that supports healthy behavior.

\*\* this program is affiliated with Purdue University

<http://aom.americaonthemove.org/site/c.krLXJ3PJKuG/b.1837181/k.C82F/Indiana.htm>

**MyPyramid: Eating Better Makes Sense**

MyPyramid: Eating Better Makes Sense is a day-in-the-life approach to understanding the USDA's new MyPyramid. The educational video features Maria, a working mom on a tight budget. Maria shows you how she and her family follow the MyPyramid plan as part of a healthy lifestyle. She demonstrates healthy food choices she makes at the grocery store and gives meal examples from her kitchen. Maria also highlights food safety tips in the store and at home. A new emphasis of MyPyramid is physical activity, and Maria shows you how you can work physical activity into the family's busy schedule.

<http://www.ces.purdue.edu/cfs/topics/FNP/mypyramidvideo-article.htm>

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**State Institution****Program Information****Contact Information****Youth Expanded Food and Nutrition Education Program (EFNEP)/Professor Popcorn**

Exploring the Food Pyramid with Professor Popcorn (Professor Popcorn) is a curriculum for youth in grades 1-6. Originally written in 1993, it was extensively rewritten in 2002. Major concepts included in the curriculum have been linked to Indiana's health and science education standards.

<http://www.ces.purdue.edu/cfs/topics/EFNEP/professorpopcorn.htm>

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**IOWA*****Iowa State University*****Expanded Food and Nutrition Education Program (EFNEP) and Family Nutrition Program (FNP) - part of Supplemental Nutrition and Assistance Program Education (SNAP-Ed)**

EFNEP and FNP help youth and young, low-resource families develop the knowledge, skills, attitudes, and behavior needed to improve their diet. Families learn to make informed choices about low-cost, nutritious foods; to better manage family finances; and to become more self-sufficient.

The youth EFNEP/FNP programs provides six hours of nutrition education to help children develop healthy eating and exercise patterns and skills in preparing nutritious meals and snacks. The youth EFNEP program emphasizes a variety of delivery modes for reaching low-income youth, from traditional classroom settings and after-school programs during the school year to day camps and youth group activities during the summer.

EFNEP/FNP is located currently in the 23 counties in Iowa.

<http://www.extension.iastate.edu/efnep/>

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## State Institution

## Program Information

## Contact Information

### Live Healthy Iowa

Live Healthy Iowa is a team based program designed to help make positive changes during the course of four months to help them move towards a healthier lifestyle. It encourages participants during the program by giving them physical activity ideas and tips on healthy eating and proper nutrition.

<http://www.livehealthyiowa.org/>

### Live Healthy Iowa-Kids

Live Healthy Iowa - Kids is designed to encourage young Iowans to increase their physical activity levels and make better food choices.

<http://www.livehealthyiowa.org/>

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## KANSAS

### *Kansas State University*

### EFNEP, Expanded Food and Nutrition Education Program

The objectives of EFNEP are to assist low-income families and youth acquire knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets and to contribute to their personal development and the improvement of total family diet and nutritional welfare.

<http://www.oznet.ksu.edu/humannutrition/efnep.htm> - \\csrees-wf4\shhttp://www.oznet.ksu.edu/humannutrition/efnep.htm

### Extension Human Nutrition

A resource of a wide variety of nutrition newsletters and curricula.

<http://www.oznet.ksu.edu/humannutrition/>

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## State Institution

## Program Information

## Contact Information

### Family Nutrition Program (SNAP-Ed)

Sponsored by the USDA Food Stamp Program, we provide nutrition education to limited resource individuals and families in Kansas.

<http://www.humec.ksu.edu/fnp/>

### Walk Kansas

Walk Kansas is a research-based, physical-activity promotion program that helps Kansans initiate and maintain a regular regime of physical activity. The program utilizes county task forces that promote the Walk Kansas program. Teams of six people accumulate miles through various forms of physical activity. The collective miles of team members add up to 423 miles, or the distance across Kansas. The objective of each team member is to do moderate intensity physical activity for 30 minutes a day, five days a week, during the eight-week program.

<http://www.walkkansas.org/>

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## KENTUCKY

### *University of Kentucky*

### Literacy Eating and Activity for Preschoolers (L.E.A.P.)

Literacy, Eating and Activity for Primary (LEAP) Youth Health. LEAP targets youth ages 3 to 8 years old and their parents. Twenty-two lesson plans, and parents newsletters have been developed to incorporate commercial story books where the characters make healthy life choices.

[Website: http://www.ca.uky.edu/hes/index.php?p=256](http://www.ca.uky.edu/hes/index.php?p=256)

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**Nutrition Education Programs (NEP)**

The Kentucky Nutrition Education Programs encompass two separate USDA programs: The Expanded Food and Nutrition Education Program, and the Food Stamp Nutrition Education Program. Both programs are administered by the University of Kentucky Cooperative Extension Service, and target low income families and individuals with nutrition education. The goals of both are to educate limited resource families with young children and Food Stamp clientele to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. Within Kentucky the NEP program is available in all 120 counties through the outreach efforts of Extension Agents and 79 NEP Assistants.

[Website: http://www.ca.uky.edu/hes/?p=146](http://www.ca.uky.edu/hes/?p=146)

**Physical Activity /Get Moving Kentucky/AOM/A Matter of Balance**

Kentucky's physical activity program , Get Moving Kentucky! is a physical activity awareness campaign promoting physical activity for citizens of all ages. The program has many facets including the USDA/CSREES/AOM partnership and A Matter of Balance, a physical activity program for seniors improving balance and reduces the fear of falling.

<http://www.ca.uky.edu/hes/index.php?p=254>

**Second Sunday KY**

Beginning in 2008, on the Second Sunday of October, counties throughout Kentucky closed a stretch of roadway (preferably at least 1 mile) or otherwise provided a group opportunity for four hours ( 2- 6 p.m.) allowing local residents to get out and walk, bike, run... a path that would not normally be available to them. Closing a road during this time is particularly important to rural Kentucky counties where sidewalks often do not exist for day-to-day physical activity. Second Sunday presents a compelling message of change – from being a state of spectators to one of participants and serves as a catalyst to improving physical, environmental and economic health statewide.

<http://www.ca.uky.edu/HES/secondsunday/videos/flash.html>

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**Weight the Reality Series**

Weight: The Reality Series™ is an adult weight management journey of self-discovery, education, skill-building and support. The series is designed to help individuals achieve a healthy weight. Individual weight loss and 25 lifestyle behavior changes are self-monitored for progress toward goals. One-third of the 2,000 participants lost 5% or more during the 10-week program.

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**Wellness in Kentucky**

Wellness in Kentucky targets youth ages 8 to 11 years old and their parents. Ten lessons encourage participants to eat a variety of food, balance intake and output, practice eating slowly in moderation, and be physically active each day. Two of the 10 lessons are focused on physical activity and one lesson is Variety, Balance and Moderation pointing out that a variety of foods, balanced with activity promotes healthy bodies.

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**LOUISIANA*****Louisiana State University*****Eat Smart**

Eat Smart is a Web-based nutrition curriculum developed by a team of nutrition specialists from the LSU AgCenter. The curriculum is organized into six sections: Basic Nutrition, The Nutrients, Stretching Your Food Dollars, Nutrition & Chronic Disease, Nutrition & the Life Cycle and Food Safety. Each section has several lessons covering different topics. Each lesson includes pre and post-tests.

[http://www.lsuagcenter.com/en/food\\_health/education\\_resources/eatsmart/](http://www.lsuagcenter.com/en/food_health/education_resources/eatsmart/)

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**Expanded Food and Nutrition Education Program**

The mission of the Expanded Food and Nutrition Education Program is to help low-income families and youth to improve their health, to have a better quality of life through improved diets, to make a better selection when buying foods by managing their food budgets and related resources. This publication includes information on the EFNEP program and its benefits.

[http://www.lsuagcenter.com/en/food\\_health/education\\_resources/EFNEP/](http://www.lsuagcenter.com/en/food_health/education_resources/EFNEP/)

**Family Nutrition Night: Family Nutrition Night**

Family Nutrition Night: Family Nutrition Night is a fun, innovative way to bring together families and provide them with an educational opportunity to learn about nutrition and healthy lifestyles. The Family Nutrition Night Kit is set up in an easy to follow format that includes lesson plans, activity instruction, supplies, educational fact sheets and background information for each station. This program is designed for collaboration with schools, churches, community centers and other organizations that serve youth and families.

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**Live Fit for Life Employee Wellness Program**

A self-generated in-house program initiated by a challenge from the LSU AgCenter Chancellor. The wellness committee designed the web-based Live Fit for Life statewide program for employees. Employees are continuing to log fruit and vegetable consumption and exercise steps. A public blog is also maintained at

[http://www.lsuagcenter.com/en/administration/about\\_us/chancellors\\_office/Chancellors+Challenge+Blog/Previous+Posts/](http://www.lsuagcenter.com/en/administration/about_us/chancellors_office/Chancellors+Challenge+Blog/Previous+Posts/)

**LSU AgCenter Family Nutrition Program (FNP)**

Food Stamp Nutrition Education sponsored by the LSU Agricultural Center is known as the Family Nutrition Program (FNP) and is designed to strengthen healthy eating habits and stretch food dollars of families participating in the Food Stamp Program and those eligible for benefits. A series of nutrition education lessons is conducted throughout the state on Food Safety, Stretching Food Dollars, Gardening, General Nutrition, and Physical Activity and Nutrition. Interactive cooking experiences and recipe sampling is offered to adult and youth audiences.

[http://www.lsuagcenter.com/en/food\\_health/education\\_resources/fnp/](http://www.lsuagcenter.com/en/food_health/education_resources/fnp/)

**Nutrition News**

LSU AgCenter & Southern University Community Nutrition Programs Newsletter

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**Smart Bodies**

Smart Bodies is an interactive educational program designed to help prevent childhood obesity through classroom activities that teach children healthy eating habits and physical exercise. Smart Bodies is a public/private partnership between the state's largest university system and largest health insurer. Blue Cross and Blue Shield of Louisiana and the LSU AgCenter, a statewide campus of research and extension outreach in the LSU system have joined forces to improve the health of children throughout the state. Smart Bodies is an innovative 3-part program of nutrition and physical activities that are integrated into core curriculum academics to prevent children from becoming overweight or obese. This program targets children in grades K-5 and consists of three components: Louisiana Body Walk; The OrganWise Guys ®; Take 10! ® Classroom Program.

[http://www.lsuagcenter.com/en/food\\_health/education\\_resources/smart\\_bodies/](http://www.lsuagcenter.com/en/food_health/education_resources/smart_bodies/)

**Smart Choices (adult)**

Community Nutrition Education program to improve the health of adults. Clients learn to make "Smart Choices" about nutrition, cooking, food safety, meal planning, and exercise. This program offers lesson plans, fact sheets, and recipes.

[www.lsuagcenter.com](http://www.lsuagcenter.com)

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**Smart Portions Healthy Weight Management**

The Smart Portions Healthy Weight Management curriculum is a series of 8 lessons designed to help participants achieve and maintain a healthy weight based on these lifestyle changes: 1) healthy eating using MyPyramid food groups and portion sizes; 2) regular physical activity most days of the week; 3) focusing on a healthy weight—not pounds lost. Sessions include:

\*Smart Portions Works – discover why the Smart Portions plan is and why it works

\*Smart Portions of Activity – choose the type and amount of physical activity right for you

\*Smart Portions in Control – break old, bad habits and start new healthful ones

\*Smart Portions Made Tasty – plan nutritious meals with delicious recipes, even modifying your favorites to make them healthier

\*Smart Portions Away From Home – dine out wisely on fast food, Tex-Mex, Italian and more

\*Smart Portions Essentials – learn the basics of good nutrition and why fad dieting is not the answer

\*Smart Portions of Healthy Self-Esteem – feel good about yourself by treating your body well

\*Smart Portions for Life – make your new lifestyle last a lifetime

[http://www.lsuagcenter.com/en/food\\_health/education\\_resources/Smart+Portions/](http://www.lsuagcenter.com/en/food_health/education_resources/Smart+Portions/)

**Take Charge of Your Health- For older adults**

Messages include: Take Down Fat, Take 5 a Day, and Take Action. These messages emphasize the importance of incorporating healthy habits into daily life. This program provides lesson plans, brochures, and games/activities.

[www.organwiseguys.com](http://www.organwiseguys.com)

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## MAINE

*University of Maine***Eat Well Nutrition Education Program**

This program includes the Expanded Food and Nutrition Education Program (EFNEP) and the UMCE Food Stamp Nutrition Education Program (FSNE), Maine Family Nutrition Program.

[http://www.lsuagcenter.com/en/food\\_health/education\\_resources/EFNEP/](http://www.lsuagcenter.com/en/food_health/education_resources/EFNEP/)

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**State Institution****Program Information****Contact Information****Move and Improve**

The Move and Improve program of Eastern Maine Healthcare Systems is a community-based program designed to encourage and empower individuals to engage in a healthier lifestyle through physical activity. Move & Improve provides a supportive environment focused on promoting the benefits of physical activity as a way to combat health risks linked to chronic disease and obesity.

<http://www.moveandimprove.org/>

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**MARYLAND*****University of Maryland - College Park*****Eat Smart, Be Fit Maryland**

This website is for Marylanders who want to know more about how to live healthy.

<http://www.eatsmart.umd.edu/>

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**Expanded Food and Nutrition Education Program (EFNEP)**

Maryland Expanded Food and Nutrition Education Program (EFNEP)

<http://extension.umd.edu/nutrition/EFNEP/index.cfm>

<http://www.agnr.umd.edu/Academics/departments/NFSC/extension/efnep.cfm>

EFNEP Extension outreach targets underserved low income families with children in 9 Maryland Counties; and youth in fourteen counties in Maryland. Nutrition education and physical activity outreach focuses on pregnant teens, youth and families with children.

Educational Resources include:

Eating Smart, Being Active:

EFNEP Curriculum for English and Spanish clientele developed by UC Davis and Colorado State University

Eat Right for Life Curriculum (Spanish & English) 2007 (UFL)

Eating Right is Basic 4, 2007 Edition, (Michigan State University)

7-3-3-1 Healthy Eating and Physical Activity Curriculum (Bilingual Curriculum developed for youth and their families in a community setting and adapted for youth in after school programs University of Maryland, 2005-8

Up for the Challenge Curriculum, OMK/MCE, 2008

Have A Healthy Baby, 2006. Educational Kit (video lessons and workbook; Spanish & English. Purdue Extension, Consumer & Family Sciences

Color Me Healthy

Color Me Healthy is a program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating(NCSU)

<http://www.agnr.umd.edu/Academics/departments/NFSC/extension/efnep.cfm>

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## State Institution

## Program Information

## Contact Information

### Maryland Food Supplement Nutrition Education (FSNE)

MD FSNE provides nutrition education in 14 MD counties and Baltimore City.

Programs include:

Youth Programs: JumpSmart (Physical activity through jump roping clubs); Nutrition Nuggets (after school programs); F.U.N. (4th grade nutrition education integrated into the curriculum); Growing Healthy Habits (gardening for nutritoin; integrated into the school curriculum)

Adult Programs: WalkWays (physical activity and nutrition education); Health by Design (Physical activity and nutrition education); Integrating Nutrition Into the Elementary Classroom (teacher training)

<http://extension.umd.edu/nutrition/FSNE/index.cfm>

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### Nutrition Extension Programs

Extension nutrition education programs encourage eating and exercise habits that are consistent with national nutrition policy recommendations designed to promote health and lower chronic disease risks. Many of the major chronic and degenerative diseases - including coronary heart disease, some cancers, diabetes, high blood pressure, and osteoporosis - all have a nutrition component. It is therefore important that consumers gain awareness about how diet is related to health and learn how to change behavior to lower their risk for these diseases. Based on current research findings consistent with mainstream scientific thinking, Extension programs focus on helping individuals become aware of chronic disease risk factors they can modify through changes in eating and exercise habits. For example, county educators provide practical information on reducing heart disease risk by emphasizing recipe and meal modifications to reduce saturated and trans fats, cholesterol, and sodium, while increasing dietary fiber and the healthy fats found in such foods as fish and canola oil.

Because the prevalence of obesity is increasing in Maryland, as it is throughout the country, Extension programs also focus on ways to help reduce obesity, especially among children. Programs delivered to parents, day care providers, and through the state's 4-H programs, Team Nutrition, and school lunch programs are designed to establish beneficial lifelong eating and exercise habits in children, and to promote a child's optimal growth and development. Such programs emphasize the importance of eating a well-balanced diet and regularly participating in enjoyable physical recreation. Extension educators collaborate with other institutions and agencies, such as the Maryland State Department of Health and Mental Hygiene and the State Department of Education, in their outreach efforts, particularly with respect to reducing obesity and encouraging the consumption of at least five servings of fruits and vegetables each day.

Extension nutrition education programs are available to all segments of the state's population, but special efforts are made to reach residents at increased nutritional risk, such as limited income and food insecure individuals, senior citizens, women and infants participating in Maryland's Special Supplemental Food Program for Women, Infants and Children (WIC) , and other women of childbearing age or who are pregnant. We also provide information on the benefits of breastfeeding and recommended infant feeding practices. In addition to personal contacts, Extension specialists and county educators disseminate information about nutrition through local newspapers, cable television outlets, and other media.

<http://www.agnr.umd.edu/Academics/departments/NFSC/extension/programs.cfm>

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**Strong Women**

The Strong Women Program is a series of strength training exercises based upon research from Tufts University. This progressive strength training class is designed for improving middle-aged and older women's (and men's) health.

[http://www.montgomery.umd.edu/FamilyHealthandFinancialWellbeing/Nutrition\\_Activity/Fitness.cfm](http://www.montgomery.umd.edu/FamilyHealthandFinancialWellbeing/Nutrition_Activity/Fitness.cfm)

**Walk Across Maryland**

Walk Across Maryland is a walking promotion program of the University of Maryland Cooperative Extension to encourage youth and adults to walk at least 600 miles, the equivalent of walking across Maryland from Cumberland to Crisfield and back again. This eight-week program can be initiated in the classroom or individually through this interactive website which allows walkers to track their progress on a virtual 600-mile walk across the scenic state of Maryland.

[www.walkmaryland.umd.edu](http://www.walkmaryland.umd.edu)

***University of Maryland - Eastern Shore*****Expanded Food and Nutrition Education Program (EFNEP) 1890 EFNEP**

1890 EFNEP provides nutrition education services to youth and families with limited incomes in three counties: Somerset, Wicomico and Worcester of the Maryland's Eastern Shore.

Educational Resources include:

**Youth Program**

7-3-3-1 (University of Maryland);

Media-Smart Youth (US DHHS, NHI, and National Institute of Child Health and Human Development)

**Adult Program**

Eat Right for Life (University of Florida)

Power to Prevent (NDEP, CDC)

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## MASSACHUSETTS

*University of Massachusetts***Expanded Food and Nutrition Education Program (EFNEP)**

EFNEP teaches low-income families with young children how to make healthful food choices, plan low-cost nutritious meals, increase physical activity, prepare food safely, and manage food resources. The core curriculum, Choices: Steps Toward Health, uses dialogue-based principles to engage participants in fun and interactive learning activities. EFNEP includes programs for youth as well as adults, and is available in five major areas across the state.

<http://www.umassextension.org/index.php/public-issues/nutrition-health/project-reports-fy08/275-expanded-food-and-nutrition-education-program-efnep>

**Family Nutrition Program (FNP)**

FNP provides nutrition education for those who receive or who are eligible for food stamps. Nutrition educators collaborate with community agencies and groups to plan and deliver programs to youth and adults. A variety of projects are developed annually to meet the specific needs of target audiences and collaborating partners. Activities include workshop series, single-session workshops, displays, newsletters, and follow up lessons and materials for school programs.

**Nutrition Education Program**

The University of Massachusetts Extension Nutrition Education Programs promote healthy eating and physical activity by providing nutrition and food safety education across the Commonwealth. NEP helps program participants to reach individual goals by making small changes over time. The program emphasizes eating a variety of foods, being physically active, handling food safely, and enjoying foods in moderation.

<http://www.umass.edu/umext/nutrition/>

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**Strength and Power in Nutrition (SPIN)**

SPIN is an innovative program that teaches healthy eating, smart food and beverage shopping skills, and physical activity to low-income culturally-diverse adolescents. Funded by the USDA National Research Initiative in 2004, SPIN was developed based on two years of formative research with adolescents, and is the first intervention based on a marketing model designed specifically for this age group. With a theme song written and recorded by SPIN participants, SPIN engages adolescents, builds their skills, and challenges them to share what they have learned with others.

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**MICHIGAN*****Michigan State University*****Expanded Food and Nutrition Education Program (EFNEP)**

The Expanded Food and Nutrition Education Program (EFNEP) provides nutrition education to low-income families with children. MSU Extension instructors provide education in a way that is fun and interesting to help families maximize their resources.

<http://www.fcs.msue.msu.edu/EFNEP/>

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**Food Stamp Nutrition Education Program (SNAP-Ed)**

The SNAP-Ed, also known as Family Nutrition Program (FNP) provides nutrition education to anyone eligible for or receiving food stamp benefits. MSU Extension collaborates with other agencies to coordinate efforts and refer families to local community services that best meet the families' needs.

<http://snap-ed.fcs.msue.msu.edu/>

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**Jump Into Foods & Fitness**

In this hands-on, Experiential Learning model-based curriculum, "JIFF (Jump into Foods and Fitness) the Joey", a kangaroo, sets the stage for youth ages 8 to 11 (grades 3 to 5) to learn about the importance of nutrition, increased physical activity, and food safety. The spiral-bound program book contains eight "Kangaroo Jumps" (sessions) designed for use in 60- to 90-minute meetings, although the individual activities can also stand alone. Family education is included in the form of reproducible take home newsletters. Written for use by adults, including volunteers, and older youths, the book includes a program summary, facilitator background on child learning, youth development, tips for working with children, and adapting JIFF materials for a variety of settings, as well as general implementation information, eight detailed lesson plans with copy-ready handout/templates, and a resource list. Each individual session includes objectives and learning life skills, background basics for fitness and nutrition for the facilitator, icebreakers and "Attention Getters", several learning activities with summary/reflection guides and reproducible handouts, snack and activity suggestions, family newsletter and additional resources, including web links. For additional resources and for families, staff, educators, volunteers, and for youth a supplementary website is available:

<http://web1.msue.msu.edu/cyf/youth/jiff/index.html>

**Michigan Nutrition Network (MNN)**

As a part of our SNAP-Ed, the Michigan Nutrition Network fosters multidisciplinary, community-based, public-private collaboration to build and strengthen alliances focused on nutrition and physical activity. The Network facilitates development of effective, high quality nutrition and physical activity initiatives that reach Michigan consumers - with a special focus on reaching those with low income.

<http://www.mnn.fcs.msue.msu.edu/>

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**Project Fresh**

Project FRESH program provides participants with nutrition education and encourages participants to improve their dietary choices by providing them with coupons to buy fresh fruits and vegetables at local farmers' markets. The program increases the demand for Michigan grown produce and boosts the income of farmers who sell fruits and vegetables at participating markets.

<http://www.projectfresh.msu.edu/>

**Pyramids Between the Pages**

The Pyramids Between the Pages Mini-pack is a take-and-teach curriculum that links the development of beginning literacy skills with nutrition and physical activity education and promotion. The curriculum is designed for use with children in grades K-3, in school, in an out-of-school setting, or in a community-based program.

<http://www.pbp.fcs.msue.msu.edu/>

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## MINNESOTA

*University of Minnesota***Minnesota Food and Nutrition Network (MFNN)**

MFNN is comprised of public and private member organizations who promote consistent, research-based nutrition messages through a coordinated network to help low-income Minnesotans enjoy healthful lifestyles.

<http://www.extension.umn.edu/nutrition/2007MFNN-brochure.pdf>

**Nutrition Education Program**

The Expanded Food and Nutrition Education Program (EFNEP) provides nutrition education with a focus on diet quality, food safety and food resource management for low income families and youth.

The Food Stamp Nutrition Education Program (FSNE) provides nutrition education and food resource management for food stamp recipients and eligible participants. Education focuses on the promotion of healthful eating and physical activity.

[www.extension.umn.edu/nutrition/](http://www.extension.umn.edu/nutrition/)

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## MISSISSIPPI

*Mississippi State University***Educating against obesity and related diseases**

Mississippi State University's Extension Service partnered with North Mississippi Medical Center's school nurses to teach healthy eating programs in high schools. They discussed serving sizes, the number of servings needed per day, healthy food versus junk food, and obesity-related diseases.

**Family Nutrition Program (Supplemental Nutrition Assistance Program)**

The goal of FNP is to provide educational programs that help food stamp participants and those eligible for food stamps make healthier food choices and adopt active lifestyles that are consistent with the Dietary Guidelines for Americans and USDA Food Guidance System.

Some of the objectives for FNP include working with participants to bring about: Increased consumption of fruits and vegetables; Increased consumption of low fat milk products; Healthy/low fat food preparation; Increased physical activity; Using proper serving sizes/portion control; Using better meal planning/shopping skills.

<http://msucare.com/health/one/fnp/index.htm>

**Mississippi Body Walk**

Body Walk is a new and unique health education program designed to educate elementary school students across the state of Mississippi on the importance of being physically active and making good nutrition choices. The Body Walk program provides education and activities that enable youth to learn skills needed in making good nutrition choices and developing a healthy lifestyle.

<http://msucare.com/bodywalk/experience.html>

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**Mississippi In Motion**

Mississippi In Motion is a research-based, peer reviewed curriculum for a state-wide, community based twelve week program designed to promote healthy eating and encourage positive physical activity behaviors. Examples of lessons include information on chronic diseases (diabetes and heart disease), stress eating, fad diets, physical activity, MyPyramid and Serving Size, Eating Out Smart, Cooking Healthy, and goal setting. Professionals in the community and extension personnel teach the educational sessions. Health fairs in collaboration with local hospitals, kicks off the 12-week program, in addition, participants' BMI are calculated for the pre and post evaluation at the end of the twelve week educational sessions. Some county hospitals offer blood pressure screenings, glucose and cholesterol testing as part of the health fair to participants. Mississippi In Motion is MSU-IRB approved.

A team concept encourages social support in adopting healthy lifestyle behaviors. Participants form teams of five members, choose a team name, and select a team captain. "Mississippi In Motion" is not about diets...but encourages program participants to adopt healthy habits for a lifetime.

[http://msucare.com/health/health04/ms\\_in\\_motion/index.html](http://msucare.com/health/health04/ms_in_motion/index.html)

**Program Targets Obesity Problem in Children**

A team of experts at Mississippi State University conducted preliminary research in preparation to implement a coordinated school health program called CATCH, or Coordinated Approach To Child Health, which focuses on health and physical education; school health, nutrition, counseling and social services; healthy school environment; school-site health promotion for staff; and family and community involvement. Anthropometric measurements of children and teachers/staff were collected to establish a baseline, and surveys/focus groups with parents were conducted to assess attitudes and barriers related to childhood overweight.

<http://msucare.com/health/>

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## MISSOURI

*University of Missouri - Columbia***Child Physical Activity**

This workshop, developed by University of Missouri Extension, addresses national concerns with children's inactivity and centers on the importance of physical activity, one's personal activity beliefs and behaviors, children's motor skill development, and age-appropriate activities to encourage children's movement and motor development.

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**Eat Well, Be Well with Diabetes (Dining With Diabetes)**

Eat Well, Be Well with Diabetes (Dining With Diabetes) is a four-session series that provides people with type 2 diabetes, their family and friends, with tools for the self-management of diabetes. The series focuses on nutrition, the cornerstone of diabetes management, but also reviews other self-management strategies that can help individuals avoid diabetes complications. Food demonstrations and tasting are included.

<http://extension.missouri.edu/hesfn/diabetes/index.htm>

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**Expanded Food and Nutrition Education Program (EFNEP)**

The Expanded Food and Nutrition Education Program (EFNEP) is a nutrition and physical activity program targeted to limited resource audiences. This program provides education in homes and community settings. Program participants receive 6-12 lessons over the course of the program. The primary audience for EFNEP is adults.

<http://extension.missouri.edu/fnep/>

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**Family Nutrition Program (FNP)**

The Family Nutrition Program (FNP) is a nutrition and physical activity education program targeted to limited resources audiences. This program provides education in schools, community settings, and through media campaigns. The average participant receives six lessons. The primary audience for FNP is youth and the adults who support them.

<http://extension.missouri.edu/fnep/>

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**Fitness & Wellness for a Lifetime**

Fitness & Wellness for a Lifetime is a video series that teaches basic physical fitness and health principles for adults.

<http://extension.missouri.edu/hes/>

**Food Power**

Elementary school students travel the path food takes from the farmer's field to the sports field and learn where the food they eat comes from and how it gives them the energy to grow and play.

<http://extension.missouri.edu/hes/foodpower/>

**Healthy Lifestyle Initiative**

The Healthy Lifestyle Promotion Initiative is partnering with communities to enable sustainable changes to increase access to healthy, affordable food and safe, accessible physical activity. A holistic community focus will result in a long-term, replicable model that makes the healthy choice the easy choice.

<http://extension.missouri.edu/healthylife/>

**Healthy Staff for Healthy Schools**

Healthy Staff for Healthy Schools is a wellness program developed to support school staff in implementing school wellness policies by making healthy food and physical activity choices. Because teachers are one of the primary influences in a child's life, by making healthy choices they serve as effective role models of good health for their students. Healthy Staff for Healthy Schools provides newsletters during the school year with wellness information and encouragement, as well as recipes, tips and fitness videos. In addition, the Healthy Staff for Healthy Schools website contains resources related to wellness.

<http://extension.missouri.edu/hes/healthystaff/index.htm>

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**Healthy Start**

Healthy Start is a comprehensive preschool health education curriculum, developed by a pediatrician in New York, that helps children learn how to make important decisions about nutrition, physical activity, safety, hygiene, smoking and drugs, and sun-safety.

<http://extension.missouri.edu/hes/healthystart/index.htm>

**Jump Into Action**

Jump Into Action is a program for fifth grade students teaches nutrition and physical activity education with a goal of preventing or reducing the risk of Type II diabetes.

**Kindergarten Initiative**

A program that engages children in experiential learning and involves parents and community members by linking schools and families to local food growers. Through the program's activities and events, relationships are established with local farmers who provide both fruit and vegetable snacks in the classroom and educational farm trips.

<http://missourifamilies.org/kindergarten/index.htm>

**Missouri Council for Activity and Nutrition (MoCAN)**

The Missouri Council on the Prevention and Management of Overweight and Obesity was created in 2003 to enable representatives of various organizations to develop a comprehensive plan to address the epidemic of overweight and obesity in Missouri. The mission of the Council was to document the economic impact and health implications of overweight and obesity for all Missouri families, regardless of income, and to recommend evidence- or research-based responses that could be undertaken by employers, schools, insurers, elected officials, individuals, families, communities, and state and local government. Upon completion of the plan this Council was officially disbanded, and an implementation council was formed. Representatives from groups interested in implementing the plan were invited to participate and they collectively chose the name of the Missouri Council for Activity and Nutrition (MoCAN). Meetings are held 4 times per year to implement work plans to achieve the plan's objectives, track on outcomes and evaluate which efforts are most effective.

<http://kchealthykids.org/mocan>

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**Missouri on the Move**

Missouri on the Move is an eight-week walking program based on using electronic step counters. The purpose of the program is to increase awareness and improve health by increasing physical activity through walking and using electronic step counters. The goal is to have each participant increase their walking an average of 2000 steps per day, which is equivalent to walking approximately one mile, however each participant sets his or her own step goal for the 10 week period.

<http://extension.missouri.edu/hes/food.htm>

**Shape Up Missouri**

Show Me Shape Up is a five-month competition that encourages Missourians to develop healthy activity and eating habits. Missourians are encouraged to form teams of two to ten people and then go the distance! Teams will have the opportunity to compete in two categories, team weight loss and/or accumulated activity. This program is administered through the Show Me State Games.

<https://shapeup.smsg.org/sum/>

**Stay Strong, Stay Healthy**

Stay Strong, Stay Healthy is an eight week strength training program for middle-aged and older adults. The program's goal is to improve health and quality of life. The program incorporates warm-up exercises, strengthening exercises, and cool down stretches. Over the eight weeks participants learn exercises to improve strength and balance.

<http://missourifamilies.org/sssh/index.htm>

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**MONTANA*****Montana State University*****Expanded Food and Nutrition Education Program (EFNEP)**

For 40 years, the goal of MSU EFNEP has been to assist limited-resource audiences in acquiring knowledge, skills, attitudes, and behavior necessary for nutritionally sound diets. Ultimately, the goal is to contribute to personal development and improvement of the total family diet and nutritional well-being. EFNEP targets youth and limited-resource adults with children under the age of 19, and reaches individuals through series of sessions and demonstrations. Through EFNEP, participants gain self-worth and learn that they have something to offer their families and societies.

<http://www.montana.edu/nep/index.htm>

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**Montana Supplemental Nutrition Assistance Program -Education (SNAP-Ed)**

SNAP-Ed offers nutrition education to SNAP participants and persons eligible to receive benefits. SNAP-Ed participants are Montana families with children, youth, seniors, singles, and individuals with developmental disabilities throughout the state. Series lessons or single demonstrations are presented with practical information and skill-building tips for choosing healthier foods, preparing foods, learning appropriate food safety practices, modeling good food choices for children, and incorporating ways to be more physically active every day. The goal is to provide people with the opportunity to acquire skills that assist in choosing healthy lifestyles.

<http://www.montana.edu/nep/index.htm>

**Nutrition Education for Teachers**

In coordination with Montana Team Nutrition, Extension provides training to teachers so students have the opportunity to learn the components of a healthy diet, and are “called to action” to make positive changes in their daily food choices and physical activity. Nutritional and activity habits that begin in youth are more likely to be continued into adulthood. Nutrition education for educators is essential since teachers play an important role in helping children develop healthy eating and lifestyle habits. Teachers have been successful incorporating nutrition education into the classroom, which in turn helps children make positive behavior changes. In addition, this training emphasizes what teachers can do in the classroom to role model healthy behaviors.

**Promoting Healthier Lifestyles and Well-Being**

Healthier lifestyles and prevention of chronic disease will result by increasing health-related behaviors such as healthy food choices, regular physical activity, and many other proven behaviors. Educational strategies that work at the individual, community and policy level can also be effective in promoting healthy lifestyles and well-being and preventing chronic diseases.

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**Small Steps to Health and Wealth TM**

Small Steps to Health and Wealth TM program encourages people to make positive behavior changes to simultaneously improve their health and finances. The program objectives include integrating health and personal finances and teaching 25 behavior change strategies. There are a multitude of reasons for connecting health and wealth within one educational program. Several key reasons include the following: 1) same behavior change strategies work for both issues, 2) people typically want quick fixes for both issues are often targets of fraud, and 3) lower medical expenses.

**Steps to a New You**

This healthy lifestyles program combines a series of seven food/physical activity/body image classes with a pedometer-based physical activity. Research has documented that Steps to a New You can help adults make changes consistent with a healthier lifestyle.

**Strong Women**

The StrongWomen™ program, developed by Miriam Nelson of Tufts University, is an evidence-informed, community-based strength training program developed and disseminated to enable middle-aged and older women to maintain their strength, function and independence. The primary objective of the program is to help communities implement safe and effective strength training programs for middle aged and older women. The program provides education and guidance on strength training activities, and use of basic strength-training equipment such as free weights and ankle weights.

**Worklife Wellness**

Extension has previously provided effective worklife wellness programming in selected counties. The focus of this initiative is to develop a coordinated, interdisciplinary initiative with a broad scope of health promotion and disease prevention. Extension is ideally positioned to offer programming that focuses on low health risk employees and keeping them at low risk.

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## NEBRASKA

*University of Nebraska - Lincoln***EFNEP and SNAP-ED**

Provides nutrition education to limited resource individuals and families in Kansas.

<http://www.oznet.ksu.edu/DesktopDefault.aspx?tabid=23>

**Healthy Lifestyles Behaviors**

University of Nebraska-Lincoln Extension encourages Nebraskans to adopt healthful practices and attitudes that affect both mind and body. UNL Extension helps people learn to manage food resources and handle food safely. UNL Extension teaches how proper nutrition and a healthy lifestyle can improve quality of life. UNL Extension supports the desire to take responsibility for individual health care as participants, learn more about recommended physical exams and health screenings, childhood immunizations, and practice safety.

[www.extension.unl.edu/nutritionhealth](http://www.extension.unl.edu/nutritionhealth)

**N-Lighten Nebraska**

N-Lighten Nebraska N-Lighten Nebraska is a team wellness program conducted by the Nebraska Sports Council. This three-month endeavor (February 1-May 1) encourages Nebraskans to develop sustainable healthy physical activity and eating habits. The unique team format encourages teammates to work together toward the common goal of living healthier lives.

<http://www.n-lightennebraska.com/>

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## NEVADA

*University of Nevada***Cocinando Delicioso y Saludable:**

A Spanish modification of the successful "Food for Health and Soul" Recipes, handouts, suggestions for limiting fat, sugar, salt and sodium and increasing fiber are culturally sensitive. The goal of the program is to teach skills for healthy food preparation to limit risk for chronic disease.

**An Apple A Day**

In partnership with the University of Nevada, School of Medicine, the "An Apple A Day" nutrition education series was implemented to address the nutrition education needs expressed by the local physicians. Materials addressing 16 topics (in English and Spanish) have been developed and are provided free of charge in quantity to physicians and other health professionals statewide.

<http://www.unce.unr.edu/programs/health/index.asp?ID=11>

**Calcium, It's Not Just Milk**

The "Calcium, It's Not Just Milk" program's goal is to increase awareness, knowledge, and skills among 11 to 14 year old middle school students related to increasing consumption of calcium-rich foods. These efforts have been promoted through classroom lessons, food samplings, and in-school activities/events. In the past five years, the program has reached over 3,000 middle school students in low-income communities in northern and southern Nevada. At the end of the program, students are more aware of foods with calcium; better understand the relationship between calcium and healthy bones and teeth; and increased ability to select calcium-rich foods.

<http://www.unce.unr.edu/programs/health/index.asp?ID=14>

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**Calcium, It's Not Just Milk**

The "Calcium, It's Not Just Milk" program's goal is to increase awareness, knowledge, and skills among 11 to 14 year old middle school students related to increasing consumption of calcium-rich foods. These efforts have been promoted through classroom lessons, food samplings, and in-school activities/events. In the past five years, the program has reached over 3,000 middle school students in low-income communities in northern and southern Nevada. At the end of the program, students are more aware of foods with calcium; better understand the relationship between calcium and healthy bones and teeth; and increased ability to select calcium-rich foods.

<http://www.unce.unr.edu/programs/health/index.asp?ID=14>

**Chefs for Kids Nutrition Education Program**

Chefs for Kids is a nutrition education program for primary age children in high needs schools in the Clark County School District of Nevada. Chefs for Kids has two components: a thirty-seven lesson second grade curriculum that is taught by University of Nevada Cooperative Extension (UNCE) nutrition educators in the classrooms of twelve elementary schools throughout the school year, and a five lesson first grade curriculum that is also taught by UNCE nutrition educators in multiple high needs schools. The program educates and motivates children to apply knowledge gained to engender a healthy lifestyle and develop sound eating habits, the basis of a lifelong healthy body weight. It is tailored to the needs and abilities of the children. Key educational messages include the importance of eating a variety of foods from all food groups every day, building a physically active lifestyle, building strong food safety practices (hand washing), and choosing healthful snacks.

<http://www.unce.unr.edu/programs/health/index.asp?ID=16>

**Expanded Food and Nutrition Education Program (EFNEP)**

The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed-behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being. The Nevada EFNEP program offers the "Eating Smart, Being Active" curriculum, an eight-week lesson plan, providing nutrition education to limited resource families, helping them feed their families more nutritiously, save money, and keep their food safe.

<http://www.unce.unr.edu/programs/health/index.asp?ID=38>

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**Food for Health and Soul**

Food for Health and Soul

The goal of this six session program, "Food for Health and Soul", is to decrease risk for chronic disease. The interactive program encourages and teaches participants to modify food preparation by decreasing sugar, fat, salt and sodium and increasing fiber-rich foods; thereby decreasing the risk for chronic diseases such as heart disease, diabetes, hypertension, some cancers and obesity.

<http://www.unce.unr.edu/publications/files/cy/2000/cm0004.pdf>

**Nutrition in the Garden: Grow Yourself Healthy**

The purpose of the "Nutrition in the Garden: Grow Yourself Healthy" program is to provide nutrition education enhanced by the creation and innovative use of a school garden. The project's goals are to foster healthful eating habits and increase physical activity, whereby instilling lifelong behaviors for obesity and chronic disease prevention. An integrated nutrition/horticulture curriculum is taught with links to the education standards, focusing on English language arts. "Nutrition in the Garden" (NITG) is conducted with third through sixth grade students at a Washoe County charter school having a high percentage of low-income Hispanic students and a low rate of literacy. The increased obesity and chronic disease risks of these children is heightened by their socioeconomic status and ethnicity.

**Nutrition in the Garden: Grow Yourself Healthy**

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<http://www.unce.unr.edu/programs/health/index.asp?ID=73>

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**Team Nutrition "Smart Choices"**

This program strives to address the public health issue of childhood obesity through building basic skills related to food selection and promoting an increased variety of nutritious foods consumed especially vegetables and fruits.

In its 10th year, the purpose of the Team Nutrition program is to:

- 1) increase both teachers' and students' awareness of the components of a healthful diet
- 2) increase teachers' competence and confidence in delivering nutrition lessons.

This program provides an annually updated nutrition curriculum to participating elementary schools, with accompanying in-service teacher training, grade-specific in-class nutrition instruction (which includes fruit and vegetable sampling), a school wide food tasting activity, and distribution of three nutrition newsletters to teachers and parents. Follow-up program evaluation with principals, teachers and staff permits program refinement and assesses program impact.

**Veggies for Kids: Grow Strong**

The target audience for the Veggies for Kids program is second and third grade students at two Nevada schools having high percentages (>85%) of Native American students, one in Wadsworth (Washoe County) and one in Schurz (Mineral County). Of all ethnic groups, Native American children are at greatest risk for obesity, attendant development of diabetes and other chronic diseases. Findings from the Strong Heart Study and related studies show that, in Native Americans, intakes of vegetables and fruits are significantly less than recommended, variety is limited, and use of traditional foods – derived largely from plant sources, fish and lean wild game – is waning. It is recognized that exposures in youth can help shape food preferences later in life. Through 10 in-class education standards-based lessons, this program promotes awareness of the health benefits of traditional foods, promotion of their consumption, and subsistence or supplementary vegetable gardening as a means to promote the desired intake of vegetables and fruits recommended in the Dietary Guidelines 2005 and USDA's MyPyramid food guide.

<http://www.unce.unr.edu/programs/health/index.asp?ID=88>

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## NEW HAMPSHIRE

*University of New Hampshire***Heal Initiative**

The development of a Healnh.org web site will organize and integrate information and other resources for New Hampshire citizens and professionals interested in healthy lifestyles. The site will focus on linking local resources, but also link to regional, national and global resources. It will serve as an online clearinghouse where self-caring citizens and caring professionals can: Find the best and most up-to-date information about nutrition and exercise, and the importance of redesigning local environments to promote health. Discover opportunities for nutrition education, exercise and active recreation in their own communities; Start or join a local task force working to improve school nutrition and fitness programs, support local recreational initiatives, including development of contiguous "greenways"; Have "success stories" and find peer support for individual, family, or community initiatives; Participate in online obesity reduction interventions; Access the latest research related to obesity, nutrition, exercise science, behavior change; Find the most up-to-date information and ways to increase healthy eating and exercise for their families; Provide opportunities for caring professionals and family caregivers to participate in online discussion groups for communities of practice or interest; Join "ask an expert" interactive discussions; Find the location of Farmers' Markets throughout the state as well as "Pick Your Own" to promote the consumption of fresh, locally grown fruits and vegetables.

<http://www.healnh.org/>

**Nutrition Connections**

Nutrition Connections includes EFNEP and FSNE with the goal of improving the likelihood that consumers will make healthy food choices within a limited budget and choose lifestyles consistent with the USDA Dietary Guidelines for Americans and MyPyramid. Programs focus on: diet quality, food resource management, shopping behavior, food safety, food security, and physical activity.

<http://extension.unh.edu/FoodNutr/FoodNutr.htm>

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## NEW JERSEY

*Rutgers, the State University of New Jersey***“Get Moving, Get Healthy New Jersey”**

“Get Moving, Get Healthy New Jersey” campaign to decrease obesity (aimed at decreasing obesity across the state) are two-fold:

1) NJ youth and families will make healthy eating and physical activity choices as part of their daily lives.

2) Department of Health and Senior Services and Rutgers Cooperative Extension – will be recognized as the state leadership facilitating the collaboration of public and private partnerships to create a healthier New Jersey.

In order to maximize statewide outreach, a variety of projects and methods will be employed to achieve the “Get Moving, Get Healthy New Jersey” objectives.

These methods include:

\*Design, conduct and implement needs assessment.

\*Convene an overall advisory group

\*Train youth and adult volunteers to promote, lead, and teach youth and/or adult programs.

\*Create an RCE “Get Moving, Get Healthy New Jersey” Website.

\*Continue holding FCHS Child Health Summits – Fighting Back Against Child Obesity in new counties. Goal is 2-3 new locations each year of grant. (FCHS has held 10 Child Health Summits so far).

\*Establish Community-Based Building Healthy Kids Coalitions to address child obesity with interested participants from Child Health Summits.

\*Implement “Get Moving, Get Healthy New Jersey” targeting elementary school aged audiences in both the in-school and after-school settings. Methods include curriculum development and hands-on activities using teaching kits.

\*Provide parent and adult education based on needs assessment and their preferred delivery methods.

\*Provide education for professionals and decision makers to include conferences and more.

\*Develop a walking challenge program to promote physical activity at all ages.

\*Create a social marketing campaign to reach a large number of New Jersey residents.

[www.getmovinggethealthynj.rutgers.edu](http://www.getmovinggethealthynj.rutgers.edu)

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### **NJ SNAP-Ed**

NJ SNAP-Ed consists of the SNAP-Ed Program and the SNAP-Ed Support Network (the Network). Both are headquartered in the Department of Nutritional Sciences at Rutgers School of Environmental and Biological Sciences. NJ SNAP-Ed and this website are designed to support nutrition education to limited resource audiences throughout New Jersey.

NJ-EFNEP helps limited-resource families and youth improve their eating behaviors and contributes to other personal development skills through behaviorally focused nutrition education. The program is administered by Rutgers New Jersey Agricultural Experiment Station (NJAES) Cooperative Extension, and is supported by USDA's CSREES Smith-Lever funds.

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## NEW MEXICO

### *New Mexico State University*

#### **Kitchen Creations**

Kitchen Creations cooking schools target people with diabetes and their families. The four-class cooking schools focus on increasing knowledge and use of simple meal planning strategies for people with diabetes. Particularly enjoyable parts of each class are hands-on activities and tasting of delicious food prepared by class participants.

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#### **Nutrition and Physical Activity Book**

Kitchen Creations: Kitchen Creations cooking schools target people with diabetes and their families. The four-class cooking schools focus on increasing knowledge and use of simple meal planning strategies for people with diabetes. Particularly enjoyable parts of each class are hands-on activities and tasting of delicious food prepared by class participants.

<http://ehe.nmsu.edu/diabetes.html> - anchor\_20096

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**Nutrition and Physical Activity Book: Keep Moving, Keep Healthy with Diabetes**

Diabetes research study that tests an educational physical activity program using a video entitled, "Keep Moving, Keep Healthy with Diabetes." Specifically, the study looks at whether using the exercise video increases the fitness level in people with diabetes and improves the lab results that measure diabetes control. Labs measured include HgA1C, HDL and LDL cholesterol, and blood glucose levels.

[http://ehe.nmsu.edu/diabetes.html - anchor\\_20095](http://ehe.nmsu.edu/diabetes.html - anchor_20095)

**Nutrition and Physical Activity Booklet: CATCH**

CATCH (Coordinated Approach to Child Health) targets Kindergarten through 5th grade students with nutrition education and enhanced physical activity during the school day.

<http://www.diabetesnm.org/activities/catch.htm>

**Nutrition and Physical Activity Booklet: Fit Families**

Fit Families is a healthy lifestyles pilot program that targets overweight children and their families. Families attend six classes that focus on healthy food choices, physical activity, feeling positive and goal setting.

<http://ehe.nmsu.edu/increasing-physical-acti.html>

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**Nutrition and Physical Activity Booklet: ICAN and Kids CAN**

I CAN: Ideas for Cooking and Nutrition

I CAN targets limited resource audiences, particularly those receiving food stamps, with hands-on series classes that enhance healthy food choices, food preparation skills and food buying strategies.

Kids CAN: Ideas for Cooking and Nutrition for Kids

Kids CAN targets youth in low income areas with series classes focusing on practical, hands-on skills for making healthy food choices and preparing food.

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**NEW YORK*****Cornell University*****Healthy Start Partnership**

Builds the capacity of community-based health and nutrition professionals to plan, implement, and evaluate environmental interventions to promote healthy weights in mothers and infants.

[www.human.cornell.edu/che/dns/hsp](http://www.human.cornell.edu/che/dns/hsp)

[www.human.cornell.edu/che/dns/hsp](http://www.human.cornell.edu/che/dns/hsp)

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**4-H Choose Health Initiative**

Guided by a newly formed Youth Healthy Lifestyles Program Work Team, the goal of 4-H Choose Health is to emphasize healthy eating and active living within both statewide and local level 4-H activities. Two major projects are underway: Choose Health at 4-H Camp, in which teen assistant counselors assess the camp nutrition environment and make recommendations for change, and 4-H Choose Health Ambassadors, which incorporates youth empowerment and leadership efforts with efforts to change nutrition environments and provide teen-led nutrition education in various settings.

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**Building Capacity to Address Obesity to Reduce Breast Cancer Risk in Rural Communities: An Environmental Approach**

Critically evaluating overweight and obesity as modifiable risk factors for breast cancer and testing an environmental approach to obesity prevention and breast cancer risk reduction in worksites with the Cornell Program on Breast Cancer and Environmental Risk Factors.

<http://envirocancer.cornell.edu>

**CHANCE - Collaboration for Health Activity and Nutrition in Children's Environments**

An integrated research and extension project of the Expanded Food and Nutrition Education

Program in New York State, serving limited-resource families. This project is developing and evaluating innovative ways to prevent childhood obesity by targeting key behaviors and environmental factors.

**Cooking Up Fun!**

An integrated nutrition, youth development program designed to help youth aged 9 to 14 acquire independent food skills as well as personal and social assets such as mastery, independence, generosity, and a sense of belonging

[www.cookingupfun.cornell.edu](http://www.cookingupfun.cornell.edu)

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**Cornell Nutrition Works: Building Capacity to Address Childhood Obesity Using an Ecological Approach**

Improves the capacity of food, nutrition and health professionals to prevent childhood obesity through web-based and collaboration-building methods. This integrated research/extension project evaluates the role of online professional development in capacity-building.

[www.nutritionworks.cornell.edu](http://www.nutritionworks.cornell.edu)

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**Developing a Taste for Healthy Weight and Healthy Farms**

A pilot project developing and evaluating experiential food-based classroom nutrition education using locally produced foods with integration in the school cafeteria.

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**Expanded Food and Nutrition Education Program (EFNEP)**

Nutrition education for low income families and youth.

[www.fnec.cornell.edu](http://www.fnec.cornell.edu)

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**Family Food Decision-Making Research and Education: Linking Food Systems to Health and Well-Being**

Identify strategic points for behavior change in the Family Food Decision-making Framework; develop educational tools for professionals and paraprofessionals who work with families; develop and enhance family and community food decision-making centers through university-community partnerships.

<http://familyfood.human.cornell.edu/>

**Farmers Market Nutrition Program**

Provide support to nutrition educators and other partners for nutrition education to WIC and low-income seniors receiving FMNP checks. Partners include Office for the Aging, WIC, Farmers' Market Federation

**Images of a Healthy Worksite**

An environmental intervention in the workplace to prevent weight gain.

**Increasing Capacity for Farm to School Programming**

Developing resources and providing professional development training workshops to increase capacity to plan, implement, and evaluate farm to school links.

<http://farmtoschool.cce.cornell.edu>

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Increasing awareness of local and seasonal food choices that support regional food systems.

<http://nefoodguide.cce.cornell.edu>

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### **Work-Family Integration and Diets of Multi-Ethnic Adults**

How low- and moderate-income employed parents experience and integrate the impact of family and work roles on their dietary behaviors.

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## NORTH CAROLINA

### *North Carolina A&T State University*

### **Project Eat Right-Add to Life (PEARL)**

Project Eat Right-Add to Life (PEARL) is a community-based nutrition education program designed to improve Food Stamp Program (FSP) participants' knowledge in food and nutrition, and to increase their ability to make wise consumer decisions at home, in the marketplace and school Cooperative Extension

<http://www.ag.ncat.edu/extension/programs/pearl.htm>

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*North Carolina State University***A Man's Guide to Basic Culinary Art**

A Man's Guide to Basic Culinary Art program is designed for men who find themselves in the situation of having to purchase, prepare, and store food for the first time in their lives. This fun and interactive 8-week cooking course teaches men the skills and knowledge to prepare healthy meals for themselves and their loved ones. The participants cook a meal at each session. The program includes a leader's guide, learning objectives and activities, recipes, and backup materials. (Available on CD)

**Color Me Healthy**

Color Me Healthy is a program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun.

<http://www.colormehealthy.com>

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**Eat Smart, Move More, Weigh Less**

The Eat Smart, Move More, Weigh Less (ESMMWL) weight-management curriculum was created by a team of interagency professionals with expertise in nutrition, physical activity, and behavior change. Published research data were used to identify strategies that would lead to weight loss and/or weight maintenance. These included eating fewer calories; including more fruits, vegetables and whole grains in meals; eating breakfast regularly; controlling/decreasing portion sizes; eating more meals at home; drinking fewer calorie-containing beverages; keeping a food/physical activity record; increasing physical activity; and watching less television.

The above strategies were used to create 15 ESMMWL lessons. The curriculum is presented in electronic and hard copy format and includes speaker notes, PowerPoint presentations, evaluation instruments and marketing materials. ESMMWL uses the Theory of Planned Behavior. Each lesson 1) discusses a behavior and its importance to the participant's goal of weight loss or weight maintenance 2) shows how others, including family members, can support the participant in doing the behavior and 3) provides strategies for adopting the behavior, empowering the participant to attempt the identified behavior. Additionally, each lesson includes a "family spotlight" describing ways the entire family can adopt the behavior, opportunities for sharing and celebrating success and tips for a guided discussion about the behavior. The curriculum also includes information and strategies to live mindfully, paying attention to the events, activities and thoughts that make up participants' lives.

ESMMWL is delivered in group settings such as faith communities, worksites, civic clubs or other groups organized specifically for this purpose (e.g. weight loss class at a physician office). Pilot data indicate that program participants have a weight loss on average of 8.5 pounds.

<http://www.eatsmartmovemorenc.com/ESMMWeighLess/ESMMWeighLess.html>

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**Families Eating Smart and Moving More**

Families Eating Smart and Moving More offers families simple solutions to help them eat smart and move more. Eating smart and moving more does not have to be difficult. Families Eating Smart and Moving More gives families the skills to be able to eat more meals at home, eat healthy when eating out, move more in their everyday routine and watch less television.

Families Eating Smart and Moving More includes four modules:

Eating Smart on the Run

Eating Smart at Home

Moving More, Everyday, Everywhere

Moving More, Watching Less

The Families Eating Smart and Moving More kit includes:

Leader's Guide

PowerPoint presentations with speaker notes & embedded video clips

Marketing materials

Evaluation instruments

DVD with video clips that correspond to the 4 modules

Handouts for participants in electronic format

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<http://www.eatsmartmovemorenc.com/FamiliesESMM/FamiliesESMM.html>

**Give Your Heart a Healthy Beat!**

Give Your Heart a Healthy Beat! is a program developed to reach adults who have been told by their physicians that they are at risk for cardiovascular disease. It has been shown to reduce blood pressure, body weight, and blood cholesterol level. The program was developed in two different delivery forms for two different audiences: those who cannot or will not attend meetings but who can use the Internet and those who can and will attend meetings. The two delivery forms are: The self-directed approach which is an interactive web-based program where the learner moves through the information at her/his own pace; and The agent/leader-lead approach that involves participants attending 12 group sessions filled with informative, fun, interactive learning opportunities and challenges.

The program includes a leader's guide, handouts, activities, and background materials. (Available on CD)

<http://www.ces.ncsu.edu/depts/fcs/food/hhb/index.htm>

**Partners in Wellness**

Partners in Wellness is a nutrition education program designed to reduce the risk of malnutrition and chronic disease in older adults. Each session involves group interaction, skill building, taste testing, and a variety of activities designed to influence behavior change. Participants learn how to eat better and become more physically active.

Activities address the top 10 identified risk factors for malnutrition in older adults. The program is designed for maximum learning, memory retention, and age-specific needs. (Available on CD)

<http://www.ces.ncsu.edu/Wellness/>

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**Supplemental Nutrition Assistance Education Program (SNAP-Ed)  
"Steps to Health"**

"Steps to Health" is North Carolina State University's nutrition educational program taught by the Cooperative Extension - Family and Consumer Science agents to clients currently receiving or eligible for the Supplemental Nutrition Assistance Program (SNAP). Nutrition education is currently provided in selected 3rd grade class rooms and older adults in congregate eating sites.

The 3rd grade program is a 9-session program including education on: Eat Smart with My Pyramid, The Fruit and Vegetable Challenge, Label Detectives, Re-think Your Drink, Move More with MyPyramid, A Rainbow of Fruits and Vegetables and Stoplight foods. Teaching methods are interactive and include, lecture, games, taste testing, cooking demonstrations, and take home information and recipes.

Older adults in congregate eating sites are provided a 10-week program taught in 2 5-week modules: Eating Well on a Budget and Eat Smart Stay Well. Teaching methods are interactive and include lecture with questions and answer, singing, tasting testings, cooking demonstration and games.

**SyberShop, Digital Solutions to Eating Smart and Moving More**

A multimedia interactive CD for high school students. The CD contains five modules – one of the modules addresses physical activity. (see the Impact of Interactive Multimedia on Nutrition and Physical Activity Knowledge of High School Students entry)

[http://www.ces.ncsu.edu/depts/fcs/pdfs/sybershop\\_1pager.pdf](http://www.ces.ncsu.edu/depts/fcs/pdfs/sybershop_1pager.pdf)

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**The Impact of Interactive Multimedia on Nutrition and Physical Activity Knowledge of High School Students**

Creative ways to encourage adolescents to develop positive lifelong eating and physical activity patterns are needed. The project described here assessed the effectiveness of an interactive multimedia product, SyberShop, to increase knowledge and influence behavior change in nutrition and physical activity in adolescents. SyberShop was effective in increasing knowledge in students. Students using SyberShop scored 28% higher on a post-test compared to a control group receiving no nutrition education ( $p < 0.001$ ) and 19% higher than a group of student receiving lectures. ( $p < 0.05$ ). Using multimedia is an effective way to educate young people about healthy eating and physical activity.

<http://www.joe.org/joe/2006april/a6.shtml>

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**NORTH DAKOTA*****North Dakota State University*****Banking on Strong Bones**

Banking on Strong Bones is a curriculum designed to increase calcium intake among children and teens. The curriculum includes a series of classroom lessons, parent newsletter, posters and evaluations. An online interactive beverage education module for elementary students was developed and is available on our Kids & Nutrition Web site.

[www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart)

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**Expanded Food and Nutrition Education Program (EFNEP) - Food Wise**

The Expanded Food and Nutrition Education Program (EFNEP) is a nutrition education program for families with young children. Families enroll in the program and learn about healthy food choices, food safety and stretching the food dollar through a series of lessons.

The Family Nutrition Program (FNP) is a nutrition education program for individuals and families in North Dakota. The FNP helps individuals and families select nutritious foods that fit within a limited budget. Nutrition educators meet participants in homes, schools and other settings. Participants receive or are eligible for supplemental nutrition assistance program benefits.

<http://www.ag.ndsu.edu/foodwise/>

**Now Serving: Tasting Healthful Meals on a Budget**

"Now Serving Tasty Healthful Meals on a Budget" is a series of publications with PowerPoints/lesson plans that help families use their food resources wisely. In the addition, snack guides and MyPyramid-based fact sheets with the same theme also are available.

[www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart)

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**On the Move to Better Health**

On the Move to Better Health is a school-based collaborative program of public health and Extension targeting fifth-graders and promoting a variety of healthy lifestyle behaviors. The month-long program promotes fruit and vegetable consumption, physical activity and healthy snacking/drink choices. The program includes a parent component and is evaluated using pre- and post-test surveys. A variety of community partners help implement the program, which is funded in part by local PTA chapters.

<http://www.ag.ndsu.edu/ext-emp/evaluation/reports/impactreports/2009cass-r.ussatis.pdf>

**WALK North Dakota**

Walk ND is a state-wide walking program for youth and adults. This eight week challenge is offered three times per year. The goal of each challenge is to increase the participant's awareness of the number of steps that they take each day and to challenge them to walk at least 10,000 steps daily. Using regular e-mails to provide physical activity education for participants, this pedometer-based program encourages participants to report their steps on-line every two weeks

<http://www.walknd.com/>

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**NORTHERN MARIANAS*****Northern Marianas College*****Expanded Food and Nutrition Education Program (EFNEP) - Northern Marianas**

EFNEP helps the youth and low-income families develop the knowledge, skills, attitudes, and behavior needed to improve their diet. Families learn to make informed choices about low-cost, nutritious foods, to better manage family finances, and to become more self-sufficient. EFNEP is federally funded and administered in the CNMI by the Northern Marianas College-Cooperative Research, Extension and Education Service (CREES).

<http://www.nmcnet.edu/community.cfm/compass/crees/fcs/nut/efnep/>

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## OHIO

*The Ohio State University***Adult Expanded Food and Nutrition Education Program (EFNEP)**

Adult Expanded Food and Nutrition Education Program (EFNEP) focuses its programming upon nutrition, thrifty food shopping, food safety and increasing physical activity through a series of at least 6 lessons.

**Chow Line**

Chow Line is a weekly question-and-answer column that focuses on nutrition, food safety, food processing and other food-related matters. News media have free use of the material as long as proper credit is given to Ohio State University.

<http://extension.osu.edu/~news/archive.php?series=nutrition>

**Dining with Diabetes**

Dining with Diabetes is a series of classes conducted by Ohio State University Extension and community health partners. This program helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, label reading and taste testing healthy recipes.

<http://diabetes.osu.edu>

**Expanded Food and Nutrition Education Program (EFNEP)**

Expanded Food and Nutrition Education Program (EFNEP) in Appalachian Ohio uses the "Eating Smart, Being Active" curriculum to teach nutrition, thrifty food shopping, food safety and physical activity through a series of 8 lessons.

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**Healthy Eating at Meetings**

Healthy Eating at Meetings is an effort to increase the amount of healthy food choices provided at OSU Extension sponsored meetings. Materials and a podcast are online at <http://fcs.osu.edu/healthy-eating/>.

<http://fcs.osu.edu/healthy-eating/>

**Local Nutrition and Physical Activity Programs**

Ohio State University Extension provides many local nutrition and physical activity programs throughout the state (e.g., Kids Chef School, Truancy Prevention by Eating Together, Walk Across XX county, etc.)

**Ohio SNAP-Ed's programming for adults**

Ohio SNAP-Ed's programming for adults who are food stamp recipients focuses upon classes about nutrition, food safety, thrifty food shopping and physical activity.

**Ohio SNAP-Ed's programming for youth**

Ohio SNAP-Ed's programming for youth in the Summer Food Service Program uses "Jump into Food and Fitness" as its primary curriculum.

**ServSafe**

ServSafe is a nationally recognized food safety training and certification program established by the National Restaurant Association. The ServSafe food safety training and certification program is recognized by more jurisdictions than any other manager food safety program. Ohio State University Extension offers ServSafe trainings across the state that fit every organization's needs, in a variety of training methods. For more information visit <http://servsafe.osu.edu>.

<http://servsafe.osu.edu>

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**Steps to Success**

Steps to Success is a resource containing practical ideas in the areas of literacy, physical fitness, and food for child care providers both in the home and in center-based environments. Learning activities can be used alone or with others to plan a day, a week, or even a month of fun experiences for children two to six years of age. Background information on literacy, nutrition, child and adult care food program information, food safety, snack planning, and additional resources are also available.

**Youth Expanded Food and Nutrition Education Program (EFNEP)**

Youth Expanded Food and Nutrition Education Program (EFNEP) targets elementary children in out-of-school settings with nutrition, food safety and physical activity topics. Curricula include “Jump Into Food and Fitness” and “Professor Popcorn”.

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**OKLAHOMA*****Oklahoma State University*****Expanded Food and Nutrition Education Program (EFNEP) & Food Stamp Nutrition Education (FSNE)**

The Community Nutrition Education Programs (CNEP) enrolls limited-resource families in a personalized, thorough, long-term educational experience. The goal is for every enrolled family to consume a diet that promotes good health and to acquire an adequate amount of nutrient-dense foods every day through effective use of available resources. See: <http://fcs.okstate.edu/cnep/about/EFNEPmedia/EFNEPbrochure.pdf>.

<http://www.fcs.okstate.edu/cnep/>

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**Food and Fun for Everyone**

Foods & Fun for Everyone targets 3rd and 4th grade youth in low income areas with series of nutrition education classes focusing on practical, hands-on skills for making healthy food choices and preparing food.

**Food and Nutrition**

<http://www.fcs.okstate.edu/food/food/>

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## State Institution

## Program Information

## Contact Information

### Health

Mission Statement: To disseminate research-based health information, and empower the people of Oklahoma as individuals, service providers, families, or communities, to voluntarily adopt lifestyles that promote health, happiness, prevent disease and minimize the socioeconomic burden of disease.

Focus Areas for Education: Communicable Diseases - Prevention and Treatment; Chronic Disease Risk Factors; Coronary Artery Disease and Stroke (Oklahoma Heart-Health Initiative); Diabetes: Etiology and Prevention; Cancer: Epidemiology: Types and Prevention; Degenerative Conditions: Types and Prevention; Common Treatments and Management; Chronic Obstructive Pulmonary Disease (COPD) and Tobacco Use; Stress: Prevention/Management

Youth Services: Youth Tobacco and Drug-Use Prevention; Teenage Pregnancy Prevention; Leadership and Community Development.

Teaching/Learning Modes: Workshops/In-services; County-based Specialist requests; Consultations at local and national levels; Television; Script Media; Electronic/web-based.

<http://www.fcs.okstate.edu/health/>

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## OREGON

### *Oregon State University*

### **Expanded Food and Nutrition Education Program (EFNEP) and Food Stamp Nutrition Education (FSNE)**

The Oregon State University Extension Service contracts with the United States Department of Agriculture to bring nutrition education to Oregon through the Oregon Family Nutrition Program (OFNP/ FSNE) and the Expanded Food & Nutrition Education Program (EFNEP). These programs comprise the Nutrition Education Program (NEP) which brings nutrition education to limited resource Oregonians.

<http://extension.oregonstate.edu/nep/>

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**State Institution****Program Information****Contact Information****Listing of nutrition and physical activity programs created and used by Extension in Oregon**

- \*Start Smart Eating and Reading
- \*Growing Healthy Kids – Pilot Stage
- \*Plateful of Prevention
- \*Pyramid Power
- \*Eating Well for Good Health
- \*Eat Well For Less
- \*Happy Home Meals
- \*Queso Fresco
- \*Comiendo bien para una buena salud

Physical Activity Only Programs  
Better Bones and Balance - Oregon  
Tai Chi for Better Balance - Oregon  
Strong Women - Tufts

<http://extension.oregonstate.edu/nep>

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## PENNSYLVANIA

*Pennsylvania State University***Expanded Food and Nutrition Education Program (EFNEP) and Pennsylvania Nutrition Education TRACKS (PA TRACKS)**

Penn State Nutrition Links coordinates the delivery of EFNEP and PA TRACKS (nationally known as FSNE) programming to the appropriate low income audiences across the lifespan. Nutrition Links provides educational activities that develop the knowledge and skills to achieve a healthful diet on a limited budget and encourage physical activity.

Nutrition Links' programming covers food preparation, meal planning, food storage and sanitation, shopping skills, nutrition for family members snack choices, nutrition knowledge and fitness. Classes are taught in small groups and often as part of a series.

<http://nutrlinks.cas.psu.edu/index.cfm>

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**Nutrition Diet and Health**

Penn State Cooperative Extension is an educational network that gives people in Pennsylvania's 67 counties access to Penn State's resources and expertise. It helps individuals, families, businesses, and communities throughout Pennsylvania with information and a broad range of educational programs designed to: Support productive, profitable, and competitive businesses and a strong agriculture and food system; Strengthen families, children and youth, and the elderly; Build caring, safe, and healthy communities; Ensure the long-term vitality of Pennsylvania's natural resources; Enable people to better understand and deal with complex public issues.

It is funded by the U.S. Department of Agriculture and state and county governments. Through this county-based partnership, Penn State extension agents, faculty, and local volunteers work together to share research-based information with local residents. The extension network is one part of Penn State Outreach and Cooperative Extension, which also includes Continuing Education, Distance Education/World Campus, and Public Broadcasting.

[http://www.extension.psu.edu/base\\_nd&h.htm](http://www.extension.psu.edu/base_nd&h.htm)

**Nutrition Information Resource Center**

This website NIRC has online fact sheets, a library of food and nutrition materials consisting of books, journals, and audiovisuals covering a broad range of topics from children's literature to technical nutrition information. It also has links to many other nutrition websites. Food and nutrition questions can be submitted to be answered by a Registered Dietitian. Materials are available for loan to: Penn State Cooperative Extension faculty and staff, and Cooperative Extension faculty and staff across the United States.

<http://nirc.cas.psu.edu/index.cfm>

**The Pennsylvania Nutrition Education Network Web Site**

The Pennsylvania Nutrition Education Network (PA NEN) promotes healthful food choices to low income Pennsylvanians of all ages, and encourages individuals and families to adopt positive, sustainable diet-related behaviors through the development.

<http://panen.psu.edu/>

**Nutrition Information and Resource Center**

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## RHODE ISLAND

*University of Rhode Island***Expanded Food and Nutrition Education Program (EFNEP) and Food Stamp Nutrition Education Program (FSNE)**

EFNEP of Rhode Island provides nutrition education in three ways: in school and other small group settings, to individuals in their homes, and through self-study "Learn at Home" curriculums. Adult discussion topics include food pyramid nutrition, menu planning and shopping, budgeting, feeding families, and food safety. Children learn about the food pyramid, healthy snacking, fruits and vegetables, food safety, and exercise. In the school setting, EFNEP paraprofessionals can work with teachers and nurses to help meet nutrition/health education standards for grades K-8.

The goal of the Food Stamp Nutrition Education Program (FSNE) is to increase the likelihood that Food Stamp recipients make healthy food choices within their limited food budget. Initiated in 1997, the focus of the Rhode Island FSNE has been to improve the dietary quality of Food Stamp eligible Rhode Island families and individuals by providing them the skills, information, and motivation they need to support healthy eating consistent with federal dietary guidelines (Dietary Guidelines for Americans, USDA Food Guide Pyramid).

Using a social marketing approach within the mass transit system, carefully crafted nutrition messages have been delivered by means of bus stop shelter posters in target neighborhoods, interior and exterior bus posters, interior digital messaging, local news media, toll-free hotline, and nutrition education materials developed to deliver campaign messages. These include: Strategies to simplify and improve meal planning and food shopping/budgeting; Strategies to improve dietary quality by increasing fruit, vegetable and calcium consumption and encouraging a fat moderate, high fiber (plant-based) diet; Information on safe selection, storage, and home preparation of nutritious foods; Local opportunities to improve food access and extend food resources.

<http://www.uri.edu/ce/efnep/>

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## SOUTH CAROLINA

*Clemson University***Expanded Food and Nutrition Education Program (EFNEP)**

EFNEP IS...a nutrition education program designed to help children, youth and families with limited resources develop knowledge, skills, attitudes and behavior needed to improve their diet by teaching them to make informed choices about low-cost, nutritious foods; to better manage family finances; and to become more self-sufficient. This program also provides a series of nutrition lessons to help children and youth develop healthy eating patterns and skills in preparing nutritious meals and snacks. These learn-by-doing steps allow participants to gain the practical skills necessary to make positive behavior changes that will empower them to adopt healthy eating and physically active lifestyles. Clemson University's EFNEP currently serves children, youth and families in 24

[www.clemson.edu/efnep](http://www.clemson.edu/efnep)

**Home and Garden Information Center**

The Clemson University Home & Garden Information Center (HGIC) delivers information to the residents of South Carolina via a toll-free telephone number (1-888-656-9988) through an interactive voice response (IVR) system and a web site containing educational fact sheets. Approximately 600 recorded messages on landscaping, gardening, plant health, household pests, food safety & preservation, and nutrition, physical activity & health are available 24 hours a day, 7 days a week. Callers use a four-digit code published in the Home & Garden Information Center User's Guide (EC 700) to retrieve the message they wish to hear. If a caller does not have a copy of the User's Guide, he/she can request one via surface mail, or find it on the Center's web site. The guide is also available from county Extension offices. Callers can also proceed through a menu system to access some of the messages without having access to the User's Guide.

[www.clemson.edu/hgic](http://www.clemson.edu/hgic)

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**Lucy's Tasty Treasures**

Lucy's Tasty Treasures is an informative, entertaining, and adventure-filled children's series about healthy foods. The main character, Lucy, is on a summer assignment, a treasure hunt to locate and learn about healthy foods, such as fruits and vegetables, dairy and whole grains. Taking a "farm to table" approach, Lucy's Tasty Treasures also includes segments that show Lucy and her Mom, older sister, and/or neighbors in their home kitchen with foods Lucy learned about on her trips. They prepare quick and easy, kid-friendly recipes while discussing nutritional content and safe food handling practices. The Lucy's Tasty Treasures program also includes Tasty Bites, segments that are 1-2 minutes in length. These segments are used as "teasers" at the beginning of educational classes are shown during the morning announcements in schools.

Supplementary materials include educator lesson plans that support and extend the learning opportunities; student activity sheets and photo-novellas; and, a web site (<http://www.clemson.edu/lucystastytreasures/>) containing video segments, games, recipes, podcasts, and a blog for students. The program is being broadcast through South Carolina Educational Television Instructional TV, and is available to the public on iTunesU.

[www.clemson.edu/lucystastytreasures](http://www.clemson.edu/lucystastytreasures)

**Nutrition Information Resource Center (NIRC)**

The Nutrition Information and Resource Center (NIRC) is an online nutrition library and lending resource at Clemson University. This website contains online fact sheets and educational materials. It also has links to many other nutrition websites, making it a great place to begin searching for information on any nutrition-related topic. These websites have been evaluated for accuracy, objectivity, currency, coverage, and design and format. NIRC has a lending library of food and nutrition materials consisting of books, journals, and audiovisuals covering a broad range of topics from children's literature to technical nutrition information. NIRC provides direct lending services to teachers, dietitians, family and consumer scientists, as well as other food, nutrition and health professionals.

[www.clemson.edu/nirc](http://www.clemson.edu/nirc)

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**Nutrition, Diet and Health Podcasts**

Approximately 100 audio and video podcasts are available the public in the area of nutrition, diet and health. The podcasts are available in the Department of Food Science and Human Nutrition section

[www.clemson.edu/itunesu](http://www.clemson.edu/itunesu)

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**SOUTH DAKOTA*****South Dakota State University*****CYFAR**

To assist families in their goal of good physical health for every family member, Shape Up: Family Style offers opportunities to families to participate in fun physical activity sessions and tasty nutrition sessions. Shape Up for parents and their children, ages 4 to 14 offers family fitness sessions regularly, outdoors when it is nice, and indoors during the winter months. We offer three nutrition sessions each year so families can learn together to make healthy choices and to help children learn how to prepare foods that are both tasty and nutritious.

<http://extfcs.sdstate.edu/cyfar/>

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**Expanded Food and Nutrition Education Program (EFNEP)**

EFNEP delivers a series of lessons on three topic areas: basic nutrition, resource management, and food preparation at schools and community sites. The program is available in four counties.

<http://extfcs.sdstate.edu/fnp/efnep/index.cfm?page=Mission/Goals>

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**Nutrition Network**

The goals of the SD Nutrition Network are to disseminate consistent food and nutrition information to schools, families, and communities in low-income settings and to coordinate nutrition education to improve the nutritional status of South Dakotans with limited resources. Network is partnering with schools and community organizations throughout the state.

<http://extfcs.sdstate.edu/fnp/network/index.cfm?page=Mission/Goals>

**Team Nutrition**

Team Nutrition is an integrated, behavior-based, comprehensive nationwide plan for promoting the nutritional health of the nation's school children. The SD Department of Education administers the Team Nutrition Program in South Dakota through Child and Adult Nutrition Services (CANS). CANS contracts with South Dakota State University Cooperative Extension Service to manage some of SD's Team Nutrition projects as well as other individuals and agencies.

<http://extfcs.sdstate.edu/fnp/team/index.cfm?page=Mission/Goals>

**The Family Nutrition Program**

FPN focuses on encouraging healthier eating habits. The Family Nutrition Program's nutrition assistants, provide hands-on learning experiences for children, adults and seniors. The program is available in nine counties.

<http://extfcs.sdstate.edu/fnp/fnp/index.cfm?page=Mission/Goals>

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## TENNESSEE

*Tennessee State University***Expanded Food and Nutrition Education Program (EFNEP)**

Assist limited resource/low income families and youth in making healthy choices within a limited budget to gain knowledge, skills, attitudes and changed behaviors necessary for making healthy choices to improve the total family diet and welfare.

[www.tnstate.edu/cep](http://www.tnstate.edu/cep)

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**Food Stamp Nutrition Education Program at Tennessee State University - TSU FSNEP**

To improve the likelihood that food stamp recipients and food stamp eligible individuals and families will make healthy food choices within a limited budget and choose a physically active lifestyle.

[www.tnstate.edu/cep](http://www.tnstate.edu/cep)

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**Tennessee State University Nutrition Education Progra - TSU NEP**

To improve the likelihood that food stamp recipients and food stamp eligible individuals and families will make healthy food choices within a limited budget and choose a physically active lifestyle.

[www.tnstate.edu/cep](http://www.tnstate.edu/cep)

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*University of Tennessee***Arthritis Foundation Exercise Program**

The AFEP is a community-based, non-clinical recreational exercise program developed by the Arthritis Foundation. While it includes activities designed to improve certain physical parameters, such as endurance and joint motion, the group exercise experience also encourages peer interaction and socialization.

The AFEP offers several advantages over generalized community exercise programs. It is designed specifically for persons with arthritis, taking into consideration the pain, fatigue and decreased strength and motion that often accompany the disease. The program includes accommodations for individual limitations and does not encourage activities that might aggravate, rather than relieve, arthritis symptoms. In order to assure safe performance of the exercises, instruction about basic principles of arthritis exercise, correct body mechanics and joint protection are included.

The program consists of two levels – a basic level and an advanced level. The instructor will design the program to fit the needs of the participants.

<http://fcs.tennessee.edu/healthsafety/afep.htm>

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**Arthritis Self-Help Program**

To decrease the disabling impact of arthritis on Tennesseans by teaching them how to self-manage their arthritis.

<http://fcs.tennessee.edu/healthsafety/ashp.htm>

**Expanded Food and Nutrition Education Program (EFNEP)**

A nutrition education program for low-income families with children designed to improve food choices, physical activity and food safety behaviors through a series of classes. Education is learner-centered using research-based information delivered by nutrition paraprofessionals.

<http://fcs.tennessee.edu/efnep/default.htm>

**Safe Food for Tennessee: UT Extension Family & Consumer Sciences: Nutrition & Food Safety**

A food safety education program for Tennessee consumers that focuses on safe food-handling behaviors that prevent foodborne illness. Safe Food for Tennessee also provides research-based information on home food preservation.

<http://fcs.tennessee.edu/nutrfdstfy/safefd/index.htm>

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**Tennessee Nutrition & Consumer Education Program (TNCEP);  
UT Extension Family & Consumer Sciences: Nutrition & Food Safety**

Tennessee Nutrition & Consumer Education Program (TNCEP)

UT Extension Family & Consumer Sciences: Nutrition & Food Safety

TNCEP is a nutrition education program for Tennessee families who receive SNAP or who are eligible for SNAP. The goal of TNCEP is to teach families how to choose and prepare nutritionally adequate diets and help them feel empowered to move toward self-sufficiency. Families are taught how to use SNAP and related resources effectively.

<http://fcs.tennessee.edu/tncep/default.htm>

**Tennessee Shapes Up Initiative**

EFNEP and TNCEP are part of this initiative:

Tennessee Shapes Up is a series of lessons (usually taught twice a week for eight weeks).

Although appropriate for anyone, the lessons target adults. Class time includes instruction as well as a group activity, such as walking.

Power U is a fun and innovative curriculum to teach fourth graders to develop healthy eating and physical activity habits.

Power of Choice teaches youth (pre-adolescents and adolescents) how to make healthy eating and fitness decisions.

e-Wellness is a web-based weight-control program using a team approach to build a support system for participants. This program is appropriate for worksites or any community group who would like to improve their health and control their weight. The county Extension agent leads the program and provides instruction for the team captains and team members.

UT Extension Employee Wellness Program is designed to help UT Extension Employees maintain good health.

Healthy Steps is a food and physical activity program for preschoolers 3 to 5 years old.

Children participate in food preparation activities and structured active play designed to encourage healthy food choices and physical activity.

Culinary Arts for the Everyday Cook is a series of fee-based cooking classes to help people learn how to prepare healthy foods that taste good.

Body Works is a program to encourage mother/daughter discussions about a realistic body image and healthy lifestyle practice.

<http://tnshapesup.tennessee.edu/>

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## State Institution

## Program Information

## Contact Information

### Walk Across Tennessee

This program is designed to increase the daily physical activity of Tennesseans aimed at: Decreasing the overweight and obesity trends in the state; Developing a more active life to help Tennesseans manage illnesses and chronic diseases; Developing a more physically active life to help Tennesseans protect physical and emotional health.

Walk Across Tennessee is an 8-week walking program for teams of eight people. The teams will have a friendly competition to see who can log the most miles walking, jogging, biking, dancing or other types of physical activity.

<http://walkacrosstn.tennessee.edu/>

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## TEXAS

### *Prairie View A&M University*

### FF-NEWS (Families First-Nutrition Education and Wellness System)

A culturally sensitive nutrition education program for limited resource audiences. The curriculum contains four modules with 56 lessons.

[http://pvcep.pvamu.edu/fcs\\_nutrition.html](http://pvcep.pvamu.edu/fcs_nutrition.html)

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**Project Diabetes Education Awareness Prevention (DEAP)**

DEAP is a diabetes educational awareness program designed to empower individuals and families affected by diabetes to adopt healthy lifestyles. Family and Consumer Sciences staff in 12 Texas counties teach a series of six lessons to participants enrolled in the program. Pre and post test are administered to measure changes in knowledge and skills. The curriculum used to teach the lessons is Diabetes Education Empowerment Program (DEEP). It includes modules on physical activity, nutrition, and medication management. This program has been funded by the Texas Department of State Health Services Texas Diabetes Program for the past four years.

[http://pvcep.pvamu.edu/fcs\\_nutrition.html](http://pvcep.pvamu.edu/fcs_nutrition.html)

***Texas A&M University*****Better Living for Texans/Supplemental Nutrition Assistance Program (SNAP-Ed)**

The goal of the Supplemental Nutrition Assistance Program is to provide educational programs that increase, within a limited budget, the likelihood of food stamp recipients making healthy food choices consistent with the most recent dietary advice as reflected in the Dietary Guidelines for Americans.

<http://blt.tamu.edu>

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**Do Well, Be Well with Diabetes  
Cooking Well with Diabetes**

Both of these programs are targeted towards individuals (or family members) who have type 2 diabetes. Do Well, Be Well features 10 lessons related to nutrition and self care; Cooking Well with Diabetes is a booster program that focuses on nutrition and how to alter recipes to make them healthier for individuals with type 2 diabetes.

[http://fcs.tamu.edu/health/type\\_2\\_diabetes/type\\_2\\_diabetes.php](http://fcs.tamu.edu/health/type_2_diabetes/type_2_diabetes.php)

**Expanded Nutrition Program (Expanded Food and Nutrition  
Education Program - EFNEP)**

Expanded Nutrition Program (ENP) of Texas Cooperative Extension is a flagship nutrition education program funded by USDA's Cooperative State Research, Education, and Extension Service. At the national level, it is known as the Expanded Food and Nutrition Education Program (EFNEP). Since 1969, ENP has worked in local Texas communities providing food and nutrition education to vulnerable limited resource families and youth. Today the program is located in nine counties: Bexar, Cameron, Dallas, El Paso, Harris, Hidalgo, Nueces, Tarrant, and Travis. Trained ENP educators teach basic nutrition, food safety, shopping on a budget, and food preparation skills to clients using hands-on activities and practical, easy-to-understand materials.

<http://enp.tamu.edu/>

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## State Institution

## Program Information

## Contact Information

### Walk Across Texas

To encourage adults and children to establish the habit of regular physical activity, Texas Cooperative Extension designed, developed, and continues to promote Walk Across Texas!, a fun and fitness program to help participants adopt the habit of regular, moderate-intensity exercise. Teams of eight family members, friends, co-workers, or neighbors walk together or individually over the 8 weeks of the program. Some also attend Extension classes and receive information on nutrition, exercise, weight loss, and other health topics. Teams compete to see who can walk the 800 miles "across Texas" first, and all participants are recognized for their achievements. The program is ongoing, and since 1996 more than 85,000 Texans have participated.

<http://walkacrosstexas.tamu.edu/>

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## UTAH

### *Utah State University*

### Diabetes Stepping Up To The Plate

This is seven week program that is effective in traditional group classroom setting to improve diabetes control. The emphasis is on food portioning skills, but encourages setting goals on physical activity as part of the program. This has been evaluated and shown to decrease HbA1c, increase nutrition knowledge and food portioning skill. The Camtasia software has been used to put this into a self paced learning program (voice to Power Point) for English. The Spanish translation of this program is currently under study.

### Nedra Christensen PhD, RD

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### Eat and Live Well

Eat and Live Well: A program with Primary Children's Medical Center for teens. Right now working with Highland High but have worked with Northwest Recreation center as well. It is a program that incorporates nutrition and physical activity for 2.5 hours each week for 8 weeks.

### Sara Oldroyd

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**Expanded Food and Nutrition Education Program (EFNEP)**

Giving Your Body the Best curriculum contains 17 lessons that implement the USDA Dietary Guidelines for Americans and MyPyramid. Each lesson was carefully developed to meet the needs of limited resource young families. It targets the Expanded Food and Nutrition Education Program and Food Stamp Nutrition Education Program clients. Giving Your Body the Best is a highly motivating curriculum that gets adult learners excited about nutrition and ready to make lifestyle changes. It offers an expanded understanding of the relationship between nutrition, physical activity, and health.

The curriculum is culturally sensitive with ample illustrations and accompanying dialogue. It can be delivered by traditional flip chart or PowerPoint® slide show. Lesson topics are divided into four categories: Healthy Lifestyles; Basic Nutrition; Healthy Choices; Pregnancy and Early Nutrition.

Handouts reinforce the learning concepts through fact sheets, nutritious recipes, and goal setting.

<http://utahefnep.org/>

**Food Safety Program**

<http://foodsafety.usu.edu/>

**Healthy Beat Cardiovascular Program**

This a program that has been developed as a self paced guide (Camtasia software) with voice to PowerPoint Information. It has seven modules to complete and includes physical exercise as a component of the program. It has been studied and proven to be effective in reducing cholesterol (Total and LDL), waist circumference, hip circumference, and improves endurance as evaluated by the six minute walk test. Nutrition knowledge has also been shown to improve.

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**Supplemental Nutrition Assistance Program**

This program provides education to food stamp recipients and/or food stamp eligibles to promote healthy eating and an active lifestyle. The need for the program is evident with the overall increase in disease in the United States, particularly among those individuals from low-income backgrounds who have a higher propensity for disease because of the poor nutrition associated with low income. In fact, 2/3 of food stamp participating households have health problems related to sodium consumption and being overweight.

<http://extension.usu.edu/fsne>

**Wellness Works**

Wellness Works is a friendly competition that promotes healthy living in adults and youth in with an emphasis on physical activity and nutrition. The program can be held on a community level, or with in a school, work place or neighborhood. Participants assess their own diet and current degree of physical activity. Participants have their blood pressure, heart rate, cardiovascular and cholesterol tested and recorded, as well as their height, weight, and BMI. They then set nutrition and fitness level appropriate goals for the next 12 weeks. Community events and activities are offered, such as nutrition and cooking classes, community walks and running competitions, community gardens classes, dance classes, soccer lessons, karate, swimming, and other classes for adults and youth. Incentives are offered throughout the program to increase interest and consistent participation.

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## VERMONT

*University of Vermont***Dining with Diabetes**

This three-part series of classes, designed for diabetics or those preparing food for diabetics, provides practical nutrition information and skills development on how to prepare healthy foods. Each class includes the opportunity to taste new recipes. Classes are jointly taught by a UVM Extension Nutrition Specialist and either a local registered dietitian or certified diabetes educator.

(see Cooking for Life)

<https://www.uvm.edu/~uvmext/magicscript.php?Page=Calendar&agenda=extension,UVM,%204->

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**Eating What We Grow Program**

This project began as a print resource designed to provide Vermonters with resources and information to help them select, store, prepare and enjoy the abundance of produce grown in our state that emphasizes the consumption of local fruits and vegetables. Let us educate you about choosing and preparing Vermont-grown fruits and vegetables. Get started! This program offers general information below and specifics about fruits and veggie nutritional information and some recipes on the right. An extensive recipe list is offered below in our complete index to recipes.

- "Eating What We Grow" introduction (PDF)
- About the recipes and nutrition facts label (PDF)
- References (PDF)
- Acknowledgements (PDF)

<http://www.uvm.edu/~uvmext/food/?Page=grow.html>

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**Expanded Food and Nutrition Education Program (EFNEP)****EFNEP and Adults:**

The Expanded Food and Nutrition Education Program (EFNEP) is a free program that helps people learn to choose and prepare good foods for a healthy life. EFNEP serves limited resource families with children, pregnant women, and youth. EFNEP Educators are located around the state, and are available for both individual lessons and group classes (Cooking for Life, for example). EFNEP shapes the program to meet each person's particular needs.

Cooking for Life is a free program taught by area chefs and EFNEP Educators that empowers parents and pregnant women with limited resources to cook healthy, affordable meals for their families. In a series of six group classes, participants receive hands-on instruction in meal planning, budgeting, shopping, and cooking. At the end of each class, participants are given the ingredients of the meal they just learned to prepare in class, so they can practice their new cooking skills at home with their families. Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and the Expanded Food and Nutrition Education Program.

**EFNEP and Youth:**

EFNEP Educators collaborate with schools and community agencies that serve at-risk youth to offer group nutrition education programs. Programs are usually a four- to six-lesson series held in a school or community setting. We offer programs for youth of all ages and the focus is on fun, hands-on activities. Most of our programs are offered during out-of-school time and can include food preparation when community agencies are able to provide food/ingredients. Examples of youth group classes that EFNEP offers are Cooking for Life: Youth and Cooking for Life: Young Adult Children: <http://www.uvm.edu/extension/food/?Page=youth.html>

Cooking for Life: Youth Is a free program that empowers limited-resource youth ages 9-14 to cook healthy, affordable meals. In a series of six group classes, participants receive hands-on instruction from area chefs and EFNEP Educators to develop healthy nutrition and cooking skills. At the end of each class, participants are given the ingredients of the meal they just learned to prepare in class, so participants can practice their new cooking skills at home with their families. Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and the Expanded Food and Nutrition Education Program.

<http://www.uvm.edu/extension/food/?Page=adult.html>

**Amy Davidson****EFNEP**

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**Food, Fun, and Reading**

Nutrition and literacy education program for pre-kindergarten through grade two. Children learn about food and nutrition by having children's storybooks with food-related themes read to them and then participating in hands-on nutrition activities. Each lesson includes nutritional objectives, background information for the instructor, guidelines for discussion before and after reading the story, nutrition lesson on the Food Guide Pyramid, list of supplies needed, supplemental activities, other books children might enjoy, Internet sites of interest, take home activity, recipes, and letters to parents.

**Senior Farm Share**

The Vermont Senior Farm Share program links Vermont seniors living in subsidized housing with local farms that distribute fresh fruits and vegetables on a weekly basis throughout the growing season. Nutrition education provided by UVM Extension helps seniors learn healthy food preparation and cooking methods for the fresh produce. This project is a collaborative effort of the Vermont Department of Aging and Disabilities, Vermont Department of PATH, Northeast Organic Farming Association of Vermont (NOFA-VT), and UVM Extension.

**Step into Health**

Step into Health is a program designed to get participants walking for health. The focus is on increasing both the frequency and duration of walking by using pedometers to raise self-awareness of one's level of physical activity. This program can be taught to groups, or one-to-one to individuals.

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**VIRGIN ISLANDS*****University of the Virgin Islands*****Expanded Food and Nutrition Education Program (EFNEP)**

The EFNEP helps youth and families with limited incomes to acquire knowledge, skills, attitudes, and behaviors that enable them to maintain nutritionally sound diets, enhance personal development and improve the total family diet and nutritional well being.

<http://rps.uvi.edu/CES/index.html>

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**VIRGINIA*****Virginia Polytechnic Institute and State University*****Dining with Diabetes Dining with Diabetes**

Dining with Diabetes Dining with Diabetes is a program for individuals and caregivers with type 2 diabetes. The goals of the program are to increase knowledge about healthful food choices; present healthful options of familiar foods; demonstrate the proportion of foods desirable for meals for diabetes control and management; and prevent diabetes complications. The program is conducted in partnership with the Virginia Department of Health.

**Fit Extension**

FIT Extension is an 8-week community-based program that uses the principles of group dynamics to encourage physical activity and fruit and vegetable consumption. FIT Extension was adapted specifically for Virginia, using the successful Walk Kansas program offered by K-State Research and Extension.

[www.fitextension.ext.vt.edu](http://www.fitextension.ext.vt.edu)

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**Food Friends and Mighty Moves**

Food Friends and Mighty Moves is a social-marketing campaign (using the train-the-trainer model with childcare providers and Head Start teachers) developed by Colorado State University aimed at increasing preschool-aged children's motor skills, physical activity levels, and willingness to try new foods. The program bin includes an activity binder, hand puppets of 7 Food Friends and Mighty Moves (super hero) characters, memory games, activity cards, posters, jigsaw puzzles, placemats, paper pads, magnets, and children's books that incorporate physical activity and "try new foods" themes. Implementing the Food Friends and Mighty Moves program includes conducting a 15-20 minute activities once per week, reading storybooks on related themes, and opportunities to try new movements and/or new foods twice each week. Parents also receive related materials, including newsletters and recipes. Materials are available in English and Spanish.

**Food, Nutrition, and Health**

Resources on food, nutrition and health.

[www.ext.vt.edu](http://www.ext.vt.edu)

[www.ext.vt.edu/livingwell](http://www.ext.vt.edu/livingwell)

<http://extensionenespanol.net/index.cfm>

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**Healthy Weights for Healthy Kids**

Healthy Weights for Healthy Kids provides Extension Agents and educators (through the train-the-trainer model) with a hands-on, user-friendly curriculum for youth (ages 7 – 14) that addresses key concepts related to healthy weights. Healthy Weights for Healthy Kids focuses on six research-based topics critical for children of all sizes: Smart Foods; Smart Choices; Smart Drinks; Smart Snacks; Smart Activities; and Smart Image. Healthy Weights for Healthy Kids received the 2007 National Extension Association for Family and Consumer Sciences Award for Excellence in Research.

**I am Moving, I am Learning**

I am Moving, I am Learning is a training program for Head Start teachers aimed at increasing the quantity of time spent in physical activity, improving movement, and healthy nutrition choices, particularly among Head Start teachers and children.

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**ServSafe**

Safe food preparation and handling training to prevent foodborne illness, including: ServSafe™ for food service workers at restaurants and institutions; Cooking for Crowds™ for fundraising groups, churches, and other community groups that are preparing food for large groups; and at home food preservation training and resources.

**Smart Choices in the Grocery Store**

Smart Choices in the Grocery Store is a project created to help shoppers, at the point of purchase, make healthier food choices. The project centers around six messages: Focus on Fruit, Think Your Drink, Vary Your Veggies, Increasing Whole Grains, Reducing Sodium, Getting Calcium for a Lifetime. The grocery stores that host this initiative are high volume food stamp participation stores. The intervention includes a small, taste-test of a nutrient rich food, store intercom announcements, handouts for adults and youth, display boards, and small posters.

**Suppers Made Simple**

Suppers Made Simple aims to improve the health and well-being of Virginians by encouraging families to cook, eat and play together. Using an experiential approach to learning, the program teaches simplified meal preparation and planning skills, promotes the inclusion of fruits and vegetables in meals, introduces fun ways for family members to be active together, and increases the involvement of children in meal preparation.

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**Supplemental Nutrition Assistance Program Education**

Supplemental Nutrition Assistance Program Education is committed to teaching limited-resource individuals and families in households receiving food stamps and those at 130% of poverty or below. The objectives are to improve dietary quality, increase physical activity, improve food shopping and food resource management skills, decrease food security issues, and improve food safety. The programs are learner-centered and cooking skills are taught.

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**The Expanded Food and Nutrition Education Program (EFNEP)**

The Expanded Food and Nutrition Education Program (EFNEP) targets limited-resource families in households with young children and youth ages 3-19. The program's objective is to enroll and teach participants so that they acquire knowledge, skills, attitudes, and changed behavior necessary for securing nutritionally sound diets and to contribute to their personal development. The programs are learner-centered and cooking skills are taught.

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<http://www.ext.vt.edu/pubs/nutrition/360-096/360-096.html>

***Virginia State University*****Health Programs**

Healthy programs including eliminating health disparities through health education and preventing the spread of HIV/AIDS

<http://pubs.ext.vt.edu/category/health-nutrition.html>

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## WASHINGTON

*Washington State University***Diabetes Awareness and Education program**

The Washington State University Diabetes Awareness and Education program engages people with diabetes to seek regular and appropriate care for diabetes. The project promotes early detection and treatment to prevent or reduce the severity of complications from diabetes. The program works with national, state and community partners to promote diabetes awareness and education.

<http://nutrition.wsu.edu/diabetes/>

**Expanded Food and Nutrition Education Program (EFNEP):  
Nutrition Education Can Have a Lifetime Impact**

Washington State University Extension Family and Nutrition Education Program is helping thousands of low low-income people in five counties eat healthier. The benefits pay dividends in helping these families avoid health problems linked to poor nutrition.

<http://www.pierce.wsu.edu/Nutrition/EFNEP/index.htm>

**Food \$ense**

Food \$ense funding is a collaborative effort of USDA Food Stamp Program, USDA-Cooperative State Research, Education and Extension Service (CSREES), Washington State University, and over 874 local and state community partners.

<http://nutrition.wsu.edu/foodsense/>

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**Nutrition Education Network**

The Nutrition Education Network of Washington is a strategic alliance of agencies and organizations that work with low-income families. The Network's objective is to coordinate nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating. The Network is promoting nutrition and physical activity with this message...Energize Your Life: Eat healthy-Be Active.

<http://nutrition.wsu.edu/nen/index.html>

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**WEST VIRGINIA***West Virginia University***Bridging the Gap with Education: Diabetes Symposium and Workshop**

A yearly program for educators and health-care professionals who are interested in learning about the latest advances in diabetes care and prevention.

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**Dining with Diabetes**

A program designed for people with diabetes and their family members. A series of three classes that includes learning, demonstrations, and tasting of healthy foods. A grant-funded program offered free to people with diabetes in West Virginia.

<http://www.wvu.edu/~exten/depts/famyou/diabetes.htm>

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**Family Nutrition Program**

Is a statewide outreach program that focuses on nutrition, food, and physical activity through multiple projects, community-based initiatives and key partnerships. FNP prioritizes accountability and documents its impact on related behaviors of West Virginia's limited resource families. As a visible and critical part of WVU and WVU Extension Service, we maintain a strong research base and experiential, facilitative approach to delivering information to our focus audience. The FNP is funded through the Expanded Food and Nutrition Education Program and the Food Stamp Nutrition Education program.

WVU Extension Service Presents: The Family Nutrition Program

<http://www.ext.wvu.edu/fnp/>

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**WISCONSIN***University of Wisconsin***Eating Well and Being Active**

University of Wisconsin-Extension county and state-based educators work to create positive change among residents in the areas of eating/nutrition and physical activity. Work consists of a mix of strategies including training educators and partners; and sharing effective programs, methods and materials. Educational programs seek to improve the knowledge and skills of individuals and families in order to select and prepare healthy foods and incorporate physical activity into their lifestyles. The plan also includes engagement of communities and institutions in addressing these issues.

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**Strong Women™**

The StrongWomen™ program, developed by Miriam Nelson and Rebecca Seguin of Tufts University, is an evidence-informed, community-based strength training program developed and disseminated to enable middle-aged and older women to maintain their strength, function and independence. The primary objective of the program is to help communities implement safe and effective strength training programs for middle aged and older women. The program provides education and guidance on strength training activities, and use of basic strength-training equipment such as free weights and ankle weights. Classes lasting 60 minutes are offered twice a week on nonconsecutive days for 12 weeks. In 2008, there are 27 Wisconsin counties that have trained StrongWomen™ program leaders.

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**University of Wisconsin-Extension Nutrition Education Program (WNEP)**

Responds to the diverse needs and resources of the poor by implementing community-based nutrition education with adults and youth. WNEP includes both the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAPed). Education for adults occurs in a variety of settings using curricula such as Eating Smart and Being Active for adult EFNEP, Money for Food, Sisters in Health, Loving Your Family, Feeding Their Future, Raising Healthy Eaters, Stepping Up to a Healthy Lifestyle, and Vary Your Veggies for adult SNAPed, and The Power of Choice, Professor Popcorn, Pyramids Between the Pages for youth SNAPed. WNEP is a partnership between the Food and Nutrition Service of the USDA, Wisconsin Department of Health Services and the University of Wisconsin-Extension.

<http://www.uwex.edu/ces/wnep/index.cfm>

**Wisconsin School Breakfast**

Beginning in 2004, University of Wisconsin - Extension, Family Living Programs and the Department of Public Instruction, School Nutrition Team began a very exciting collaboration working to increase the number of Wisconsin students who participate in the School Breakfast Program. We are committed to providing support, research based information, and resources to enhance the program and student participation. Whether you are an Extension educator or a food service provider, you will find information and resources here to enhance the breakfast program at your school.

<http://www.uwex.edu/ces/flp/food/schoolbreakfast/>

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**WYOMING***University of Wyoming***Cent\$ible Nutrition Program**

Helps families eat for less. The Cent\$ible Nutrition Program provides nutrition education to low income Wyoming families with funding from the Supplemental Nutrition Assistance Program (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

<http://www.uwyo.edu/centsible>

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**Dining with Diabetes in Wyoming**

This program is designed to help people with diabetes eat more healthfully and enjoyably and to better manage their diabetes and is also open to family members. A series of four weekly classes and a three-month follow-up class, Dining with Diabetes in Wyoming is team-taught by a county/area-based Cooperative Extension Service educator and a local diabetes educator. Classes include food demonstrations and sampling of healthy, tasty food. Participants also learn skills to cook favorite foods with more healthy ingredients and cooking techniques.

[http://ces.uwyo.edu/Dining\\_with\\_Diabetes.asp](http://ces.uwyo.edu/Dining_with_Diabetes.asp)

**Healthy Lifestyles Programs:****A New You: Health For Every Body**

A series of five 2-hour classes or ten 1-hour classes, A New You helps adults develop healthier lifestyles related to food and eating, physical activity, and body image. Participants receive a number of resources, including 2 books, many handouts, class binder, journal, stretch band, follow-up newsletters, guidance, support, encouragement, and much more. Program materials accessible under Educational Materials on the website listed below.

**Steps to A New You**

This healthy lifestyles program combines a series of seven food/physical activity/body image classes with a pedometer-based physical activity. Research has documented that Steps to A New You can help adults make changes consistent with a healthier lifestyle.

**WIN Steps**

WIN Steps program participants receive a pedometer and guidance on how to use it to increase physical activity. Instructions are available on converting other activities into lifestyle. Program materials accessible under Educational Materials at

<http://www.uwyo.edu/wintherockies>

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**Leaving My footprint on the World**

Leaving My Footprints on the World is a self-determined project for Wyoming youth enrolled in 4-H or other youth development programs associated with UW Cooperative Extension Service.

[http://ces.uwyo.edu/LEaving\\_my\\_footprints.asp](http://ces.uwyo.edu/LEaving_my_footprints.asp)

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**Strong People Strong Bones**

This Tufts University-developed strength-training program is being implemented statewide. The program is designed to prevent osteoporosis and help senior citizens remain strong and active.

<http://uwadmnweb.uwyo.edu/UWAG/news/StrongWomen.asp>

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**WIN Wyoming (Wellness IN Wyoming)**

A network that educates people to respect body-size diversity and to enjoy the benefits of active living; pleasurable and healthful eating; and positive self image.

<http://www.uwyo.edu/winwyoming/>

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