



# IMPACT 2019

## CHILDHOOD OBESITY PREVENTION

Data from the National Health and Nutrition Examination Survey show the national obesity rate among youth is 18.5%. In the U.S., childhood obesity is estimated to cost \$14 billion annually in direct health expenses. Extension programs reduce obesity through improved diet, hands-on culinary programs, physical activity, farmers markets and school programs.

### Physical Activity and Nutrition Programs Improve Health

Educational programs promote increased exercise through walking programs and challenges. Schools promote lowfat or fat-free dairy, fruits, vegetables and whole grains. Positive behavior initiatives promote environmental changes.

Educators work to improve the ability of participants to make healthy food choices based on MyPlate. Programs are designed to increase the willingness to try new foods and set wellness goals. Schools use smarter lunchroom strategies to make the healthy choice the easy choice.

### Improving Fruit and Vegetable Intake

### Cooking Programs Improve Nutrition Intake

"Jr. Chefs" learn how to plan and prepare nutritious foods and adopt best practices and skills in fruit and vegetable choices and food safety.

Educators promote increased vegetables, fruits and daily water intake as goals to promote healthy bodies. They also introduce menu items made from scratch to increase consumption of healthy foods and to save money.

### Changing Environments Promotes Health

Elementary school age children learn how different foods affect their bodies. They try new foods and see the benefits of a healthy diet, and they discuss classroom snack policies.

Educators help improve teachers' confidence in teaching nutrition through the use of school gardens, smarter lunchrooms, and youth farmers markets.



Raising kids  
Eating right  
Spending smart

