

CSU Extension – Boulder County Advisory

5-17-2016

Agenda

* Presentations and Discussion with Anne Zander and Maria Aldaba

2016 Advisory Elections

Staffing updates -4H Livestock Position – Brenda Kwang

Energy Project in Lyons update

* Volunteer numbers

Our Lands to Your Hands

* Principles of Community

Extension 101 – 9-29-2016

Ram Tour 8-11-2016

Website

Fair Booth

Meeting with the County Commissioners

Updates from Front Range Spring Meeting 4/26-27 - recap

State CMG Position to move to full time

Family Financial – 1 State Coordinator, 3 Specialist

New SAM Position NRCS/Extension in Peaks to Plains

AmeriCorps Program Coordinator

Goals for 2016

CSU Extension, Boulder County
Advisory Committee Meeting
May 17, 2016

Presenters: Maria Aldaba, Nutrition Educator, Boulder County Extension
Jane Burnett, Director EFNEP, CSU

Extension Staff attendees: Kevin G. Miller

Advisory Committee attendees: Annie Conry
Sherri Rasmussen
Dan Wolford
Kristin Lopez

Absent Committee Members: Glen Schultz
Rob Alexander
Arlan Dohrmann
Jay Ruggeri, Jr.
DeAnna Cassidy
Kyle Hansen

EFNEP

Expanded Food and Nutrition Education Program 2015 Annual Report



Colorado's Challenges...

- More than **1 in 7** Colorado households with children struggle to put food on the table for their families.
- Nearly **1 in 5** Colorado kids don't always know when or where they will get their next meal.



- 21.3% of adults are obese.
- 14.6% of youth are obese, the second fastest growing child obesity rate in nation.

What We Do to Help

CSU Extension EFNEP teaches low-income Coloradans how to improve their health and the health of their families by choosing healthier food, while stretching their food budget and being more active.

Who Did We Reach?

In fiscal year 2015, Colorado State University Extension's EFNEP worked with 692 adults and 963 youth, reaching 2,401 family members indirectly.

Healthy Habits, Healthy Choices

Through a series of lessons, Colorado State University Extension EFNEP teaches:

- ✓ how to make healthy food choices
- ✓ how to stretch food dollars
- ✓ how to keep foods safe to eat
- ✓ how to prepare healthy meals
- ✓ how to be more physically active



After EFNEP Classes

- **47%** make healthier food choices
- **51%** are more physically active
- **66%** use nutrition labels to shop
- **41%** less often ran out of food at the end of the month

How Is EFNEP Helping?

"Now I shop with a grocery list every time I go to the store. I check nutrition labels to see what an actual serving size is. We also make an effort to be more active. I really enjoyed our classes."

- EFNEP Participant
Pueblo County

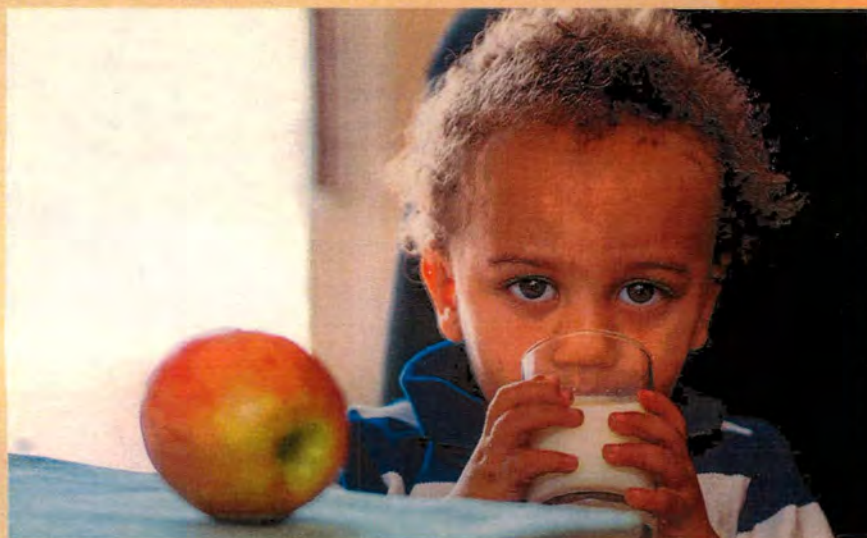


"This class has helped me start eating healthier and be more active by playing with my little brothers. I ride my bike at least once a day, play sports, and I make sure I move my body for at least an hour a day. I really liked this class."

- EFNEP Participant
Jefferson County

"I prepare my meals with less fat and salt, eat more veggies, don't thaw meat on the counter anymore, and we drink 1% instead of whole milk. I am serving my kids more fruit and veggies for meals and snacks."

- EFNEP Participant
Larimer County



"We have several Head Start sites and we will only have Extension EFNEP teach nutrition classes. We have seen good changes in our parents and staff that have participated in classes."

- Denver Head Start

For more information about the program, please visit:
www.efnep.colostate.edu



Colorado State University
Extension

Extension programs are available to all without discrimination.



Expanded Food
and Nutrition
Education
Program

EFNEP is a nutrition education program funded through USDA-NIFA. EFNEP's mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyles, food resource management, food safety, and physical activity.

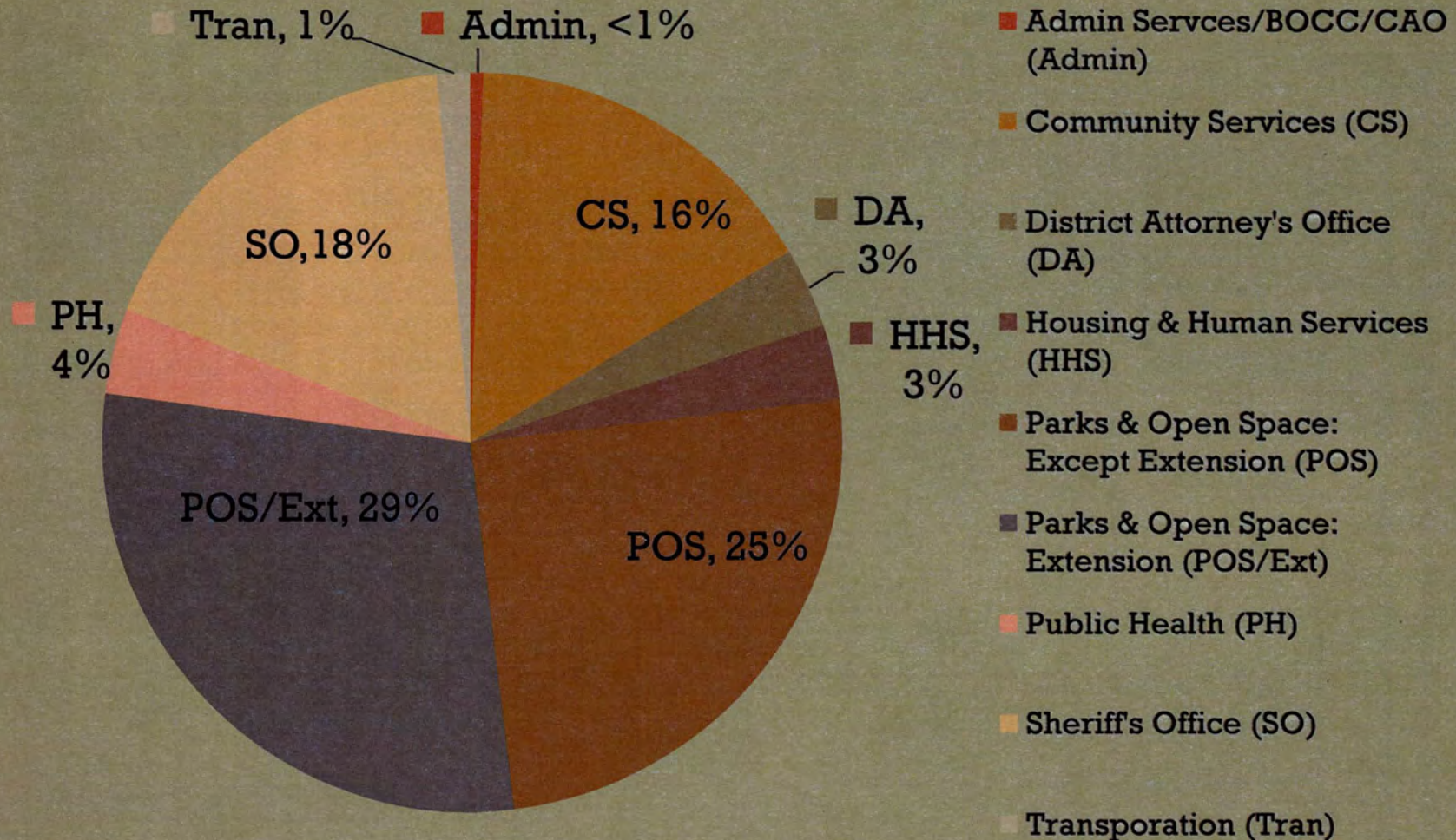


National
Institute of Food
and Agriculture

USDA is an equal opportunity provider and employer.



2015 Volunteer Programs Report: Volunteer HOURS by Department/Office



Principles of Community

The Principles of Community support the Colorado State University mission and vision of access, research, teaching, service and engagement. A collaborative, and vibrant community is a foundation for learning, critical inquiry, and discovery. Therefore, each member of the CSU community has a responsibility to uphold these principles when engaging with one another and acting on behalf of the University.

Inclusion: We create and nurture inclusive environments and welcome, value and affirm all members of our community, including their various identities, skills, ideas, talents, and contributions.

Integrity: We are accountable for our actions and will act ethically and honestly in all our interactions.

Respect: We honor the inherent dignity of all people within an environment where we are committed to freedom of expression, critical discourse, and the advancement of knowledge.

Service: We are responsible, individually and collectively, to give of our time, talents, and resources to promote the well-being of each other and the development of our local, regional, and global communities.

Social Justice: We have the right to be treated and the responsibility to treat others with fairness and equity, the duty to challenge prejudice, and to uphold the laws, policies and procedures that promote justice in all respects.



VICE PRESIDENT FOR DIVERSITY

