



Cornell University Cooperative Extension Orange County

HELPING NEW YORKERS IMPROVE THEIR LIVES AND COMMUNITIES



CCE IMPACT

Location: Hudson Valley Region (Orange, Sullivan, Ulster, Dutchess, Putnam, Rockland and Westchester) with Orange County as the Lead County

Eat Smart New York

Issue: The Mid-Hudson Valley Community Profile estimates 11% of the residents in our region are living at or below the poverty level. Low-income individuals and families are at a greater risk for many chronic health problems, including Obesity, Heart Disease, and Type 2 Diabetes. The research supports obesity rates among adults and children in the United States have steadily risen in the past few decades. About 18.4 percent of 12-19-year-olds are overweight or obese and childhood obesity often continues into adulthood. There's a 70 percent chance that an overweight adolescent will remain overweight or obese as an adult, and in the short run, obesity can lead to cardiovascular risk factors such as high blood pressure, high cholesterol, and abnormal glucose tolerance or diabetes.

Extension Response: Positive changes in nutrition, combined with lifestyle changes, can help to prevent the aforementioned health conditions. Our nutrition education and obesity prevention program makes a difference by utilizing evidence-based resources and core messages consistent with 2015 Dietary Guidelines whose goals are: increasing the number of fruits and vegetables consumed each day; decreasing the number of sugar sweetened beverages consumed each day; and increase the number of days per week individuals are physically active for 30 minutes or more. Nutritionists offered lessons in a series, delivered over time, allowing participants the opportunity to develop skills, increase knowledge and incorporate changes in their daily lives.

Impacts: During October 2015- September 2016, 103,523 adults and 2,514 youth directly participated in the Eat Smart New York nutrition education and obesity program in Orange, Sullivan, Ulster, Dutchess, Putnam, Westchester and Rockland Counties. Additionally, 85,094 adults and youth were reached through indirect means, such as, billboards, internet, community outreach and handouts. ESNY participants report an intent to change behavior. Following participation in the Eat Healthy Be Active Community Workshops the following intents were captured:

- 81% of the reached individuals intend to increase their consumption of fruits and vegetables
- 76% of the reached individuals intend to decrease their consumption of sugar sweetened beverages
- 78% of the reached individuals intend to increase the amount of their physical activity per week

Partners: United States Department of Agriculture (USDA), New York State Office of Temporary Disability Assistance (OTDA), Cornell Cooperative Extensions of Sullivan, Ulster, Dutchess, Putnam, Rockland and Westchester.

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