

NUTRITION EDUCATION PROGRAMS

Growing Healthy Eating Habits

BECAUSE people with limited resources are often challenged to find food that is healthy, safe and affordable. People with limited resources often run short of food at the end of the month.

UNIVERSITY RESPONSE Extension delivers creative, engaging nutrition education to low-income Minnesotans where it is convenient for them. Classes are offered in a many community settings, including food shelves, WIC clinics, senior citizen centers, day-care centers, shelters, migrant centers, summer camps, low-income housing, grocery stores and even in homes.

The fun, innovative curriculum is customized to the needs of diverse audiences and available in several languages. By promoting good nutrition in children, Extension’s community nutrition educators help prevent future health problems.

Minnesota nutrition education programs are funded through USDA Supplemental Nutrition Assistance Program-Education (SNAP Ed) and the Expanded Food and Nutrition Education Program (EFNEP), with dollars matched from state, county and local partners.

RESULTS People who have access to and eat healthful food live more productive lives—children do better in school; adults are more effective at work; and with good nutrition, seniors stay in their homes longer and have lower medical bills.

Participants have shown behavior changes in food safety, meal planning, food preparation, grocery shopping, food budgeting, and proper nutrition.

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CHILDHOOD OBESITY TODAY

- 32%** American children and adolescents who are overweight or obese
- 39%** Chance that girls born in 2000 will develop diabetes if current trends continue
- 200%** Amount that obesity has grown in American children over the past 30 years
- 84%** Children involved in USDA Expanded Food and Nutrition Education Program (EFNEP) programs who made a positive behavioral change
- 88%** Individuals who read labels and made better nutrition decisions after participating in EFNEP
- \$10.75** Return in terms of avoided health-care costs on \$1 invested in the EFNEP program
- 85K+** Number of adults and children reached by University of Minnesota Extension Health and Nutrition staff in 2009