Public Value
Children and adults educated about healthy eating and physical activity are able to make positive choices to achieve good health and prevent or delay diet-related diseases. Participants benefit as well as taxpayers through reduced health costs.

The Issue
According to the CDC approximately 17% of youth aged 2-19 years old and 36.5% of adults are classified as obese in the U.S. While this complex problem has no single solution collaborations between different entities must be made to support and educate the public in how to live a healthy lifestyle.

What We’ve Done
SDSU Extension was asked to be a partner in Nebraska due to lack of resources in this particular region of NE. After the initial contact had been made, the planning started. A youth and adult curriculum were requested and asked to be performed in one day. After some brainstorming it was decided that SDSU Extension would be able to administer the youth and adult curriculums, but on two separate days.

The youth curriculum used was Building Blocks for Healthy Kids. This is a nutrition curriculum for elementary school-aged children that can be easily adapted for a variety of ages and locations. It’s made up of six lessons of healthy eating and physical activity while incorporating hands on learning.

The adult curriculum used was Eating Smart, Moving More, focusing on physical activity and healthier food choices. In between each lesson there was a physical activity break.

Although both days’ lessons were not how they would typically be taught, they were both successfully executed. The youth and adult participants had many positive comments about the programs and SDSU Extension looks forward to further partnership opportunities in Nebraska.

Impact
- Twelve youth and three adults were in attendance for a day of six lessons about healthy eating and physical activity.
- Youth participants took a pre and post survey to measure their knowledge before and after the lessons. An improvement of responses were made in:
  - Identifying healthy snacks
  - Identifying when to wash their hands before eating
  - Identifying fruits and vegetables
  - Identifying kids being active
- Thirteen adults were in attendance the second day for a six lesson training on physical activity and healthy eating.

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