

# ACES NUTRITION AND PHYSICAL ACTIVITY PROGRAMS 2007



## 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>

#### **Donnie Cook**

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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*****Cooking Classes**

Cooking Classes for a range of audiences, including a televised program.

**Intergenerational and Creative Arts Breast Health Education Program and TEAM Up**

Intergenerational and Creative Arts Breast Health Education Program and TEAM Up (breast and cervical cancer initiatives) in collaboration with national organizations and UAB School of Public Health.

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**New Leaf**

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

**Kajuandra Harris-Huntley**

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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/>

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***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>

**Dr. Eunice Bonsi**

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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/>

**Linda Tannehill**

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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**

Phone: 602-470-8086 x316  
bones@ag.arizona.edu

**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/>

**Suzy Atkinson**

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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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## State Institution

## Program Information

## Contact Information

### 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)

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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)

### Dr. Patricia Crawford

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## State Institution

## Program Information

## Contact Information

### 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)

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## COLORADO

### *Colorado State University*

#### Colorado on the Move

Colorado on the Move is a statewide initiative to prevent obesity and improve health by increasing lifestyle physical activity. The program was developed in response to the U.S. Surgeon General's national Call to Action to address obesity as a public health issue. The 14-week program uses electronic step counters to help participants monitor and increase physical activity. The goal is to increase walking by 2500 steps/day (equivalent to walking about one mile) per person. The program is a joint effort with the Center for Human Nutrition, University of Colorado Health Sciences Center.

[http://newsinfo.colostate.edu/index.asp?page=news\\_item\\_display&news\\_item\\_id=642274541](http://newsinfo.colostate.edu/index.asp?page=news_item_display&news_item_id=642274541)

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**Diabetes Control on Campus**

Diabetes Control on Campus is written for college students with diabetes. The intention of the guide is to help students become well-informed and prepared to handle the challenges of diabetes while having a normal, active, fun college life. There are a total of eight chapters with learning activities incorporated into each chapter.

[http://www.fshn.cahs.colostate.edu/extension/programs/control\\_on\\_campus.htm](http://www.fshn.cahs.colostate.edu/extension/programs/control_on_campus.htm)

**Extension Nutrition Programs**

We offer fun, interactive classes on nutrition, food safety, and food shopping. The classes are available to those on limited incomes - from kids to seniors.

The Extension Nutrition Program classes include: Nutrition information you can trust; Fun hands-on activities; Food demonstrations and taste-testing; Job and life skills; Quick and easy recipes.

<http://www.fshn.cahs.colostate.edu/NEP/enp/index.html>

**Healthy Heart Program**

Healthy Heart Program offers an up-to-date review of the current body of scientific knowledge concerning nutrition-related issues of atherosclerotic cardiovascular disease risk reduction, plus a select background in the art and science of facilitating behavior change.

[http://www.fshn.cahs.colostate.edu/extension/programs/healthy\\_heart\\_program.htm](http://www.fshn.cahs.colostate.edu/extension/programs/healthy_heart_program.htm)

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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.canr.uconn.edu/nusci/outrch/EFNEP.html>

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

Family Nutrition Program (Food Stamp Nutrition Education 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/>

**Lois Kelley**

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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/>

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**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/>

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**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.canr.uconn.edu/nusci/team/index.htm>

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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***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>

**Kathleen Splane**

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**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>

**Dr. Sue Snider**

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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 one's 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 (Food Stamp Nutrition Education - FSNE)**

FNP is the Florida component of the USDA's Food Stamp Nutrition Education. It is a partnership between the FSNE, 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/>

**UF/IFAS Extension Health Programs**

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

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

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**UF/IFAS Extension Nutrition Programs**

Includes information on the following curricula: 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>

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**UF/IFAS Extension Solutions for Your Life Nutrition Information**

Navigate: Families and Consumers, Health and Nutrition

<http://www.solutionsforyourlife.com>

[sfyl@ifas.ufl.edu](mailto:sfyl@ifas.ufl.edu)

**GEORGIA***University of Georgia***Diabetes Connections**

This diabetes curricula for diabetic support groups provides basic self-management skills for those dealing with diabetes.

<http://www.fcs.uga.edu/ext/diabetes/conn.php>

**Connie Crawley**

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ccrawley@uga.edu

**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>

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**Focus on Diabetes**

This interactive diabetes CD provides diabetes self-management knowledge and skills about meal planning, medications, physical activity, blood glucose monitoring, prevention of diabetic complications, and the emotional adjustment to diabetes.

<http://www.fcs.uga.edu/ext/diabetes/focus.php>

**The Rite Bite Diabetes Cooking School**

This diabetes cooking school 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/diabetes/rite.php>

**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/diabetes/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/>

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

The Expanded Food and Nutrition Education Program provides education on choosing nutritionally sound diets within the context of a limited budget. Nutrition, food resource management, and food safety are emphasized, along with the importance of physical activity to health.

An extensive state-wide after-school program called Fun 5 is being provided to all four of the Hawaiian counties (Oahu, Maui, Kauai, and Hawaii) for K-6th graders.

<http://www.ctahr.hawaii.edu/new/stretching.htm>

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

The Food Stamp Nutrition Education Program is a national program which provides nutrition education for food stamp participants and eligible persons and families.

<http://www.ctahr.hawaii.edu/new/foodstamp/foodstamps.htm>

**Hawaii Foods**

The Hawaii Foods project is web-based with collaborating community outreach. Project priority is to improve health through better nutrition with a focus 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.

**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.

**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***Nutrition and Education Programs**

FCS Extension Programs and Curricula.

<http://www.agls.uidaho.edu/fcs/extension/Nutr-ed.htm>

**Dr. Martha Raidl**

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mraidl@uidaho.edu

**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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**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.

To order go to:

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

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**ILLINOIS***University of Illinois***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>

**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>

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**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>

**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 Food Stamp Nutrition Education**

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/>

**Go the Distance**

Go the Distance is designed to encourage young Iowans to increase their physical activity levels and make better food choices.

<http://www.lightenupiowa.org/asp/promos.aspx?id=4>

**Peggy A. Martin, MS, RD, SPHR**

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## State Institution

## Program Information

## Contact Information

### Lighten Up Iowa

Lighten Up 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.lightenupiowa.org/>

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## KANSAS

### *Kansas State University*

#### Extension Human Nutrition

Extension Home page with program descriptions and links.

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

Extension Human Nutrition  
207 Justin Hall  
Manhattan, KS 66506  
Phone: 785-532-5782  
Fax: 785-532-1678

#### Family Nutrition Program

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/>

#### Karen Hudson

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**Kansas Nutrition Network**

The Kansas Nutrition Network develops and expands partnerships which: Provide nutrition and physical activity education; and Improve access to nutrition resources and nutrition and physical activity programs to improve the health of low income Kansans.

A primary purpose of our website is to provide links to our partner agencies.

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

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

Kentucky Nutrition Education Programs - Expanded Food and Nutrition Education Program

<http://www.ca.uky.edu/fcs/NEP/EFNEP/index.htm>

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

Kentucky Nutrition Education Programs - Food Stamp Nutrition Education

<http://www.ca.uky.edu/fcs/NEP/FSNE/index.htm>

**Get Moving Kentucky!**

A physical activity program of Health Education through Extension Leadership (HEEL) to help Kentuckians become more physically active. The HEEL Get Moving Kentucky! Physical Activity Awareness Campaign utilizes county extension agents to promote physical movement in order to combat obesity and other serious health conditions in Kentucky. The program is not just a walking program and encourages participants to count PAMS (physical activity miles). It is implemented in 90% of Kentucky Counties. Information and materials are available at:

<http://www.ca.uky.edu/heel/moving.htm>

**Growing Healthy Kids in Kentucky**

Family and Consumer Sciences - Growing Healthy Kids in Kentucky

[http://www.ca.uky.edu/hes/fcs/HealthyKids/GHK\\_Final.pdf](http://www.ca.uky.edu/hes/fcs/HealthyKids/GHK_Final.pdf)

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**The Wildcat Way to Wellness**

The Wildcat Way to Wellness is a personal approach to better health for Kentuckians. Its programs are designed to help you find better ways to take care of yourself, your family, and your community.

<http://www.ca.uky.edu/agc/pubs/fcs2/fcs2841/fcs2841.pdf>

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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/)

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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/)

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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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**Move & Improve**

The Move & 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/>

**eatsmartmd@umd.edu**

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

The Expanded Food and Nutrition Education Program (EFNEP) helps limited-income, culturally diverse families acquire knowledge and skills to make healthful food choices, and to enhance their self-esteem and personal development. EFNEP is conducted in 10 counties and in Baltimore City using federally allocated funds. Paraprofessionals trained by county educators teach homemakers fundamental nutrition principles, either in the homes of participants or at small group meetings. In addition to EFNEP clientele, Extension educators attempt to reach other low-income or low-literacy individuals who are unlikely to obtain accurate nutrition information from other sources.

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

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**Maryland 4-H Website**

Maryland 4-H is the host site for this new curriculum. You can access the new curriculum at the Maryland 4-H Website:

<http://www.maryland4h.org/>

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**State Institution****Program Information****Contact Information****Maryland Food Stamp 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)

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

<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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**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.

<http://www.agnr.umd.edu/walkfrederick/>

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**MASSACHUSETTS***University of Massachusetts***Nutrition Education Program**

The UMass Extension Nutrition Education Program (NEP) promotes healthful eating by providing nutrition and food safety information. The Expanded Food and Nutrition Education Program (EFNEP) provides nutrition education for limited resource families, especially families with young children. The Family Nutrition Program (FNP) provides nutrition education for adult and youth food stamp recipients and those eligible for food stamps. The Food Safety program provides food safety education and training to consumers and food workers in child and elder care, school food service, shelters, pantries and other human service and regulatory agencies. Nutrition and Health Programs provide nutrition education and training to educators, caregivers and agency staff serving children, youth and elderly.

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

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**Up for the Challenge: Lifetime Fitness, Healthy Decisions**

Up for the Challenge: Lifetime Fitness, Healthy Decisions is a fitness, nutrition and health curriculum for school-aged, middle school and teen youth. It was written for Army Child and Youth Services Sports Directors to incorporate into after school programming practices but is easily adaptable to any after school or 4-H club setting. The 290-page curriculum is divided into five chapters with each chapter containing multiple lessons in physical activity, nutrition and healthy decision making. Lessons range in scope and length from 30-60 minute nutrition and/or physical activities to a multi-week wellness event. Each lesson provides expected youth outcomes, instructor essential information, preparation instructions, supplies, lesson time, a technology component, handouts and opportunities for reflection.

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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 (FSNE)**

The FSNE, also know 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://www.fcs.msue.msu.edu/FNP/>

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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 FSNE, 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/>

**Take Charge of Your Diabetes**

Through funding from Medicaid, MSU Extension in conjunction with the MSU Department of Family Practice has developed and implemented a health behavior change program to address the lifestyle management of type 2 diabetes in Medicaid-eligible population in Michigan. Take Charge of Your Diabetes is a modification of the successful program, Sticking to It for Diabetes, which was designed to encourage behavior change in a variety of nutrition and health areas. Take Charge of Your Diabetes is designed to help participants feel empowered to take control of their own health.

<http://www.fcs.msue.msu.edu/diabetes-health/>

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**Team Nutrition**

Team Nutrition is a national initiative designed to motivate, encourage, and empower schools, families and the community to work together to continually improve school meals and to make food and physical activity choices for a healthy lifestyle.

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

**Watch Me Grow - Healthy, Happy and Strong! Calendar**

Being a parent is a tough job, wouldn't you agree? It is often tough to know who to turn to for information about parenting, nutrition, safety and many other issues that arise in families. Now there is something to help! The Watch Me Grow calendar is specifically designed for families with young children in Michigan. Each month highlights a different program - offering both program information and telephone numbers.

Activities and tips for parents are also offered throughout the calendar providing information on health, safety, nutrition and parenting

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

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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.

<http://msucares.com/health/health04/index.html>

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

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://msucares.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://msucares.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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**Dr. Jane Clary**

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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.

**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>

**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/>

**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/>

**Health for Every Body**

Health for Every Body is a multi-session workshop designed to move adults away from diets to a non-diet or health promotion approach to living in a healthy body. Using a variety of educational strategies individuals gain new attitudes, learn new information and develop new skills related to appreciating self and others, healthful eating, and active living.

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

**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.

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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>

**Show Me Shape Up**

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://www.smsg.org/sum/Default.asp>

**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://extension.missouri.edu/hes/>

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## MONTANA

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

For over 30 years, EFNEP's goal has been to help limited resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets and contribute to their personal development and improvement of the total family diet and nutritional well-being. EFNEP classes include curriculum for both adult and youth. Through EFNEP, participants learn self-worth, that they have something to offer their families and society.

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

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**Food Stamp Nutrition Education (FSNE)**

Montana's Food Stamp Nutrition Education (FSNE) offers educational assistance to Food Stamp participants and those applying for food stamps. FSNE consists of families with children, seniors, singles, individuals with developmental disabilities, and youth.

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

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## NEBRASKA

*University of Nebraska - Lincoln***Health and Living**

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.

[http://www.extension.unl.edu/health\\_living.htm](http://www.extension.unl.edu/health_living.htm)

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**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/link.sp?page=about>

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**NEVADA***University of Nevada***Calcium, It's Not Just Milk**

The "Calcium, It's Not Just Milk" Program was designed to increase the amount of low-fat calcium rich foods eaten by 11 to 14 year-old children. In the past five years, the program has reached over 6,500 middle school students in low-income communities in northern and southern Nevada.

Using the "Calcium, It's Not Just Milk" curriculum, science teachers lead classroom discussions and direct students in hands-on activities. Students learn how much calcium they need and how important it is for them to get enough calcium everyday. Students conduct experiments to learn about the relationship between calcium and bone strength. They also use food labels to find foods with calcium and estimate how much of their daily calcium needs a specific food provides.

So that the children can taste a variety of foods with calcium, special events are conducted that include free samples of foods such as fortified orange juice, flavored milks, yogurt, string cheese, broccoli, and bean and cheese burritos. Games and contests are used to reinforce important concepts. The program has been successful in improving students' knowledge of their calcium needs and the importance of getting enough calcium at this particular time in their lives. 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 more often eat calcium-rich foods.

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

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**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>

**Food for Health and Soul**

Food for Health and Soul - is a six lesson nutrition education curriculum designed to teach participants how to modify traditional family favorite meals for better health, thereby reducing risk for chronic diseases such as; heart disease, diabetes and some forms of cancer.

[http://www.unce.unr.edu/publications/files/cy/2000/cm0004.pdf - search="food%20for%20health%20and%20soul"](http://www.unce.unr.edu/publications/files/cy/2000/cm0004.pdf - search=)

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## NEW HAMPSHIRE

*University of New Hampshire***Lighten Up NH! Initiative**

The development of a Lighten Up New Hampshire! 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://extension.unh.edu/FoodNutr/FoodNutr.htm>

**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 MEXICO***New Mexico State University***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](http://ehe.nmsu.edu/diabetes.html - anchor_20096)

**Nutrition and Physical Activity Book**

On the Road to Living Well With Diabetes

<http://ehe.nmsu.edu/diabetes.html>

**Nutrition and Physical Activity Book**

Tasty Solutions for Diabetes: Tasty Solutions for Diabetes is a DVD with four 30-minute episodes of food demonstrations and information for people with diabetes. The co-hosts are Lola Cunico, a registered nurse and certified diabetes educator and Kelley Coffeen, a home economist and food consultant. Lola and Kelley show how to prepare everything from breakfast parfaits to lettuce wraps. The dishes are delicious and are part of a group of recipes that can fit into a diabetes eating plan.

[http://ehe.nmsu.edu/diabetes.html - anchor\\_20097](http://ehe.nmsu.edu/diabetes.html - anchor_20097)

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**Nutrition and Physical Activity Book**

Keep Moving, Keep Healthy with Diabetes

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

**Nutrition and Physical Activity Book: El Regalo De Salud**

El Regalo de Salud (The Gift of Health) is a radio campaign targeting Spanish-speaking parents. The focus is on preventing childhood obesity by targeting behaviors such as decreased consumption of soft drinks, increased active play, decreased television viewing, and increased consumption of fruits and vegetables.

<http://spectre.nmsu.edu/dept/academic.html?i=914>

**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>

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**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>

**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.

<http://spectre.nmsu.edu/county/he.html?i=Valencia%20County%20Extension%20Office>

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**NEW YORK***Cornell University***Building Capacity to Address Childhood Obesity in Low Income Communities: Linking Research and Practice**

Improves the capacity of nutritionists to prevent childhood overweight with web-based and collaboration-building methods.

<http://www.nutritionworks.cornell.edu/home/index.cfm>

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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 with the Cornell Program on Breast Cancer and Environmental Risk Factors (with CCE of Delaware and Chautauqua)

<http://vivo.cornell.edu/entity?home=1&uri=http%3A%2F%2Fvivo.library.cornell.edu%2Fns%2F0.1%23individual28924>

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

A pilot 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.

<http://vivo.cornell.edu/entity?home=1&uri=http%3A%2F%2Fvivo.library.cornell.edu%2Fns%2F0.1%23individual31351>

**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)

**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.

<http://www.fnec.cornell.edu/EFNEP.cfm>

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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/>

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**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)

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**Images of a Healthy Worksite**

An environmental intervention in the workplace to prevent obesity in collaboration with the Kodak Corporation. (applied research)

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**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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**Meanings and Expectations for At-Home and Away-From-Home Eating Situations**

Meanings and expectations related to at-home versus away-from-home eating from the perspective of low- to moderate-income, working adults.

**Carole Bisogni**

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**Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases**

Serves as a member of Steering Committee and Prenatal Weight Gain and Breastfeeding Work Group to disseminate assessment tools to health care providers in NYS.

**Christine Olson**

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**Promoting Healthy Weights in Childbearing Women and their Infants**

Builds the capacity of community-based health and nutrition professionals in 8 rural counties to plan, implement, and evaluate environmental interventions to promote healthy weights in mothers and infants.

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**Regional Dietary Guidance**

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

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

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**Rural Families Speak**

Determine the food security, functional health status, obesity, in low income families with children in 14 states, inter-relationships between the phenomena and develop interventions on multiple levels to address them. (applied research)

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**Schools and Professionals in Nutrition: Partnering for Healthier, Successful Students (SPIN)**

A collaborative initiative to train nutrition professionals on working with schools and partner them with interested schools to enhance the school nutrition and physical activity environment.

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## State Institution

## Program Information

## Contact Information

### **Small Steps are Easier Together**

Community members will use community data to make decisions and set priorities for community environmental strategies to prevent obesity and reduce breast cancer risk.

Cornell Cooperative Extension - Delaware County - Delaware County Cancer Coalition  
<http://envirocancer.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)

<http://www.ces.ncsu.edu/depts/fcs/pdfs/nutn.pdf>

**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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**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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**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.

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

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

**EFNEP/FNP**

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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.ext.nodak.edu/extpubs/yf/foods/he558w.htm>

**ServSafe Program**

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

<http://www.ag.ndsu.edu/news/newsreleases/2007/oct-11-2007/food-safety-certification-program-set-in-november/>

**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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**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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**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/>

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**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***"Healthy Spirits" and It's All About You**

"Healthy Spirits" is a Faith-based initiative designed to give churches the opportunity to establish positive working relationships with congregations as well as community partners to improve the understanding and healthy choices of their church members thus reducing health disparities. (15 churches over a two year period.) We began initially with 10 churches in the "Healthy Spirits" program funded by the CDC. Clemson University, Anderson-Oconee Minority Health, DHEC - Appalachia Region-1 and Partners for a Healthy Community formed the consortium. The Initiative was very successful the first year, therefore resulting in additional funding the second year and educating another 5 churches. "Healthy Spirits" has been presented and implemented throughout the region, state and nation.

Healthy Spirits was developed in 2001 and Revised in 2003 creating modules for all four components: Spirituality & Stress, Diabetes & Nutrition, Heart Health & Physical Activity, and Cancer Prevention & Screening

[http://www.clemson.edu/fyd/community\\_health.htm](http://www.clemson.edu/fyd/community_health.htm)

**At Home Southern Style**

A fun and educational television show providing useful tips for cooking, food safety, and gardening.

<http://athome.clemson.edu>

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

In South Carolina since 1968, the Expanded Food and Nutrition Education Program helps children and families develop ways to improve their diets and manage their food resources.

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

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**Home and Garden Information Center**

Talk directly to the experts, or download fact sheets; we reach thousands of consumers with the information they need about food safety and nutrition.

<http://hgic.clemson.edu/>

**Lucy's Tasty Treasures**

Lucy's Tasty Treasures is a television series for children ages 9 to 11 to help them develop healthier lifestyles that will improve their overall health. The program takes a farm to table approach. Join Lucy in her quest for healthy foods in this new television series providing entertaining education to children in the schools throughout the nation.

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

**Nutrition Information Resource Center**

Reliable nutrition information for nutrition and health professionals at the click of a mouse. The Nutrition Information & Resource Center (NIRC) has an informational website, Nutri-Web with online fact sheets that can be downloaded and printed. Nutri-Web also has links to many other food and 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.

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

**Your Day Radio**

Take a break in the everyday and tune in to "Your Day" Public Radio Broadcast, Monday through Thursday, featuring topics related to South Carolina and beyond.

<http://yourday.clemson.edu>

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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/>

**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>

**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>

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**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**

FNP 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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***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>

**Choices for Better Bone Health**

Overall Program Goal - to prevent osteoporosis and to decrease the number of fractures among women by empowering them with the knowledge and skills necessary to make decisions about their bone health.

Objectives: To increase the understanding of osteoporosis among Tennessee women; To promote health behaviors that promote bone strength and decrease bone fractures; To provide a holistic approach to osteoporosis management; To increase access to quality osteoporosis clinical management.

Partners: Alliance for Better Bone Health (Procter and Gamble Pharmaceutical Company, Aventis Pharmaceuticals); Elaine Bunick, M.D., Endocrinologist; University of Tennessee College of Pharmacy; University of Tennessee Extension.

Strategies: To develop a cadre of county UT Extension educators with expertise in osteoporosis education and serve as messengers about community programs and resources addressing osteoporosis; To deliver community-based osteoporosis educational program tailored to meet the health literacy level and interests of the participants; To collaborate with other agencies and professionals addressing osteoporosis; To disseminate bone-health information through media and at places where people frequent; To promote the recommendations and resources of the National Osteoporosis Foundation and National Institutes of Health Osteoporosis and Related Bone Diseases National Resource Center.

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

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**Dining with Diabetes**

A program designed for people with diabetes and their family members. A three-class series that includes learning how to manage diabetes, food demonstrations, and tasting of healthy foods.

Classes are taught by Extension educators and other partners such as health educators, doctors, diabetes educators, American Diabetes Association representatives, nurses and pharmacists.

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

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

The Expanded Food and Nutrition Program (EFNEP) is an educational program conducted by the University of Tennessee Extension Service, Department of Family and Consumer Sciences. EFNEP is targeted to families and youth with limited income, particularly families with young children.

Families who enroll in EFNEP receive a series of lessons on how to choose and prepare healthy foods. Education focuses on: Selecting and preparing nutritious foods; Managing food resources wisely; Handling foods safely.

EFNEP has been conducted in Tennessee for over 30 years and is currently in 10 counties.

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

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**Master Your Body**

Master Your Body fitness program has come to Tennessee!

Gone is the need for expensive gym memberships, exercise equipment, and long, boring, overly difficult “workouts.” The Master Your Body (MYB) fitness program is a fun, fast and safe strength training program for all ages. By doing ten enjoyable, “no equipment necessary,” body weight exercises, you gain the freedom to enjoy physical activity, lose the constant fear of injury, and drop some serious fat. In 15 to 30 minutes, you can get fit, fight fat and have fun. Exercise machines are only equipment – your body is the machine.

In partnership with the MYB program designers, 34 UT Extension educators have been trained and certified to lead this program in your community.

Program Objectives: Increase functional strength; Increase dynamic balance and flexibility; Improve cardiovascular function; Increase your motivation to do daily exercise.

<http://fcs.tennessee.edu/masteryourbody/index.htm>

**Safe Food for Tennessee**

In response to foodborne illness, University of Tennessee Extension conducts food safety education for consumers and other food handlers. Food safety education is available from county Extension offices and from the University of Tennessee Extension Web site. To find out more about food safety education in your county, contact your local office.

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

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**Tai Chi**

The Objectives of the Tai Chi Program are: To provide a safe and interesting program, which is easy to learn for people of almost any physical condition or age without prior knowledge of Tai Chi; To deliver maximum relief from the main problems experienced by people with arthritis - namely pain and stiffness; To benefit health in general; To improve relaxation.

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

**Tennessee Nutrition & Consumer Education Program (TNCEP)**

TNCEP is a nutrition education program for Tennessee families who receive Food Stamps or who are eligible for Food Stamps. 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 Food Stamps and related resources effectively.

Education is delivered by county Extension faculty and partners in the community who work with the Food Stamp audience. The characteristic of TNCEP that makes it different from other nutrition education programs is that it is coalition-driven. A community coalition of individuals from various agencies determine what types of education are delivered. Funding for TNCEP is provided by the USDA and the Tennessee Department of Human Services.

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

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**Tennessee Shapes Up 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 (starting in 2008).

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

Color Me Healthy is a physical activity and healthy eating program for pre-K and kindergarten students.

Walk Across Tennessee is a walking program for all ages.

Culinary Arts for the Everyday Cook is a series of cooking classes to help people learn that healthy foods taste good (starting in 2008).

Body Works is a program to encourage mother/daughter discussions about a realistic body image and a healthy lifestyle practices (starting in 2008).

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

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**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/>

**Walk With Ease**

Walk with Ease has been developed by the Arthritis Foundation as a resource to enable community educators to form walking groups with two paramount goals: safety and success. The program is designed to be used with groups of any kind, from informal walking clubs of a few friends or neighbors, to more structured or existing groups such as churches, hospitals, health facilities, senior centers and work sites. People without arthritis can enjoy this program as well.

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

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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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**HIV/AIDS Awareness and Risk Reduction**

Utilizes peer educators to teach the dangers associated with risky behaviors.

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

**Project D.E.A.P. (Diabetes Education Awareness Prevention)**

An educational program that takes a holistic approach to reducing diabetes in children and adults in minority audiences.

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

**Project H.O.P.E .(Hypertension Outreach Prevention Education)**

An educational program designed to address hypertension management in minority communities.

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

**Cooperative Extension Program**

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*Texas A&M University***Better Living for Texans/Food Stamp Nutrition Education Program**

The goal of the Food Stamp Nutrition Education 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>

Mailing address:  
P.O. Box 834  
Bryan, TX 77806-0834  
Campus Mail Stop: MS 2150  
Physical address:  
Texas A&M University Riverside  
Campus  
3100 State Highway 47  
Building 4431, Room 201  
Bryan, TX 77807  
Phone: 979-862-8935  
Fax: 979-862-6639

**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.

**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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**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***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/>

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**Food Stamp Nutrition Education Program**

Even the United States as the wealthiest nation in the world is home to many families who wonder where their next meal is coming from or how their food is going get their family through the entire month. The Food Stamp Nutrition Education (FSNE) program aims to help those low-income families budget properly and get the best nutrition out of what they can afford.

FSNE falls under the general jurisdiction of the United States Department of Agriculture (USDA). The USDA directly governs the Food and Nutrition Service (FNS) under which the Food Stamp Program (FSP) is run. The FSP is run locally through the Department of Workforce Services (DWS) which also runs FSNE. States are required to submit a yearly plan to FNS for approval; the state's plan includes the program's budget and intended activities for the following year.

FSNE's funding comes from two major sources: The FNS and land-grant universities. FNS will reimburse the program for 50% of the "reasonable and necessary" expenses for nutrition education; the rest of the funding comes from matching money through the land-grant universities. The FNS will provide guidance to those states who encourage the most efficient tools and strategies in nutrition education.

In 1992, FSNE received its first funding which was utilized by seven states to promote nutrition to food stamp participants and eligibles. By 2003, 49 states were participating and aiding thousands of individuals and families. Although mothers and children are those primarily targeted by FSNE, the program also caters to the elderly, those with developmental disabilities, and youth.

The aim of FSNE is to provide 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>

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## VERMONT

*University of Vermont***Cooking for Life**

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.

<http://www.uvm.edu/~uvmext/nutrition/?Page=nutritionedopps.html>

**Cooking for Life: Youth**

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/~uvmext/nutrition/?Page=nutritionedopps.html>

**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.

<http://www.uvm.edu/~uvmext/nutrition/?Page=nutritionedopps.html>

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

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.

<http://www.uvm.edu/~uvmext/nutrition/?Page=nutritionedopps.html>

**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.

[http://nutrition.uvm.edu/htm/pro\\_a\\_ff.htm](http://nutrition.uvm.edu/htm/pro_a_ff.htm)

**Healthy Eating**

Nutrition classes designed for a wide range of people, with an emphasis on national dietary guidance. Participants learn the latest information about how to choose a healthy diet, and learn skills that enable them to act on the information at home. Sample topics include an introduction to dietary guidelines, enjoying family mealtime, fitting carbohydrates into a healthy diet, 5-a-day, fast foods, and dietary fats. Classes range from one to six sessions, with the topics tailored for the group requesting the program.

<http://www.uvm.edu/~uvmext/nutrition/?Page=nutritionedopps.html>

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**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.

<http://www.uvm.edu/~uvmext/nutrition/?Page=nutritionedopps.html>

**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.

<http://www.uvm.edu/~uvmext/nutrition/?Page=nutritionedopps.html>

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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***Food Friends**

Food Friends is a 12-week program developed by Colorado State University aimed at increasing preschool-aged children's willingness to try new foods. Each program bin includes an activity binder, hand puppets of 7 Food Friends characters, memory games, activity cards, posters, jigsaw puzzles, placemats, paper pads, magnets, and children's books that incorporate the "try new foods" theme. Implementing the Food Friends program includes conducting a 15-20 minute nutrition activity once per week, reading a nutrition storybook supporting the "try new foods" theme each week, and the opportunity to try new foods twice each week. Parents also receive related materials, including newsletters and recipes.

<http://www.ext.vt.edu/cgi-bin/WebObjects/Docs.woa/wa/getcat?cat=ir-hnf>

**Food, Nutrition, and Health**

Resources on food, nutrition and health

<http://www.ext.vt.edu/cgi-bin/WebObjects/Docs.woa/wa/getcat?cat=ir-hnf>

**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.

<http://www.ext.vt.edu/cgi-bin/WebObjects/Docs.woa/wa/getcat?cat=ir-hnf-ex-hwhk>

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**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.

**Smart Choices Nutrition Education Program (SCNEP)**

Smart Choices Nutrition Education Program (SCNEP) is the name used in Virginia for the Food Stamp Nutrition Education program. The program 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.

**Suppers Made Simple**

Suppers Made Simple is a six-part cooking-based nutrition education program for parents and children. This family-based program was developed by Joan Wages in Patrick County and encourages parents to prepare and cook simple meals with their children, be physically active as a family, and use family mealtimes as a way to promote good nutrition and good conversation.

<http://www.ext.vt.edu/cgi-bin/WebObjects/Docs.woa/wa/getcat?cat=ir-hnf>

**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 learned-centered and cooking skills are taught.

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

**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.

**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/>

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

Responds to the diverse needs and resources of the poor by implementing community-based nutrition education programs. WNEP is a partnership between the Food and Nutrition Service of USDA, the Wisconsin Department of Health and Family Services, and University of Wisconsin-Extension.

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

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**Wisconsin Nutrition Education Network**

The Wisconsin Nutrition Education Network facilitates collaborative planning of nutrition education programs at the state and local levels. We promote healthful and enjoyable eating so that Wisconsin's low-income individuals and families receive consistent, positive, relevant, accurate, and effective nutrition messages.

<http://www.nutrisci.wisc.edu/nutrinet>

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**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 Food Stamp Nutrition Education (FSNE) 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)

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**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>

**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>

**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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