

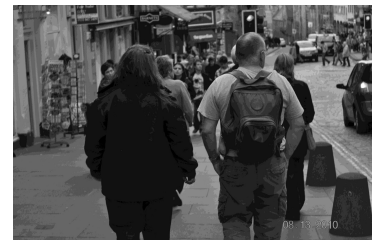
**American Association of Family & Consumer
Sciences**

102nd Annual Conference & Expo

**June 23-25, 2011 | Phoenix, Arizona
Sheraton Wild Horse Pass
Resort and Spa**



TIS Leadership Team 2010-11



TAKING IT TO THE STREETS

An exciting campaign sponsored by
AAFCS to respond to critical issues
utilizing family and consumer sciences
research and expertise

We are....



TIS Leadership Team 2010-11





AAFCS

AMERICAN ASSOCIATION OF
FAMILY & CONSUMER SCIENCES

Touching lives.....

Through YOU!

TIS Leadership Team 2010-11

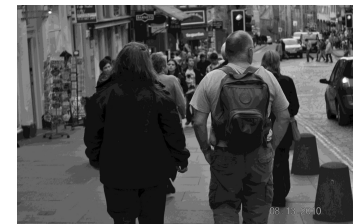


TIS Leadership Team

- Marilyn Swierk, CFCS
- Ingrid Adams
- Kim Archer
- Sharon Baillie, CFCS
- Mary Behrendt



Co-Chair



The Leadership Team Continued

- Dr. Judith Breland
- Jane Hinrichsen, CFCS
- Marlene Lobberecht, CFCS
- Susan Turgeson, CFCS
- Kathy Vik



Co-chair



In 2009-2010 the Campaign's First Initiative was H1N1

- H1N1 and proper response by families to influenza will continue to be an issue
- FCS promotion of good sanitation and hand washing must continue

*For their assistance with the H1N1 initiative
TIS proudly co-nominated with the MS Affiliate*

***The American Cleaning Institute for the 2011
Friend of the Family Award***



TIS Leadership Team 2010-11



Congratulations!

2011 AAFCS Friend of Family



american cleaning institute
for better living

...and Nancy Bock



Thank you from  **AAFCS**
AMERICAN ASSOCIATION OF
FAMILY & CONSUMER SCIENCES for “Taking It to the Streets”



“Taking It to the Streets”

2010-2011 Initiative:
Preventing Obesity

08.13.2010



Recognizing the obesity crisis in the U.S., First Lady Michelle Obama launched an obesity initiative in February 2010.



Situation Defined:

- **Obesity and being overweight have reached epidemic proportion in the United States.**
- **These conditions are key factors for chronic diseases, such as heart disease, diabetes, arthritis, high blood pressure, stroke and some types of cancer.**
- **The leading causes of these conditions are poor diet and lack of physical activity.**



Background Information...

What we know about
obesity
from research...

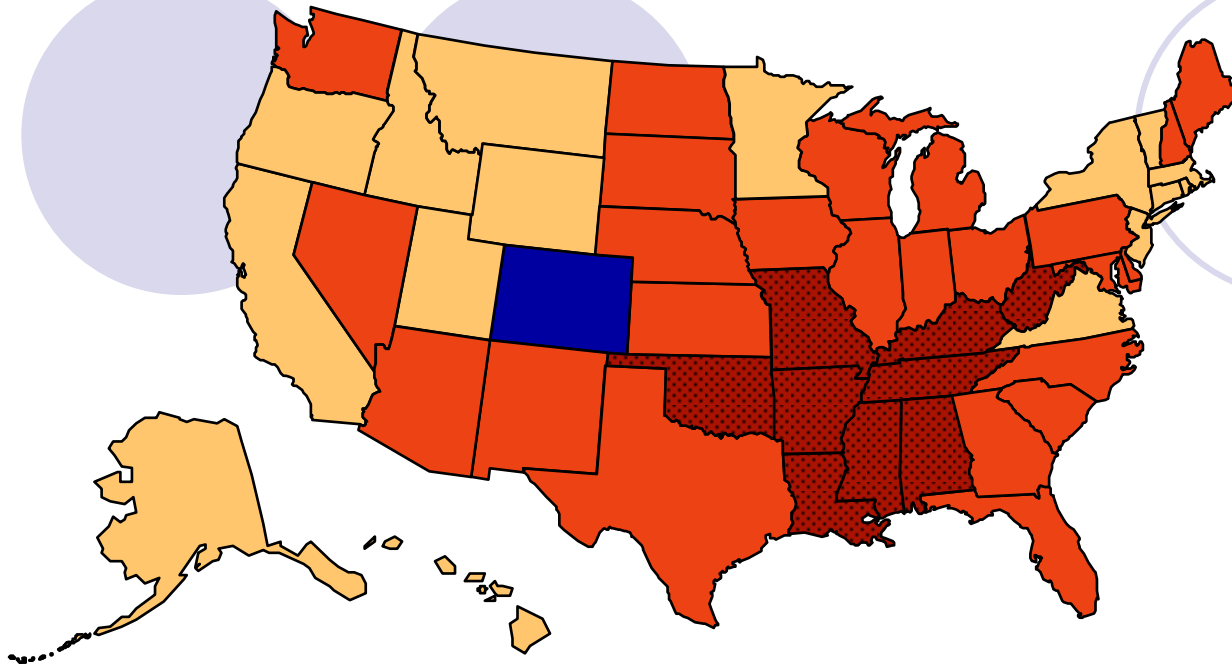


U.S. Obesity Trends

Obesity is defined as a body mass index (BMI) of 30 or greater.

- During the past 20 years there has been a dramatic increase in obesity in the United States.
- Thirty-three states had a prevalence equal to or greater than 25%; nine of these states had a prevalence of obesity equal to or greater than 30%.

<http://www.cdc.gov/obesity/data/trends.html>



National Health and Nutrition Examination Survey 2005-2008

Between the years of 1988–1994 and 2007–2008, the prevalence of childhood obesity increased at all income levels.



Organizational Ground work 2005

Sizing Up America Public Policy Deliberation Guide

Developed by:

Sue Williams, Ph.D., Oklahoma State University

Jan Hartough, M.S., Michigan State University Extension

Sue Miles, Ph.D. (Professor Emeritus), West Virginia & Cornell Universities

Bonnie Braun, Ph.D., University of Maryland, College Park
AAFCS 2007-08 President



<http://www.aafcs.org/res/Obesity%20framework%20guide.pdf>



TIS Leadership Team 2010-11



The “Taking It to the Streets” Leadership Team provides:

- State and partner liaisons
- Ongoing communication
- Conference Presentations



The team also provides:

- labels to identify the association
- and profession
- downloadable FCS identification
- sample editorials
- sample letters to officials
- sample press releases

**and most important-
resource information and tools.....**

all can be found at our Website Link:

<http://www.aafcs.org/Advocacy/TIS.asp>



Resources available at

<http://www.aafcs.org/Advocacy/TIS.asp>

include the research based

Childhood Obesity Causation Wheel

developed and shared by

Dr. Janelle Walter and Dr. Bernadette Hascheke

updated by

the Taking It to the Streets Team



TIS Leadership Team 2010-11



CHILDHOOD OBESITY CAUSATION WHEEL

In 2007 20% of children ages 6-11 and 18% of adolescents 12-19 were overweight (CDC).

ISSUES RELATED TO CHILDHOOD OBESITY:

- Social isolation and poor self-esteem
- Risk factors for heart disease, high cholesterol, high blood pressure
- Excessive weight and obesity linked closely to type 2 diabetes in children
- Overweight adolescents have a 70% chance of becoming overweight or obese adults

LIMITED PHYSICAL ACTIVITY:

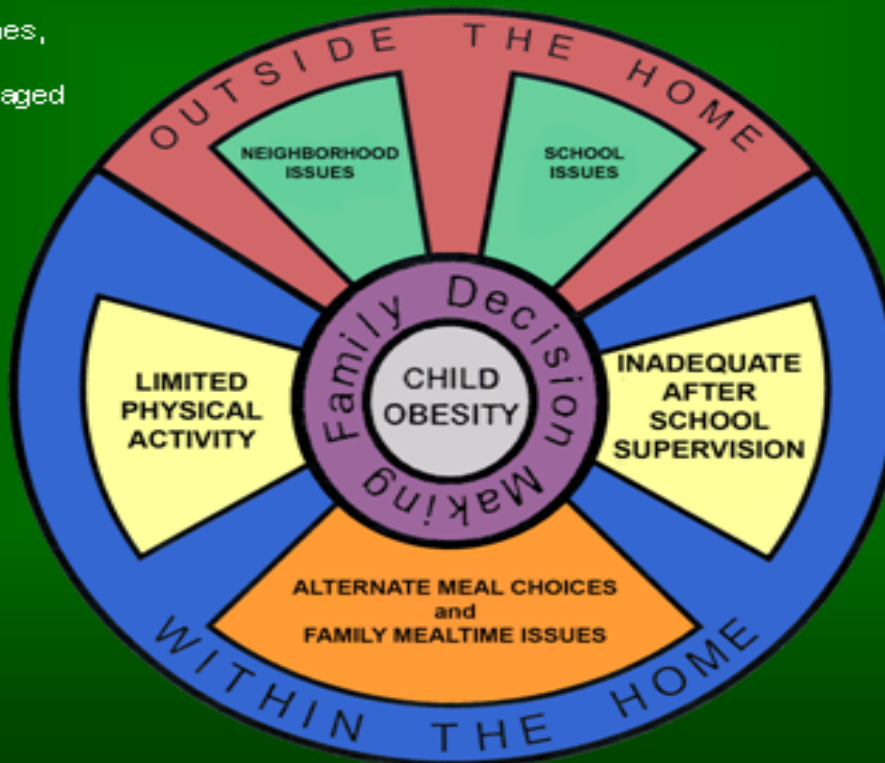
- Excessive use of TV, electronic games, texting, computer work
- Unhealthy snacks chosen while engaged in above activities
- Minimal outdoor play

ALTERNATE MEAL CHOICES:

- These meal choices include:
fast food, take-out, prepackaged/
convenience foods which:
 - are higher in fat, calories, and sugar content
 - are lower in fiber
 - contain fewer fruits & vegetables
 - include more carbonated beverages
 - may have increased portion sizes

FAMILY MEALTIME ISSUES:

- More meals eaten away from home
- More time constraints
- More time may be spent on extra curricular activities
- Less energy to prepare meals
- Limited food preparation skills & nutrition knowledge



NEIGHBORHOOD ISSUES:

- No adult supervision of activities outside the home
- Restricted outdoor playtime due to neighborhood safety issues

SCHOOL ISSUES:

- Starting in middle school, fewer children participate in school lunch programs
- A la carte choices contain higher fat content and fewer fruits & vegetables

INADEQUATE SUPERVISION:

- Fewer structured activities
- Less physical activity= more couch potatoes
- Increased access to foods with low nutrient quality



Caution Wheel © developed and revised 2011 by
Dr. Janelle Walker & Dr. Bernadette Kowalsky



**The team also developed
companion pieces to the
Causation Wheel starting with
exercise...**



Exercise Suggestions for Home and Work

from the "Taking It to the Streets" Team



Work



IT STARTS WITH
YOU!!

Exercise...

MODERATELY
30 MINUTES
5 DAYS A WEEK

OR.....

INTENSELY
20 MINUTES
3 DAYS A WEEK

Home & Family



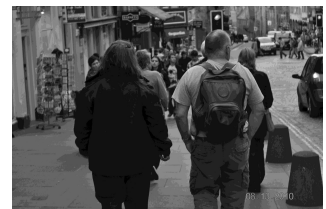
- Park as far as you can from the entrance & walk
- Flex a stress ball at your desk
- Walk vs. snack at break
- Use a work exercise program
- Join office athletic teams
- Get off the bus/subway one stop early and walk the rest of the way
- Exercise during lunch
 - Join a fitness group
 - Bike to work

- Go sledding
- Plant a garden
- Join a walking group
- Dance with the family
- Bike ride, roller blade, or swim
- Limit children's technology use & bring back outside play time
- Walk up & down the field while children participate in sports
- Play with your children & have fun
- Clean the house or wash the car
 - Drive less, use your bike
 - Walk the dog
 - Mow the lawn

**And now we proudly
introduce the team's newest
companion pieces to the
wheel...**



TIS Leadership team 2010-11





AAFCS
AMERICAN ASSOCIATION OF
FAMILY & CONSUMER SCIENCES

Alternative Food Choice Suggestions

from the
"Taking It to the Streets" Team

Try to eliminate meals with:

- High fat content
- Low fiber content
- High sugar
carbonated
beverages
- Increased
portion sizes
- Low vegetable
and fruit content
- High sodium
content
- High carbohydrate
content

SIMPLE CHANGES IN EATING HABITS=HEALTHY EATING

- **Grow your own lettuce and vegetables at home**
- **Use recipes that reduce fat and sugar**
- **Use herbs and spices versus salt**
- **Use olive, canola, corn or safflower oils versus butter, lard or shortening**
- **Create healthy snacks for young children**
- **Serve sweet potato fries or apples versus regular fries**
- **Eat frozen yogurt versus ice cream**
- **Serve fruit versus candy and dilute juices with water**
- **Drink water or beverages with low caloric content**
- **Drink fat free or low fat milk products**
- **Serve meals on/in smaller plates, bowls or glasses**
- **Use smaller serving spoons, plates and bowls and eat slowly**
- **Order from the healthy portion of the menu**
- **Eat only half of your meal when dining out or share with someone**
- **Downsize versus supersize your meal**



Family Meal Time Suggestions

from the
“Taking It to the Streets” Team

Make Mealtime a Priority

- Eat a meal together at least four times a week
- Make Sundays family day (no outside activities)

Get Family Members Involved

- Plan meals as a family
- Cook meals as a family
- Give young children jobs such as setting the table, making salad, pouring milk, washing vegetables

Avoid Disruptions

- Turn off the T.V.
- Don't answer phones, use message services, NO TEXTING!

Use Time Saving Tips

- Plan Meals ahead for the week
- Prepare extra portions (plan-overs) to freeze for next time
- Prepare items such as ground beef, pasta and salad ahead
- Use a slow cooker

Plan Ahead

- Use a planning list for groceries
- Stock up on basic items
- Use the ChooseMyPlate.gov site to plan nutritious family meals

Have Positive Conversation

- Focus on family news and life

Now let's see how

Family and Consumer Sciences

is

“Taking It to the Streets”

and

“Touching Lives”



Obesity prevention activities were reported from the following states:

- Alabama
- Alaska
- Arizona
- California
- Colorado
- Connecticut
- Florida
- Indiana
- Illinois
- Kansas
- Kentucky
- Maryland
- Minnesota
- Mississippi
- Montana
- Nebraska
- New Mexico
- Ohio
- Oklahoma
- Pennsylvania
- Rhode Island
- South Dakota
- Texas
- Virginia
- Washington
- West Virginia



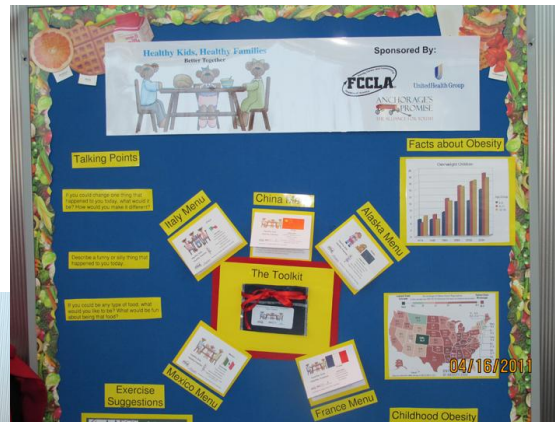
Alabama

- ALAFCS Board of Directors set personal good health/weight control goal to set a good example for students and improve professional appearance.
- Board of Directors – Lost a total of 25 lbs.
- The Affiliate Lost a total of 300 lbs

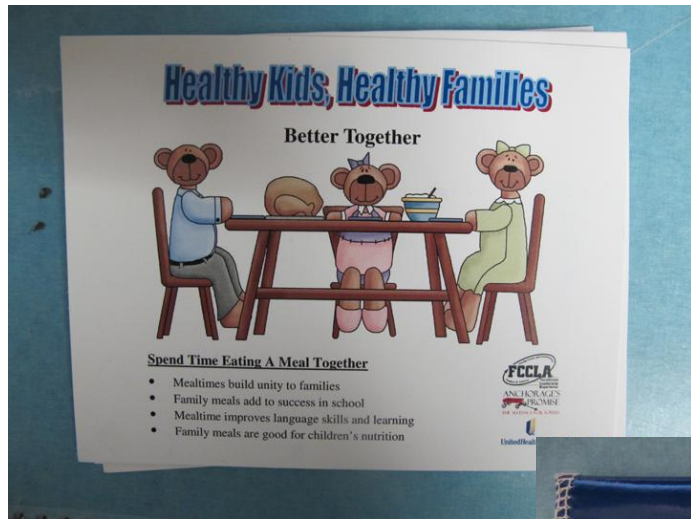


Alaska: Healthy Kids, Healthy Families

FCS teacher/FCCLA Advisor: Kathy Vik



Kathy's Students designed and distributed Healthy Families, Healthy Kids Meal Toolkits



California: Sierra College, Rocklin



Taking Action for Healthy Kids

Impact: 30,000 youth and 75 adults



TIS Leadership Team 2010-11



California: Preventing Childhood Obesity through Education!

“We were honored to be recognized and overwhelmed to know how our presentation was viewed as a great way to educate people about childhood obesity and how this epidemic can be prevented. Hope to stay in contact with you so that together little by little we can make a change.”

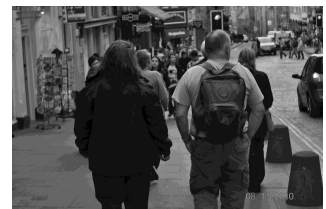


Maria Salas and Melissa Gutierrez, with advisor from Paramount High School, California

Maria Salas



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Florida



**Community
work, displays
and lessons!**



TIS Leadership Team 2010-11



Teaching the Fizzics of Soda

:



Brenda Borjas
Florida



Indiana

Indiana Action for Healthy Kids Team



Purdue Students annual Spring Fest...making trail mix for children



Kentucky: Blue Grass Airport





Blue Grass Airport

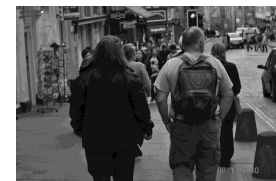
Fitness Event on Airport Runway

N e w s R e l e a s e

In October of 2010, 115 Kentucky counties participated in the annual Second Sunday

Community partners connect to:

- to provide families the chance to be outside and be active
- let families explore community programs and resources to improve health and quality of life for current and future generations



Maryland

University of Maryland Extension: Obesity Web Resources:

<http://extension.umd.edu/nutrition/efnep/Obesity.cfm> -

Dr. Patsy Ezell and Dr. Stephanie Grutzmacher, applied for and received USDA funding to host an obesity research conference held in June



Minnesota Indus School, Birchdale

Healthy Kids Challenge: Instructor: Lois Lewis



Pasta Party



Nutrition Painting



Minnesota: Monticello Farm To School

Karen Smith, 8th grade FCS Teacher, Monticello Middle School,

"I wish all teachers would have the opportunity to teach with these fresh products grown by the students and farmers in the community." Karen Smith

Eighth Grade Students Open Their Minds to New Food Ideas!

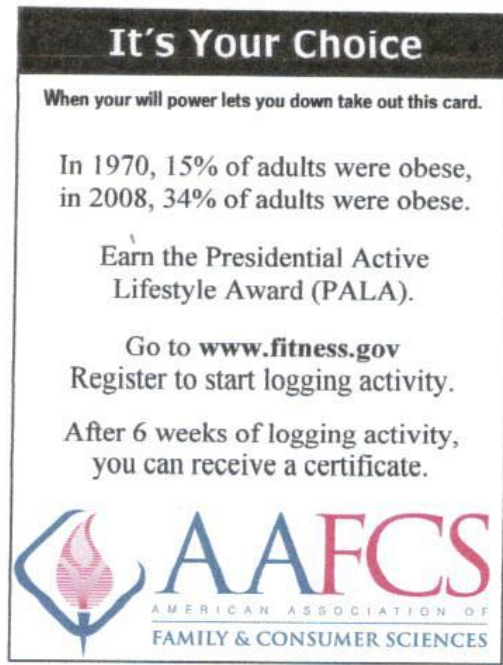


Nebraska

3000 mini posters were distributed at the
Mid West FCS conference and throughout the
community!



Oklahoma



This card was
handed out as a
motivational
reminder

Healthy food bags
filled and distributed
to children

Sandy Lackey: OAFCS



Centerpiece highlights
OK conference theme
and keynote



Ohio

The OHIO affiliate is proposing a resolution: *OBESITY PREVENTION & HEALTHY WEIGHT INITIATIVE* that is going before the 2011 AAFCS Senate



A “Taking it to the Streets” Team member was named-
AAFCS 2011 Teacher of the Year:
Sharon Baillie, Pennsylvania



Innovative Healthy Living Program



2011 AAFCS Teacher of the Year

Sharon Baillie was chosen to attend the

Food and Drug Administration and ***the National Science Teachers Association***
Professional Development Program in Food Science

held this summer in Washington DC.



TIS Leadership Team 2010-11



Rhode Island

- RIAFCS partnered with Kids First to kick off their first workshop of the year.
- Kids First School to Farm Coordinator, provided ideas on how to use local foods in the classroom.
- Kids First Associate Director and Healthy Schools Coordinator, discussed how FCS teachers can get involved with their local wellness committee.



Texas

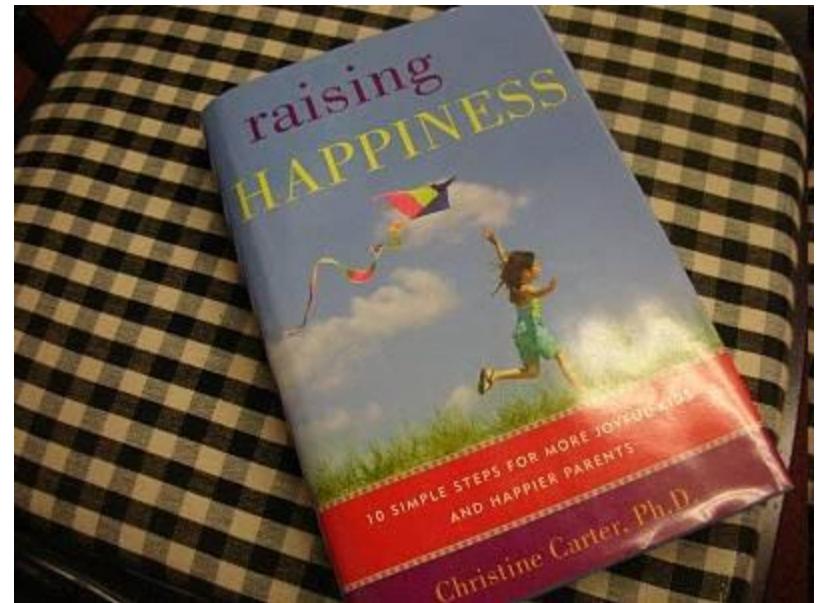
Texas Friend of the Family: Partnership for a Healthy Texas

Carrie Kroll, Chair. Accepted by Susan Griffin of TX Health Institute and presented by Judy Warren, PhD., Texas AgriLife, March 2011.



Washington: Kindergarten Blog

New member, Becca Ross, created a family blog with features on nutrition and healthy living:



Hilltopkindergartenkids.blogspot.com



West Virginia

Huntington High School teachers,
Deborah Chapman and Karen Canfield, combine FCS and Physical
Education: **Food and Fitness Revolution**



These teachers have teamed together to teach nutrition and
physical exercise and how they work together

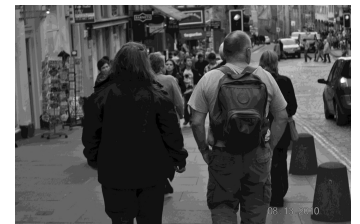


AAFCS Taking It to the Streets formed Partnerships with:

The Public Policy Committee, communities,
Extension, FCCLA, 4-H, ACTE, Phi Upsilon
Omicron & Kappa Omicron Nu and others



TIS Leadership team 2010-11



Extension

Through Cooperative Extension programs across the nation, Family and Consumer Science educators provide a multitude of educational opportunities to meet the needs of diverse audiences





and Extension partnership



<https://aom3.americaonthemove.org/default.aspx>



TIS Leadership Team 2010-11



Extension Professional Associations of Florida (EPAF), Lake Buena Vista, Florida

- The EPAF program assistants reached: 155,000 face-to-face and 180,000 indirectly
- 52 total eligible sites
- EPAF PAs teach nutrition lessons often accompanied by a hands-on food demonstration





additional states with walk across
programs: Texas, Kansas, California



TIS Leadership Team 2010-11

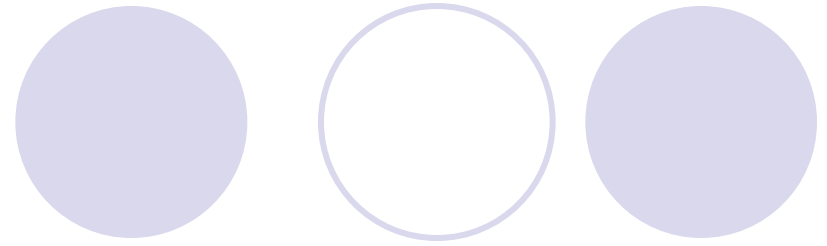


New Mexico Extension

- **Team Nutrition**
- **Organ Wise Guys** Videos and commercials created for the program. are aired on state PBS stations
- **Eat Smart Play Hard**
- **Fit Families curriculum-** 7-week series youth program



Honor Societies



- ***Kappa Omicron Nu*** is sponsoring a You Tube Contest from their *Activity for Seven Wonders of the Socially Responsible World.*”
- Collegiate members of ***Phi Upsilon Omicron*** created and implemented projects to educate and promote more healthful nutrition practices in people of all ages.



Examples of Grants received by family and consumer sciences professionals and organizations:

- SNAP-ED
- USDA
- Youth Service America United Heroes
- Fuel Up to Play
- Farm to School Program
- Blue Cross Blue Shield Fit Families
- General Mills
- and more!

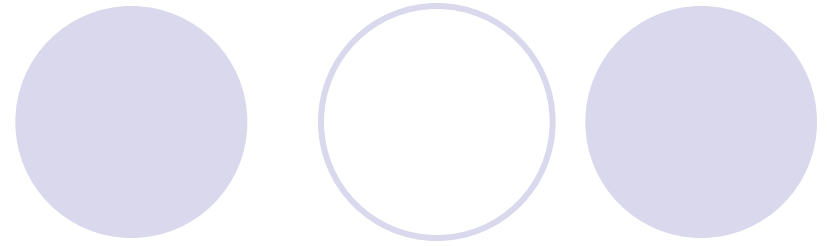


Examples of numbers reported:

- **Anchorage Alaska**, 9000 youth and 150,000 participants reached in the Healthy Kids, Healthy Families program
- **Pasco County, Florida** 3,332,087 through nutrition education articles, and 154,422 reached at community events through Snap-Ed
- **Kentucky, UK Extension** provided personnel to facilitate 2nd Sunday Coalitions in 115 counties to assist 30,000 participants in Second Sunday
- **New Mexico** 5749 youth reached
- **Texas, Partnership For A Healthy Texas Coalition**, Texas Education Agency Required Nutrition Curriculum content in TX schools: FCS Number of youth impacted: 419, 787 total,
FCS Number of adults impacted: 36, 314 total



In the News

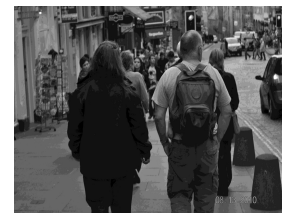


**Family and Consumer Sciences
professionals were often featured in
the media and professional
Journals for their work and expertise**

Here are a few examples.....



TIS Leadership Team 2010-11



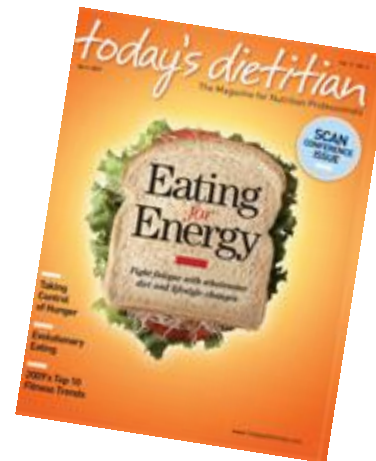
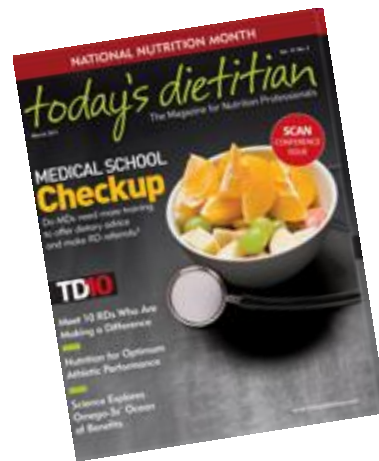
TIS Team Co-Chairs featured in “Today’s Dietician” article:

Susan Turgeson, CFCS and Marilyn Swierk, CFCS

Where Has Home Economics Gone? — Experts Speak to the

Importance of Food Education in Schools By Lenora Dannelke

<http://www.todaysdietitian.com/newarchives/030811p8.shtml>



TIS Leadership Team 2010-11



Pasco County, Florida

**Demonstration at
the Suncoast
Harvest Food
Bank in Florida**

**How to cook
plantains**

**Sonia Rodriguez &
Becky Lawhead**



It's a plaintain, NOT a banana!



Journal of Family & Consumer Sciences

Winter 2011

A Healthier Weigh:

Nutrition and Health Education on the Web

By Luann K. Boyer of Colorado

FCS Extension Educators Deliver Diabetes Education

By Jill N. Cox and Marilyn Corbin, Pennsylvania.



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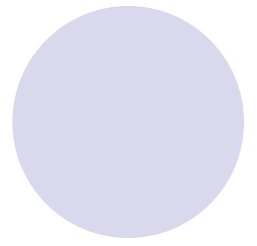
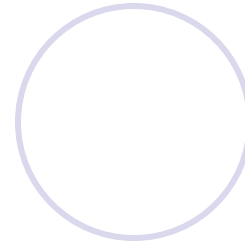
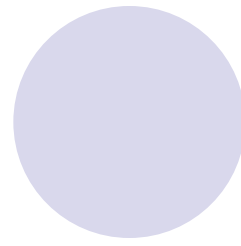
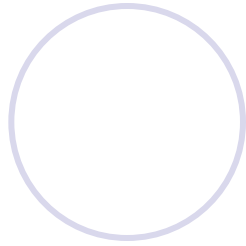
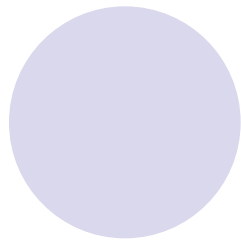
Family and Consumer Sciences Research Journal

The December 20, 2010 issue
focused on
Nutrition and Wellness



TIS Leadership Team 2010-11





Thank **YOU** for
“Taking It to the
Streets”!



“Taking It to the Streets.....”



Taking It to the Streets takes a new direction!



Taking It to the Streets 2011-12

In addition to exercise and nutrition, TIS obesity prevention will encompass our mission

“To provide leadership and support for professionals whose work assists individuals, families, and communities in making informed decisions about their well being, relationships and resources to achieve optimal quality of life.”



TIS Leadership Team 2010-11



FCS special niche in Obesity

We'll utilize FCS research and expertise to educate others on how obesity affects the individual's well being through the various components of family and consumer Sciences such as:

**clothing *shelter *family and social relationships *emotional and *mental well being and more!*



A New Community!

- **By June 2012, an AAFCS community focused on all aspects of obesity prevention will be formed to continue to work on this area of concern.**
- **Taking It to the Streets will move on to another important issue.**
- **Suggestions will be welcome!**



AAFCS “Taking It to the Streets”

Touching Lives

through You!

BE A PART OF IT...



To join the team for 2011-12

Contact our team leaders:

Marilyn R. Swierk, CFCS
AAFCS President 2009-10
msinnovate@aol.com



Mary Behrendt
Montana Affiliate President
bkehece@sd6.k12.mt.us

