

# *Focus Team Year in Review - 2008*

## **G5F3 – Health, Nutrition, and Food Safety**

### *Faculty*

	Faculty Name	Unit	Effort*
1	Allen, Katherine K	Suwannee County - Northeast	20%
2	Allen, Pamela H	Escambia County - Northwest	35%
3	Bobroff, Linda B	Family, Youth and Community Sciences	100%
4	Bonsett, Monica Lynn	Citrus County - Central	80%
5	Borgman, Joy A	Osceola County - Central	24%
6	Brennan, Christine M	Family, Youth and Community Sciences	100%
7	Brinkley, Monica L	Liberty County - Northwest	20%
8	Canales Vazquez, Sandra I	Miami-Dade County - South	100%
9	Connelly, Cynthia R	FL Medical Entomology Lab - Vero Beach	5%
10	Cooper, Joanne G	St. Johns County - Central	50%
11	Copeland, Heidi B	Leon County - Northwest	20%
12	Corbus, Judith L	Washington County - Northwest	20%
13	Corless, Jane M	Clay County - Northeast	1%
14	Courtney, Elaine A	Okaloosa County - Northwest	30%
15	Dahl, Wendy J	Food Science and Human Nutrition	100%
16	Dawkins, Monica A	Miami-Dade County - South	100%
17	Diehl, David C	Family, Youth and Community Sciences	10%
18	Dorschel, Duska M	Duval County - Northeast	35%
19	Douglas, Diann	Madison County - Northeast	20%
20	Elmore, Joan P	Jackson County - Northwest	25%
21	England, Julie B	Lake County - Central	46%
22	Forthun, Larry F	Family, Youth and Community Sciences	30%
23	Futch, Heather M	Hamilton County - Northeast	26%
24	Gal, Nancy J	Marion County - Central	90%
25	Gibson, Jacquelyn W	Miami-Dade County - South	50%
26	Gorimani, Elizabeth T	Gadsden County - Northwest	35%
27	Headlee, Karen S	Lee County - South Central	30%
28	Hill, Celia B	Lee County - South Central	25%
29	Hinkle, Angela M	Escambia County - Northwest	40%
30	Houghton, Holly V	Dixie County - Northeast	50%
31	Humphries, Deborah S	Taylor County - Northeast	25%
32	Jensen, Nan C	Pinellas County - South Central	100%
33	Jolly, Lue Eddie	Florida A&M University	100%
34	Keith, Mary A	Hillsborough County - South Central	85%
35	Kennedy, Samantha E	Manatee County - South Central	90%

36	Kilbride, Christine A	Martin County - South	60%
37	Lee, Dorothy C	Escambia County - Northwest	40%
38	Lenfesty, Karla A	St. Lucie County - South	25%
39	Lexima, Willetta H	Palm Beach County - South	100%
40	Lynch, Wendy	Putnam County - Central	80%
41	Madden, Uford	Florida A&M University	10%
42	Maddox, Martha B	Sumter County - Central	95%
43	Mahan, Jr, William T	Franklin County - Northwest	20%
44	Marty-Jimenez, Brenda L	Broward County - South	100%
45	Medina-Solorzano, Ada I	Palm Beach County - South	100%
46	Mondelus, Cyndy V	Orange County - Central	95%
47	Moore, Marjorie	Bay County - Northwest	58%
48	Nayfield-Crisp, Mary E	Pasco County - South Central	60%
49	Norman, Audrey R	Palm Beach County - South	2%
50	Peacock, Donna M	Hernando County - Central	15%
51	Portelos-Rometo, Maria	Sarasota County - South Central	20%
52	Rogers, Catherine J	Suwannee County - Northeast	49%
53	Salisbury, Mary B	Osceola County - Central	45%
54	Schmidt, Ronald H	Food Science and Human Nutrition	30%
55	Schrader, Jacqueline B	Clay County - Northeast	20%
56	Shay, Neil F	Food Science and Human Nutrition	60%
57	Shelnutt, Karla P	Family, Youth and Community Sciences	100%
58	Shephard, Elizabeth C	Brevard County - Central	45%
59	Shuford-Law, Jo	Leon County - Northwest	100%
60	Simonne, Amarat H	Family, Youth and Community Sciences	70%
61	Swenson, Shelley Elaine	Wakulla County - Northwest	34%
62	Taufer, Jill A	Volusia County - Central	80%
63	Taylor, Jennifer	Florida A&M University	10%
64	Thomas, Melanie L	Baker County - Northeast	40%
65	Torres, Nayda Ivette	Family, Youth and Community Sciences	13%
66	Treen, Sharon A	Flagler County - Central	20%
67	Turner, Muriel G	Levy County - Northeast	30%
68	Vergot, III, Pete	Office of District Directors	20%
69	Warren, Glenda L	Family, Youth and Community Sciences	100%
70	Williams, Brenda C	Alachua County - Northeast	45%
71	Wyatt, Carolyn H	Hardee County - South Central	25%
72	Zamojski, Kendra M	Walton County - Northwest	30%

\* Represents the faculty member's estimated time spent in this focus area as a portion of all programmatic effort expended during the year.

*Clientele Contacts (as of 3/2/09-data are preliminary; do not distribute or use in reporting)*

Comparison Group	Educational Materials	Field Visits	Office Visits	Group Participation	Phone Consults	Email Consults	Web Visits*
G5F3	2,491	12,032	4,138	372,991	20,304	19,881	356,710
Goal 5	4,242	18,426	7,495	561,206	43,611	48,922	1,296,420
All Goals	161,329	78,710	157,411	3,503,004	414,886	582,577	32,098,562

\*Web Visits may contain duplicated counts.

*Volunteers (as of 3/2/09-data are preliminary; do not distribute or use in reporting)*

Comparison Group	Volunteer Headcount	Volunteer Hours
G5F3	1,829	67,345
Goal 5	3,595	142,444
All Goals	27,905	1,138,419

*Multi-State Activity (as of 2/18/09-data are preliminary; do not distribute or use in reporting)*

State	Faculty Headcount
Alabama	6
Alaska	1
California	1
Georgia	9
Illinois	1
Louisiana	1
Pennsylvania	1
Texas	1
Unduplicated Headcount	12

*Outcomes (as of 3/2/09-data are preliminary; do not distribute or use in reporting)*

Comparison Group	Number Evaluated for Change in Knowledge	% Who Changed	Number Evaluated for Change in Behavior	% Who Changed	Number Evaluated for Change in Condition	% Who Changed
G5F3	103,399	69.2%	53,058	69.9%	17,815	77.2%
Goal 5	132,405	73.1%	65,655	71.5%	40,193	84.8%
All Goals	392,660	82.3%	194,294	72.0%	115,438	67.0%

*Impacts (as of 2/18/09-data are unedited and preliminary; do not distribute or use in reporting)*

Faculty (Author) Contact Information	Impact
Allen, Katherine K Suwannee County – NE nrgkate@ufl.edu	In Suwannee County, the average class score in 2007 was 81.78%, while in Florida it was 79.72%. The average passing score in Suwannee County in 2008 was 87.6%, while the average class score was 80.4%. Interestingly, exam scores statewide from 2007 show a higher average score (by 4.01-point) for examinees who purchased the book over those who did not.
Allen, Pamela H Escambia County – NW pha@ufl.edu	Adult EFNEP participants have consistently given outstanding evaluations to the program and teaching ability of the program assistant. A total of 282 clients enrolled and graduated from the EFNEP program. Each client completed a minimum of six hours of nutrition lessons. Ninety-five percent of 86 graduates made a positive change in their food consumption based on the 24 hour food recall. Twenty five percent of clients also reported a positive change in their physical activity. Many EFNEP clients do not know all of the public assistance programs available to them. Only 81 clients were utilizing public assistance based on the entry food recall. At exit, EFNEP assisted another 78 clients enroll in some form of public assistance.
Bobroff, Linda B FYCS bobroff@ufl.edu	Take Charge of Your Diabetes (TCYD) is an award-winning, in-depth Extension-based, collaborative diabetes self-management education (DSME) program targeted to adults with type 2 diabetes. We designed the program to improve blood glucose control and reduce long-term health risks of persons with diabetes and have demonstrated improved lifestyle behaviors and health outcomes (particularly decreases in hemoglobin A1C) among program participants. The continued success and expanded outreach of TCYD depends on building sustainability through training of additional county Extension faculty as well as partners outside of the Extension network to implement this program in various communities. The Florida Department of Health has funded the University of Florida IFAS Extension (Bobroff, Principal Investigator) to provide TCYD Train-the-Trainer workshops to Extension faculty and partners in the health community. This year we provided training to 45 individuals from 23 Florida counties and a professor from the University of Arkansas. The participants increased knowledge from pre- to post-test in 10 of 12 questions that were based on the training presentations, and most of the participants indicated their intention to implement the TCYD in their communities. By making this DSME program available to health professionals and other potential collaborators outside the Extension network and providing training to facilitate its use, we anticipate that this evidence-based program will reach more individuals with diabetes in a variety of community settings.
Bobroff, Linda B FYCS bobroff@ufl.edu	In 2007, Extension nutrition faculty in the Department of Family, Youth and Community Sciences adapted the USDA’s food guidance system miniposter, MyPyramid, for use with older adults as part of the Elder Nutrition and Food Safety (ENAFS) program. This new resource is called MyPyramid for Older Adults (MPOA) and has received national

	<p>attention, including an invited presentation at a national conference and “Award of Excellence Honorable Mention 2008” from the Nutrition Education for the Public Practice Group of the American Dietetic Association, both in 2008. The IFAS bookstore sells full-color copies on glossy paper in packets of 50 and sold 87 packets between December 2007 and November 2008. Early in 2008, Karla Shelnett, Linda Bobroff and David Diehl evaluated the effectiveness of MPOA as part of an educational lesson at congregate nutrition sites in Marion County. In this small study participants were given pre- and post tests to measure knowledge gained and intent to change behavior. One hundred percent of participants indicated some degree of knowledge gained after participating in the lesson and interactive activities. In addition, 96% of participants planned to make at least one behavior change. The results of this study were accepted for publication in the Journal of Nutrition Education and Behavior, which will provide international exposure of this University of Florida IFAS Extension resource.</p>
<p>Bonsett, Monica Lynn Citrus County – Central bonsetml@ufl.edu</p>	<p>Of the 14 people who finished the 12-week Walk-A-Weigh class, one Caucasian female lost 18.2 pounds, representing a 13% loss of body weight. Two participants indicated on their program evaluations that they had lowered their blood pressure to normal by changing dietary habits. Collectively, the group that finished the class, lost 121 pounds.</p>
<p>Borgman, Joy A Osceola County – Central borgman@ufl.edu</p>	<p>Food Safety: It is estimated that as many as 76 million people are stricken with food borne illness\each year, of which 300,000 are hospitalized and 5000 die. Each year, 75,000 people attend the Osceola County Fair. As a community service and a fund raising opportunity, 4-H youth, leaders, and adult volunteers operate food booths at four locations (2-4 shifts per day) during the 10 day event. With the prevalence and impact of food borne illnesses, it is imperative that our inexperienced volunteer crew receive training that emphasizes safe food handling practices while providing a skill set to provide friendly service and address the issues of fiscal responsibility. A food booth training manual was created providing subject matter in food safety, food operations, and leadership development for 4-H youth, leaders, and adult volunteers. Food safety training was provided for all food booth volunteers.</p> <p>Food safety practices and principles were assessed at the beginning of the training, monitored closely during hours of food booth operation, and reviewed after the fair. As a result of this program: Over 400 youth and adults participated in food booth training and operations., worked multiple shifts in the food booths at the county fair and served over 5,000 attendees safely and without a foodborne illness incident. Additionally, Safe food handling practices have continued and been extended to community 4-H clubs and home kitchens.</p>
<p>Brinkley, Monica L Liberty County – NW brinkley@ufl.edu</p>	<p>On average approximately 50 adults attend the congregate meal site where ENAFS classes are taught. 30 of those attending complete a survey with the following results: * How much did you learn during the ENAFS lessons? 21 a lot, 4 some, 4 very little, 1 didn’t answer</p>

	<ul style="list-style-type: none"> <li>* 21 have made changes in their lifestyle, 4 no changes and 5 didn't answer</li> <li>* 19 drink healthier beverages</li> <li>* 17 eat foods from all five food groups every day</li> <li>* 20 eat more foods that are good sources of fiber</li> <li>* 12 eat more fortified foods to get Vitamin D and Vitamin B12</li> <li>* 14 are more physically active</li> <li>* 14 have shared information learned with a family member or friend</li> </ul> <p>54% of the youth who took both pre and post test gained knowledge</p>
<p>Canales Vazquez, Sandra I Miami-Dade County – South scanales@ufl.edu</p>	<p>For every dollar invested in EFNEP up to \$10.00 is saved in health care cost. EFNEP helps families to acquire the knowledge, skills and change behaviors necessary for healthy lifestyles. Selected Comments:</p> <p>I learned to balance my food intake and knowledge of how many calories, fats and proteins my family needs on a daily basis. I learned about meal planning what to buy at the supermarket to provide healthy meals to my family. The lesson on soda drinks helped me start reducing the amount I drink every day; instead I serve my family water, reducing the number of empty calories. This program has been fantastic for me and my family because the knowledge I learned from the teacher has been determinant for my family to take seriously changes we need in order to be healthy and avoid illnesses.</p> <p>Thanks to the EFNEP program I have learned the importance of eating healthy and walking every day. I eliminated hot dogs and pizza from my shopping list. Knowing that the fat content is very high and my arteries will clog. I want to be healthy. I learned that we need to eat small portions during the day so that we do not go around hungry eating junk food. The teacher demonstrated an easy way to do ripe plantains instead of frying, I do it at home. Thanks</p>
<p>Canales Vazquez, Sandra I Miami-Dade County – South scanales@ufl.edu</p>	<p>Improved procedures and techniques for handling and preparing food. 81% (1003 of 1234) participants more often followed the recommended practice of not thawing foods at room temperature. 78% (960 participants) always follow the recommended practice.</p>
<p>Canales Vazquez, Sandra I Miami-Dade County – South scanales@ufl.edu</p>	<p>Improve management of food resource. 80% (997 of 1239) participants more often planned meals in advance. 74% (917 of 1236) more often compared prices when shopping. 73% (900 of 1237) more often used a list for grocery shopping.</p>
<p>Canales Vazquez, Sandra I Miami-Dade County – South scanales@ufl.edu</p>	<p>Improved Nutrition and Lifestyle behavior. 80% (997 of 1239) more often thought about healthy food choices when deciding what to feed their family. 78% (961 of 1235) more often used the Nutrition Facts on label to make food choices.</p>
<p>Cooper, Joanne G St. Johns County – Central jgcoop@ufl.edu</p>	<p>* Childhood nutrition is important to overall health. Proper nutrition can prevent many medical problems, including becoming overweight, developing weak bones, and developing diabetes. Nutrition education ensures that today's youth physically grows to her/his full potential. The Family Nutrition Program (FNP), an in-kind grant funded program through the USDA, educates low income youth on the benefits of eating healthy. In St. Johns County (from 10/07-7/08), 25,144 nutrition</p>

	<p>education contacts have been made through either in-depth programming, one-on-one contact or through social marketing (fairs, exhibits, volunteer recruitment). 62% of the contacts are food stamp participants. Pre-post survey results show that fruit and vegetable consumption, food safety and sanitation methods and physical activity have increased between 20-50%. Through participation with FNP, Children adopted concepts such as; trying new foods is fun; physical activity is healthy; food safety means better health; and being healthy means eating more fruits and vegetables, less fat foods and drinking more water. Early nutrition education training establishes good eating habits throughout the lifecycle. Studies indicate that good nutrition assists with reduced absenteeism, improved emotional behaviors and increased academic achievements.</p>
<p>Corbus, Judith L Washington County – NW jlcorbus@ufl.edu</p>	<p>Outcomes:  * 100% of the four teachers participating in the Food, Fun, and Reading program rated the effectiveness of this delivery method as “Outstanding.”  * Furthermore, 100% of the four teachers reported that youth who participated in the Food, Fun, and Reading program demonstrated increased awareness of the My Food Pyramid and were able to clearly identify food items and food groups in the school lunch environment.  * 81% of the 68 parents that responded reported that their child demonstrated increased levels of healthy food choices as indicated by assisting them with grocery shopping and the selection/preparation of school snacks.  * 72% of the 68 youth that participated in the Food, Fun, and Reading program demonstrated improvement in food identification as indicated by the post-test questionnaire.</p> <p>Fourteen persons completed a class on “Fall Prevention” from the ENAFS curriculum. On an end-of-class evaluation form:  * 3 learned “Some” and 11 learned “A lot” from the lesson.  * 13 planned to make at least one change as a result of participating in the class.  * Of the changes receiving the most “votes:”  * 9 planned to exercise regularly.  * 9 planned to be more physically active.  * 8 planned to use the Home Safety Inventory to help them keep their home safe.  * 7 planned to start an activity to improve their endurance.</p>
<p>Courtney, Elaine A Okaloosa County – NW ecourtne@ufl.edu</p>	<p>Employee Walking Through Florida program participants completed 104 health updates. In week one, 72% were scoring 100 on updates. In week eight, 84% were scoring 100%. During the eight week program, participants walked 4,292 miles. A group walking event had 15 participating and walking a total of 30 miles.</p> <p>90% (18 of 20) of persons completed the Food Cravings evaluation indicated the information gained would help them change their food craving habits and improve control issues.</p>

	<p>100% of participants in Healthy Eating programs stated they had increased their personal knowledge and gained new ideas. In follow up, 7 responses indicated: 100% watch portion sizes and increased fruits and vegetables in daily diet. 71% choose whole grain products more often and increased activity levels.</p> <p>Pre and post tests were administered to 1021 youth, with 769 usable tests. Different grade levels were asked different questions.</p> <p>Total tests Evaluation topic Pre test Post test  1084 Increase nutrition Knowledge 129 451  896 Increase level of Physical activity 280 323  331 Use comparison shopping 120 179</p> <p>Pre and post tests were administered to 1021 youth, with 769 usable tests.</p> <p>Total tests Evaluation topic Pre test Post test  297 Increase fruit and vegetable consumption 130 178  896 Consume recommended amounts of food from each food group 293 637</p> <p>Pre and post tests were administered to 1021 youth, with 769 usable tests.</p> <p>Total tests Evaluation topic Pre test Post test  1084 Wash hands before meal preparation or eating 675 835  848 Do not let food sit out more than two hours 482 544  556 Keep raw meat separate from other foods 410 490  556 Cook meat and eggs thoroughly 320 366</p>
<p>Dorschel, Duska M  Duval County – NE  muffin12@ufl.edu</p>	<p>Culinary Camp For Kids</p> <p>This was the eighth year that agents Dorschel and Britton conducted culinary camps. The camps were designed provide support for the 4-H Program. Lessons, activities, and labs were designed to provide instruction in culinary and food safety, nutrition, meal planning, and basic food preparation skills in bread making, preparation of main dishes, salads, breakfast items and desserts. The camps are taught by Britton and Dorschel and assisted by 129 Master Food and Nutrition Educators. Twelve of these educators each day work with and individually teach each child in the lab situation. .Thirty-two youth were provided twenty-four hours of culinary education in the program. This year 25% were minority (county parity reached) and 34% were male.</p> <p>The children showed a 27% increase in food safety knowledge and a 68% increase in basic culinary knowledge in the above areas as a result of the camp. The camp is covered annually by local media with feature articles which attract much community interest, The camp has a reputation among local 4-H leaders as a high quality experience for their children.</p> <p>A mother recently called to report that her son, who was in this year’s camp, baked 14 pies at Thanksgiving to sell at the mother’s place of</p>



	<p>employment. He had 9 orders for Christmas and was branching out to cinnamon rolls. This is not the first report of children turning their education to a profit. Last year a minority mother called to thank us for what had happened to her child. She had a problem 13 year prior to camp. The child loved the camp experience and at the time of the call, several months later, was spending most of her time in the kitchen She too was baking cakes to sell at here mother’s work place. Another boy baked and sold pies to earn money for church camp.</p> <p>A second mother called to say that two of her sons had been in camp this year.. One was 12 and one was 15 years old. They each prepared dinner one night a week and the mother was so pleased to have the help at home to relieve her of some of the responsibilities.</p> <p>In a previous year the agents were thanked for saving the family home! It seems that the mother had a kitchen fire on the same night that we had studied safety and what to do in the event of a kitchen fire. The mother panicked but the child remained calm and told her exactly what to do and put the fire out.</p>
<p>Futch, Heather M Hamilton County – NE hfutch@ufl.edu</p>	<p>Hamilton County has very high obesity rate. There are no gyms available in the county with very little opportunity for physical activity other than self motivated pursuits. Partnering with the Hamilton County Department of Health, we were able to provide a walking program that integrated competition with time for teaching goal setting, proper nutrition, and exercise necessity. A total of 39 participants walked over 3700 miles in a period of seven and a half weeks. Participants reported increased energy and from reported miles, tried to increase the amount of physical activity they did from week to week. Participants were also challenged to raise monies for Relay for Life and to participate in the Hamilton County Relay for Life Event. Eight individuals chose to participate in those events and proceeded to “walk all night.” One participant, a cancer survivor, reported that since the start of the program and her continued involvement in walking she has been able to stop taking several of the medications that she previously needed. She also reported that she had lost over twenty pounds. Hamilton County Extension continues to work with this program with the intentions of kicking off strong after the first of the year to help with “New Year’s Resolutions.”</p>
<p>Gal, Nancy J Marion County – Central lifewalk@ufl.edu</p>	<p>Community Diabetes Education - A Life Changing Experience</p> <p>Extension has formed a community partnership with Mt. Moriah Church and Diatrition, Inc. (An American Diabetes Association approved diabetes education program) to provide exceptional and affordable diabetes education.</p> <p>Extension’s Take Charge of Your Diabetes program supports and enhances the efforts of the other partners. We focus on the long-term outcome of improved health status by reducing risk of complications. Outcomes are measured by adoption of self care</p>

	<p>practices leading to improved clinical indicators. We are proud to feature Ms. Smith who has had type 2 diabetes for seven years. “I am truly enlightened, now I really understand diabetes and how to manage it.” Ms. Smith had no formal diabetes education prior to her participation in our program and noted “I was not aware of how to manage my diabetes.” “Now I understand the connection between food, activity, medicine and my blood glucose. I know what to eat, when to eat, when to check my blood glucose and what my numbers mean. I truly have taken charge of my diabetes and my blood glucose average proves it!”</p>
<p>Gibson, Jacquelyn W Miami-Dade County – South jwgibson@ufl.edu</p>	<p>373 Miami-Dade residents learned about nutrition basics aimed at encouraging them to accept healthy lifestyle practices that reduce their intake of fat, sodium, sugar, increase their fruit and vegetable intake, increase physical activity, and change other relevant lifestyle behaviors which can reduce heart disease risks and health care cost. Scientific research has shown that for every person who reduces his/her needs for drugs and other artery-cleaning procedures or surgery, an estimated \$10,930 is saved. This represents a \$4,076,890 savings in health care cost if all program participants changed their behaviors and reduce health risk.</p>
<p>Gibson, Jacquelyn W Miami-Dade County – South jwgibson@ufl.edu</p>	<p>Thirteen fifth grade students of Lillie C. Evans Elementary School took part in a train-the-trainer program on nutrition, food safety, and other science topics. Six of the students chose nutrition and food safety to teach to their peers at two learning stations. They researched their topics and taught 358 students at a science and career fair. The topics were "Fight BAC" and "Amazing Sugar Facts".</p>
<p>Gibson, Jacquelyn W Miami-Dade County – South jwgibson@ufl.edu</p>	<p>Forty seniors took part in a series of programs on nutrition and health, 10 participants have started to eat healthier by reducing the amount of sodium and fat in their diets, and properly preparing their vegetables to hold in nutrients. In a follow-up survey it was revealed that they were displeased with the meals provided by the senior center, which they say are not nutritious and do not follow the principles they learned attending the program. They have complained to management and requesting that more nutritious meals be served.</p>
<p>Gorimani, Elizabeth T Gadsden County – NW gorimani@ufl.edu</p>	<p>202 people reported using a shopping list and planning meals before going to the grocery store and utilized at least one food assistance program to ensure food and nutrition security.</p>
<p>Headlee, Karen S Lee County - South Central kheadlee@ufl.edu</p>	<p>Agents Headlee and Hill trained 11 Senior center site coordinators and 1 Nutrition Director in 12 ENAFS (Elder Nutrition and Food Safety) lessons; six areas each. The topics were: “Determining your Nutritional Risk”, “Understanding Portions in the Elderly”, “Staying Regular”, “Know your Drugs”, “Holiday time - Smart Snacking”, (taught by Headlee), “Drink to your Health”, “Minding your Sugar”, Super Sandwiches and Salads”, “No power - what do I Eat?”, “Keeping Yourself Safe”, “What’s in that Food?”, and “Protect Your Food” (taught by Hill). A total of 850 unduplicated clients received nutrition</p>

	<p>education each month through lessons at the Senior Centers or through home delivered meals.</p> <p>Agent Headlee evaluated three lessons for a total of 646 participant responses. Of the 646 evaluated, 75% reported learning “some to a lot”. Fifty-four percent answered yes when asked if they planned a positive change in their diet and of those answering yes, 91% cited one or more positive changes they were planning to make during the coming year.</p>
<p>Headlee, Karen S Lee County - South Central kheadlee@ufl.edu</p>	<p>Good Taste Comes to Lee - The assortments of fruits that grow in Florida, and how to grow, cook and eat them remain a mystery for most of its residents. Locally grown tropical fruits are often strange in their appearance and taste. “A Taste of Lee” exhibition was conceived to introduce the sight, smell, feel, and taste of these exotic fruits to local gardeners, landscapers, chefs, and consumers. It was also designed to introduce small farmers to market niches. Thus, other locally grown products and added value items were also exhibited at “A Taste of Lee.” It was also intended that those who attended the “Tasting” would be encouraged to grow the produce that delighted them. The agricultural, horticulture, and family and consumer science agents were involved in the planning and execution of the “Tasting”. The event garnered the support of the local Caloosa Rare Fruit Society. The society members were important in planning and displaying tropical fruits at the exhibition. Success of the Tasting was measured by the overwhelming response of consumers. Within five hours, well over 1,500 people literally tasted “A Taste of Lee” and surrounding counties. Vendors, including bee-keepers and plant growers, got a shot in the financial arm. During this first year, A Taste of Lee outgrew its venue. The 2009 event will be held at a larger facility and will involve local chefs cooking locally grown produce.</p>
<p>Hill, Celia B Lee County - South Central hillcb@ufl.edu</p>	<p>ENAFS</p> <p>Agents Hill and Headlee trained 11 Senior Site coordinators and 1 nutrition director in 12 ENAFS (Elder Nutrition and Food Safety) lessons ( 6 each.) The topics were: “Determining your Nutritional Risk”, “Understanding Portions in the Elderly”, “Staying Regular”, “Know Your Drugs”, “Holiday Time-Smart Snacking”, (taught by Headlee), “Drink to Your Health”, Minding Your Sugar”, “Super Sandwiches and Salads”, “No Power-What to Eat?”, “Keeping Yourself Safe”, “What’s in that Food?”, and “Protect Your Food”, (taught by Hill). A total of 850 unduplicated clients received nutrition education each month through lessons at the Senior Centers or through home delivered meals.</p> <p>Good Taste Comes to Lee</p> <p>The assortments of fruits that grow in Florida, and how to grow, cook and eat them remain a mystery for most of its residents. Locally grown tropical fruits are often strange in their appearance and taste. “A Taste of Lee” exhibition was conceived to introduce the sight, smell, feel, and taste of these exotic fruits to local gardeners, landscapers, chefs, and consumers. It was also designed to introduce small farmers to market niches. Thus, other locally grown products and added value items were also exhibited at “A Taste of Lee.” It was also intended</p>

	<p>that those who attended the ‘Tasting’ would be encouraged to grow the produce that delighted them. The agricultural, horticulture, and family and consumer science agents were involved in the planning and execution of the ‘Tasting’. The event garnered the support of the local Caloosa Rare Fruit Society. The society members were important in planning and displaying tropical fruits at the exhibition. Success of the Tasting was measured by the overwhelming response of consumers. Within five hours, well over 1,500 people literally tasted ‘A Taste of Lee’ and surrounding counties. Vendors, including bee-keepers and plant growers, got a shot in the financial arm. During this first year, A Taste of Lee outgrew its venue. The 2009 event will be held at a larger facility and will involve local chefs cooking locally grown produce.</p>
<p>Houghton, Holly V Dixie County – Northeast hvh@ufl.edu</p>	<p>By educating young people themselves, and helping their parents and caregivers model healthful lifestyle practices, Extension can encourage healthy eating and physical activity patterns that promote a healthy body weight and reduce short- and long-term health risks. The Dixie/Gilchrist Family Nutrition Program has been active for 12 years and is a joint collaboration between Dixie County, Gilchrist County, University of Florida and the Federal Food Stamp Program. The Federal Food Stamp Program provides dollar for dollar funding based on in-kind dollars generated from non-federal dollars and in Dixie and Gilchrist Counties the only source for this type of match is from local school district salaries. This \$197,909.62 grant and the strong relationship with 73 school district teachers provided 3,399 hours of instruction in 1,051 planned learning events in the areas of nutrition, food safety, and health education designed to educate and motivate youth to adopt healthy lifestyle behaviors that can significantly impact health care costs in Florida while improving quality of life. The number of full time FCS Agents required to replace teachers would be 1.63 and based on UF starting salaries the saving to Dixie County is \$42,380.</p>
<p>Houghton, Holly V Dixie County – Northeast hvh@ufl.edu</p>	<p>Seventy-seven Educators in a year long school enrichment program delivered 8,417 experiential lessons and taught 602 youth ages 3-14 years of age about germs, choosing good snack foods, eating more fruits and vegetables, making healthful fast food choices, and choosing healthy school food program choices. Before the lesson, 67% of 602 youth knew that they should wash their hands before making a sandwich; 44% of 301 youth knew that fruit was a better choice than either candy or chips; 37% of 266 youth were able to choose a healthful lunch from a list of fast food choices. After the lessons, 95% of 602 youth were able to describe proper hand washing; 87% of 301 youth knew that fruit was a better choice than either candy or chips; 57% of 266 youth were able to choose a healthful lunch from a list of fast food choices.</p>
<p>Houghton, Holly V Dixie County – Northeast hvh@ufl.edu</p>	<p>Elementary school enrichment students participated one thousand and fifty-one (1,051) thematically integrated group learning experiences with the Food Guide Pyramid designed to develop manipulating skills, association skills, hygiene skills and heighten sensory discrimination. Ninety (90) Kindergarten students constructed the Food Guide Pyramid from memory with a seventy percent (70%)</p>

	<p>accuracy. Utilizing the pyramid, seventy-one (71) fourth and fifth grade students developed a basic menu plan for one meal with an eighty-nine percent (89.4%) correctness. Two hundred (200) first grade students demonstrated an increase in knowledge of ninety percent (90%) and an average accuracy rate of eighty-eight percent (88%) was displayed by students when identifying the most nutritious school lunch menu choice.</p>
<p>Houghton, Holly V Dixie County – Northeast hvh@ufl.edu</p>	<p>Two Educators in a HeadStart Program taught 102 youth ages 2-6 about fruits and vegetables. The learners were taught using hands-on activities about eating more fruits and vegetables, and trying familiar foods prepared differently and unfamiliar foods. Educators sent a survey to the parents/primary caregivers of these children after teaching a series of lessons. 87% of 66 parents/primary caregivers who returned the survey reported that their children were more willing to taste new foods or foods that he or she usually doesn't eat.</p>
<p>Houghton, Holly V Dixie County – Northeast hvh@ufl.edu</p>	<p>Twelve (12) 4-H special interest students participated in five (5) thematically integrated group learning experiences with grains and bread preparation utilizing the Food Guide Pyramid to develop manipulating skills, association skills, hygiene skills and heighten sensory discrimination. Seventy-seven percent (77%) indicated an improvement in their diets through decreased consumption of fast food and increased consumption of more whole grains and fresh fruits. Sixty-nine percent (69%) demonstrated improved food safety, production and preparation practices.</p>
<p>Houghton, Holly V Dixie County – Northeast hvh@ufl.edu</p>	<p>An average of seventeen (17) seniors participated in twenty-five (25) integrated group learning experiences associated with Nutrition News and ENFAS Connection and Brief. Sixty-seven percent (67%) indicated an increase in the use of food labels and twenty-seven percent (27%) indicated a change in their use of saturated fats to polyunsaturated and mono-unsaturated fats and a decrease in frying, substituting baking and grilling.</p>
<p>Houghton, Holly V Dixie County – Northeast hvh@ufl.edu</p>	<p>Nine (9) HEALTH DEPARTMENT parents participated in four (4) group learning experiences associated with Low Fat Express curriculum designed to develop healthy menu planning and fast food comparisons. Forty-five (45%) indicated an improvement in their diets through decreased consumption of fast food and intake of high fat food commodities and two out of five demonstrated improved food resource management skills.</p>
<p>Houghton, Holly V Dixie County – Northeast hvh@ufl.edu</p>	<p>An average of eighteen (18) three through twelve-year-old Headstart, daycare, and after-school students participated in seventy-four (74) thematically integrated group learning experiences associated with the Food Guide Pyramid designed to develop manipulating skills, association skills, hygiene skills and heighten sensory discrimination. Three, four and five-year-old students established an increase in knowledge of eighty percent (80%), eighty-one percent (81%) demonstrated an increased willingness to try new food products or familiar food products prepared differently and seventy percent (70%) could accurately identify the milk group as containing food stuff to help build strong bones and teeth. After school students demonstrated an increase in knowledge of eighty-six percent (86%)</p>

	and on average students demonstrated and sixty-seven percent (67%) accuracy when utilizing and writing simple recipe cards.
Houghton, Holly V Dixie County – Northeast hvh@ufl.edu	Seventy-three Dixie and Gilchrist County School Teachers generated \$98,954.81 in match funding for this grant funded programmatic effort, reached 15,870 youth ages 3-14 in 1051 planned learning events designed to educate and motivate individuals to adopt healthy lifestyle behaviors that can significantly impact health care costs in Florida while improving quality of life.
Humphries, Deborah S Taylor County – Northeast dsusan@ufl.edu	<p>978 Participants showed an increase in food safety knowledge and skills</p> <p>1170 Participants used proper hand washing techniques before meals and food preparation</p> <p>811 Participants increased exercise through walking, games and music and movement exercises</p> <p>605 Participants are eating more fruits and vegetables</p> <p>1191 Participants increased knowledge of food and nutrition, food identification, food guide pyramid recommendations</p> <p>511 participants made healthier choices for snacks and healthy breakfasts</p> <p>311 participants demonstrated knowledge of proper meal preparation techniques including measuring, reading recipes and equipment identification and safety</p>
Jensen, Nan C Pinellas County – SC njensen@ufl.edu	<p>Eat Better Move More Program</p> <p>Even small changes in diet and physical activity can make a difference at any age. More than one third of men and one half of women over the age of 75 do not meet minimal physical activity recommendations for health promotion and maintenance. Diets of many older adults lack key nutrients. Some get too few calories and some get too many. To address these issues, Pinellas County Extension in collaboration with the CARES Health and Wellness Program offered a 12-week program, entitled “Eat Better and Move More.” The curriculum developed by Florida International University teaches older adults how to eat healthier, exercise safely, stay motivated and develop a physical activity plan. The overall goals of the program were to help participants maintain their health and independence, increase their intake of fruits, vegetables, fiber and calcium and to eat sensible portions.</p> <p>A total of 37 seniors completed the program. A number of participants have shown impressive increases in the number of steps they are taking daily and an increase in their daily intake of fruits and vegetables, calcium-rich and fiber-rich foods. A total of 25 reported changing their diet as a result of the program and 37 indicated that the program has helped them be more active.</p> <p>According to North Carolina State University, the cost estimate for inactivity is \$1,412 per inactive person per year (Source: Identifying Economic Value, P. 9, North Carolina State University Extension Publication, 2005). Using the 37 people who reported increasing their</p>

physical activity, the total cost savings for this program would be \$52,244 (not accounting for our costs to offer the program).

In addition to the group success story of the Eat Better Move More Program above, participants were asked to share their personal success stories with the group as a result of the program. Some of those personal stories are found below:

Arlene B. said that at the start she could only walk one block per day and now she is walking six blocks a day.

Ann F. reported that she joined the Gulfport Walkers group and has been awarded the Step Up Florida / Pinellas On The Move 100 mile tee shirt.

Maria F. stated that she became bedridden because of chronic illnesses in 1999. When she heard about this program she joined to try to become more physically active because she could walk only short distances. During the sixth week she joined the Curves gym and regularly takes part in their workout classes in addition to walking approximately 2 miles per day. She also reported that at the beginning of the class she could not stand upright from a stooping or crouching position without putting her hands on the floor to push herself upright. Now she can stand upright from a stooping position using only her leg / thigh muscles.

Rudolph G., a diabetic, told us that he has added more fiber to his diet and as a result his blood sugar is under good control and his cholesterol test results have improved.

Carolyn S. stated that her husband passed away late last year, leaving her very depressed and affecting her interest in staying active and her eating habits. When she joined the class she found that making a habit of daily walking and being outdoors has improved her mood greatly and motivated her to keep living.

Barbara T. said that she broke her hip in 2006 and has remained in a lot of pain as a result of inactivity since that time. As a result of her involvement in the program, she now walks two miles a day and bikes every day on the Pinellas Trail.

Robert B. reported that he is having less back pain as a result of walking approximately one mile per day.

Lucille L. told us that she can now get out of her chair without holding onto anything because her legs are stronger.

### Food Safety Certification

While the true incidence of food borne illness in Pinellas County, Florida and the U.S. is not known, it is estimated that 500,000 illnesses and 5,000 deaths occur each year. Food safety education is widely believed by most food safety experts and organizations to be essential to the prevention of much of the food borne disease in the U.S. The ServSafe Manager training class is one such educational program offered by Pinellas County Extension. During the class, participants learn about practices that prevent food borne infections, including thorough cooking of foods, proper cooling, prevention of cross-contamination, time-temperature controls in holding food and the importance of personal hygiene.

The National Restaurant Association has estimated that the average cost of a food borne illness to an establishment is about \$75,000. Lawsuits generally result in the greatest associated cost. Loss of respect and reputation, clean up and loss of employee time can result even without lawsuits. Based on a calculation used by the University of Georgia Extension, the economic value of foodservice educational programs can be calculated by multiplying the number of establishments reached by food handling programs by the estimated economic burden of a foodborne illness outbreak of \$75,000. A total of 25 establishments were reached by the ServSafe program in Pinellas County. The total value of the ServSafe Manager Certification Training to these establishments was approximately \$1.875 million (25 x \$75,000) in 2008.

### Family Fitness Program

Childhood obesity is rising, and with it health complications for children now and in the future. Research is now finding that 61% of overweight children, aged 5 - 10 have one cardiac risk factor, and 27% have 2 or more. Obese children are victimized and bullied as well. Obesity, overweight, and physical inactivity are major, modifiable risk factors that must be addressed with prevention education by the major institutions that affect children the most: schools and families. There is evidence that establishing healthy eating habits in childhood is critical as these patterns are carried over to adulthood. It is easier to establish good habits at an early age than to make changes of poor ones as an adult. Effective nutrition education has been suggested as a means to help children learn the basics of good nutrition to make healthy food choices (Center for Disease Control, 2002).

Eight 7-week community programs were offered in conjunction with the YMCA of Greater St. Petersburg. Educational sessions focused on the basics of a healthy diet using My Pyramid, the food label, portion control, healthy snacks, fruit and vegetables, fast foods and the role of the family in encouraging healthy weight. Food demonstrations and recipes were provided to encourage parents and children to try new



	<p>healthy foods. Families also participated in weekly 45-minute exercise sessions. A total of 132 individuals, representing 62 families completed the program. In a post evaluation of the program, all families responded that they made at least two dietary changes and more than half (35 families) reported to have increased regular physical activity by at least one hour per week.</p> <p>Considering the high social and economic costs of childhood obesity, programs that help families develop healthy lifestyles can help reduce obesity-related chronic diseases and health care costs.</p>
<p>Jolly, Lue Eddie Florida A&amp;M University leu.jolly@famuedu</p>	<p>The FAMU EFNEP program assistant collaborated with IFAS County Extension Director Roy Carter of Gulf County with School and Community Gardens. All Gulf County schools prepared, maintained, and harvested in-ground or container vegetable gardens. Some crops were Collard, mustard, turnip greens; cabbage, yellow squash, broccoli, cauliflower, tomatoes, sweet and white potatoes, green peppers. Over 1400 people participated which resulted in the following:</p> <p>80% or 1138 participants eat vegetables that they have never eaten before. 100% or 1423 increased their knowledge of nutrition as it relates to health problems. As a result 75% or 1067 have changed their behavior and/or economic conditions.</p>
<p>Jolly, Lue Eddie Florida A&amp;M University leu.jolly@famuedu</p>	<p>The FAMU EFNEP Program operated in four counties in the last year: Hillsborough, Gulf, Gadsden, and Escambia. A variety of nutrition courses were taught, and many families were enrolled in the program. Other activities included gardens, cooking under the sun, health fairs, summer camps, school enrichment and after school programs. Over 8,000 people were reached and resulted in thousands of dollars saved. Those savings come from health prevention measures, and eating wisely reduces costs associated with families paying for medicine, hospital care and money spent on fast food meals.</p>
<p>Keith, Mary Hillsborough County – SC mkeith@ufl.edu</p>	<p>In the Diabetes Management classes, 117 people began a series, 99 completed all 5 classes. Between 7 and 35% of final respondents improved one or more diabetes management lifestyle practices. One participant reported that by making a few changes she had in 1 week lowered her morning blood glucose level by over 40 points. Another reported a decrease of 60 to 100 pts through several dietary changes, a third had convinced his wife to change cooking patterns and was losing weight. Reductions of these sizes significantly reduce damage to organs and the risk of amputations, dialysis or blindness. The cost of a diabetic amputation is \$30,000 to \$60,000. The cost of dialysis is roughly \$44,000 per year per person. These changes will improve the quality of life and reduce insurance and medical costs to both individuals and employers.</p>
<p>Kennedy, Samantha E Manatee County – SC skennedy@ufl.edu</p>	<p>Goal: To increase the incidence of proper thawing by at least 30% among those participating in a food safety basics class as determined by a six-month follow-up survey.</p>

	<p>Outcome: Of the 159 participants who participated in food safety classes in 2008, 80 were given six-month follow-up surveys to assess their incidence of proper thawing. There was a 27% return rate on these surveys. The results showed that 42% of participants showed an increase in proper thawing practices.</p> <p>Impact: Improper thawing and other time-temperature abuses are some of the leading causes of foodborne illness, according to the Centers for Disease Control and Prevention. By increasing the incidence and practice of proper thawing (by four acceptable methods), participants are greatly reducing their risk of foodborne illness and therefore decreasing their impact on the healthcare system.</p>
<p>Kennedy, Samantha E Manatee County – SC skennedy@ufl.edu</p>	<p>Goal: To increase the knowledge of the risk factors of foodborne illness among 75% of class participants by the completion of a food safety basics class as determined by pre/post tests.</p> <p>Outcome: Of the 159 participants who participated in food safety classes in 2008, all were given pre/post tests before and after class to assess their knowledge gain about the risk of foodborne illness. There was a 99% return rate on these tests. The results showed that 95% of participants showed an increase in knowledge of the risk of foodborne illness.</p> <p>Impact: Knowledge of the risk of foodborne illness is an important first step in helping maintain a safe food supply. Many people are unaware of the small things they are doing that can lead to an increased risk of foodborne illness, so increasing their knowledge of the risk factors can go a long way to helping them correct some of these issues and keep their food safe.</p> <p>Success Story: Food Safety for College Students</p> <p>In 2008, the agent lectured to 111 nursing students at Manatee Community College about basic food safety principles, the most common foodborne illnesses, the risk factors of foodborne illness, and proper food handling practices. These students are studying to become licensed practical nurses, then registered nurses. They work with at-risk populations such as the elderly, the chronically ill, young children, and pregnant women, all of whom are at increased risk of foodborne illness and/or of suffering from a chronic condition as a result of an acute foodborne illness. The knowledge and skills gained through the class lectures and hands-on demonstrations provides these students with the tools they need to keep themselves as their patients' food supplies safe, healthy, and free from pathogens.</p>
<p>Kennedy, Samantha E Manatee County – SC skennedy@ufl.edu</p>	<p>Goal: To increase the incidence of handwashing by at least one incidence a day among 50% of class participants by the completion of a food safety basics class as determined by a six-month follow-up survey.</p>

	<p>Outcome: Of the 159 participants who participated in food safety classes in 2008, 100 were given six-month follow-up surveys to assess their incidence of handwashing. There was a 30% return rate on these surveys. The results showed that 48% of participants showed an increase in handwashing incidence by an average of 1 incidence a day. Impact: Proper handwashing is vital to maintaining a safe food supply and decreasing the risk and spread of foodborne illness. By increasing their incidence of handwashing by at least one incidence a day, participants have greatly decreased their risk of foodborne illness. Those who returned the survey also reported that they are the primary meal preparer in the household, so their increased handwashing also decreases the risk of foodborne illness of those in their household.</p>
<p>Kennedy, Samantha E Manatee County – SC skennedy@ufl.edu</p>	<p>Goal: To decrease the consumption of convenience foods by one serving a day among 50% of class participants after completion of a series of nutrition classes as determined by a six-month follow-up survey.</p> <p>Outcome: Of the 1,374 participants who participated in nutrition classes in 2008, 212 were given six-month follow-up surveys to assess their behavior change. There was a 28% return rate on these surveys. The results showed that 58% of participants showed a decrease in convenience food consumption of an average of 1 serving a day.</p> <p>Impact: Sixty (60) participants decreased their consumption of convenience foods by at least one serving a day. Convenience foods are notorious for containing high levels of sodium, fat, and sugar. By decreasing their consumption, these individuals have taken a positive step in improving their overall health and well-being as well as that of their families, since many of the people surveyed are in charge of food purchases in their households.</p>
<p>Kennedy, Samantha E Manatee County – SC skennedy@ufl.edu</p>	<p>Goal: To increase knowledge of cardiovascular disease risk factors among 75% of class participants by the end of an educational program as determined by pre/post test.</p> <p>Outcome: Of the 1,374 participants who participated in nutrition classes in 2008, 350 were given pre/post tests assessing their knowledge about symptoms of cardiovascular disease. There was a 94% return rate on these tests. The results showed that 88% of participants showed an increase in knowledge of the symptoms of cardiovascular disease.</p> <p>Impact: Knowing the symptoms of cardiovascular disease is an important step in increasing awareness of the disease and its risk factors. Cardiovascular disease is the number one killer in women, but many people do not understand the risk factors. By demonstrating an increase in knowledge, participants become more aware of the steps that need to be taken to help reduce their risk.</p>

<p>Kennedy, Samantha E Manatee County – SC skennedy@ufl.edu</p>	<p>Goal: To increase consumption of fruits and vegetables by one serving a day among 50% of class participants after completion of a series of nutrition classes as determined by a six-month follow-up survey.</p> <p>Outcome: Of the 1,374 participants who participated in nutrition classes in 2008, 122 were given six-month follow-up surveys to assess their behavior change. There was a 32% return rate on these surveys. The results showed that 52% of participants increased their fruit and vegetable consumption of an average of 1.5 servings a day.</p> <p>Impact: More than 63 participants increased their fruit and vegetable consumption by at least one serving a day. An increased consumption in fruits and vegetables is considered a vital part of a healthy lifestyle. Plant-based foods are lower in calories, higher in fiber, and have no cholesterol. Increasing consumption plays a major role in helping reduce the risk for cardiovascular disease.</p>
<p>Kennedy, Samantha E Manatee County – SC skennedy@ufl.edu</p>	<p>Goal: To increase understanding of the role nutrition plays in good health by 50% among class participants by the end of a series of nutrition classes as determined by pre/post test.</p> <p>Outcome: Of the 1,374 participants who participated in nutrition classes in 2008, 638 were given pre/post tests assessing their knowledge about the role nutrition plays in good health. There was a 97% return rate on these tests. The results showed that 72% of participants showed an increase in knowledge about the role of good nutrition.</p> <p>Impact: When people have a better understanding about the role nutrition plays in good health, they can make better food choices. Making better food choices can lead to a better, more healthful diet, which in turn can lead to overall better health and a healthier, more vibrant community.</p> <p>Success Story: Living Well for Seniors: Teaching Older Adults How to Live Healthier Lives</p> <p>Manatee County has a large population of older adults who are at high risk for many nutritionally-related diseases. There is a tremendous need for educational programs designed to teach these audiences about healthy lifestyle concepts. Objectives: Participants will learn to: 1) identify five major concepts of a healthy lifestyle; 2) identify the signs and symptoms of several nutritionally-related diseases; 3) substitute healthier ingredients for “traditional” ones in recipes; 4) pare down recipes for one or two people; 5) include dessert as a healthy addition to meals. Methods: The agent and a registered nurse with the Manatee County Health Department co-presented three classes. PowerPoint was used to present educational concepts and recipes. Hands-on demonstrations were used to teach healthy cooking and preparation techniques. Results: A total of 76 people attended.</p>

	<p>Post-class surveys showed that participants reported an increase in knowledge of both the five healthy lifestyle concepts (92%) and the signs and symptoms of nutritionally-related diseases (76%). New behaviors they would most likely adopt are: 1) substituting healthy ingredients for “traditional” ones in recipes (88%); 2) paring down recipes for one or two people (86%); and 3) including a healthy dessert in their meal plans (78%). Conclusions: This is the first time the Living Well for Seniors series was offered in Manatee County and was very well-received. They are a great benefit to participants, especially since the program is offered free of charge to a predominantly low- or fixed-income audience.</p>
<p>Kilbride, Christine A Martin County – South kilbride@ufl.edu</p>	<ul style="list-style-type: none"> <li>- 50% of participants will demonstrate/report increased levels of physical activities. Of 4614 participants, 617 adults have reported increasing their walking to 30 minutes at least 3 times weekly, and 2721 youth reported doing outside activities such as sports, walking, bike riding, etc. 60 minutes at least 4 times weekly. (72%)</li> <li>- 50% of participants will increase the amount of milk they are consuming. Of 796 participants, 436 adults have reported increasing dairy products such as 1 or 2% milk and yogurt in an effort to maintain healthy bones and prevent osteoporosis. (55%)</li> <li>- 50% of participants will eat the recommended amount of 5 fruits and vegetables daily. Of 4614 participants, 571 adults have reported eating 2 fruits and 3 vegetables daily; and 2536 youth add fruit in their cereal, eat fruits or cut up veggies for snacks, and have 1 or 2 veggies for dinner. (67%)</li> <li>- 50% of participants will increase eating healthier snacks. Of 4614 participants, 489 adults have reported reducing fried foods to lower their fat and cholesterol intake, and salty foods to reduce high blood pressure, while 2977 youth reported having fruit and crackers as well as other healthy afterschool and lunchbox choices. (75%)</li> <li>- 50% of participants will increase food safety practices - hand washing. Of 4614 participants, 617 adults have increased awareness and practice safe food handling procedures for: defrosting, handling raw meats, hand washing and cleaning techniques. 3411 youth have increased awareness and practice washing their hands before meals, coming home after school, after playing, and handling pets. (87%)</li> </ul> <p>Success Story --This year, I wrote the Martin County Family Nutrition Program grant, procuring matching funds of \$155, 732.04, and received approval through the Martin County School Board for its start date of October 1, 2008. Two Program Assistants were hired and teach 69 classes monthly in 6 Title One schools, encompassing over 1300 youth and teachers.</p>

<p>Lee, Dorothy C Escambia County – NW dclee@ufl.edu</p>	<p>Several participants of the program reported that as a result of knowledge gained from the program they had lowered glucose levels by modifying their diets and losing weight. One participant shared that with the knowledge she gained, she was able to qualify for and obtain a job sitting for a diabetic elderly person.</p>
<p>Lee, Dorothy C Escambia County – NW dclee@ufl.edu</p>	<p>One hundred and fifty-five people attended the "Cooking Healthy with Diabetes" programs. Forty-five of the participants evaluated reported knowledge gained in three to five areas. Seventy-nine percent reported behavior changes in their lifestyle.</p>
<p>Lenfesty, Karla A St. Lucie County – South lenfesty@ufl.edu</p>	<p><b>SUCCESS STORY</b> 59% (13) of the 22 Indian River Citrus League member companies participated in the St. Lucie County Extension Personal Hygiene for Citrus Produce Handlers workshops, with 2,616 employees being trained. These companies changed their approach to food safety education. By providing this training (value \$78,480), St. Lucie County Extension assisted Citrus growers, packers and processors of the Treasure Coast area to meet Global Gap’s internal standards and audit criteria to ship their products to international overseas markets (value \$705,000,000). This program also facilitated citrus workers' awareness of the important role they play within their industry and the entire food sector as it relates to food safety.</p> <p>* One HR manager in a large packing house notified this agent that there “has been a noticeable” increase in employee hand washing since their workshop.</p> <p>* Another manager for a citrus harvesting company indicated that they are faced each year with more and more regulations before they can enter a grove to pick fruit. The Hygiene training provided by St. Lucie County Extension Food Safety programs has been a great help to them and other agriculture business owners in getting their employees trained and meeting the requirements.</p> <p><b>OUTCOMES and IMPACTS</b> 2616 citrus packing house employees were trained in proper personal hygiene and hand washing practices. 70% (1831) of the participants successfully washed their hands as measured by an interactive hand-washing activity</p> <p>2100 citrus worker participants increased their knowledge of potential of cross contamination and health conditions associated with improper hand washing and produce handling. 75% (1575) of participants were able to identify 4 likely ways to spread biological contaminants as demonstrated by an end of course survey.</p> <p>2100 citrus packing house employees increased their knowledge in personal hygiene and hand washing practices. 60% of the participants plan to implement behavior changes and share their newly acquired knowledge to others (family/friends) outside of the work environment, as measured by an end-of-the class survey.</p>

	<p>IMPACTS</p> <ul style="list-style-type: none"> <li>* Provided training and documentation to local citrus growers, producers, packers, and harvesters that are critical for their various food safety program requirements and economic success. 59% of the Indian River Citrus League packing houses participated in the program for a total of 2,616 documented/trained employees (training value \$78,480)</li> <li>* Provided the training and documentation for local citrus producers, packers and harvesters to fulfill critical audits and fulfill international contracts. (value \$705,000,000)</li> <li>* Contributed to the health and well being of employees, their families and the community when participants also implement and share personal hygiene knowledge and food handling practices outside the work environment. Economic value in reduction of potential health care costs and time-loss from work due to less illness due to personal hygiene and hand washing behavior changes.</li> </ul>
<p>Lexima, Willetta H Palm Beach County – South wlexima@ufl.edu</p>	<p>"First of all I will like to thank's Mrs Lynne for sharing all her knowledge with us about nutrition and good health habits. When she first started I had really bad eating habits and now I think that I am improving little by little. Some of this changes that I being makine are:</p> <ol style="list-style-type: none"> <li>1. Eating more furits and vegetables</li> <li>2. Reading Food Labels</li> <li>3. Eating high fiber foods</li> <li>4. Buying whole grain cereals</li> <li>5. I'm walking with m husband for like 45 minutes every day around our neighborhood. I explained to my kids and my husband the importance of exercise and having good nutritional habits. Thank you very much!"</li> </ol>
<p>Lynch, Wendy Putnam County – Central wendy74@ufl.edu</p>	<p>The number of children and adults who are considered overweight or obese continues to rise. According to the American Obesity Association, 5% of adolescents (ages 12 to 19) and 15.3 percent of children (ages 6 to 11) are obese. Approximately 60% of overweight adolescents have at least one risk factor for cardiovascular disease. 25% were reported to have two risk factors (Florida Department of Health). 60.7% of Florida adults are considered overweight or obese (2005). 60.7% of adults reported being inactive. Based on 2005 data from the Department of Health, obesity-related medical expenditures for adults in Florida total over \$3.9 billion. The Putnam County Family Nutrition Program has provided a series of nutrition lessons to students and parents at 3 Head Start Centers. Classes taught children the basic concepts of nutrition and increased exposure to a variety of foods. During each class, students had the opportunity to taste healthy foods. Parents were also educated on the importance of good nutrition and exercise through parent letters, recipes, and workshops. Teachers have reported a change in the types of snacks parents are sending for their children. A teacher shared that a particular parent began substituting low-fat pudding and fruit for snack cakes. Teachers have also reported sharing this information with their families.</p>

	<p>*87% youth in the Family Nutrition Program demonstrated their ability to choose healthier food options.</p> <p>*100% of youth participating in the after-school Family Nutrition Program prepared a variety of healthy snacks.</p> <p>*86% of participants in the Food Safety and Quality Program received a passing score on the ServSafe examination. These participants were awarded a nationally recognized 5-year certificate from the National Restaurant Association.</p>
<p>Madden, Uford Florida A&amp;M University uford.madden@famuedu</p>	<p>This activity was conducted by Florida A &amp; M University Extension Program. Made Presentation, "Disaster and Emergency Preparedness For Small Livestock Producers" at Goat Producers Certification Course. Marion County Extension Office, Ocala. February 9, 2008. Nine (9) farmers participated. FAMU Community Development Center. Quincy, at Goat Field at the FAMU Community Development Center. Quincy, Florida. Goat Producers Certification Course. FAMU Community Development Center. Quincy, Florida. Seventeen (17) farmers participated. May 14, 2008. Presentation, "Bioterrorism Awareness Education For Small Livestock Producers". Goat Producers Certification Course, at Marion County Extension Office, Ocala. February 9, 2008. Nine (9) farmers participated. FAMU Community Development Center. Quincy, Florida. Seventeen (17) farmers participated. May 14, 2008. The population of small, limited resource and economically disadvantaged Goat and Sheep Producers showed remarkable interest and increased awareness of 22.5% of the potential impact that zoonotic disease-causing organisms can have on humans and animals and their role and responsibility in response to bioterrorism.</p>
<p>Maddox, Martha B Sumter County – Central mmaddox@ufl.edu</p>	<p>One FNP classroom teacher reported that her 28 students told her during their Halloween party that the food being served fit in the yellow oil portion of the MyPyramid and was to be eaten in moderation. Teacher reported students ate only ¼ the amount of food they usually ate and requested baggies to take the remaining snacks home. Parents impressed with nutrition information students had learned and their dedication to eat healthier. Parents were willing to assist students in monitoring healthier snacks at home. Teacher said students reported the candy they took home lasted them 5 to 6 days.</p> <p>Thirty eight (100% participation) Agricultural students reported making healthier snack choices as a result of reading food labels. Two teen age mothers in this class have improved their eating habits and meals choices for their babies by selecting foods from the MyPyramid and using the Menu Planner.</p> <p>Success Story from a 3 part cutting the sodium in your diet program attended by 28 participants.</p> <p>Eighteen participants reported that their blood pressure had improved since the beginning of the program. All twenty eight had reduced sodium in their diet using salt substitutes. Ten increased physical activity. Twenty six make healthy choices by reading food labels more.</p>



	<p>Ninety percent of participants in Reading the Food Label/Grocery Store tour reported cutting their food budget by ¼ and make healthier choices by comparing the ingredients and nutrient content.</p> <p>Ninety five percent of participants reported healthier families after following food safety guidelines clean, separate, cook and chill.</p> <p>Take Charge of Your Diabetes 27 participants</p> <p>At the beginning of the classes 3 of the 27 participants had an A1C higher than 12. These 3 participants over a six month period lowered their A1C to 7 or lower by healthier food choices, counting carbohydrates, taking medication regularly, checking blood glucose after each meal daily and including 30 minutes of physical activity daily.</p> <ul style="list-style-type: none"> <li>* 25 participant’s use of an accepted food system such as carbohydrate counting or ADA food exchange program to plan meals 5-7 days per week.</li> <li>* 27 participant’s take diabetes medication as prescribed over the past 7 days</li> <li>* 27 participant’s adjust calorie intake to move toward or support a healthy weight 5-7 days per week</li> <li>* 22 participant’s space carbohydrate intake evenly each day over the past 5-7 days</li> <li>* 12 participant’s participated in at least 30 minutes of physical activity over the past 5-7 days</li> <li>* 27 participant’s check blood sugar at least once per day over the past 7 days</li> <li>* 18 participants’ check blood sugar 2 hours after at least one meal or snack over the past 7 days.</li> <li>* 15 participant’s check feet and dry between toes after washing</li> <li>* 12 participant’s decrease their hemoglobin A1C</li> </ul>
<p>Mahan, Jr, William T Franklin County – Northwest bmahan@ufl.edu</p>	<p>Vibrio-bacteria related health issues continue to force the FL and Gulf of Mexico oyster industry to develop new processing methods to reduce the illness rate by reducing the number of Vibrio bacteria to undetectable levels. With the assistance of the UF Oyster Industry Lab, oyster processors and harvesters in Franklin County have adopted new harvesting, processing and handling techniques to make their product safer.</p> <p>As a result, the FL oyster industry has reduced the Vibrio vulnificus illness rate by more than 40% over the past three years.</p>
<p>Marty-Jimenez, Brenda L Broward County – South bjimenez@ufl.edu</p>	<p>USDA, UF/IFAS and Broward County Extension Partnering to Offer Unique Nutrition Education Program</p> <p>Family and Consumer Sciences, Broward County/IFAS Extension was awarded a USDA Family Nutrition Program (FNP) three-year grant. The FNP grant was approved May 2008 with a start date of July 1st. The Family Nutrition Program provides USDA’s food stamp nutrition education to food stamp recipients and other eligible individuals and families. Several local agencies have agreed to partner with this program by disseminating materials, etc. The recruiting, interviewing</p>

	<p>and hiring process for six full-time program assistants has begun. Broward County citizens who live in poverty will be taught nutrition (including the benefits of increasing the daily amount of fruits and vegetables eaten) and food resource management. Increasing the amount of fruits and vegetables in the diets of Broward County citizens, and specifically our schoolchildren, is the type of innovative approach that will be the key to addressing Florida's and the nation's childhood obesity problem. Other indirect benefits expected for non-target audiences include helping to reduce community-wide health care costs and creating a significant market for fruits and vegetables grown by Florida farmers.</p> <p>ML a white female desiring weight loss has decreased her body weight by 25 pounds and has maintained this weight loss the past 4 months. This weight loss was achieved through increase in nutrition knowledge, behavior modification and portion control. ML received assistance from the Extension FCS agent who provided nutrition fact sheets, visual examples, motivational suggestions and follow up encouragement. ML also encouraged her husband to follow her example and as a result he has lost and kept off 30 pounds. Both state they feel healthier and have more energy for daily activities. ML is very appreciative for the nutrition knowledge she has gained from Extension and is hopeful that she will continue to maintain these positive changes. Extension educators deliver research-based programs through workshops, home-study courses, web-based learning tools, and other methods to give people the knowledge, skills, and motivation to improve quality of life. The emphasis of Extension programs is on sustained action by learners.</p>
<p>Medina-Solorzano, Ada I Palm Beach County – South amedinas@ufl.edu</p>	<p>According to the American Diabetes Association medical cost of diabetes for people in Florida 2006 is estimated at 12 billion. Over 10% of 70 participants in diabetes classes in Boynton Beach reported lower glucose levels over the period of three months after participating in diabetes classes. This translates to less risk of developing diseases associated with diabetes and consequently money saved for the County, the State, and the individual.</p>
<p>Mondelus, Cyndy V Orange County – Central cmondelu@ufl.edu</p>	<p>A participant of nutrition workshop shared that as a result of the information she received she, going to use more citrus in her food preparations because of the nutritional benefits it provides.</p>
<p>Moore, Marjorie Bay County – Northwest mreem@ufl.edu</p>	<p>Impacts/Outcomes</p> <p>1. Impacts from the Take Charge of Your Diabetes Program pre/post surveys resulted in knowledge gain and behavioral change.</p> <ul style="list-style-type: none"> <li>* 35% (48% pre/83% post; n= 23) more participants used an accepted food system such as carbohydrate counting or American Dietetic Association food exchange program to plan meals 5-7 days per week.</li> <li>* 22% (52% pre/74% post; n= 23) more participants adjusted calorie intake to move toward or support a healthy weight 5-7 days per week.</li> <li>* 17% (57% pre/74% post; n= 23) more participants spaced carbohydrate intake evenly over the past 5-7 days.</li> <li>* 8% (35% pre/43% post; n= 23) more participants checked their feet</li> </ul>

	<p>at least once a day over the past 7 days.  * 35% (43% pre/78% post; n= 23) more participated know what the A1C is and their number.  This is a longitudinal study in which 11 of the 23 participants received a pre/post survey only. The 11 participants will receive a 6-week follow-up and a 3-month survey will be in 2009.</p>
<p>Moore, Marjorie  Bay County – Northwest  mreem@ufl.edu</p>	<p>Impacts/Outcomes  2. 68% of (n=34) participants in the teacher in-service gained knowledge as reflected on their post-test scores. Participants were taught choosing foods from the MyPyramid, portion control, sugar content in various drinks, healthy dining out choices, hand washing, reading labels on packages to make healthier food choices and compare ingredients. They plan to use information on Portion Control, MyPyramid, fast food information, amount of sugar in drinks, and handwashing activity in their classes as well with their families. One person stated she will use the information with her family. One quote, “This was undoubtedly one of the finest in-service opportunities we have had in a long time. This was extremely well organized, relevant, and staff are exceptional presenters. THANKS!!! You put great effort into these 2 days.”</p>
<p>Moore, Marjorie  Bay County – Northwest  mreem@ufl.edu</p>	<p>Impacts/Outcomes  3. Four hundred fourteen youth enrolled in one Title I school took part in receiving six nutrition lessons on the MyPyramid, Move to Lowfat Milk, Eat More Fruits and Vegetables, Grains, Meat, and Breakfast. Fifty-three youth were given a pre/post test with 60% of youth increasing knowledge, consuming recommended servings, fruits and vegetables, and increased their level of physical activity.</p>
	<p>Impacts/Outcomes  4. Thirty foodservice managers/handlers completed the Food Safety and Quality Program course for proper foodhandling techniques and restaurant management practices. Seventy-three percent of participants passed their exam and received certification for 5-years. The average score was 80. The post program evaluation reflected that 96% of 27 stated they plan to improve food safety practices such as frequently washing hands and/or prevent cross-contamination through proper foodhandling and storage. A follow-up survey was sent to ServSafe participants with six responding. Since the training:  a. 100% conducted a food safety training for their employees  b. 50% purchased food safety posters, created a temperature log, records temperature of food  c. 67% enforces employee hygiene practices  Ninety-eight percent of 71 SafeStaff participants received their 3-year certification. Ninety percent of 62 SafeStaff participants scored higher on their post test. When SafeStaff participants were asked what they learned from the class, 50% stated they gained knowledge about different bacteria, how to prevent/reduce bacteria in the workplace and importance of washing hands. This knowledge being gained will reduce the risk of foodborne illness and sustained a safe, healthy, and affordable food supply for Florida's consumers.</p>

<p>Moore, Marjorie Bay County – Northwest mreem@ufl.edu</p>	<p>Success Stories</p> <p>1. A post reflective survey conducted by Bay District schools indicated that the teachers liked the in-service and found the information useful. Teachers stated they would use the information they received in the following ways:</p> <ul style="list-style-type: none"> <li>* Incorporate this professional development into my goal this year.</li> <li>* Include counseling activities for students to include healthy lifestyles. Material from this workshop/in-service will be very helpful.</li> <li>* Implement reading in the content area in the science class.</li> <li>* Teach the new food guide pyramid (3) to high school and/or adult students.</li> <li>* While this is not part of Professional Development Plan, it is an area of certification on my teaching certificate. Therefore, the PD is useful to keep my teaching certificate current.</li> <li>* Incorporate information into parent workshops.</li> <li>* Present more nutritional facts to students.</li> <li>* Use a unit in nutrition to continue implementing the building blocks of the High School Comprehensive Reading Plan into subject area curriculum.</li> </ul> <p>The class also resulted in additional school enrichment opportunities for Extension. 4-H has been to several classes to conduct school enrichment programs on healthy lifestyles. The FNP Program Assistant received training along with the teachers. As a result of her presence at the training, she received several referrals to go into Title I schools.</p>
<p>Moore, Marjorie Bay County – Northwest mreem@ufl.edu</p>	<p>Success Stories</p> <p>2. One participant in the June 2008 class registered to take the TCYC course. At the first class, her mother attended in her place. I informed the mother that the daughter must attend or I will have to drop her from the class. The participant came to class the following week and did not miss any other classes. Her mother came each week with her. This same participant was so impressed with the program that she donated \$75 toward a TCYD scholarship for a diabetes participant in a future course. That donation was given to an AA woman who stated she could not afford to pay. At least three participants from the October class stated they were recruited by participants who were in the June class. All stated they learned more from attending this program. At least two persons stated they learned more from the TCYD program than the program offered by Bay Medical Hospital. Several participants stated their insurance did not cover diabetes education and that they could not afford to pay the \$1,400 fee for the program offered by the hospital.</p> <p>3. Participants completing the TCYD Post-Program Survey stated:</p> <ol style="list-style-type: none"> <li>a. "My A1C level has decreased. This class has really opened my eyes to the importance of taking of myself and my blood."</li> <li>b. "These classes helped me in many ways! I have been a diabetic for over 25years. All the speakers were very helpful and informative. I hope you will continue the classes. Many people were helped I know. I would say the most help was by the dietitian who taught me about the importance of protein in my diet. Thank you again."</li> <li>c. A participant from the TCYD Follow-up program stated "This</li> </ol>

	<p>program is the best course for Diabetes! I've learned so much and recommend it to everyone needing it. I'm working on discipline of counting carbs &amp; calories. Marjorie has been magnificent!"</p>
<p>Nayfield-Crisp, Mary E Pasco County – SC mecrisp@ufl.edu</p>	<p>#1 - "Make Mine WHITE Milk!" - The new mantra of local elementary school students after several visits from the Family Nutrition Program - Program Assistant. Going from table-to-table in the school cafeteria during lunch, the assistant played the "Healthy Choices Game." The children (689) were quizzed on what were good, better and best choices on their trays. By the end of the week, the cafeteria manager was running across the street to the middle school to trade cases of the less popular chocolate milk for the new favorite = low-fat WHITE! By making the change, the children were able to reduce sugar (4 teaspoons added sugar per serving of chocolate flavored milk) in their diet.</p> <p>#2 - Clean Hands and Desks keep Kids in School! - A recent study of 285 elementary students over a 9-week period, showed that by using alcohol-based hand sanitizers during the day and cleaning desks/other frequently touched surfaces with disinfecting wipes after school, absenteeism for gastrointestinal illness decreased by nine percent. So with that knowledge, Family Nutrition Program - program assistants jumped into action in October, visiting 75 classrooms, reaching 1,372 students and spreading their "fake germ" powder and special flashlights. This has become the most popular program of the year, as teachers and school nurses take on the campaign to "Fight BAC!" (BAC=bacteria)</p>
<p>Peacock, Donna M Hernando County – Central dpeacock@ufl.edu</p>	<p>83% % (83) of the 100 participants that attended the six ServSafe workshops held in 2008 passed the exam and received Food Manager Certification.</p>
<p>Peacock, Donna M Hernando County – Central dpeacock@ufl.edu</p>	<p>The Family &amp; Consumer Sciences agent taught six 90 minute food safety classes at a middle school. Their teacher reported that 90% of her students either answered questions about food safety correctly on the end of the quarter exam or indicated that they planned to adopt at least one new good food handling practice in their home.</p>
<p>Portelos-Romero, Maria Sarasota County – SC mrometo@scgov.net</p>	<p>Too much fat and sodium in the diet are known health risk factors, but families are often confused about strategies to reduce fat and sodium. The Sarasota County FNP Program partnered with All Faith's Food Bank and Sarasota County Schools to provide this help to families in three of Sarasota's Title I schools through education for students and parents. Two hundred students, kindergarten through second grade received basic nutrition and food safety education during school hours. Two evenings a week for five weeks, fifteen families attended a "Dinner A'Fare" in which participants, dietitian and two FNP program assistants prepared three healthy meals at each session. These were then taken home by the parents and served to their families. As a result of this educational program, eight families reported that they were preparing meals with less fat and lower sodium.</p>
<p>Rogers, Catherine J Suwannee County – NE cjrogers@ufl.edu</p>	<p>* The Family Nutrition Program, under the teaching expertise of Bonnie Box has been extremely successful in Suwannee County. Ms. Box reports that at least 75% of her Pre-K, K, and 1st grade students</p>

	<p>regularly report that they eat more fruits and vegetables. Ms. Box has introduced many food items to the children that they have never had before. Examples are dried cranberries, kiwi fruit, and pumpkin. Children have a great deal of influence on the grocery selections of their parents and Ms. Box asks her students if they ask their parents to buy more fruits and vegetables. They tell her that they do and both she and this agent have witnessed that at the grocery store.</p> <p>* A1C levels are not always available on the date of the follow-up session of the Take Charge of Your Diabetes program, so it is not easy to say that the goal of a 10% reduction of at least <math>\hat{A}</math>½ point has been accomplished. Also, the most current program will have their follow-up session in January, and so have not been asked for follow-up A1Cs yet. This agent has heard many positive comments related to the clients' health as a result of participating in the program. One man recently said that he wishes that he could have taken the program ten years ago. He feels that he would not have many of the problems that he has at the moment if he had taken it then. Three females lost weight as a result of the nutrition consultation with the registered dietitian and three other persons said that they are able to keep their glucose levels under control as a result of spreading the consumption of carbohydrates more evenly throughout the day, as advised by the dietitian. These gains in control over blood glucose and losses in weight will result in fewer health issues which will result in lower medical costs for the client, their insurance provider, and possibly the taxpayer.</p> <p>* Of the 35 clients in the ServSafe classes facilitated by this agent, 28 (80%) passed the ServSafe test to become nationally certified as food managers, thus reducing the potential for foodborne illnesses.</p> <p>* After taste-testing milk of varying fat content, 87% of 200 middle school students indicated on a written questionnaire that they believe that it is important to consume low-fat foods.</p> <p>* After monthly nutrition lessons by the extension agent, a survey/questionnaire of the local TOPS (Take Off Pounds Sensibly) group, 95% indicated that they had changed their eating habits to include healthier practices and 89% said that they include more fruits and vegetables in their daily diets.</p>
<p>Salisbury, Mary B Osceola County – Central mbsal@ufl.edu</p>	<p>Osceola County government is self insured. To keep health care costs in line they began a wellness program whereby employees and their family members must be proactive in maintaining their health through attending educational classes, attending a health fair, having two teeth cleanings, a physical and vision screening. Extension has been a leader in offering educational program. In 2008 at total of thirty-seven classes reached 543 people. Human Resources budgets for outside vendors to teach a portion of these classes at \$333.33 per hour. The programs taught by this faculty equate to a savings of \$12,333 for Osceola County Government.</p> <p>A 38 year old Hispanic female wrote "I've been overweight most of my life. During one of the classes offered by Marybeth I learned what was the cause of my obesity. I love food too much! During the class we</p>

	<p>learned about portion control and how to get moving. I decided to give it a try one more time. To my surprise, not over eating like I used to, produced more energy. As suggested during the class, started to take the stairs instead of the elevator, parked a block away from my office, reposition files that were reachable by just stretching my arm then I joined a gym and establish a workout routine. I started at 237 pound, now I'm 180 and still working on it. I don't deprive myself of anything but I do better choices of food after seen during the class the amount of fat content is in harmless fries etc.”</p>
<p>Schmidt, Ronald H Food Science and Human Nutrition schmidt2@ufl.edu</p>	<p>Developed position statement on raw milk for the International Association for Food Protection. Accessed on IAFP website reaching 1000s of clientele. Chair of raw milk subgroup to develop programs about the dangers of raw milk consumption</p>
<p>Schrader, Jacqueline B Clay County – Northeast jbschrad@ufl.edu</p>	<p>At the completion of nutrition classes, 50% of preschool participants will indicate an increase in food safety knowledge by accurately explaining and demonstrating proper hand-washing procedures. After a class on hand-washing, each participant was quizzed by their teacher. All nutrition classes began with a demonstration of the procedure. By the end of the year, teachers felt all (100%) of the children understood the procedure well.</p>
<p>Shelnutt, Karla P FYCS kpagan@ufl.edu</p>	<p>In 2007, Extension nutrition faculty in the Department of Family, Youth and Community Sciences adapted the USDA’s food guidance system miniposter, MyPyramid, for use with older adults as part of the Elder Nutrition and Food Safety (ENAFS) program. This new resource is called MyPyramid for Older Adults (MPOA) and has received national attention, including an invited presentation at a national conference in 2008. The IFAS bookstore sells full-color copies on glossy paper in packets of 50 and sold 87 packets between December 2007 and November 2008. Early in 2008, Karla Shelnutt, Linda Bobroff and David Diehl evaluated the effectiveness of MPOA as part of an educational lesson at congregate nutrition sites in Marion County. In this small study participants were given pre- and post tests to measure knowledge gained and intent to change behavior. One hundred percent of participants indicated some degree of knowledge gained after participating in the lesson and interactive activities. In addition, 96% of participants planned to make at least one behavior change. The results of this study were accepted for publication in the Journal of Nutrition Education and Behavior, which will provide international exposure of this University of Florida IFAS Extension resource.</p>
<p>Shephard, Elizabeth C Brevard County – Central bshephar@ufl.edu</p>	<p>From Patron, Without the help of the Extension Service, I would not have passed the food handler test, they taught me a lot, and I was able to keep my business open.</p>
<p>Shuford-Law, Jo Leon County – Northwest josl@ufl.edu</p>	<p>Impact: Based on research conducted at UVA &amp; ISU-Cooperative Extensions, it's estimated for every \$1.00 spent on EFNEP, the potential exists for \$10.64 to be saved on future health care costs. In FY 08 \$249,488 was spent on Leon County EFNEP. The potential exists for \$2,654,552 to be saved on future health care costs in Leon County.</p>
<p>Shuford-Law, Jo Leon County – Northwest</p>	<p>Success Story: One participant reported that she loved to drink Coke and would drink 3 or 4 per day. The Program Assistant said the</p>

josl@ufl.edu	participant was a “large lady” weighing about 225 pounds. After completing the series of food and nutrition lessons the participant was happy to say that she had lost about 15 pounds and “will never drink that (those) many cokes and will drink water and 100% juice”.
Shuford-Law, Jo Leon County – Northwest josl@ufl.edu	Success Story: As a follow-up to a series of nutrition classes one kindergarten teacher conducted a survey which required the student to graph their food preferences. The culminating classroom graph indicated that when given a choice by their parents the majority of the students would select fruits as the food of preference. The same teacher drew up a classroom “contract” which stated, “We, the students and teacher of Mrs. S’s Kindergarten class promise to try to eat healthy foods and snacks in the food groups. We also promise to try and teach each other how to follow the pyramid.”
Shuford-Law, Jo Leon County – Northwest josl@ufl.edu	Outcome: The use of food resource management strategies led to an average reduction of \$2.70 per month in food costs for 915 EFNEP families which may total as much as an overall monthly savings of \$2470.50 As a result additional dollars will allow families to purchase, prepare and consume more healthy foods.
Simonne, Amarat H FYCS asim@ufl.edu	As a part of inservice training, I took two county faculty to Thailand for international experience and after the program they have expressed so much appreciation for the new ideas and new ways of doing things in different societies. The program had changed the way they teach and think about different issues in live.
Taufers, Jill A Volusia County – Central jtaufers@ufl.edu	Impacts In Volusia County EFNEP saves \$10.64 on health care costs and \$2.48 on food expenditures for every dollar spent on programming. In 2008 EFNEP provided \$70,910 of direct support in Volusia County, this resulted in over \$.9 million dollars of savings.
Taufers, Jill A Volusia County – Central jtaufers@ufl.edu	Success story Many residents at Serenity House Drug Rehabilitation Center have low literacy skills. Some of the moms have never followed a recipe before. The Expanded Food and Nutrition Education Program (EFNEP) teaches the nutritional value of foods within the food groups. The Volusia County EFNEP program enhances the lessons by using food demonstrations and hands-on activities. Recipes are customized to have short ingredient lists, easy steps, and include nutritionally dense ingredients. Recipes are introduced with “foods of the week” such as the apple activity which teaches how to make baked apples and homemade apple sauce. Mothers of young children gain confidence in preparing meals with these hands on activities. After a class where residents made applesauce and apple dumplings, one mom said, “I thought you could only eat apples from your hand. This is amazing!”
Taufers, Jill A Volusia County – Central jtaufers@ufl.edu	Outcomes 1. After 6 sessions of EFNEP during which participants received 12 lessons, 74.5% of 218 graduates showed improvement in one or more food resource management practices. Behavior change was shown in the following areas: * 42% of participants more often planned meals in advance. * 38% of participants made positive behavior changes by comparing prices of food on a regular basis.



	<p>* 31% of participants increased their food security by not running out of food at the end of the month.</p> <p>2. After 6 sessions 95.9% of 218 graduates showed improvement in at least one nutrition practice at exit. Positive behavior change was seen in the client’s nutrition practices.</p> <p>* 40% of participants showed increase in fruit and vegetable intake at exit.</p> <p>* Data showed a 38% increase in clients seeking healthy food choices when planning meals. 43% of graduates decreased the use of salt when preparing meals.</p> <p>* 63% of graduates read the “Nutrition Facts” label more often to make healthy food choices.</p> <p>3. After 6 sessions 57% of 218 graduates showed improvement in at least one food safety practice.</p> <p>* 20% of participants more often followed the recommended practices of not allowing meat and dairy to sit out for more than two hours.</p> <p>* 17% always follow the recommended practice.</p> <p>* After graduation 57% more often followed the recommended methods of thawing foods.</p>
<p>Taylor, Jennifer Florida A&amp;M University jennifer.taylor@famuedu</p>	<p>Participatory collaboration with Migrant Education and community health organizations and agencies to provide information and screenings to farm worker populations, i.e. diabetes, high blood pressure, immunizations, etc. All info was provided in Spanish. Over six hundred farm workers participated.</p>
<p>Thomas, Melanie L Baker County – Northeast mlthomas@ufl.edu</p>	<p>Objective: 70% of participants will learn at least 2 reasons why childhood obesity is a major concern for today’s youth by giving examples in an end of the class post-test. Impact: A post test revealed that 90% (50 of 55) of the participants were able to correctly identify 2 specific health related issues associated with childhood obesity.</p>
<p>Treen, Sharon A Flagler County – Central streen@ufl.edu</p>	<p>Family Nutrition Program Teaches Residents Healthy Living Skills</p> <p>“Eat More Fruits and Vegetables, Stretch Your Food Dollar, Healthy Meals on a Budget, Increase the Fiber in Your Diet” are a sample of lessons taught during nutrition education classes offered by the Flagler County Extension Family Nutrition Program this summer.</p> <p>Participants in these programs included over 200 students attending Bunnell Elementary Summer Camp, 22 youth at the summer food program site at Hidden Trails Community Center, 14 students enrolled in New Beginnings Family Literacy Program, 25 clients at Step Up/Adult Ed Center and 60 senior citizens at the Wickline Center.</p> <p>Each class offered nutrition information and the opportunity to prepare and taste healthy food. Many of the classes offered to adults addressed the rising cost of food. Participants learned to purchase and prepare healthy food while sticking to a budget.</p> <p>Even the youngest of the students in the summer program developed a better understanding of selecting the most nutritious foods for the least amount of money. Many students reported sharing this information with their families.</p>

<p>Treen, Sharon A Flagler County – Central streen@ufl.edu</p>	<p>School Gardens as a Nutrition Education Tool</p> <p>Getting kids excited about eating fruits and vegetables can be a challenge. Gardening helps teaches children how to grow nutritious food and it provides exercise.</p> <p>In cooperation with Bunnell Elementary, and with donations from Lowe’s, Jungle Growth and other businesses totaling almost \$3000, the Flagler County Extension Service provided 120 school age youth with the opportunity to grow a garden. The youth planted cabbage, cucumbers, potatoes, squash, radishes, lettuce and other fruits and vegetables. While the garden grew, Extension staff taught the youth about the nutritional benefits of these foods. The youth then had the opportunity to harvest and taste the foods they had grown.</p> <p>One third grader reported that “I learned that vegetables are good for your health and they make you smart”.</p> <p>Nutrition education through school gardens increases children’s knowledge about fruits and vegetables, which may improve their attitudes towards these foods and lead to better eating habits.</p>
<p>Treen, Sharon A Flagler County – Central streen@ufl.edu</p>	<p>Outcomes:</p> <p>Results from the end-of-year surveys and observations of the Family Nutrition Program reveal that:</p> <p>Out of 1453 youth evaluated:</p> <ul style="list-style-type: none"> <li>-85% (N=1235) increased their knowledge of the food guide pyramid and dietary guidelines.</li> <li>-90% (N=1307) increased their knowledge and ability to maintain food security.</li> <li>-65% (N=944) increased their knowledge of food resource management.</li> <li>-90% (N=1307) increased their knowledge of food safety</li> </ul> <p>Out of 70 families with young children evaluated:</p> <ul style="list-style-type: none"> <li>-90% (N=63) increased their knowledge of the food guide pyramid and dietary guidelines.</li> <li>-70 % (N=49) increased their knowledge and ability to maintain food security</li> <li>-60% (N=42) increased their knowledge of food resource management</li> <li>-90% (N=63) increased their knowledge of food safety.</li> </ul> <p>Out of 68 senior citizens evaluated:</p> <ul style="list-style-type: none"> <li>-95 % (N=64) increased their knowledge of the food guide pyramid and dietary guidelines</li> <li>- 65% (N=44) increased their knowledge and ability to maintain food security</li> <li>-60% (N=41) increased their knowledge of food resource management</li> <li>-90% (n=61) increased their knowledge of food safety</li> </ul>

	<p>Out of 66 low-income adults evaluated:</p> <ul style="list-style-type: none"> <li>-85% (N=56) increased their knowledge of the food guide pyramid and dietary guidelines</li> <li>-65% (N=43) increased their knowledge and ability to maintain food security</li> <li>-60% (N=40) increased their knowledge of food resource management</li> <li>-90% (N=59) increased their knowledge of food safety.</li> </ul>
<p>Treen, Sharon A Flagler County – Central streen@ufl.edu</p>	<p>Outcomes:</p> <p>Out of 170 county employees attending the health fair, 141 (83%) participated in the health risk assessment. This included assessing lifestyle risk factors, mental wellness, nutrition habits, physical activity, blood pressure, diabetes risk, and cholesterol levels. The information gained from the results was used to develop the wellness programs offered to county employees. The highest risk area for county employees was in the area of nutrition. The wellness programs offered by the Extension Service helped address this issue. An average of 15 county employees attended each of the four classes offered after work that consisted of food demonstrations, label reading, and presentation of healthy cooking techniques to help employees improve their nutritional status. Evaluations of the employees revealed that 100% increased their knowledge of healthy food preparation tips, 90% shared the information received with others, and 85% have adopted at least one of the healthy meal preparation tips shared in the class.</p>
<p>Turner, Muriel G Levy County – Northeast mgtturner@ufl.edu</p>	<p>2008 -The Family Nutrition Program has reached all five (5) elementary schools this year. Not all teachers in all schools have been reached.</p>
<p>Turner, Muriel G Levy County – Northeast mgtturner@ufl.edu</p>	<p>Three Food Preservation Programs were planned in Alachua, Levy and Dixie Counties. As a result of demand, three (3) additional workshops were held - one at UF student housing, one at night in Levy and one in early summer in Dixie. Fifty-six (56) participants were reached. Food Preservation has been on the rise for the past several years, probably due to economic conditions.</p>
<p>Warren, Glenda L FYCS glwarren@ufl.edu</p>	<p>In the Expanded Food and Nutrition Education Program (EFNEP), over 5,000 adults graduated from in-depth nutrition education classes in Florida during fiscal year _____. During this same time period over 7,000 youth were enrolled in the 4H EFNEP programs. Participants consumed ___ servings of fruits and vegetables at graduation compared to ___ servings at program entry. ___% showed improvements in one or more nutrition practices and ___% showed improvement in one or more food resource management practices.</p>
<p>Williams, Brenda C Alachua County – Northeast bjcw@ufl.edu</p>	<p>Of the participants in the ServSafe classes, 32 of the 40 (80%) completed the food safety and sanitation class and passed the exam for certification.</p> <p>The agent renewed her instructor and proctor designation by passing the national certification exam with a 100% score.</p> <p>In the partnership with Shands Eastside Outreach Education program, a total of seven church sites were reached with an audience of 180. These were one-session programs on nutritional topics and several sites have invited the agent to give programs in financial areas in 2009.</p>

<p>Wyatt, Carolyn H Hardee County – SC chwyatt@ufl.edu</p>	<p>Outcome: 85% (184) of participants in nutrition &amp; health programs expressed an increased awareness of nutritional &amp; health-promoting best practices.</p> <p>Impact: 23 child care providers enrolled in MyPyramid &amp; Be Wise About Portion Size train-the-trainer sessions have the potential of positively impacting the eating habits of 448 children enrolled in their child care centers, as well as positively impacting their own nutritional status &amp; that of their families.</p> <p>Success Story: 91% of the participants (including child care providers) rated the training as very educational informative and stated they planned to use the concepts learned in their child care classrooms.</p>
<p>Zamojski, Kendra M Walton County – NW hughson@ufl.edu</p>	<p>* At Maude Saunders Elementary School, the number of students correctly answering questions related to nutrition knowledge increased by 44% and the number of students correctly answering questions about food safety increased by 1% after completing the Family Nutrition Program.</p> <p>* At West DeFuniak Elementary School, the number of students correctly answering questions related to nutrition knowledge increased by 50% and the number of students correctly answering questions about food safety increased by 21% after completing the Family Nutrition Program.</p> <p>* Teachers observed the following changes in their students as a result of the Family Nutrition Program:</p> <p>* “They love to look and each other’s snack and discuss their health values.”</p> <p>* “Children are able to tell good foods from bad foods.”</p> <p>* As a result of Line Dancing for Health classes, 22% of participants reported an increase in physical activity outside of line dancing class, 50% of participants reported an increased ability to monitor their weight, 50% of participants reported making changes in their diet. 75% of participants reported losing weight. Average weight loss was 9.4lbs (range: 2-21lbs). 50% of participants reported positive changes in their health including increased endurance, flexibility and energy. One participant reported cholesterol and blood pressure. One participant reported a decreased waist size of two inches and another reported a decreased of 3 inches.</p> <p>* Success Story: In 2008, one participant of health and wellness programs reported that as a result of the increase in physical activity from line dancing classes and changes in her diet, she lost 16 pounds this year.</p>