

## SRPLN FCS State Report 2014

Reporting Institution:  1862  1890 (check one)

Name of Institution LSU

### Budget Situation:

Budget continues to be tight but is improving. The high percentage of salaries paid on restricted funds or soft money limits the work that can be done with other audiences.

### Staffing Update (field and state office):

All FCS programming is based in the School of Nutrition and Food Sciences. There are 2.75 tenure track FTEs with the remaining extension faculty instructors or associates on specific projects grants. The majority of field faculty FTEs are paid on either EFNEP or soft money. We anticipate filling a vacant consumer food safety tenure track position soon. Merging with food science has given us three additional extension faculty in the food safety area that will strengthen our programming.

### How Institution is Addressing the Situation:

The AgCenter is exploring ways to increase the number of FTEs not on restricted funds. This will allow us to build a general program and have FTEs to commit to future projects. Local resources are also being sought.

### Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

- **Smart Portions** is a healthy life style program that is taught either in conjunction with an RD or by an agent RD. Although agents have tried different formats the most successful seem to be a series of 6 lessons for which participants pay a registration fee of approximately \$60. The registration fee acts as an incentive for people to complete in addition to covering sample recipes and incentives. Incentives match the lesson and include items such as food scale, water bottles, right size dinner plate, measuring utensils, insulated lunch bags, salad spinners, etc. The emphasis is on healthy life style not weight loss but weight loss generally occurs. The program has been in existence for several years. In the first two parishes to conduct Smart Portions it's now possible to see some longer term benefits. Together, three women lost more than 300 pounds and have maintained their new weight for almost three years. Several more have lost 25-40 pounds and maintained the loss over time. Participants have formed walking groups and as a result some have completed 5Ks, half and full marathons. 80% are now choosing grilled, broiled or baked items when eating out, with only 6.7% still choosing fried items. Nearly 100% are eating fewer chips and regular ice cream for snacks replacing those items with fruits and vegetables and nuts most of the time. 88.2% of participants reported consuming more fruits and vegetables, low-fat dairy products and whole grains. *Smart*

*Portions* Facebook group page was a successful means of providing interaction between the agent and the participants, as well as with each other, especially after the classes were over. Participants are welcome to come back and sit in on classes if they'd like a refresher. Five graduates of the program assist as volunteers with the program. Collaborators vary but include local hospitals who offer Smart Portions as their public outreach and companies who offer it as a wellness option for employees.

- **Healthy Communities West Carroll** is a community based approach to addressing obesity and related health issues initially supported by the LSU & SU AgCenters and LSU Pennington Biomedical Research Center. The program now has a local advisory board and includes numerous local supporters and cooperators. The program is in its infancy so evaluations haven't been completed. The West Carroll Staff together with Pennington Biomedical Research Center and Southern University collaborated to conduct Community Health Assessments in the parish. The Study was created and funded by Pennington and implemented by the LSU and Southern Staff members. Additionally, a partnership was created with Delta Community College. The Instructors, LPN Students and Phlebotomy Students participated in all required training and also assisted with the various components of the health assessments. A total of nine assessments days were conducted at the LSU AgCenter West Carroll Office. Marketing efforts including radio interviews, cable interview, newspaper advertisements and article, community wide brochure distribution through schools, businesses and churches, and individual contacts were used to schedule appointments for the volunteer participants. A total of 184 parish residents volunteered for the Health Assessment. After the final assessment date, all the data collected from the assessments was entered into a web-based application for building and managing databases. All documentation and equipment was returned to Pennington and they are now in the midst of analyzing the data to compile a report for the Community Advisory Board and LSU/Southern Ag Centers. The goal is for all parties to collaborate in developing health interventions guided by the results from the Community Wide Health Assessments as well as the data collected from the **Population Health Phone Survey**. This survey was conducted by the LSU Public Policy Research Lab with 450 Community residents participating. One hundred and seventy fifth-grade students participated in "*Let's Eat for the Health of It*" nutrition education classes and completed a six-week "*These Feet Are Made for Walking*" physical activity program. They received pedometers to track their steps and colorful plastic feet to collect on a chain for every 10,000 steps they walked. Youth were also given a set of "*Take Time with Your Kids for a Health Break*" cards, which allowed them to get extra credit for parents who become active with them through completing the 72 activity cards and corresponding evaluation related to nutrition and physical activity. Parents could also agree to walk with their kids and receive a pedometer to track and report their steps as well, which will also allow students to acquire additional feet. Students received a T-shirt to identify them as being a participant in the program. Participants were recognized during the annual **Health**

*and Safety Day.* This effort was made possible by a grant through National 4-H Council and United Healthcare. A Family Fun Walk/Run is being planned for later in 2014. Numerous other events and programming activities are being planned under the guidance of the advisory committee. Currently the community grade for the overall health of the children in the parish is a D and a C for adults based on data from the County Health Rankings.

- **Creating Healthy & Enjoyable Foods (CHEF)** camps were held in multiple parishes with some partnering with 4-H and others EFNEP or other programs. To prevent childhood obesity from continuing into adolescence and adulthood, effective nutrition education interventions needed to be implemented. Research has shown short-term nutrition education interventions such as summer camps are effective for significant changes in children fruit and vegetable intake, healthier choices and gaining knowledge of safe food practices. The one week CHEFs camps included children ranging in age from 9 to 12 years old. The purpose of the camp was for children to gain knowledge and understanding of basic equipment, terms, and safety rules for the kitchen. Evaluation done at one camp which was typical of the other camps showed that students gained knowledge in recipe application, physical exercise, Dietary Guidelines/MyPlate and preparing healthy meals based on MyPlate. The Chef Camp activities were aimed at increasing the children's exposure, willingness to try, preferences, knowledge, and intake of fruits and vegetables. A survey was given on the first day of camp and again on the last day of camp that measured the pre- and post- differences in knowledge, intake, willingness to try, and preferences of fruits and vegetables. The present study examined the short-term effectiveness of preparing a healthy meal and properly utilizing the equipment in the kitchen. Results showed a statistically significant increase in knowledge gain in the pre – and post – test. Students showed an 89% improvement on the post- test which indicated increase in knowledge gained in the program. The results showed a change in the expected direction of willingness to try, preferences for vegetables, and intake of fruit/vegetables, the results also showed an interest in a culinary career path.

**New or Unique Collaborations and/or Funding Sources:**

The LSU AgCenter is strengthening its partnership with the LSU Pennington Biomedical Research Center. It already has shared appointments and joint laboratory space but is now working together on projects such as Healthy Communities West Carroll and on new proposals. This partnership provides FCS nutrition faculty access to the latest research and professionals who can add their expertise to extension programming.

**Contact for Additional Information:**

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