

### What are the WV Family Nutrition Programs (FNP)?

The Family Nutrition Programs are numerous nutrition, food, and physical activity projects designed to help limited resource families, youth, and adults improve their health. FNP targets risk factors associated with obesity, cardiovascular disease, diabetes, hypertension, and other chronic diseases.

### Goals and Objectives:

FNP encourages the adoption of healthy lifestyle behaviors by:

- Teaching nutrition education using the USDA's MyPlate and Dietary Guidelines
- Providing food demonstrations
- Improving access and availability to local community resources
- Helping participants to stretch their food dollars, plan menus, and read food labels
- Encouraging participants to devote more time to being physically active
- Collaborating with state and local agencies to form the WV Nutrition Network

### Focus Audiences:

FNP targets limited resource adults living at or below 185% of the federal poverty level and youth at schools, groups or summer camps where more than 50% of participants are eligible for the free/reduced lunch program.

### Program Delivery:

Each year, approximately 50 Nutrition Outreach Instructors\*, 50 County Extension Agents, and more than 600 volunteers contribute their time and expertise to carry out the Family Nutrition Programs in 46 counties. Programs range from the direct delivery of nutrition information to social marketing campaigns and food tasting events.

\*Nutrition Outreach Instructors are trained to facilitate a series of interactive lessons during a period of five weeks to six months.

### Funding/Stakeholders:

For the 2013 fiscal year, FNP received the following from state and federal resources:

### 2013 Adult Impacts:

- 22 instructors presented 9,225 lessons
- 815 graduates saved an average of almost \$10 per month in food purchases
- 76% made a positive change in one or more nutrition practices
- 79% of participants showed improvement in one or more food resource management practices such as planning meals, comparing prices or using a grocery list
- Clients increased their dairy intake by 55%
- Participants improved their grain consumption by 47%
- Graduates increased their vegetable intake by 57%

### 2013 Youth Impacts:

- 23 instructors taught 6,077 lessons
- 17,294 youth participated in school-based and summer lessons
- 39% of participants improved their abilities to choose foods according to Federal Dietary Recommendations.
- 1,726 campers learned about nutrition in 59 summer camps
- 5,077 hours of nutrition education were delivered
- 606 volunteers provided assistance for a total of 4,671 donated hours
- \$54,364 in support donations were provided for summer programs

### 2013 Subcontract Impacts:

- Subcontracted a total of \$900,093 to local projects
- Marshall University reached 5,641 K-2 & middle school students
- Fayette County OrganWise Guys project reached 1,650 pre K-5th students

LEVEL OF FUNDING	SOURCE OF FUNDING	AMOUNT OF FUNDING
WVU	WVU Cooperative Extension Service	\$65,000
Federal	Supplemental Nutrition Assistance Program Education (SNAP-Ed-USDA)	\$3,260,351
Federal	Expanded Food and Nutrition Education Program (EFNEP-USDA)	\$1,715,838
Total Funding		\$5,041,189

(Research has shown that for every \$1 spent on nutrition and health education, a savings in health-care costs of between \$3.63 and \$10.64 results over the long term.)

To find out more about FNP, go to <http://familynutrition.ext.wvu.edu>

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