Update on Healthy Living

November 4, 2014

The 4-H Youth Development Program is the youth outreach program from the Land Grant Universities, Cooperative Extension Services, and the United States Department of Agriculture. The 4-H Name & Emblem is intended to represent the ideals of the program with its focus on Head, Heart, Hands, and Health. Today, it is one of the best-known and most valued images emblematic of more than a century of 4-H achievement.

4-H Headquarters Mission
Advancing research-based youth development and 4-H through the science of engagement, learning and change to create a better future for the nation and the world.

4-H Vision
A world in which youth and adults learn, grow, and work together as catalysts for positive change.

Learn more about the overall 4-H Youth Development Program at: www.4-H.org.

November is American Diabetes Month
http://www.diabetes.org/

Professional Development & Training Resources
National 4-H Healthy Living Curriculum Products
- Food, Culture & Reading Buy | Online
- Foods Buy | Online
- Food Science Buy | Online
- Health and Fitness Buy | Online
- Health Rocks!® Buy
Interesting Links

Eat & Move-O-Matic-a downloadable app to measure calories in and calories out of the body

FoodCorps-a national service organization that places emerging leaders into limited resource schools for a year of service improving healthy food education and access for America’s children
http://nifa-connect.nifa.usda.gov/p5mehxhytz/

Courage to Care-a nine lesson program designed to be taught weekly that is applicable to a variety of environments which includes school classrooms, 4-h Clubs, after school programs, other youth programs, and residential programs
http://nifa-connect.nifa.usda.gov/p8y7ozjqcof/

Healthy Weight Commitment Foundation-serves as a catalyst for over 200 organizations to help families and schools fight obesity
http://nifa-connect.nifa.usda.gov/p2u35iy43fp/

Healthy Kids Out of School-works with some of the country’s leading out-of-school-time programs including 4-H, Girl Scouts, Pop Warner and YMCA to promote three principles for healthy programs:
  - Drink Right: Choose water instead of sugar sweetened beverages
  - Move More: Boost movement and physical activity in all programs
  - Snack Smart: Fuel up on Fruits and Vegetables
http://nifa-connect.nifa.usda.gov/p2orgmfbdnb/

Steps to a Healthy Teen-helps youth develop skills and knowledge in physical education and nutrition
https://nationalfourhcouncil.adobeconnect.com/_a701077731/p3z93c5mu3z?launcher=false&fcsContent=true&pbMode=normal

Understanding Adolescent Brain Development
Part 1:
https://connect.extension.iastate.edu/p7s159j4yi3/?launcher=false&fcsContent=true&pbMode=normal
Part 2:
https://connect.extension.iastate.edu/p69fyn3bcub/?launcher=false&fcsContent=true&pbMode=normal

GENIE: Your Nutrition Education Wishes Have Been Granted can be found at:
http://www.eatright.org/Foundation/content.aspx?id=6442478708. You can email questions to:
Kidseatright@eatright.org.

USDA Awards Funding for Regional Centers of Excellence in Nutrition Education and Obesity Prevention
WASHINGTON, Oct. 17, 2014 – The U.S. Department of Agriculture (USDA) today awarded $4 million in grants to establish four regional centers of excellence for research on nutrition education and obesity prevention, as well as a coordinating center, which will develop and test innovative nutrition education and obesity prevention interventions for underserved, low-income families. “Nearly one in three children today is overweight or obese, and nutrition promotion strategies, including education, public policies, health systems, and environmental changes, are the key to reversing this trend,” said Sonny Ramaswamy, Ph.D., National Institute of Food and Agriculture (NIFA) director. “These grants provide the opportunity to improve the health of our next generation and ensure that all children have access to the tools they need to improve their nutrition and physical fitness.” “This joint grant program is one of the most important and powerful tools at our disposal to promote healthier choices and improved physical health among participants in our nutrition assistance programs,” said Food and Nutrition Service (FNS) Administrator Audrey Rowe. “I am thrilled that we have been able to launch this partnership to drive


innovation and increase our impact in preventing and reducing obesity.” Together, FNS and NIFA will support effective education and extension services through two preexisting programs; the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). This joint effort, known as the SNAP & EFNEP: Regional Nutrition Education and Obesity Prevention Centers of Excellence (RNECE) will establish centers at Colorado State University, Cornell University, Purdue University, and the University of North Carolina at Chapel Hill, and one national coordinating center at the University of Kentucky. Each regional center will administer at least one signature research project that will be tailored to address a specific need in that region. In addition, centers will competitively-award and evaluate sub-grants for projects in their region. Findings from each of the centers will be shared across all EFNEP and SNAP-Ed agencies, as well as the scientific community and the general public. Collectively, these actions will also help USDA ensure SNAP-Ed strategies and interventions are evidence-based as required by the Healthy, Hunger-Free Kids Act. The National Coordination Center will coordinate communications across the four regions and disseminate findings. The national center will also aggregate data to share with policy makers and other stakeholders, and will work with NIFA to organize annual meetings with the regional centers. The interventions developed through the centers will likely benefit additional populations beyond SNAP and EFNEP participants. The $4 million in funding supports USDA’s strategic goal of developing and extending a research-based approach to obesity prevention, ultimately producing measurable improvements in health, obesity, nutrition and physical activity-related outcomes.

Fiscal year 2014 awards include:
- Colorado State University, Fort Collins, Colo., $856,250
- Purdue University, West Lafayette, Ind., $856,250
- University of Kentucky, Lexington, Ky., 175,000
- Cornell University, Ithaca, N.Y., $856,250
- University of North Carolina at Chapel Hill, Chapel Hill, N.C., $856,250

SNAP-Ed was initiated in 1992, and is administered by participating state SNAP agencies in all 50 states, the District of Columbia, Guam, and the Virgin Islands. SNAP-Ed is delivered by nearly 100 implementing agencies, including land-grant universities in 47 states, public health departments, food banks, non-profit organizations, and others.

EFNEP was started in 1969 and is administered and implemented by 1862 and 1890 land-grant institutions in all 50 states, the District of Columbia, and six U.S. territories. USDA’s Food and Nutrition Service administers 15 nutrition assistance programs. In addition to SNAP, these programs include the National School Lunch and Breakfast programs and the Summer Food Service Program which together comprise America’s nutrition safety net. Improving the diets of participants is a key component of USDA's nutrition assistance programs. For more information, visit [www.fns.usda.gov](http://www.fns.usda.gov).

Through federal funding and leadership for research, education and extension programs, NIFA focuses on investing in science and solving critical issues impacting people's daily lives and the nation's future. For more information, visit [www.nifa.usda.gov](http://www.nifa.usda.gov).


The Update on Healthy Living is intended to provide useful information to colleagues in the land-grant university system, Cooperative Extension, and stakeholder organizations. If you have any questions and/or concerns about the update, please contact: [bjohnson@nifa.usda.gov](mailto:bjohnson@nifa.usda.gov).