

The logo for Family, Youth and Community Sciences IFAS. It features a stylized illustration of a building with a dome and a modern glass structure. The text "Family, Youth and Community Sciences" is written in a serif font, with "IFAS" in a larger, bold serif font below it.

Family, Youth and Community Sciences
IFAS

National Association of
State Universities and Land Grant Colleges

Preventing Childhood Overweight and Obesity

Cooperative Extension: Making A Difference in Nutrition
and Fitness of Families, Youth and Communities!

Georgia Plan of Work

1) Collaborators:

- a) Cheryl Varnobe
- b) Kelly Cordroy
- c) Agencies
 - 1) DFACS
 - 2) School system
 - 3) Department of Public Health
 - 4) Parks and recreation
 - 5) Boys and Girls clubs
 - 6) YMCA
 - 7) WIC
 - 8) Family Connection
 - 9) Hospitals
 - 10) Head Start
 - 11) 4-H After School
 - 12) SUDIA
 - 13) Peanut commission
 - 14) UGA Food Science

2) Key Actions

3) Resources

- a) Curriculum
 - 1) Walk-a-Weigh 1 and II
 - 2) Right Bite Cooking School
 - 3) Power of Choice (Adolescent)
 - 4) For the Health of Our Children

- 5) WIN (Wellness in) the Rockies (Adolescent)
 - 6) FIT Families
 - 7) Fantastic Foods
 - 8) Professor Popcorn (School Age)
 - 9) Building healthy bodies
 - 10) Food, Fun and Reading
 - 11) Verb: Its what you Do (4-H)
 - 12) Nickelodeon Day of Play (4-H)
- b) Network Opportunities
- 1) Georgia Extension is an active partner in the CDC grant Take Charge of Your Health Georgia.
 - 2) Member of the steering committee
 - 3) Member of work groups of the Obesity task force
- c) Needs Assessment
- 1) Being physically inactive and overweight are major contributors to death and disability in the US. At least five of the top ten causes of death are related to what people eat.
 - 2) According to the Georgia Department of Human Resources, three-quarters of Georgia's adults are inactive. This inactivity causes at least 32% of all heart disease, 18% of all cases of high blood pressure, 32% of all strokes and 18% of all cases of Diabetes.
 - 3) In this country 64% of adults are overweight and 31% are obese. The Behavior Risk Factor Surveillance Survey found that nearly 22% of adults in Georgia were obese
 - 4) Research done by the University of Georgia found that 20% of Georgia's children were overweight compared to 15% of children in the U.S.
 - 5) Direct and indirect costs due to overweight and obesity to the US economy were estimated to be \$117 billion in the year 2000.
 - 6) Childhood overweight and obesity research don by UGA found that 37% of children were at risk for becoming overweight
- d) Objectives
- 1) Increase physical activity
 - 2) Determine an appropriate calorie level to promote healthy weight control
 - 3) Follow a set of pre-made menus at that calorie level
 - 4) Make permanent changes in food selection to reduce fat, sodium and calories
 - 5) Reduce risk for cardiovascular disease osteoporosis and diabetes

4) Steps

- a) 4-H statewide initiative 2005-2007 Georgia Healthy Lifestyles
- b) 4-H Issues Institute (Spring 2005_
 - 1) Training for 4-H EPS/Agents/PAs
 - 2) 4H Healthy Lifestyle Ambassador Program-Summer 2005
 - 3) Healthy Lifestyles Friends
 - (1) Eat Well Magazine
 - (a) Lesson Plan
 - (b) Website

- 4) 4-H Events/Camps
 - (1) Scheduled time for physical activity
 - (a) Formal and informal
 - (2) Camp classes involving healthy foods
 - (a) Revising camp lesson plans
 - (3) Provide healthy snack choices at 4-H events/concessions
 - (a) Water vending
 - (b) Milk/milk product vending machine
- 5) 4-H Health officer booklet prepared so that 4-Hers can urge their clubs to eat healthy is active, starting in 2006 4-H year.
- 6) Marketing what 4-H/FACS can do and should do together

5) Resources Needed

6) Potential Barriers

7) Barrier Deterrence steps

- a) Form our “organization” with agencies that focus on obesity

8) Intended outcome of Actions

- a) Youth
 - 1) Increase intake of fruits and vegetables
 - 2) Choose foods and beverages more often that are low in fat, sodium and calories
 - 3) Identify appropriate serving sizes
 - 4) Use the Nutrition Facts label to make informed food choices
 - 5) Identify ways to sit less, move more
 - 6) Consume at least 5 servings of fruits and vegetables per day
 - 7) Adopt healthy lifestyle behaviors (Healthy eating and regular physical activity) that are maintained into adulthood.
 - 8) Prevent overweight or risk of overweight
 - 9) Children and youth who are overweight or at risk for overweight will grow into an appropriate healthy body weight for their age.

9) Evaluation

- a) Evaluation Instruments in the FNP evaluation notebook
- b) New Childhood overweight resource package-Early 2005

