

# USU EXTENSION UPDATE:

## NUTRITION, DIETETICS AND FOOD SCIENCE DEPARTMENT

EXTENSION   
UtahStateUniversity

MARCH 2016



### A NOTE FROM NDFS DEPARTMENT HEAD

Dear Friends,

I am proud that the NDFS department provides a discipline-specific home that promotes seamless integration of extension, research and teaching. The department's far-reaching extension programs are supported with research from expert faculty, and our integrated research-extension efforts provide experiential learning experiences for both undergraduate and graduate students.

- Chuck Carpenter

### EXTENSION NUTRITION



### CARRIE DURWARD



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*Please e-mail Carrie with any nutrition presentation or publication needs.*

• Collaboration with Utah's Against Hunger for USDA Food Insecurity Nutrition Incentive Grant for Double-Up Food Bucks program. Participants indicate a significant increase in fruit and vegetable (F&V) consumption and a decrease in food insecurity.



• Conduct a Utah pilot study and lead a five-state longitudinal study with EFNEP and SNAP-Ed on a novel dietary measurement tool, QualMART™. This tool takes grocery store loyalty data

and converts it into a nutritional quality score. The longitudinal study will also use ASA24 (Automated Self-Administered 24-hour recall). Projects are funded by the Regional Nutrition Education Center of Excellence-West (pilot) and the USDA's Nutrition Education and Obesity Prevention Centers of Excellence grant mechanism (longitudinal).

• Healthy Family Fun brings together low-income families to learn about three important aspects of wellness—physical fitness, nutrition, and relationships—in a fun and engaging environment. The program is offered in Box Elder, Davis, Weber, Salt Lake and Utah counties, and expected to expand to other counties.



### EXPANDED FOOD & NUTRITION EDUCATION PROGRAM



### PAULA SCOTT



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In 2014-2015 EFNEP, Utah reached 743 adults directly and 2,750 family members indirectly. EFNEP directly reached 7,117 youth. The program operates in Utah, Salt Lake, Davis, Weber and Morgan counties.

#### Youth Impacts:

- 79% increased knowledge or ability to choose healthy foods
- 52% improved food safety and preparation knowledge or practices
- 41% improved physical activity knowledge or practices
- 43% increased knowledge or ability to prepare low-cost, nutritious foods

#### Adult Impacts:

- At least 63% of all EFNEP adults are minorities.
- 99% more closely followed MyPlate and Dietary Guidelines
- 91% improved food resource management practices
- 76% improved food safety practices, such as storing and thawing food properly


#### Current/Upcoming Projects:


- USU EFNEP Sodium Reduction and Home Herb Gardening Project
- "Healthy Families through Parenting Skills"
- Collaborating with Carrie Durward on the pilot and longitudinal studies

## FOOD \$ENSE: SNAP-ED



**HEIDI LEBLANC**

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### Current/Upcoming Projects:

- Establishment of USU Hunger Institute
- Collaboration with Carrie Durward on several projects including pilot and longitudinal studies
- Farmers Market Education Booths
- Intergenerational Poverty Nutrition Education Program

In the 2014-2015 federal year, the Food \$ense program directly educated 12,142 adults and 32,019 youth in Utah and was present in all 29 counties. The program indirectly reached over 1.2 million people.

### Youth Impacts (as reported by parents):


- 69% some/significant increase in intake of F&V
- 90% some/significant increase in knowledge of F&V
- 72% some/significant increase in requests for F&V meals and snacks


### Adult Impacts:

- 83% usually/always stretch their food dollars
- 79% usually/always choose whole foods based on MyPlate recommendations
- 70% usually/always choose to be physically active for 30 minutes, at least 5 days a week



**MATEJA SAVOIE-ROSKOS**


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- SNAP-Ed nutrition education expansion efforts at farmers markets in Utah. Collecting and publishing data on Double-Up Food Bucks project, the effectiveness of SNAP-Ed booths and the experiences of SNAP participants at farmers markets.
- Collaboration on grants such as the 2015-2016 SNAP-Ed grant, the 2015 USU Extension Mini grant and Carrie Durward's pilot and longitudinal studies.

## EXTENSION FOOD QUALITY & ENTREPRENEURSHIP

### KARIN ALLEN

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- Tools to assist food entrepreneurs
- USU Incubator Kitchen
- Food Science (developed 4-H Food Science Curriculum with county faculty)
- FDA Food Safety and Moderization Act Training

## EXTENSION FOOD SAFETY

### BRIAN NUMMER

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- Food Safety Manager Certification Program
- Home Food Preservation (developed Master Food Preserver Course with county faculty)
- Food Testing and Food Production Process Letter
- FDA Food Safety and Moderization Act Training

## STACKABLE CREDENTIALS REFUGEES & MINORITIES

### MARTHA ARCHULETA

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Program helps refugees and minorities in the Salt Lake County area gain certifications and degrees that can be stacked in order to show credentials for employment and further education.