

## *Improving Nutrition, Food Safety and Health in Kansas (Core)*

### **Situation**

Because of Kansas' high obesity rate, poor dietary intake and physical inactivity, our residents experience many adverse health conditions – including obesity, diabetes, hypertension, stroke, heart disease, certain cancers, respiratory disorders, joint problems, osteoporosis, as well as psychosocial problems. Further, poor food safety practices can lead to foodborne illness, as well as reduced opportunities for local food producers to access markets for their products.

*Nutrition, Food Safety, and Health Extension programming targets environmental and lifestyle factors that improve health and reduce chronic disease to improve the quality of life for Kansans, addressing the critical issue of health. This plan supports the National Framework of Health Equity and Well-Being- Updated 2021 recommendations.*

### **Public Value**

By engaging with K-State Research and Extension nutrition, food safety, and health programs, Kansas residents adopt healthful lifestyle behaviors that reduce the risk of chronic and acute diseases, decrease mortality, decrease medical costs, improves work productivity with fewer missed day of work due to illness, improves academic performance in school-age youth, and improve the overall quality of life. The public cost of health care and health insurance is reduced. People adopt safer food handling practices, incidences of foodborne illness decrease, a safer food supply is available.

### **Outcomes**

#### **Short-Term (Knowledge)**

Program participants will improve knowledge, skills and/or attitudes for:

- recommendations related to healthy eating, food safety, physical activity, and healthful lifestyle habits
- being able to sell safe food and meet regulatory and marketplace requirements
- Mental health/well-being topics
- strategies that improve access to high quality, healthful, safe food
- awareness of food insecurity and available resources
- how policies, systems, and environmental changes can create a Culture of Health

#### **Indicators**

Increase the number of program participants reporting awareness, knowledge and/or understanding of:

- Recommendations related to healthy (healthful) eating like selecting a variety of healthy foods and planning preparing healthy meals and snacks
- Strategies that improve access to high quality, safe food

- Being able to sell safe food and meet regulatory and marketplace requirements, including Farmers Markets
- Strategies that improve access to safe, affordable physical activity opportunities
- Risk factors that impact mental health and well-being (measured through programs including, but not limited to Mental Health First Aid, QPR and other mental health literacy programs)
- A Culture of Health created through policy, system, and environmental changes for community stakeholders

### **Medium-Term (Behavior)**

Program participants will:

- select a variety of healthy foods
- plan and prepare healthy and food safe meals and snacks
- utilize food resources and community programs/services to improve health and wellness
- practice and/or model safe food handling recommendations, including handwashing
- participate in physical activities
- identify and practice activities and behaviors that help to manage stress effectively
- practice healthful lifestyle habits that support prevention of chronic disease and/or management of chronic disease
- collaborate with policy makers and others to implement community plans focused on local nutrition, food safety and health policy, system, and environmental changes

### **Indicators**

- More Kansans will consume a variety of healthy foods (measured through F/V consumption and program participation, including, but not limited to, *Dining with Diabetes*, *Walk Kansas*, SNAP-Ed and EFNEP)
- Increase in the number of Kansas practicing and/or modeling safe food handling recommendations (track through training and classes)
- Increase the number of Extension personnel and volunteers who improve their food safety practices and procedures via direct education and PSE
- Increase minutes of physical activity and perform muscle strengthening activities (measured through but not limited to *Walk Kansas* and *Stay Strong Stay Healthy*)
- Increase in the number of community stakeholders improving the health of their communities via policies, systems, and environmental approaches such as establishing community coalitions, food policy councils, and other community groups (could also include but not limited to, *Simply Produce*)

### **Long-Term (Change in Condition)**

Program participants will:

- Follow the Dietary Guidelines for Americans for healthy eating across the lifespan
- access adequate, safe and affordable foods
- transition from insecure to food secure
- meet physical activity recommendations
- sustain healthy communities via policy, system and environmental approaches

### **Indicators**

- All Kansans meet the Dietary Guidelines for Americans recommendations for healthy eating and food safety
- All Kansans practice a healthy eating style based on MyPlate recommendations
- All Kansans will decrease the statewide incidence and prevalence of obesity and related diseases
- All Kansans have access to a safe food supply

- All Kansans meet the Physical Activity Guidelines for Americans
- Policies, systems, and environments in Kansans communities support healthy lifestyle behaviors

## Outputs

### Nutrition and Health

**Dining with Diabetes** - Dining with Diabetes is a series of four 2-hour classes consist of a presentation on diabetes self-care or healthful food choices; a five to ten minute low-impact physical activity; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices. The program is designed for people with diabetes, prediabetes, and their family members, caregivers, and support persons and is provided by certified extension agents.

**Diabetes Prevention Program** - evidence-based lifestyle change programs to help the public reduce their risk of type 2 diabetes

**Essential Living Skills** - an educational series designed to support individuals in managing stress, setting goals, and to achieve success in day-to-day living skills. Each component of the series includes tools, learning opportunities, and encouragement to simplify daily life. Some components in the series are: food, nutrition, and physical activity, healthful aging, home maintenance and time management. Essential Living Skills series can help you make the best of every day.

**Extension Master Food Volunteer Program** allows people with interests in food, cooking, food safety and nutrition to take their expertise to a higher level while developing new avenues for helping in the community. The program is patterned after the successful Master Gardener Program.

**Walk Kansas** -- a team-based, 8-week program focused on Physical Activity Guidelines for Americans, which recommend a minimum of 150 minutes of moderate exercise per week OR 75 minutes of vigorous exercise/week and strengthening exercises at least 2 days per week. Walk Kansas also promotes making better nutrition choices and walking away stress.

**Walk with Ease** - No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk with Ease program can teach you how to safely make physical activity part of your everyday life.

**Chronic Disease Self-Management** -a 2½-hour interactive workshop once a week for 6 weeks to learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases

**SNAP-Ed (Supplemental Nutrition Assistance Program Education)** SNAP-Ed is a national and federally funded nutrition education program that helps limited-resource audiences lead healthier lives. This program teaches about good nutrition, stretching the food dollar, and the importance of being physically active. **EFNEP (Expanded Food and Nutrition Education Program)** EFNEP is a national and federally funded hands-on nutrition education program that uses the Eat Smart and Move More curriculum to teach skills related to planning, shopping, cooking, healthy eating, and physical activity.

**Stay Strong, Stay Healthy** – This evidence-based exercise program helps older adults derive benefits from strength training through safe, effective, research-based physical activity.

**FCS Nutrition and Health Annual Lessons** - 2022 More Plants on the Plate, Make a Med Dash to a Healthy Heart!, Lower Your Risk of Breast Cancer; 2021 Diabetes You Are In Control, Fermented Foods; 2020 The Science of Family Meals, Raising Healthy Eaters

### Food Safety

**Preserve it Fresh, Preserve it Safe** - Food safety education for preserving food at home including canning, freezing and dehydrating.

**ServSafe(R)** ServSafe is a national food safety education program targeted to food service managers and workers. This program can also be used to train volunteers of all ages, Extension professionals, and others who are serving food in group settings.

**Produce Safety for Produce Growers** provides training and technical assistance to Kansas fruit and vegetable producers who are interested in selling their products. Information provided includes training on the FDA Food Safety Modernization Act (FSMA) Produce Safety Rule, other general produce safety trainings, fact sheets and resources, and technical assistance to growers.

**Food Safety for Farmers Market Vendors** This program is offered with the Kansas Department of Agriculture to educate farmers market vendors on growing and selling safe produce, prepared foods, and many other food products.

**Food Safety – FCS Lessons** Numerous FCS lessons have been developed related to food safety, including the following topics: Shopping Safe at Farmers Markets, Volunteer Quantity Cooks, GMOs and Food Safety, Donating Safe and Healthy Foods to Food Banks and Pantries, Food Safety for School and Community Gardens.

**Focus on Food Safety** - a program of the Kansas Department of Agriculture, teaching basic food safety practices for groups and businesses providing food for public consumption

### **Mental Health**

**Mental Health First Aid Training** - a skills-based training course that teaches participants about mental health and substance-use issues.

**QPR** - The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training

**Managing Stress in Times of Tight Margins** (Women in Ag Series) -This lesson provides an understanding of rural stress concerns, effective strategies for pursuing wellness, and sources of support.