K-STATE Research and Extension

Making a Difference

2012–2013

Nutrition Education Benefits Learners

The Situation

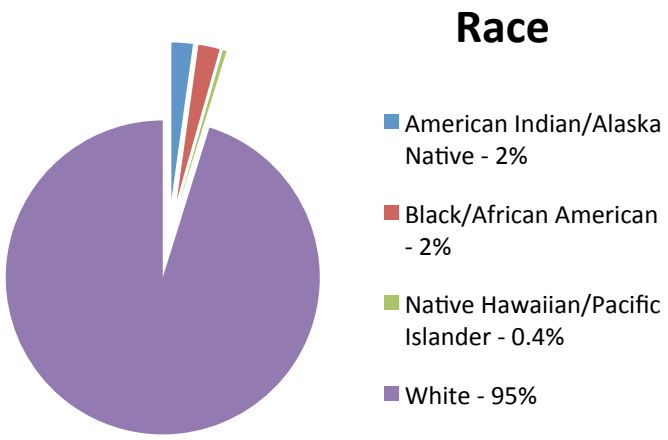
Poor dietary habits — low intake of fruits and vegetables, increased portion sizes, or increased consumption of sweetened beverages — have been linked to conditions such as obesity, diabetes, hypertension, stroke, heart disease, certain cancers, respiratory disorders, joint problems, and osteoporosis. Nutrition education is important for the overall health of Kansans of all ages.

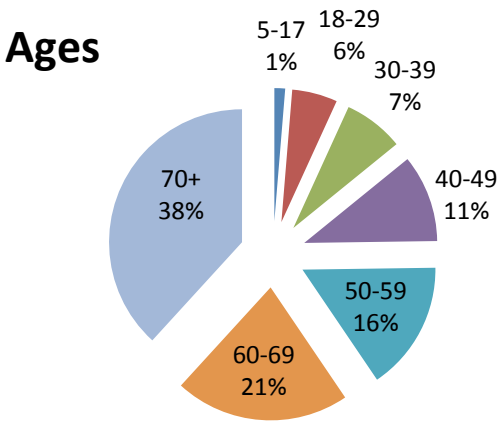
What We Did

Agents from K-State Research and Extension, along with Master Food Volunteers, provided educational programs and workshops using a variety of curricula. Programs included series such as Emotional Eating, Cook Once — Eat for a Month, and Dining with Diabetes, as well as adult/youth cooking activities. The programs focus on nutrition and cooking, providing participants with knowledge and skills to improve their health, reduce or manage chronic disease, and manage resources.

Outcomes

Of the 516 participants who responded to survey questions at the end of a nutrition education program, 97% indicated they had gained knowledge for improving their health, eating healthfully, managing chronic diseases, and managing food-related resources.





Demographics of the respondents:

- 88% Female
- 95% Non-Hispanic/Latino

Success Stories from Wildcat District

I'm Changing What I Do Because of You

"Before you came and did the lesson on snacking, I used to spend at least $5 per day on snacks from the vending machines," one participant commented. "Now I bring (sandwich) bags of carrots and other healthy snacks to eat. I am saving money and am a lot healthier. I have lost

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about 10 pounds. Not only that … we are eating healthier at home. We started having 'veggie night' once a week. Then we went to two nights per week. Actually, this week we are having 'veggie week.' Also, we are now preparing our food using canola oil — not bacon grease like we used to.

"I always complain about the things you are telling us in your programs because I don't want to hear them. But you really teach me things, and I am changing what I do because of you."

I Outdid My Grandma!

In the cooking class for young moms and dads, we shared the "Focus On the 'Stars': Cooking Healthy for the Holidays" lesson. After the class prepared and tasted five of the recipes, one young mom said she would be helping prepare her first Thanksgiving meal the next week, commenting, "I'm going to try these recipes."

At our next class, she proudly told the group, "I outdid my grandma!" She had used several of the recipes, and her family came back for seconds and thirds of *her* dishes, asking for copies of the recipes. When she told her family these were recipes with low-fat or fat-free ingredients, they could hardly believe it. This young mom was happy about showing her family that, not only could she cook, she could serve healthier foods with great flavor.

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