



2012 IMPACTS: Food, Nutrition, and Health (FNH) Spire

Public Value

Adults involved in UNL Extension programming will change their personal habits to improve their physical and financial health, which reduces public health care costs and stabilizes the economy.

Youth in nutrition and health programming will be more active and make healthier food choices, leading to a lower risk for disease and illness, which will eventually lead to lower long term medical costs for families and communities.

Food safety program participants involved in food service establishments will adopt safe food handling practices which will benefit community members by reducing foodborne illness and associated health care costs.



The FNH Spire is focused on improving the nutrition, food safety, and physical activity outcomes in Nebraska's youth and adults. In 2012, the FNH Spire reached approximately 24,000 youth and 19,000 adults for a total of 43,000 Nebraskans.

Defining the Situation

In Nebraska, over \$498 million dollars are spent annually on obesity-related health care. Obesity and physical inactivity are risk factors for heart disease and stroke, diabetes, and some cancers. In Nebraska, overweight and obesity affect 65% of adults and 33% of youth. Foodborne illness creates an enormous social and economic burden on communities and health systems. In the United States, foodborne illnesses pose an estimated \$77 billion economic burden in total annual health-related costs.

Working toward Solutions

Creating healthier eating patterns, increasing physical activity levels, improving financial health, and reducing foodborne illness are top priorities to reach the ultimate goal of improving health and reducing social and economic costs for Nebraskans.

Reaching participants: Methods included one-on-one education, group settings, health fairs, on-line programs, social media, and web page and app development.

Collaborations: Multi-state research groups, Health and Human Services, county health departments, USDA, Department of Education, Community Action Partnerships, Action for Healthy Kids, Restaurant Associations, and senior programs.

Increasing Knowledge and Influencing Behavior of Program Participants:

Food Safety

- **Goals:**
 - Decrease risk of foodborne illnesses
 - Increase knowledge and implementation of safe food handling practices
- **2012 Results:**
 - Reached ~3,800 adults
 - 65% improved one or more food safety practices such as safely thawing and storing foods
 - ~36% increased knowledge of proper and minimum cooking temperatures and the temperature danger zone

Nutrition & Health for Youth

- **Goals:**
 - Increase awareness of and consume foods that match MyPlate recommendations
 - Increase hand washing before preparing and eating food
- **2012 Results:**
 - Reached ~24,000 youth
 - 89% correctly reported that it is important to eat foods from all the food groups for good health
 - 98% correctly identified that they should wash their hands before they touch or eat food

Nutrition & Health for Adults

- **Goals:**
 - Increase healthier eating practices
 - Increase physical activity (30 minutes or more each day)
 - Improve financial health
- **2012 Results:**
 - Reached ~17,000 adults
 - 80% reported improved nutrition practices
 - 50% reported 30 minutes or more of physical activity daily
 - 80% reported improved financial practices



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

Food Safety Quotes:

"I learned how to calibrate thermometers and the safe cooking temperatures."

"I will implement the knowledge and have training for all the staff."

-ServSafe Participants

Youth Programming Quote:

"A 4th grader told me she taught her family how to read food labels and they stopped eating some foods because the food label helped them learn they weren't nutritious. It's important to teach youth nutrition because they have such an impact on the food choices of a family."

-Nutrition Education Program (NEP)
Extension Assistant

Adult Programming Quote:

"The information is great and I loved the short physical activities included in the program as well as being able to participate from my home computer. We all want to be healthy. This is a great way to find resources to help you keep on the wellness path."

-Creating Balance Class Participant



The ServSafe Program delivers consistent food safety training to employees. The program covers: food safety, hygiene, cross-contamination, allergens, time and temperature, cleaning, and sanitation.

As a result of ServSafe Starters:

52% increased their knowledge on calibrating thermometers.

38% increased their knowledge about the food temperature danger zone.

35% increased their knowledge on proper minimum cooking temperatures.

As a result of ServSafe:

34% increased their knowledge of proper cooking temperatures.

32% increased their knowledge of how to not purchase food from unsafe sources.



NEP offered school enrichment kits to 11 counties and reached 9,804 youth. In 2013, kits will be available in 51 counties.

As a result of the school enrichment kits:

41% of Kindergarteners showed improvement in their hand washing knowledge.

98% of 1st graders correctly identified a food from the fruit/veggie food groups.

94% of 2nd graders correctly identified food groups in a sack lunch picture.

94% of 3rd graders identified food should be thrown in the trash if they think it is spoiled.

62% of 4th graders read food labels on the foods they ate.

75% of 5th graders correctly identified the steps of Fight BAC!



Creating Balance with Food & Fitness is a program that addresses: balancing calories to manage weight, knowing which foods and nutrients to increase and decrease, and increasing physical activity levels.

The 7 week program was piloted statewide in spring 2012 by Extension Educators live via webinar and archived on eXtension campus' website.

Participants showed statistically significant improvements in physical activity levels, eating more fruits, vegetables and whole grains, using Nutrition Facts Labels, setting specific goals, and drinking more water.

Created by Extension Specialists, Educators, and Assistants, this dynamic four-part curriculum is on the UNL Marketplace and provides over 25 hours of programming.

- FNH Spire web page: <http://www.extension.unl.edu/progfocus/actionteam-food-nutrition-and-health>
- For more food, nutrition, and health topics in a variety of formats check out <http://food.unl.edu>
- Apps from UNL Extension: <http://real.unl.edu/iOS/SnackPlanet/> and <http://www.4daythrowaway.org/>
- Creating Balance with Food & Fitness Curriculum: <http://marketplace.unl.edu/extension/extpubs?cat=221>

Action Team Leaders: Lisa Franzen-Castle (lfranz2@unl.edu), Donnia Behrends (dbehrends2@unl.edu), Ann Fenton (afenton1@unl.edu), and Patricia Jones (pjones4@unl.edu)