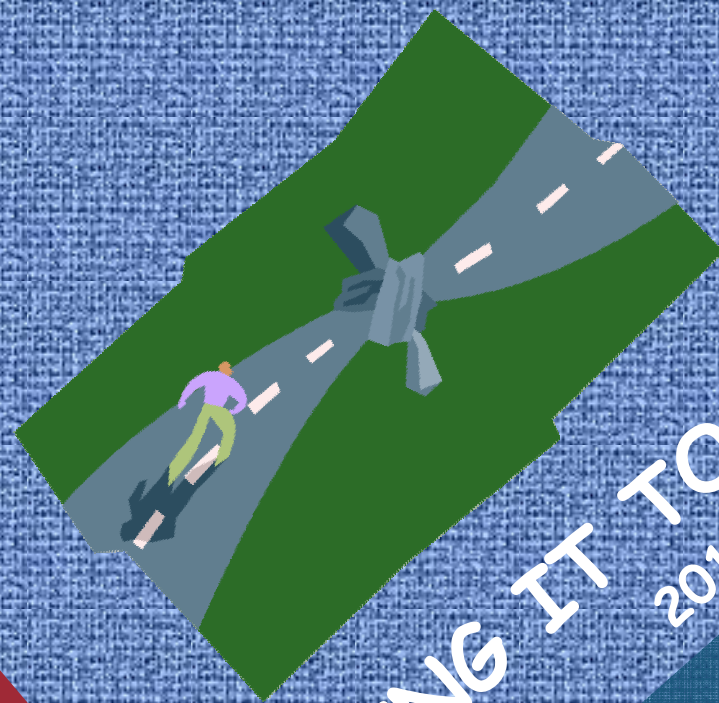




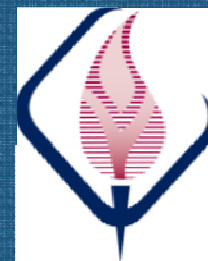
TAKING IT TO THE STREETS

2011-2012

FAMILY &
CONSUMER
SCIENCES



Creating Healthy & Sustainable Families



AAFCS
AMERICAN ASSOCIATION OF
FAMILY & CONSUMER SCIENCES

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....





AAFCS

AMERICAN ASSOCIATION OF
FAMILY & CONSUMER SCIENCES

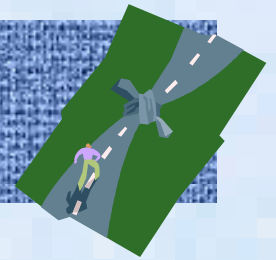
FAMILY &
CONSUMER
SCIENCES



Creating Healthy & Sustainable Families

**Touching lives...
Through YOU!**

TIS Leadership Team



- **Marilyn Swierk, CFCS,
RI & FL**



Co-Chair

- **Mary Behrendt, MT**



Co-Chair

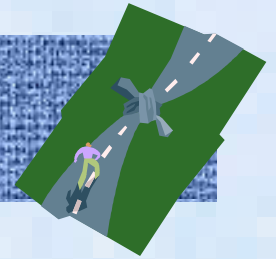
- **Ingrid Adams, KY**



- **Kim Archer, VA**



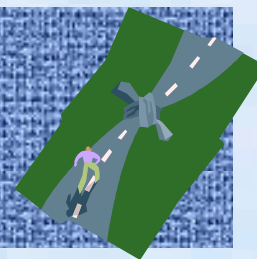
The Leadership Team



- **Dr. Judith Breland, MS**
- **Marcia Fouraker, CFCS, NE**
- **Jane Hinrichsen, CFCS, MN**
- **Kathy Vik, AK**



Taking It to The Street Initiatives:



2009-2010 The Campaign's first initiative was H1N1.

2010-11 That year's initiative focused on the prevention of obesity, especially as it relates to children.

2011-12 The topic of Obesity was expanded to include.....

THE IMPACT OF OBESITY ON LIFE



AAFCS Taking it to the Streets 2012

Impact of Obesity on Life Matrix



The matrix was developed to provide some initial information to “jump start” the work of FCS professionals and includes some:

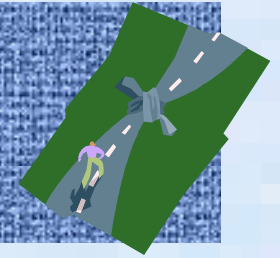
- ***Websites***
- ***Related Research/Efforts***
- ***Key Findings***
- ***Implications for FCS***
- ***Suggested Activities***

The following topics were highlighted:

HEALTH ISSUES



Key Findings



**Obesity
increases
the risk
for many
major
illnesses**

Problems Associated with Obesity in Adults and Children

CHILDREN

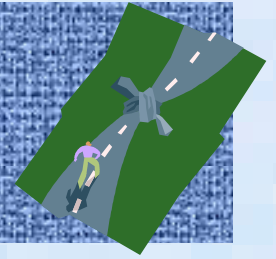
Accidents
Complications with surgical procedures
Decreased quality of life
Depression
Difficulties with pubertal development
Gallbladder and liver disease
High blood cholesterol levels
Hormonal imbalances
Hypertension
Injury to weight-bearing joints
Kidney abnormalities
Metabolic syndrome
Poor self-esteem
Respiratory problems
Sleep disturbances
Type 2 diabetes

ADULTS

Abdominal hernias
Accidents
Certain cancers: colon, rectum, prostate, breast, uterus, cervical, ovarian
Complications during pregnancy
Complications with surgical procedures
Decreased longevity
Decreased quality of life
Depression
Fertility problems
Gallbladder and liver disease
Gout
Heart disease
High blood cholesterol levels
Hormonal imbalances
Hypertension
Injury to weight-bearing joints
Kidney abnormalities
Metabolic syndrome
Osteoarthritis
Poor self-esteem
Respiratory problems
Sleep disturbances
Type 2 diabetes
Varicose veins

Source: Adapted from A. Must and coauthors, The disease burden associated with overweight and obesity, *Journal of the American Medical Association* 282 (1999): 1523–1529; A. Must and R. S. Strauss, Risks and consequences of childhood and adolescent obesity, *International Journal of Obesity & Related Metabolic Disorders*, 23 (1999): S2–S11; and M. Boyle and S. L. Anderson, *Personal Nutrition*, 5th ed. (Belmont, CA: Wadsworth/Thomson Publishing, 2004), p. 261.

Implications for FCS



Stress the following with audiences:

- **Increase physical activity**
- **Increase the consumption of fruits and vegetables.**
- **Decrease the consumption of sugar sweetened beverages.**
- **Reduce the consumption of high energy dense foods.**
- **Decrease television viewing.**

Source: Centers for Disease Control and Prevention
<http://www.cdc.gov/obesity/stateprograms/index.html>

Increase BMI Awareness

BMI = Body Mass Index

BMI of 30 or
higher=obesity



Follow MyPlate.gov Guidelines



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**Enjoy 30 or more minutes of
physical activity each day**



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Set realistic goals for physical activity and nutrition:

- Identify barriers and overcome them
- Enlist social support
- Monitor progress
- Reward yourself



STRESS

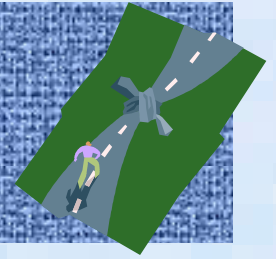


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Stress in Everyday Situations



Key Findings



**New Study Strengthens Link
Between Everyday Stress and
Obesity:**

**Chronic-social-stress
linked to-obesity**

Stress can lead to:

The consumption of
larger and less
frequent meals
resulting in
weight gain...

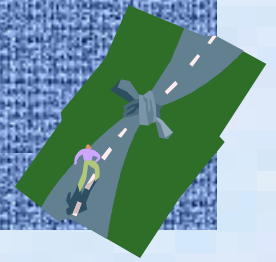


**Especially
in the
abdomen...**

**and fat can
Lead to many
Other health
problems!**

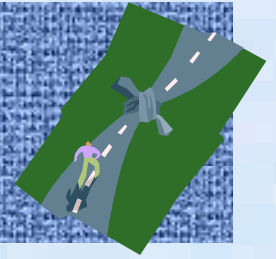


Implications for FCS



- **Expand the study of everyday situations leading to stress**
- **Emphasize link between stress and over eating.**
- **Explore positive strategies to address this issue.**

Suggested Activities



- **Chart food intake associated with stressful situations for a week.**
- **Brainstorm positive ways to react to stress.**
- **Conduct a contest to see who lists the most substitutes for overeating when stressed**

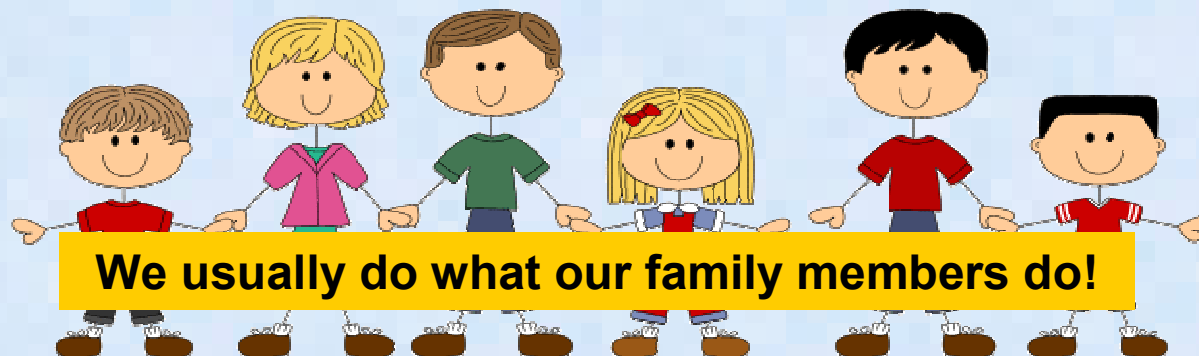
FAMILY RELATIONSHIPS & THE AFFECT ON FAMILY DYNAMICS



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Obesity's Impact on Families

- Having an obese spouse increases one's risk of also becoming obese by 37%.
- Having obese siblings increases one's risk of also becoming obese by 40%.



**The family is the BEST setting for
children to learn about
healthy lifestyles.**



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Create a home environment that supports:

- healthy eating
- regular physical activity
- average weight

Parents
get
information



Parents
change
their
behavior.



Parents
become
positive
role
models.

Maintain a supportive home environment

- Design a family wellness policy for weekdays, weekends, and seasons.
- Stress everyone's personal responsibility for health throughout life.



SOCIAL RELATIONSHIPS



Obesity's Impact on Neighborhoods

In general, neighborhoods with higher poverty levels have greater prevalence of extreme obesity and diabetes. People living in less poverty have lower rates of both.



Obesity's Impact on Friendship Circles

- Having an obese friend increases one's risk of also becoming obese by 57%.



Strategies to Promote Better Health in Social Settings

- Organize community leaders to discuss how neighborhoods can support residents in pursuing healthier lifestyle habits.
- Promote unity—Family members and friends are more likely to have success if they make healthy changes together.

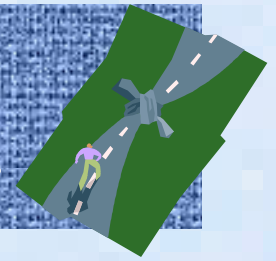


CHILDHOOD OBESITY



AAFCS Taking it to the Streets 2012

Childhood Obesity Epidemic

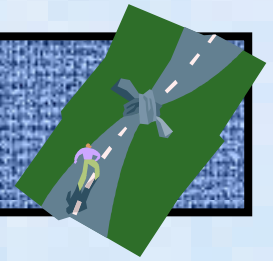


"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake."

-First Lady Michelle Obama at the Let's Move! launch on February 9, 2010

- **Childhood obesity rates in America have tripled over the past three decades.**
- **Today, nearly 1 in 3 children in America are overweight or obese.**
- **40% of the children in African American and Hispanic communities are overweight or obese.**

Key Findings



1/3 of 9-month-olds are either obese or at risk for obesity.

Am J Health Promot 2011;25:190-198

1/3 of children and teens are considered obese or overweight.

Health Aff 2010;29:347-356

1/2 of obese teen girls and 1/3 of boys become at least 80-100 lbs. overweight by the age of 30.

In fact, obese teens were 16 times more likely to become severely obese adults than normal/overweight teens.

JAMA 2010;304:2042-2047

Children who had two obese parents were 12 times more likely to be obese than children with two normal-weight parents.

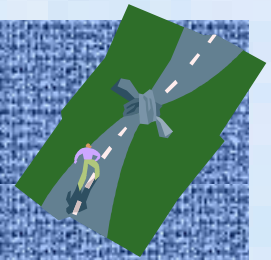
Mothers' weight showed a particularly strong association with children's weight.

Am J Clin Nutr 2010;91:1560-1567

Contributing Factors

Video Games
Vending Machines
Meal Skipping
Snacking
Fruit Juices
Single Parents
Marketing to Kids
Fat Intake
Education
Fast Food
Depression
Pop Consumption
Reward w/food
Computers
Personality Type
Pay Care
Sugar Intake
Television
Poor Self Esteem
Poor Parenting
Parental Health Habits

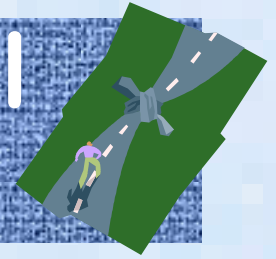
Impact



**Obesity impacts our children:
Physically, Emotionally, Socially,
and Mentally...**



Physical, Social and Emotional Well-being



Some physical health conditions:

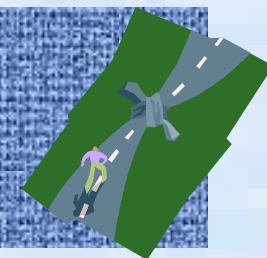
Diabetes, sleep apnea, and cardiovascular disease.

Some socio-emotional health conditions:

Being teased and/or bullied for their weight by their peers.

The consequences of this behavior is poor academic performance, low self-esteem, and poor body image.

The Warnings



WARNING

**CHUBBY KIDS
MAY NOT
OUTLIVE THEIR
PARENTS.**



WARNING

**FAT KIDS
BECOME FAT
ADULTS.**



WARNING

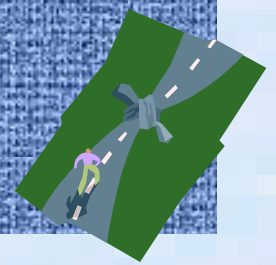
**BIG BONES
DIDN'T MAKE
ME THIS WAY...
BIG MEALS DID!**



WARNING

**HE HAS HIS
FATHER'S
LAUGH, EYES
AND MAYBE
EVEN HIS
DIABETES.**

Social/Emotional Questionnaire



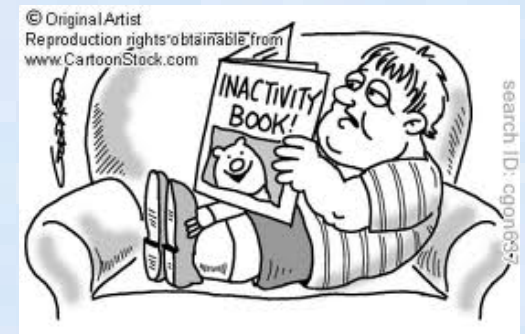
- **Children rated things such as their ability to walk more than one block, play sports, sleep well, get along with others and keep up in school.**

Children's Results: Teasing at school, difficulties playing sports, fatigue, sleep apnea and other obesity-linked problems severely affected obese children's well-being.

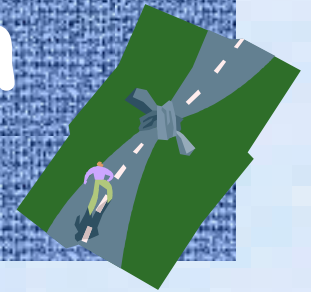
Parent Results: Ratings of their children's well-being were even lower than the children's self-ratings.

Lauren Marcus, Ph.D. and Amanda Baron, M.S.W.
NYU Child Study Center

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A Healthier Generation of Kids

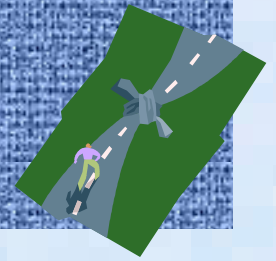


As result of this epidemic, First Lady Michelle Obama launched on February 9, 2010, “Let’s Move! A comprehensive initiative dedicated to solving the problem of obesity within a generation so that kids today will grow up healthier and able to pursue their dreams. The goal of this action plan is to reduce the Childhood Obesity to just five percent by the year of 2030.

**White House Task Force on Childhood Obesity
Report to the President**



Suggested Tips for Parents

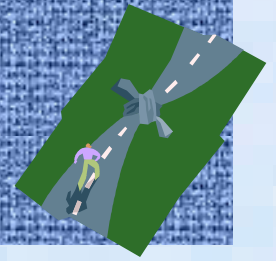


- Encourage children to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during television commercials.
- Issue a family challenge to see who can be the first to achieve weight loss.
- Volunteer to help with afterschool physical activity programs or sports teams.



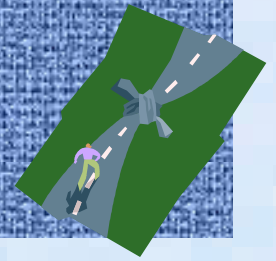
Presidential Active Lifestyle Award by committing to physical activity five days a week, for six weeks. Adults and children can both receive the award!

Suggested websites for healthy eating



- <http://www.choosemyplate.gov/downloads/PlanPurchasePrepare.pdf>
- <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet9SmartShopping.pdf>
- [http://www.choosemyplate.gov/food-groups/downloads/Sample Menus-2000Cals-DG2010.pdf](http://www.choosemyplate.gov/food-groups/downloads/SampleMenus-2000Cals-DG2010.pdf)

Implications for FCS



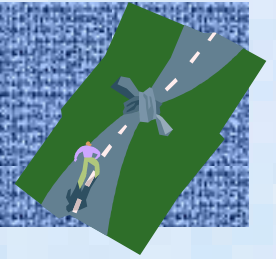
Design instructional lessons and activities:

- **To get children involved in planning, buying, and preparing healthy snacks.**
- **To get children engaged in conversation about the related topic.**
- **That involve participation from the community, schools, and parents.**

ADOLESCENT OBESITY



Key Findings



- Limited access to healthy and affordable foods in general
- Easy access in schools to unhealthy snacks and beverages
- Easy access in neighborhoods to fast food restaurants



- **Decreased physical activity inside & outside of school**
- **Increased “screen time”:
phones, hand-held devices, computers, TV’s**
- **Food insecurity**
- **Food marketing targeting children and adolescents**



Strategies for Adolescents



- **Inventory lifestyle behaviors -- diet, activity & “screen time”.**
- **Make changes if needed for healthier weight.**
- **Keep a journal of physical, emotional, social, and/or mental impacts of improved habits.**
- **Identify important life goals; consider if and how obesity might impact them.**



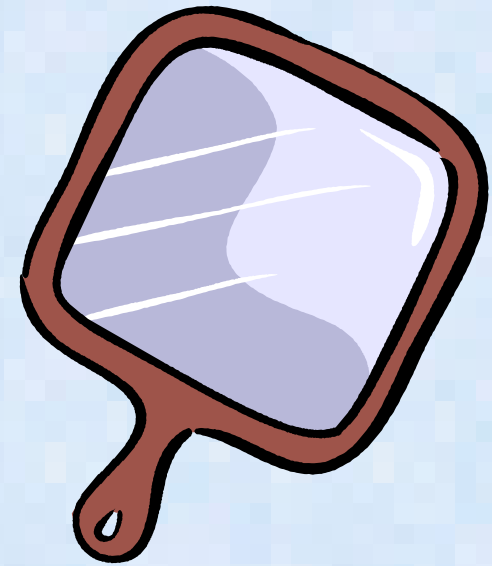
SELF ESTEEM



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In a society that puts much emphasis on the visual, “How you look,” obesity can result in psychological and social cruelty at every age in every culture.

This impacts those who are obese in various ways....



Some Factors Affecting Self Esteem



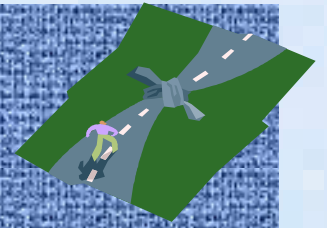
- **Obese people may have fewer social and romantic relationships compared to the non-obese.**
- **College admission, careers and earning power may be negatively affected by weight, particularly for obese women.**
- **While it may not be generally acceptable to discriminate based on gender, religion or ethnicity, many people continue to ridicule, mock or even abuse the obese**

CLOTHING ISSUES



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Clothing Challenges



Can't find a size that fits!

**Is there anything
“stylish”?**

Why does it cost more?



Inability to find clothing that is complimentary to extra large sizes causes emotional, physical and social distress for individuals within the family and for the entire family.

Implications



Overweight consumers needs help understanding the effects of:

- Line
- Design
- Color

Research shows that knowledge of line, design, color, and fabric choices offer options.

Effects of Line:

- A vertical line appears taller and thinner
- A horizontal line appears wider
- Vertical stripes lengthen
- Horizontal stripes widen
- “V” necklines lead to the face, not the figure

Design that flatter:

- Simple, full length, one-piece dresses, slim skirts, tailored tops
- Pants with straight or tapered legs
- Tops with few ruffles



Color in clothing:



Color can reduce or increase the perception of size.

- Darker colors can reduce the perception of size
- Lighter colors can increase the perception of size

The consumer may need to research suppliers in order to find more appealing styles and better prices.

Other options:

- **Learn how to construct their own clothing**

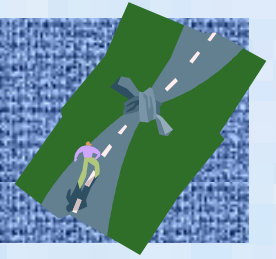
This may be help to bolster interest in FCS textiles and clothing classes!

- **Gain access to a good seamstress**

HOUSING



Key Findings

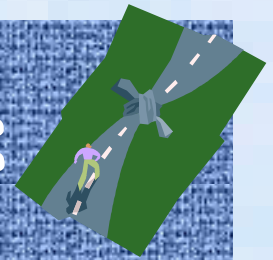


Many furniture companies adapt for over-sized individuals:

Wider, taller and sturdier beds, chairs, dining tables and other standard furniture pieces



Adaptations in the Home:

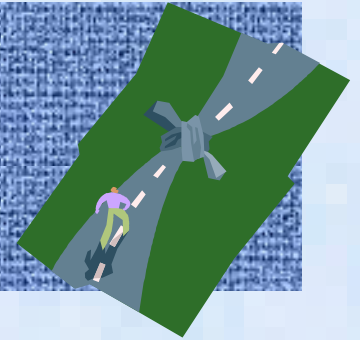


Some adaptations for obese people also benefit people with weak knees or back pain:

- Electric lift seats on chairs
- Furniture risers
- More supportive
- Mattresses
- Wider/elevated toilet seats
- Bath/shower benches & grab rail
- Curved shower rods.



Adaptations in Health Care Facilities



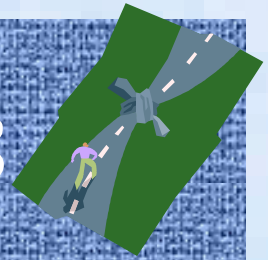
- Larger rooms
- Wider door openings
- Larger shower stalls, and furniture, plumbing fixtures
- Floor-mounted casework all designed to accommodate 1000 pounds.*



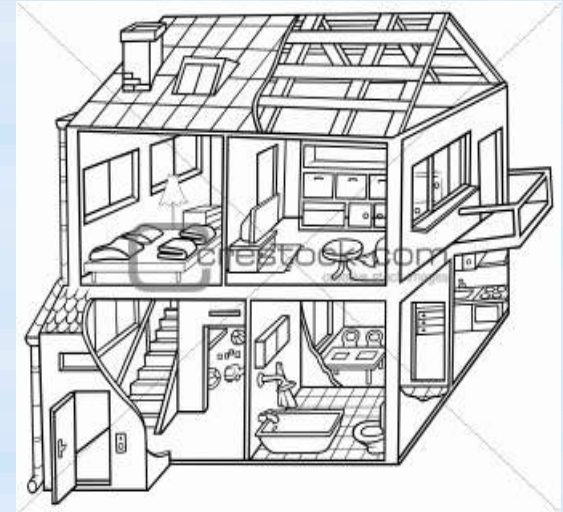
*2010 Guidelines for Design and Construction of Health Care Facilities

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Suggested Discussions



- Which housing needs are universal to all consumers?
- Which ones are unique to, or must be met differently for, consumers who are obese, have reduced mobility and/or limited motor abilities?
- What is the relative importance of comfort, safety, functionality and durability in furniture design for obese people?



FINANCIAL ISSUES



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Current DAILY expenditure for obesity related diseases



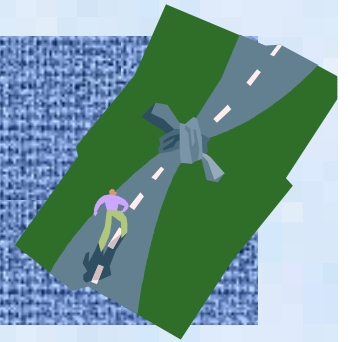
\$275,000,000

(CDC estimate)

More may need to be spent on things like:

- Food
- Clothing
- Housing
- Travel
- Special Accommodations and more!

Obesity Related Costs



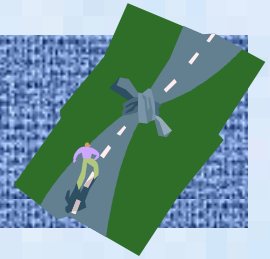
Overall, obesity related direct and indirect costs:

- Exceed \$100 billion annually
- Number is expected to grow!



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Suggested Activities



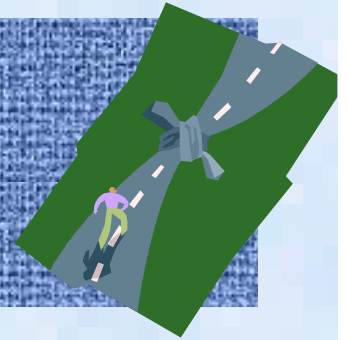
- **Brainstorm & list** all areas of financial impact of obesity on a family.
- **Estimate** a 30% cut in the family budget due to increased need for obesity related health care.



DISCRIMINATION & EMPLOYMENT ISSUES



Key Findings



Discrimination:

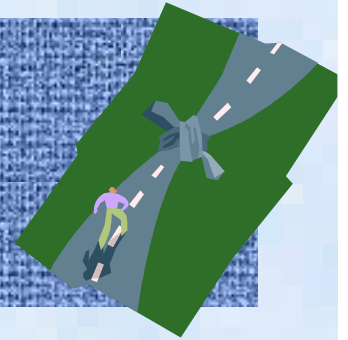
- In 2009 Michigan was the only state with weight discrimination law
- On average, a person's chances of being discriminated against because of weight becomes higher as their body weight increases.
- Yale study found that women twice as likely to face weight discrimination as men
- Obesity discrimination occurs as often as race discrimination



Employer Concerns:

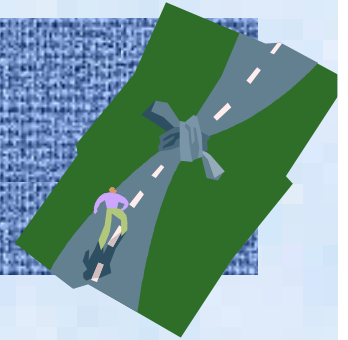
- **The rise of company health care costs related to obesity.**
- **The rate of sick days is higher for obese employees.**
- **Obese employees often have low self worth which may prevent personal employment growth and advancement opportunities.**

Implications for FCS



- **Continue education on healthy foods and proper food preparation.**
- **Explore the contrast between employer and employee concerns related to obesity.**
- **Develop food preparation education for business and industry**

Suggested Activities

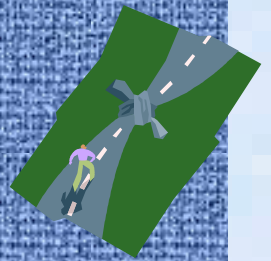


- **Weight loss competition in the workplace**
- **Financial assistance for employee weight loss programs**
- **Nutrition & Food preparation courses in the workplace**
- **Increase healthy living courses in schools**
- **Role play discrimination in the workplace**
- **Classroom discussions on eating disorders**
- **Adult education on proper nutrition and eating habits**

TRAVEL ISSUES



Impacts on Airline Travel



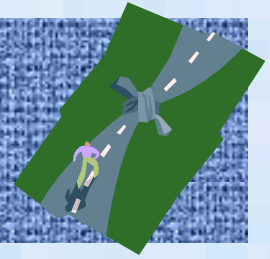
Airlines may have additional fees for people of “considerable size.”

- Costs vary by the airline and the availability of seats on each flight.
- May be handled ahead of time or not!



Obese travelers may be embarrassed by the airline employees’ handling of the situation.

Options for Travelers

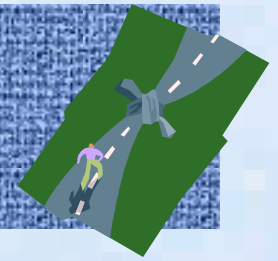


Obese people have several options for airline travel:

- **Buy an extra seat.**
- **Wait until an extra is available.**
- **Pay ahead & possibly get a refund if there is an extra seat.**
- **Obese person may miss their flight if there are not an accommodation.**

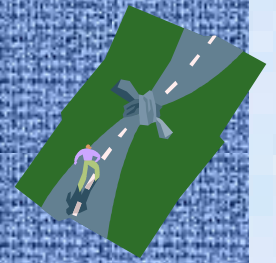


Other Transportation Issues



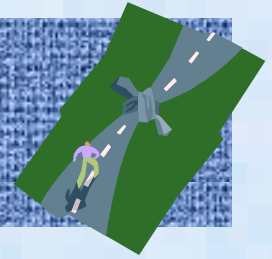
- **Travelers using other means of transportation often face the same issues.**
- **Obese people may have a hard time keeping up when walking.**
- **High cost adaptations may be needed for automobiles.**
- **Heavier loads increase the cost of auto fuel.**

Impact on Others



- Travel may become very uncomfortable.
- The longer the trip, the more difficult the situation.
- Seatmates lose some of their space.
- Conditions may make it difficult to relax, sleep, complete work or eat.

Suggested Activities



- **Research:**

- Cost of travel for persons of “considerable size.”

- **Role play:**

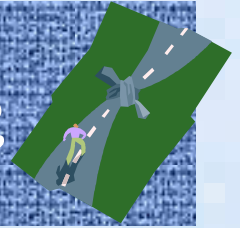
- How it feels to be the person told they have to pay additional money to travel.
- How the person sitting next to the obese person on the plane would feel.



AVAILABILITY OF FOOD RESOURCES



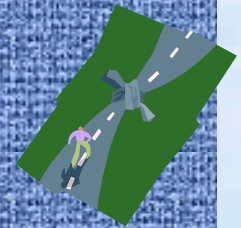
The Farm to School Initiative



- **This network identifies programs across the nation linking farms to schools to improve student nutrition and support local/regional agriculture.**
- **Grants are available to be used in the classroom and school lunch programs.**

<http://www.farmtoschool.org>

We Can!



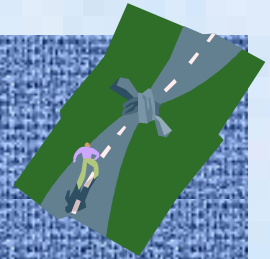
- **WE CAN!** provides resources and programs that teach parents and families about healthy weight.
- Public education aimed at older children and very young adolescents-- appropriate for families with middle school students.

<http://www.wecan.nhlbi.gov>

FAMILY AND CONSUMER SCIENCES TAKES IT TO THE STREETS...



Involvement



**AAFCS Affiliates and Partners
have continued their work on
obesity awareness & prevention**

Here are some highlights...

The Board of Human Sciences



Sponsored the successful:

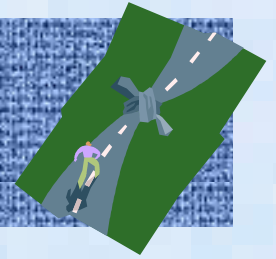
Youth Obesity Prevention Summit

March 7 – 8, 2012, Arlington, VA

- . **Dr. Alice Lichtenstein** of Tufts University co-author of the article *Bring Back Home Economics Education* (Journal of the American Medical Association), was the inspiring opening speaker.

Dr. Brian Wansink, Director of the Cornell Food and Brand Laboratory of Cornell University was the distinguished keynote speaker.

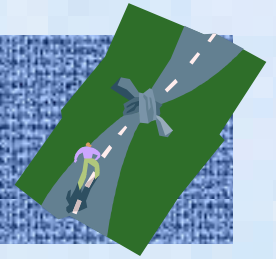
Kappa Omicron Nu



Jill Jayne will lead a *Jump with Jill* event at the KON Leadership Conclave and Undergraduate Research Conference to train their student delegates to return home and conduct similar activities.

<http://jumpwithjill.com>

FCCLA



One of many FCCLA examples: **Anchorage, AK**
FCCLA students wrote grants, held
fundraisers to fill backpacks with food for
children and hold holiday dinners.



They won the statewide Spirit of Youth Award
in the category of Service to Children.

Nutrition, Health and Food Management Community

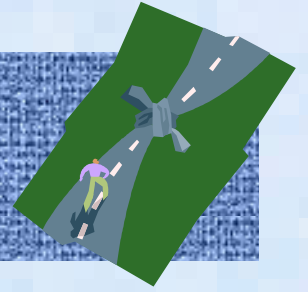


Presents an evening dinner session at the AAFCS Annual Conference:

“Roles and Responsibilities for Obesity Prevention”

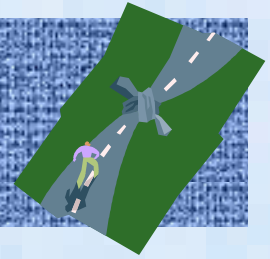
Expert panelists will bring forth material to share

Alaska



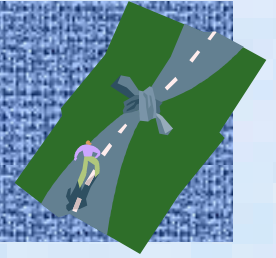
Using a \$1000 *From the Farm to School* grant, nutritious soups, salads and assorted vegetables were served by Kathy Vik's students.

California



- **FCS Teacher, Cynthia M. Figueiredo**, created an informational blog to illustrate FCS professionalism and efforts in preventing obesity and promoting nutrition and good health.
- **California Region 10 FHA-FCCLA** (40 Schools) will work to prevent Childhood Obesity through the ***Ole Skool Crew Supreme Dancers***. Teens. Local Girl Scouts & families will dance for 2 hours in a **Guinness World Record Event**.

Florida-University of FL Extension-Pasco County

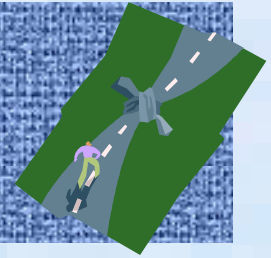


- Family Nutrition Program (FNP) \$172,000 grant from USDA SnapEd
- Over 15,000 unduplicated contacts-40 schools & 315 teacher/volunteers from elementary to high school.



12,927 total classes presented on nutrition, physical activity, food safety, stretching food dollars, and food security to all ages

Florida-University of FL Extension-Manatee County



4B Wednesday, August 3, 2011

M

Sarasota Herald Tribune

COMMUNITY CENTRAL

Herb education draws a crowd

By J. NIELSEN
Correspondent

At a recent "Cooking with Herbs" class, Samantha E. Kennedy taught a packed classroom the basics of how to shop for, cook and dry herbs.

Many attended the free session at the Manatee County Agriculture and Extension Service as part of "Know Your Numbers — Passport to Health," a program for Manatee County employees to help reduce health insurance deductibles. Others came for the love of food.

The audience responded enthusiastically as Kennedy peppered them with questions. For instance, what is the difference between an herb and a spice? Answer: Herb is the leaf, spice is the seed and sometimes the root is the spice as well.

Standing in a mock kitchen, Kennedy, an experienced lecturer, addressed the common problem most cooks confront — dealing with fresh leftover herbs.

"If you have a bunch left over and you don't want to throw it away, you can dry it," she said.

Ways to dry herbs include using a dehydrator, separating into small bunches to avoid bugs and hanging it, or placing in microwave. Another way to save herbs is to grind them up, put them in an ice cube tray, cover them with olive oil and freeze.

"Oil freezes?" someone in the audience asked incredulously.

"Yes," Kennedy responded. "Olive oil will freeze. Then later, drop them into whatever you are cooking."

The basic pairing rules are that strong herbs go with strong or flavorful food, mild herbs with mild food. Peas, for instance, need a mild herb like mint, and beef needs a strong herb like rosemary.

Just make sure those herbs have not lost their effect through

INTERESTED?

The next "Cooking With Herbs" class will begin at 10 a.m. Aug. 16 at the Manatee County Agriculture and Extension Service, 1303 17th St. W., Palmetto. There is no charge. To register, call 722-4524. For more information, visit manatee.ifas.ufl.edu.

Here is a salt substitute recipe from Family and Consumer Sciences Agent Samantha E. Kennedy:

Mixed Herb Seasoning Recipe
3 tablespoons dried basil
2 tablespoons dried savory
2 tablespoons dried celery leaves
1 tablespoon dried marjoram
1 tablespoon dried thyme
1 tablespoon dried sage
1/4 teaspoon dried dill weed

Finely crumble herbs, or use a mortar and pestle or dry food grinder to powder herbs. Store in a tightly sealed container. Use instead of salt.

age.

Kennedy told the audience to think about the five containers of dried basil everyone has in the back cupboard.

"If you bought them when the baby was born, and the baby is now in high school, then it's time to replace," she said.

Dried herbs, once opened, last only about four to six months. Kennedy suggested visiting health food stores to buy smaller quantities in bulk.

"Buying a little bit at a time makes sense," she advised.

The main way to preserve dried herbs is to keep them out of the sunlight. Herbs can last several years, if the container is not opened.

The difference between packaging and different name brands is little, she said. The price may vary, but the quality is about the same.

Using the maligned parsley as an example in the dried versus fresh discussion, Kennedy re-



In her mock kitchen, Family and Consumer Food Services Agent Samantha E. Kennedy prepares to make a smoothie using mint.



Audience member Steve Nail, front, has interest in using herbs as a salt substitute.

minded everyone that dried has a more intense taste than fresh.

"Why?" she asked.

Someone in the audience responded, "Because there is no water," the correct response.

When following a recipe, the general ratio is three tablespoons of fresh is equal to one tablespoon of dried.

"Rosemary and thyme even less, these are herbs with intense flavor, so it really depends on the herb," she said. "Also be sure to add dry herbs earlier; they hold onto flavor, whereas fresh need to be added toward the end."

The magic moment for some in the audience happened when Kennedy produced a Parmesan cheese shaker, the ultimate table salt replacement holder, holding it high in the air to show the its design.

"Salt shaker holes are too small," she said. "Making an herb shaker helps replace salt in your diet, still flavor your food, but with herbs."

And to keep herbs fresh when the shaker is not in use, store it in a reclosable plastic bag.

As a treat, Kennedy showed how to make several quick recipes, starting with a popular smoothie. Discussion ensued on the difference between chocolate mint and regular mint. Yes, chocolate mint is an herb and is delicious in a smoothie, they found.

The audience was quick to participate in response to Kennedy's easy manner of teaching.

"Everyone has raved about this class," Yvonne Gard said. "I've never cooked with herbs, so I've learned a lot, how to shop, how to cook and how to dry."

Others were more focused on their particular needs.

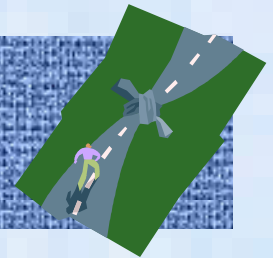
"Herbs seem pretty interesting," Steve Nail said. "I'm aiming to get rid of the salt."

Samantha Kennedy's *Healthy Eating Series*

FOCUS:

- healthy eating
- calorie, fat, & sodium reduction
- the impact of healthy eating on obesity:

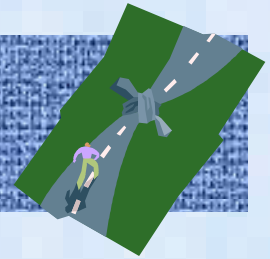
Illinois



ILAFCS Annual Statewide Conference, several of the Professional Development Breakout Sessions had a nutrition emphasis:—

- ***“Illinois Ag in the Classroom”***—educational materials to help teach children about agriculture and how it relates to what is on your table at mealtime.
- ***“Nutrients Involved in Heart Disease, Osteoporosis, Obesity, & Cancer”***— this session was presented by Dr. Nweze Nnakwe of Illinois State University, FCS
- ***“The Low Carbon Diet: Good For You & Good for the Environment”*** The keynote presentation made by Dr. Jim Painter —”

Minnesota

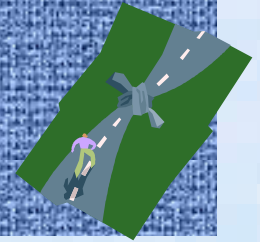


Lois Lewis, MN
2012 AAFCS
Teacher of the Year

The Indus Healthy Initiatives Program
promotes healthy lifestyles
and combats obesity in
children through:

- Healthier choices
- Peer modeling of positive behaviors
- Engaging learning opportunities
- Fruit and Vegetable grants

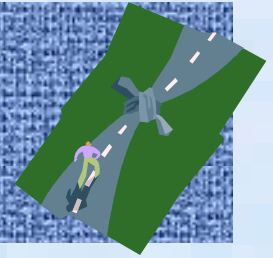
Minnesota



Jane Hinrichsen's Healthy Living Class:

- Coordination with the Physical Education Department,
- Keeping track of one's diet
- Keeping track of walking
- Eating and preparing healthy meals
- Learning the importance of *family* meals.

Nebraska



**Marcia Fouraker, TIS Team member,
& Kathy Kneifl, Extension Educator**



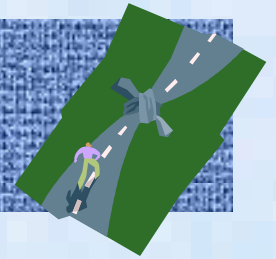
\$3000 Fremont Community Foundation Grant:

- *1200 elementary school nutrition teaching packets developed and taught*
- *Body Works Program for parents at the YMCA*

Other Nebraska Activities

- **FCS Majors at UN-Lincoln planned and conducted Lighthouse Nutrition Cooking Classes**
- **\$15,000 NE Environmental Trust Grant for equipment to conduct outdoor activities**
- **Interactions with wellness groups**

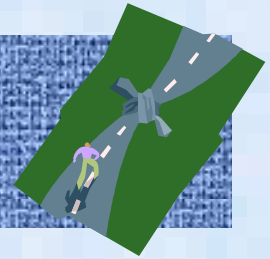
Oklahoma



FCS professionals, University of Central Oklahoma faculty and Phi Upsilon Omicron students hosted a Parent/Child University:

- Children, Teens and parents learned how to communicate more effectively, eat healthy and gain an appreciation of better life skills.
- Faculty and students used knowledge gained in courses taught at the university to assist in developing the program presentations.

Pennsylvania



**ENC-Teacher Exchange
features 2011 AAFCS
Teacher of the Year
Sharon Baillie**

Egg Nutrition Center



eggnutritioncenter.org

DOWNLOADABLE RESOURCES

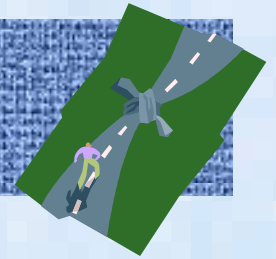
- **Glogs** (poster-like web pages) for each elementary grade level
- **Food & nutrition podcasts**
- **USDA "Ag in the Classroom"** (and "rats" program)

GRANT SOURCES:

- **"Fuel Up to Play 60"** grant sources
- **"HealthierUS School Challenge"** grant sources
- **FDA Food Science & Nutrition Education grants**

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Virginia



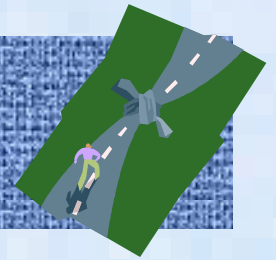
FCS students from VSU meet a friend and take turns spinning the Q & A health wheel at the *Taking it to the Streets* event at the Virginia State Fair, and.....

AAFCS Taking it to the Streets 2012

MyPlate.gov information was presented to the public with lots of hand outs and samples of healthy veggie omelets



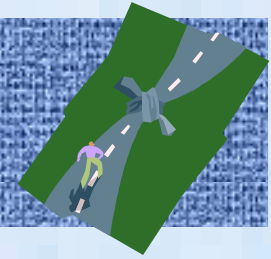
Washington State



2012 WAFCS Teacher of the Year, Leslie Deakins highlights:

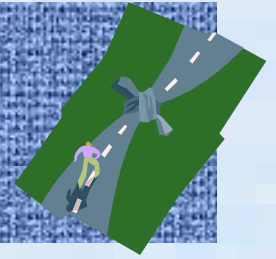
- High school students designed and taught “Superfoods to the Rescue” peer presentations
- Curriculum developed to encourage eating foods rich in phytonutrients for high school students and a format for teaching lessons to grade school children.
- These lessons were shared and used with Washington FCS
- Four United Health Hero Grants: High school students took lessons to foster healthy eating practices to grade school children
- Other grants: Fuel Up to Play 60 Washington State Dairy Council and Seattle Seahawks-\$4000 Grant awarded to encourage fitness and drinking milk as a healthy alternative to soda

Great Involvement!



**THANK YOU
for your
Participation**

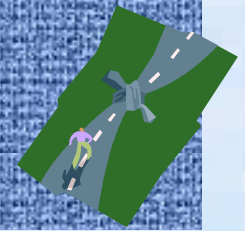
2012-2013 TIS Focus



**Impact of the economy
on Families:**

Strategies and Solutions

TIS needs YOU for our new focus!!!

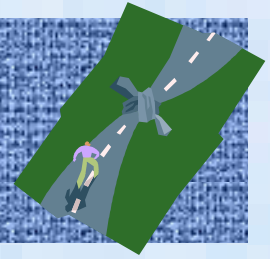


Input & involvement needed from:

- **AAFCS Partners**
- **AAFCS Communities**
- **AAFCS Affiliates**
- **FCS Professionals...and**

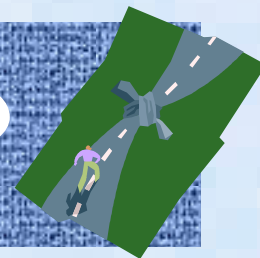
***New TIS team members
are always welcome!***

What can YOU do?



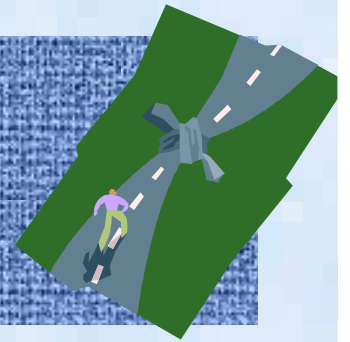
- Access updates and resources at:
www.aafcs.org/TIS
- Include Taking It to the Streets in your affiliate activities and professional work
- Form partnerships with agencies in your state and community

What else can YOU do?



- **Share your information with the public**
- **Label all information you distribute with the FCS labels at the TIS link**
- **Publicize your work!**
- **Report your work/share your ideas with us**

Obesity Prevention Community

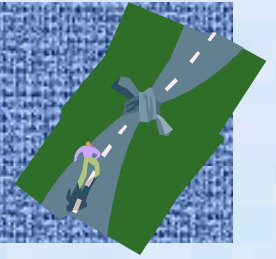


**And if you wish to continue your
work to assist with the prevention of
obesity**

Contact Ingrid Adams, TIS Team Member
Ingrid.adams@uky.edu

**to join the newly formed
Obesity Prevention Community.**

Contact us today!



Contact Team Leaders:

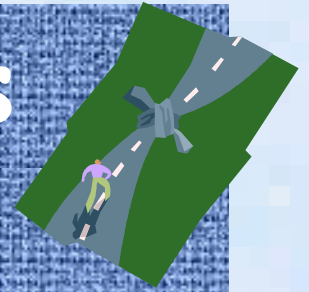
Marilyn R. Swierk, CFCS
AAFCS President 2009-10
msinnovate@aol.com



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



Taking It to the Streets Sessions In Indy 2012:



Monday: **Curriculum Showcase-**

11:45 am-12:45 pm

Tuesday: **Educational Session-**

11am to 12pm

Putting Research to

Practice- 1:45 to 4:30pm