

Health Initiative Collaboration Between Department of 4-H Youth Development and Kansas SNAP-Ed Program

The Situation

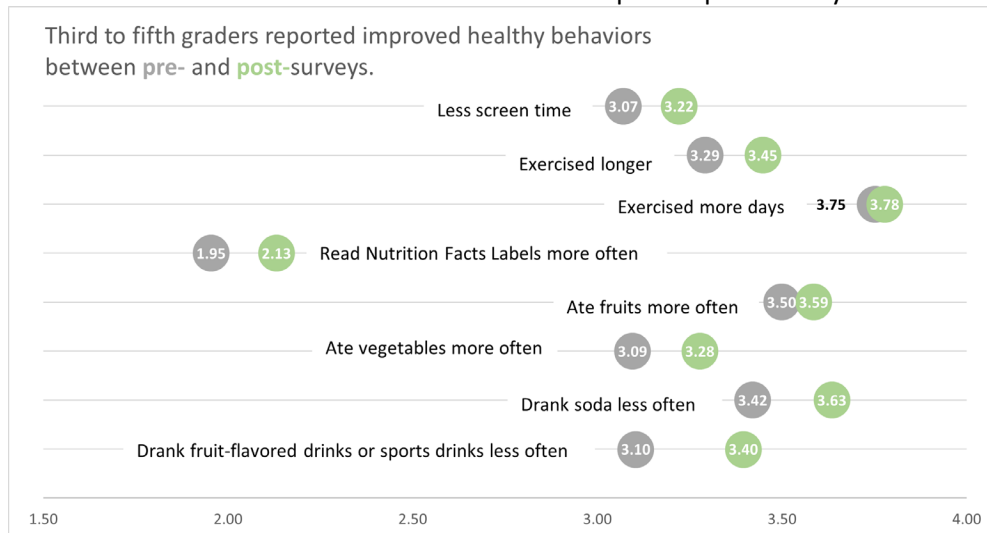
One of the K-State Research and Extension Five Grand Challenges is Health, making it a priority programming area. Roughly one in seven U.S. youth ages 10 – 17, 15.5% have obesity according to the 2018-19 National Survey of Children’s Health (NSCH) data. One-third of children in the U.S. are overweight or obese. In Kansas, 10.6% of youth ages 10 – 17 have obesity (NSCH). Teens who are obese have a 70 to 80% chance of becoming obese adults. In addition, significant environmental changes have decreased physical activity and increased food intake. These changes include increased amounts of screen time, less outside play, less physical education in school, increased food portion sizes, fast food, and food used as rewards.

What We Did

K-State Research and Extension’s Department of 4-H Youth Development and SNAP-Ed collaborated using Cornell University’s Choose Health: Food, Fun and Fitness curriculum. The curriculum is aimed at youth 8–15-years-old and targets those behaviors research shows to be most important for preventing childhood obesity and chronic disease. It also supports the 2015 Dietary Guidelines for Americans and USDA’s MyPlate initiative. Topics include replacing sweetened drinks with low-fat milk and water, eating more vegetables, fruits, and whole grains, eating fewer high-fat and high-sugar foods, and playing actively 60 minutes a day.

Outcomes

4-H Youth Development and SNAP-Ed reached 566 and 2036 participants respectively. Participants were given pre- and post-surveys. Values were given to survey options to calculate average/mean. The higher the value, the more favorable behaviors were. Charts below indicated the movement of mean from pre- to post-surveys.



Sixth to eighth graders reported improved healthy behaviors between **pre-** and **post-**surveys, except choosing whole grains and choosing healthy foods when eat out.



Success Story

According to their parent's testimony, one 5th grade student shared all six lessons with her parents regarding the Nutrition information and label reading. The parent indicated that she had talked about label reading at home, but it wasn't until her daughter participated in the 6 lessons from CHFFF at school that she began actually reading labels. Because she was engaged in learning activities at school she became the expert on label reading at home. The parent reassured me that all the information we discussed in the lessons came home and were discussed.

Favorite Quote: "My 5th grade daughter became the reading label expert at home."

As a result of trying numerous foods during Choose Health: Food, Fun and Fitness lessons one student communicated to his class that prior to the nutrition lessons he was afraid of trying new foods.

Favorite Quote: "I used to be afraid of trying new foods but now it's not that big of deal."

Contact

Karen Nelson, Sunflower District 4-H Youth Development Agent and District Director
karennelson@ksu.edu

Lisa Ross, MPH, RD, LD
Coordinator, Kansas [EFNEP](#) & [SNAP-Ed](#)
lkross@ksu.edu