



Healthy Families, Healthy Communities

EAT WELL, SAVE WELL, LIVE WELL

2018 ANNUAL REPORT UNIVERSITY OF TENNESSEE

Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
UTEXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

The University of Tennessee Extension makes the healthy choice the easy choice for Tennessee's limited-resource families through two unique educational programs, UT SNAP-Ed: TNCEP and EFNEP.

Welcome

Drive down any road in Tennessee and you will see families impacted by the work of UT Extension. This is certainly the case for the work conducted through our UT SNAP-Ed: TNCEP and EFNEP programs. Informed by research-based information on healthy living, active lifestyles, food resource management and food preparation, our agents, paraprofessionals and volunteers impact the lives of limited-resource individuals every day, helping them feed their families, while stretching their food resources.

We are pleased to share the story of our UT SNAP-Ed: TNCEP and EFNEP programs in this report. Highlighted within these pages are some of the key impacts and successes of these programs. More than just numbers, however, these impacts and successes speak to the depth of our work across the state and the profound impact this work has on the daily lives of Tennessee families.

Together across our great state, UT SNAP-Ed: TNCEP and EFNEP are helping to increase self-sufficiency, raise health rankings and decrease obesity. We invite you to join us as we promote Healthy Families, Healthy Communities.



Dr. Laura Stephenson
Assistant Dean
University of Tennessee Extension



The University of Tennessee (UT) Extension Tennessee Nutrition and Consumer Education Program (UT SNAP-Ed: TNCEP) is funded through the Tennessee Department of Human Services and the US Department of Agriculture. This program supports nutrition education and obesity prevention projects for persons eligible for the Supplemental Nutrition Assistance Program (SNAP).

UT SNAP-Ed: TNCEP is driven by local coalitions with a goal to reduce nutrition-related health risks through nutrition education and community engagement.

The University of Tennessee Expanded Food and Nutrition Education Program (EFNEP) is funded by the US Department of Agriculture, National Institute of Food and Agriculture.



EFNEP is a peer-to-peer intensive direct education program that uses a hands-on nutrition education approach to reach adults who are caregivers of young children as well as school-age youth at risk for food insecurity.



Engaging Tennesseans

Through a comprehensive approach UT SNAP-Ed: TNCEP and EFNEP help individuals, families and communities across our state make healthy choices.



331
partnerships
with
community
sites



459
local
community
coalition
members



28,646
direct education
participants



40,746
reached with changes
to physical activity and
nutrition environments



1.4 million
social media
impressions

\$64,605,835

in reduced long-term health care costs

For every \$1 spent in nutrition education, there is a potential long-term health care cost reduction of \$10.64. (Rojgopal, R. et al., 2002)

Transforming Communities

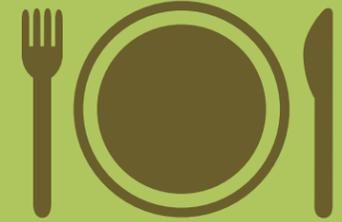
UT SNAP-Ed: TNCEP and EFNEP partner with community sites across Tennessee to implement changes that bring lasting health impacts.



Sites include schools, farmers' markets, faith communities, worksites, senior centers and Head Start, among others



90
Sites implemented new standards to promote healthy foods



16
Sites promoted healthy eating with new signage



33
Sites promoted physical activity with new signage



35
Sites promoted physical activity with new prompts



19
Sites promoted healthy eating with gardens

UT SNAP-Ed: TNCEP



Improving Health

UT SNAP-Ed: TNCEP's local coalition-driven programs educate participants to help them make healthy choices.

23,467

Youth and adults reached through nutrition education sessions



55%

improved
food resource
management
skills



27%

ate more
vegetables



25%

ate more fruit



23%

increased
physical
activity

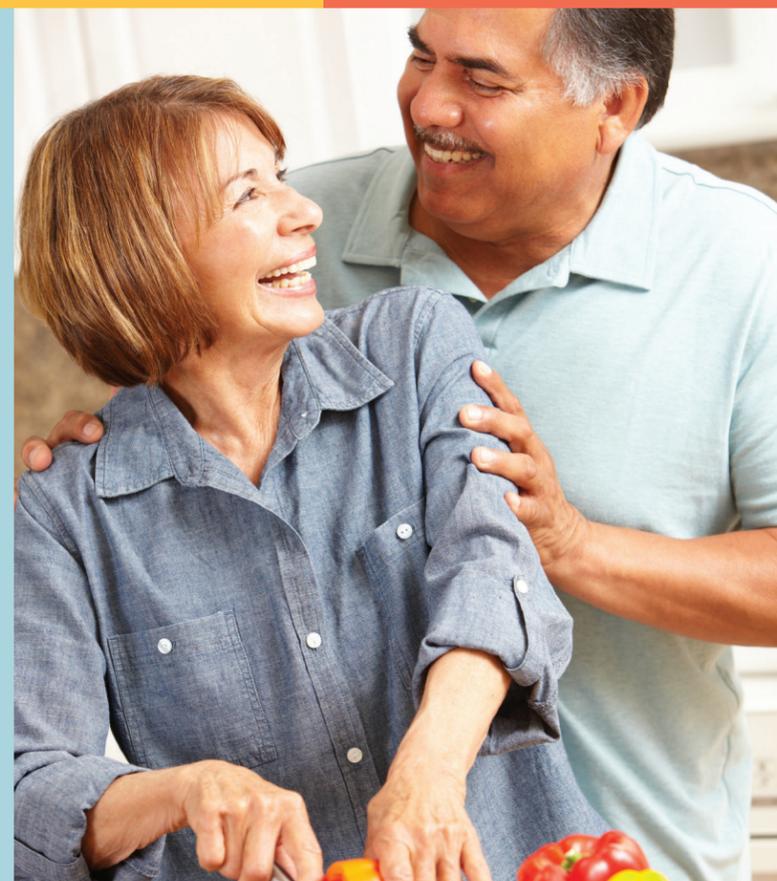
Spotlighting UT SNAP-Ed: TNCEP



Focus on Seniors

UT SNAP-Ed: TNCEP helps seniors stay healthy and active through innovative programs and partnerships. Over 38,000 seniors were reached through these initiatives.

Two new programs were introduced in 2018. *Stay Strong, Stay Healthy* is a strength training program that promotes independent living. *Eat Well, Feel Well* partners with local senior centers to promote healthy food and physical activity for participants through nutrition education, social marketing and environmental changes, such as serving healthy options at events and promoting physical activity through walking groups.



Reach Latino Audiences

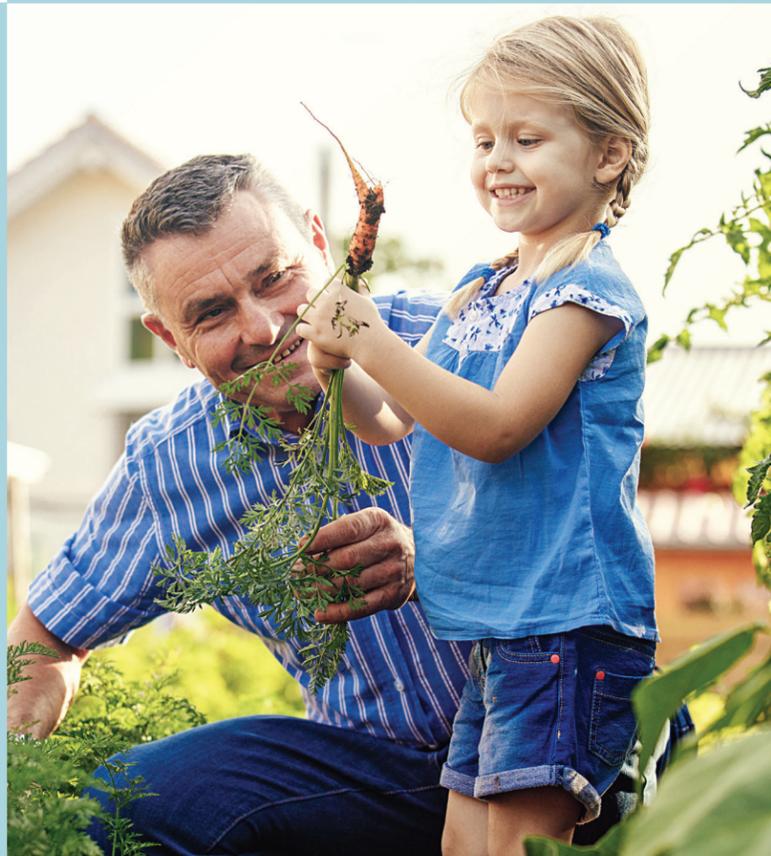
Reaching over 16,000 Latino participants, UT SNAP-Ed: TNCEP engages Latino families through Spanish educational materials that include a new bilingual cookbook and Spanish social marketing messages.

UT SNAP-Ed: TNCEP in Blount County partnered with an elementary school and a local church to teach a Latino parents group. Spanish interpreters from the church translated the nutrition lessons. Parents received UT SNAP-Ed: TNCEP Spanish materials that focused on preparing healthy foods, being physically active and eating healthy on a budget. Parents valued the classes so much they continued attending meetings even after they completed the program.

Introduce Youth to New Foods

UT SNAP-Ed: TNCEP encourages youth to eat healthy through gardening. Gardens benefited 10,193 youth participants.

Learn, Grow, Eat & Go! is a program that uses gardening to teach youth about the importance of healthy eating and physical activity. After participating in the program, one teacher stated, "My students and I have learned about nutrition and the importance of having healthy eating habits and exercising. One student in particular had never tasted any of the foods introduced. The student is now asking their parents to prepare some of the recipes at home."



Promote Drinking Water

UT SNAP-Ed: TNCEP partners with schools to promote easy access to safe and free drinking water as a healthy substitute for sugary drinks. These initiatives reached over 29,400 students.

One example of this was in Dickson County, where coalition members, Coordinated School Health and the local Health Council organized the installation of water bottle refill stations at three local middle schools. A kickoff event was held at each school to promote the new installations. Each student received a water bottle. Water-related educational materials were provided by UT SNAP-Ed: TNCEP.



EFNEP



Improving Health

EFNEP's peer-to-peer programs teach participants to make healthy choices.



5,179

Youth and adults reached through nutrition education sessions

78%

improved food resource management skills



47%

ate more fruit



46%

increased physical activity



44%

ate more vegetables

\$21,451

Savings reported by EFNEP Participants

Spotlighting EFNEP



Strengthen EFNEP Programs

In 2018, EFNEP was part of five multi-state efforts to improve programs through research and assessment. Projects focused on strengthening impacts of healthy eating, physical activity and shopping habits. These projects demonstrated the benefits of EFNEP programs for adults through improved diet quality, increased time spent in aerobic and strength training physical activity, and decreased hunger and food insecurity. Through this work, the evidence base and impact of EFNEP was strengthened in Tennessee and across the nation.



Reach Latino Families

EFNEP programs engage Latino families through Spanish materials and partnerships. These initiatives reached 386 Latino adults and youth. In Sumner County, the EFNEP agent and program assistant partnered with a local church working with Latino families. They conducted *Eating Smart at Home* classes in Spanish and helped participants learn culinary terms in English. This helped participants work on their nutrition skills while also learning English. Parents brought their children along for what was a great family experience.

Involve Children in the Kitchen

EFNEP programs encourage parents to cook and eat healthy meals with their children through hands-on classes and partnerships with schools. Parents learn information, tips and recipes for preparing healthy meals their children will eat. Children learn about the importance of making healthy choices and they try new fruits and vegetables. This has benefited 5,179 families.



Encourage Healthy Habits

EFNEP programs provide participants with support and motivation to make healthy choices. In Hamilton County, one mother made significant life changes from the lessons she learned during *Eating Smart at Home*. She began exercising and stopped eating sweets and sugary drinks, resulting in a 38-pound weight loss. She inspired several parents in the program to set their own weight loss goals.



WHY UT Extension



With a presence in all 95 counties, UT Extension is a vital part of Tennessee, helping people across the state improve their quality of life.

Extension agents and paraprofessionals are actively engaged in their communities. They partner with local community leaders and have long-standing relationships with government, education and social services professionals.

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UT Extension
Healthy Families, Healthy Communities

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This institution is an equal opportunity provider.



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.