

FOOD and NUTRITION EDUCATION in COMMUNITIES

programs that turn research into action

October 1, 2009 through
September 30, 2010

Impact 2009

Cornell Cooperative Extension of Rockland County

The United States Census Bureau estimates 10.4% of the residents in Rockland County are living at or below the poverty line (based on 2008 statistics). The current federal poverty level for a family of four is \$22,050. Low income is associated with numerous health problems, including obesity, chronic disease, and poor pregnancy outcomes. Positive changes in these practices are integral to avoiding the negative consequences of these health conditions. Our Nutrition Education Programs provide knowledge and skill development in:

- Nutrition Practices/Food Selection
- Food Safety
- Food Resource Management
- Physical Activity

Whom did we reach?

During 2009, 293 adult ESNY participants participated in nutrition programs within Rockland County. We offered lessons in a series, delivered over time, allowing participants the opportunity to develop skills, increase knowledge and incorporate changes into their daily lives. Of the enrolled adults in ESNY, 81% graduated from the program.

Why are our programs effective?

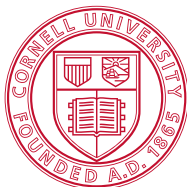
- They motivate people to adopt healthy eating and lifestyle behaviors
- They enhance practices related to thrifty shopping and preparation of nutritious foods
- They ensure that individuals and families have enough to eat without resorting to emergency food assistance.

What did participants learn?

- 15% improved their Nutrition Practices (i.e. making health food choices, reading nutrition facts labels, drinking lower fat milk, etc.)
- 19% improved their Food Safety practices (i.e. thawing and storing foods properly)
- 22% improved their Food Resource Management skills (i.e. planning meals, comparing prices, using grocery lists, etc.)
- 32% improved their frequency of being Physically Active

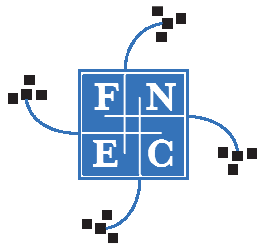
Retention studies document that these desirable practices continue at least one year after graduation.

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Impact 2009 Program Success Story

Cornell Cooperative Extension of Rockland County

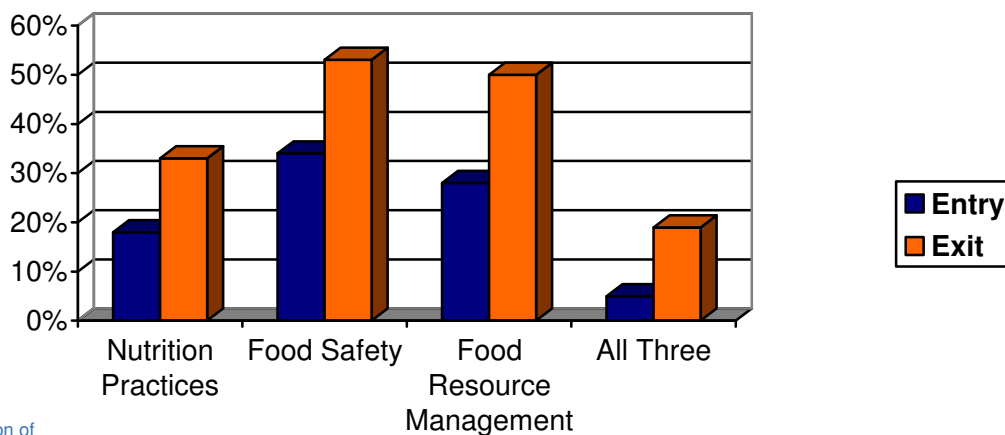
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A female child went for her well check-up and had gained over 20 lbs. The Doctor was concerned. The child had gone from a normal BMI to an overweight BMI. Mom is an immigrant and has limited English skills. An ESNY educator took on of Rockland's trained translators, and worked with the family individually. They were very appreciative and receptive to the nutrition education.

This past weekend, that translator was at a picnic where this client and her family were in attendance. They came over to the translator and were very excited to say that the child had lost over 20 lbs. The child now has a normal BMI and seems to be very happy. The translator observed her trying watermelon and liking it. The mom couldn't say enough about how the program had helped their family. The transla-

tor was asked, "How can I get the nutrition educator to come and help me?" She briefly explained the program to them. She let them know if they were eligible that ESNY would be more than happy to get in touch with them to provide any assistance needed.

Adult participants improved behaviors in many areas



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