

FAMILY NUTRITION PROGRAM

MISSISSIPPI STATE UNIVERSITY
EXTENSION SERVICE

2012 Adult Impact Report

Participants report improvement in these shopping skills:

- Shopping planning
- Creating shopping lists
- Comparing food prices
- Using coupons



In cooperation with the Mississippi Department of Human Services and the U.S. Department of Agriculture, Extension provides the Family Nutrition Program (FNP).

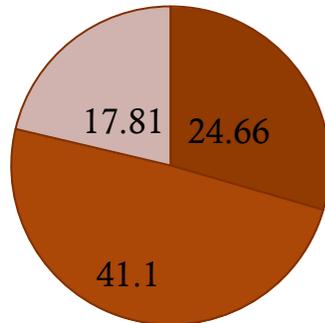
FNP offers classes for varying age groups, designed to assist participants to become more effective managers of available food resources and to make healthier food choices.

2012 FNP efforts saw

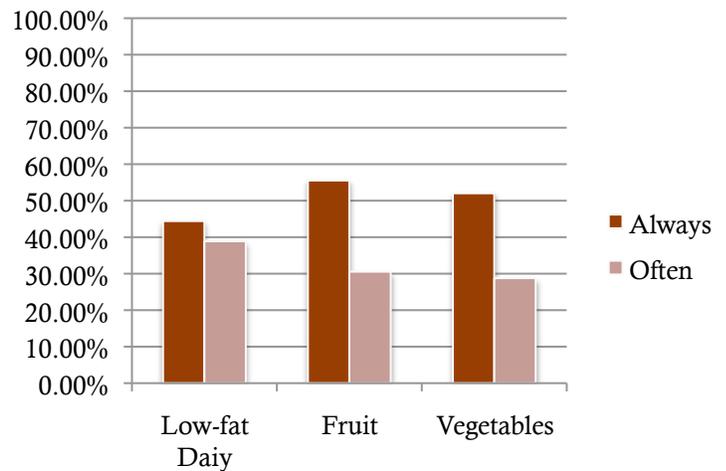
138,280 PARTICIPANTS

% of Participants Planning Meals to Improve Nutrition

- Sometimes
- Often
- Always



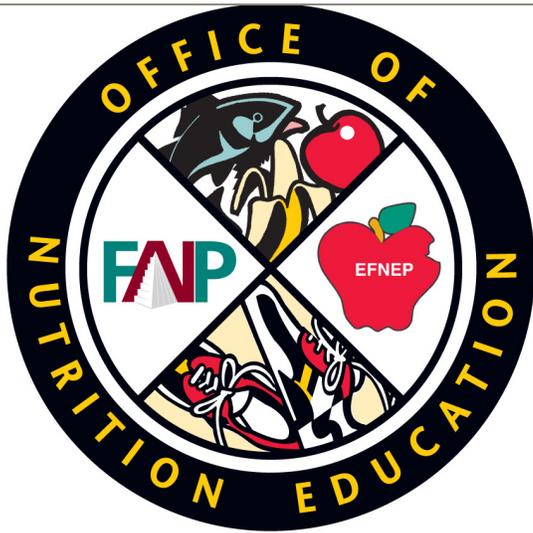
% Increased Intention of Consumption



Body Walk

Another MS SNAP-Ed project is Body Walk, featuring the Organ Wise Guys. Body Walk educates elementary students about making healthy choices through an interactive tour of the human body. The Body Walk exhibit was set up at **69** public schools in Mississippi, allowing **15,913** students in kindergarten through 5th grade to participate.





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2012 Youth Impact Report

Improvements were noted in the following daily activities:

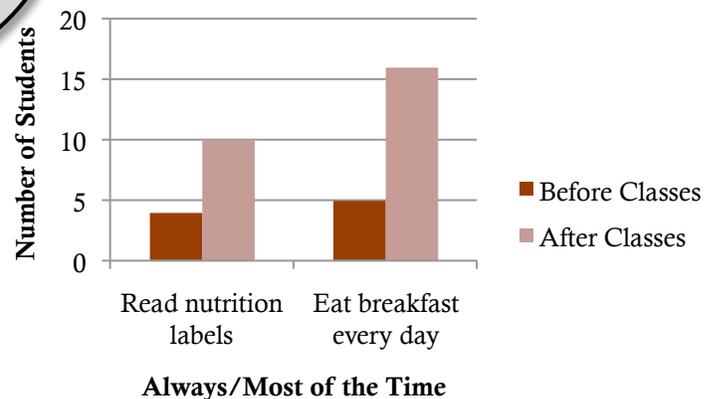
- Increased daily consumption of vegetables
- Increased daily consumption of fruit
- Increased daily physical activity lasting at least 60 minutes
- Increased daily moderate activity (such as using stairs)

“As a teacher I am trying to do more of these things myself to be an example to my students.”
-Mississippi Delta

4 Goals of FNP Programming

1. Maintain calorie balance during each stage of life.
2. Make half the plate fruits and vegetables; eat whole grains, and switch to fat-free or low-fat milk products.
3. Increase physical activity and reduce time spent in sedentary behaviors as part of a healthy lifestyle.
4. Improve the likelihood that eligible SNAP participants will make healthy food choices.

Nutrition Behavior Reports



Teacher Observations

Approximately 300 teachers of pre-K through 1st grade observed positive changes in their students’ nutrition behaviors such as increased awareness of the importance of good nutrition habits, choosing healthier meals and snacks, eating breakfast more often, and willingness to try new foods. Teachers also observed students being more physically active, and talking about this positive change.

Expanded Food & Nutrition Education Program

The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.



Mississippi EFNEP 2012:



- Paraprofessionals worked with 801 families and 2,780 family members in 61 counties.
- 91% of program participants graduated from the program by successfully completing 8 nutrition lessons.
- EFNEP worked with 39,096 youth in 2012.
- Youth program topics include: eating from all food groups, physical activity, hand washing, eating breakfast, and high-nutrient vs. low nutrient foods.
- Adult program topics include: planning healthy meals, low-cost recipes, comparing prices, preparing food safely, and identifying whole grains.

MS Adult EFNEP Impact Highlights

Resource Management:

Plan meals, compare prices, use grocery lists, does not run out of food

- 87% of participants improved in one or more practices

Food Safety:

Thaw food, store foods properly

- 66% of participants improved in one or more practices

Nutrition:

Plan meals, make healthy food choices, prepare food without added salt, read nutrition labels, have children eat breakfast

- 91% of participants improved in one or more practices