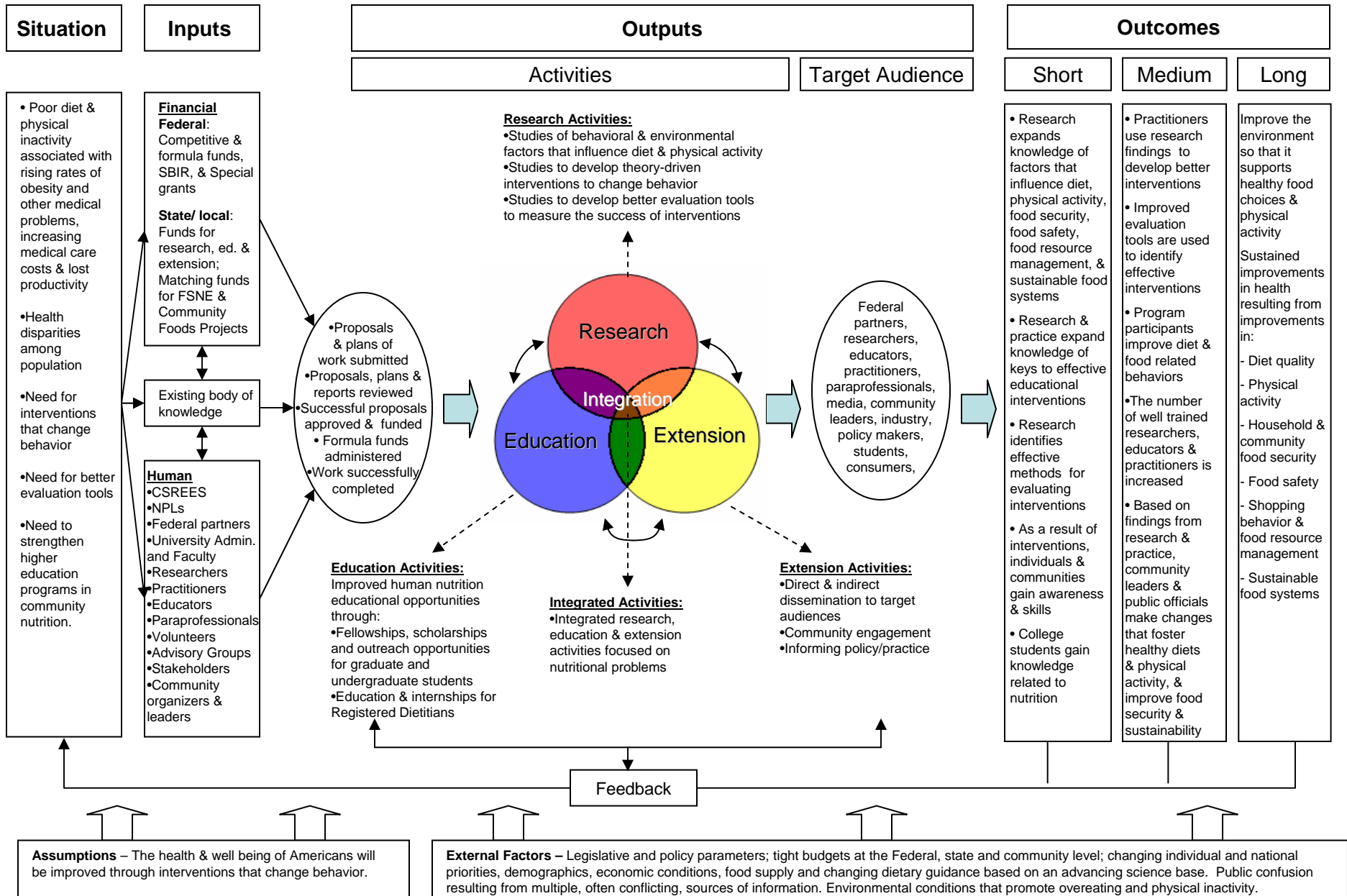
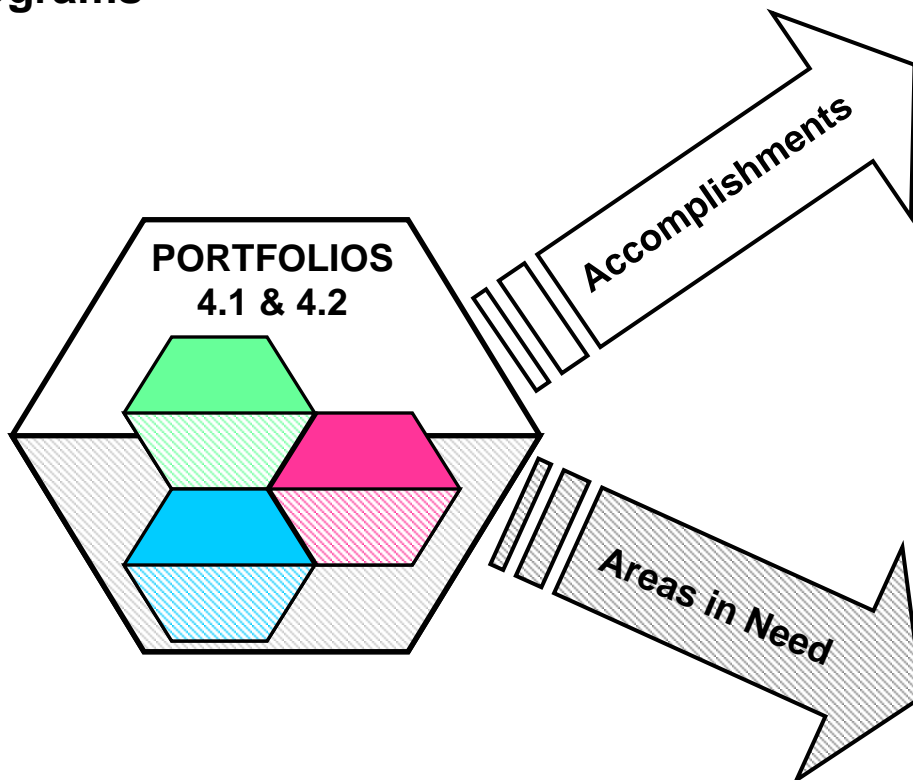


## Portfolio 4.2 – Promote Healthier Food Choices and Lifestyles:




### KA 703 Nutrition Education and Behavior and KA 704 Nutrition and Hunger in the Population









## Portfolios 4.1 and 4.2 – Cross Cutting Programs



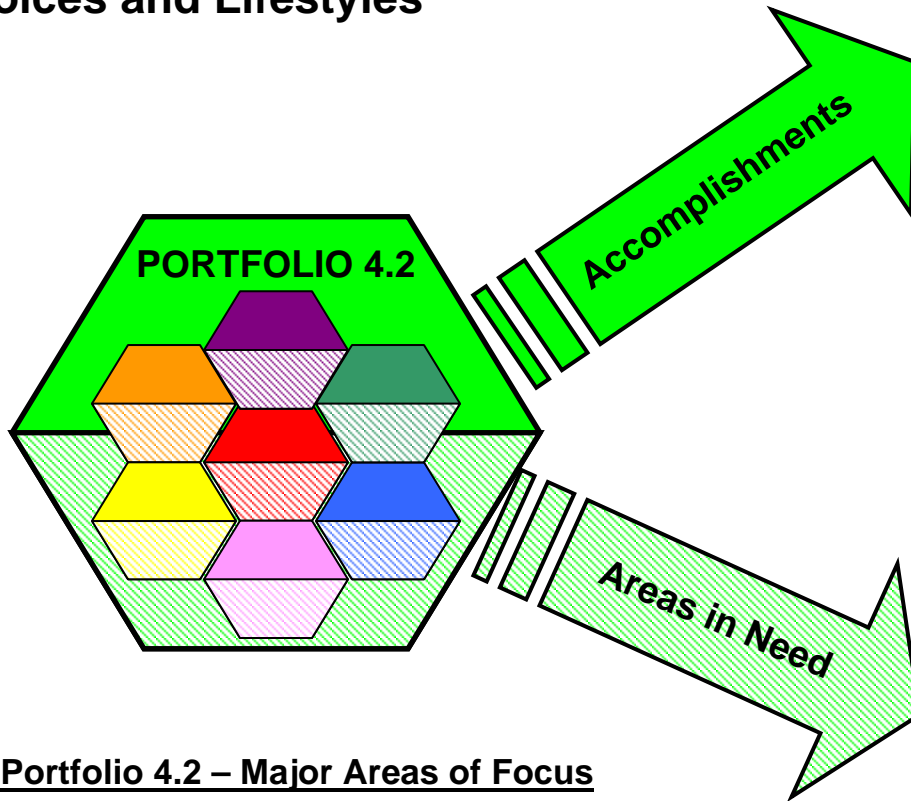
### Nutrition Portfolio – Major Areas of Focus

-  Higher Education
-  Small Business Innovation Research (SBIR)
-  Obesity Prevention








-  •A Summer Scholar's Program that exposed undergraduate students to research in food science was favorably evaluated by participants, a number of whom entered careers in food-related industries.
-  •A small business developed and evaluated a CD-ROM for teachers to use in integrating nutrition into classroom curricula in math, science, social studies and language arts.
-  •A small study showed that long term weight loss could be achieved by using a non-diet approach which emphasized eating in response to physiological cues and enhancing body acceptance.















-  •Secondary schools need to work with community colleges and universities to bring food and nutritional sciences into the classroom early on in a student's education.
-  •The SBIR program should be used to enhance the transfer of technology developed from other CSREES-supported research and integrated programs into real world uses.
-  •CSREES should capitalize on the synergy to be gained by strengthening the complementarities among the many CSREES programs that address obesity in various ways.

# Portfolio 4.2: Promote Healthier Food Choices and Lifestyles



## Portfolio 4.2 – Major Areas of Focus

-  Nutrition Education, Behavior, & Obesity Research & Integrated Research, Education & Extension Programs
-  Cooperative Extension System (CES)
-  Expanded Food & Nutrition Education Program (EFNEP)
-  Food Stamp Nutrition Education (FSNE)
-  Maternal and Child Health Program
-  Community Foods Competitive Grants Program
-  4-H Youth Development Program

-  •A study has shown that serving pre-school aged children large portion sizes increase their entrée consumption by 25% compared to when they serve themselves.
  -  •Reversing Childhood Obesity Trends Project developed a state contacts list, website, and published a Quarterly Newsletter on pediatric research for CES faculty; almost fifty percent of state contacts are participating in coalitions to develop statewide childhood obesity prevention programs.
  -  •Fruit & vegetable intakes increase by almost 2 servings/day, 84 % improve food resource management practices and physical activity increases for about 1/3 of adult clients; youth increase knowledge and skills related dietary choices, food preparation and safety.
  -  •A community nutrition education logic model framework was developed and tested, which showed that national impacts in diet quality and food behaviors could be captured without losing the richness and flexibility of nutrition education implemented according to locally identified needs and resources.
  -  •A research study designed to prevent or reduce premature births by increasing the supply of docosahexanoic acid (DHA) to the pregnant mother through either a functional food supplement or a nutrition intervention was successful and led to a significant 4-day increase in gestational length.
  -  •Kauai's CFP grant increased economic viability for local farmers and food security for residents.
  -  •4-H has been successful in obtaining some private funding to promote healthy lifestyles and decrease childhood obesity.
- 
-  •The factors that influence obesity need to be understood well enough to develop effective interventions and sensitive outcome measures for the prevention of obesity.
  -  •This Initiative will develop a Distance Education WEB-CT course focused on healthy weights for children and adolescents to update nutritionists and other health professionals on childhood obesity prevention.
  -  •Better tools for measuring physical activity changes in adults and youth are needed, as well as new strategies for helping clients adopt healthier food and activity practices.
  -  •Refinement and testing of this model for applicability across nutrition programs should allow better documentation of national progress in meeting nutrition goals and detection of the cumulative impact of community nutrition.
  -  •Continued cooperation between researchers and practitioners is needed to conduct the research and then promote appropriate behavior change that will lead to improved pregnancy outcomes and increased breast-feeding.
  -  •The community food program will energize local economies, create food access in low income communities, sustain environmentally sound local food production to help local food systems flourish.
  -  •In the future, more curricula and experienced staff will be needed to work with youth in out-of-school settings.