

Food, Nutrition and Health Program of Work Report
From July 1, 2015 to June 30, 2016

Name of person completing this form: <u>Michelle Lawson</u>	
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For clubs reports: (Club reports are due to the County Food, Nutrition and Health Chairman by July 1, 2016.)	
Club Name: _____	
For county reports: (County reports are due to the Area Food, Nutrition and Health Chairman by August 15, 2016.)	
County: _____	Number of Clubs reporting: _____
For area reports: (Area reports are due to the KEHA Food, Nutrition and Health Chairman by September 15, 2016.)	
Mail to Michelle Lawson, 430 Fairmount Rd, Brandenburg, KY 40108.)	
Area: _____	Number of Counties reporting: <u>87</u>

Food, Nutrition and Health (Area Chairs: Please list each county's number of participants.)

1. Number of members who:

a. Had an annual physical / check-up <u>4,162</u>	d. Had a "first time Ovarian Cancer Screening" <u>130</u>
b. Had a Mammogram <u>3,439</u>	e. Had a Diabetes Screening <u>2,806</u>
c. Had an Ovarian Cancer Screening <u>1,548</u>	

2. Number of members who participated in:

a. One or more local blood drives <u>443</u>	b. One or more local health fairs <u>1,440</u>
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3. Food security:

a. Number of members who donated to a local food bank or food pantry <u>4,084</u>	
b. Number of members who volunteered time at a local food bank or food pantry <u>1,147</u>	
c. Number of children served by a local "backpack for hunger" program <u>2,108</u>	

4. Did your club/county host an Ovarian Cancer Awareness Tea Party for ovarian cancer awareness and fundraising?
 If yes, how many attended: 222. How much money was raised? 952
 - a. Did you participate in other activities to raise awareness of ovarian cancer? yes - Made baskets, took donations at Light Up Kewbstown, Bake

5. Physical Activity: Sale, Spring fling, Holiday Bazaar
 - a. Number of members that exercised regularly (20-30 minutes at least 3 times weekly) 2,541
 - b. Number of members who have helped implement environmental changes to support physical activity (i.e. install a walking path, bike trail, etc.) 323
 - c. Number of members that reported an improvement in overall health due to increased activity 6,718

6. Nutrition:

a. Number of members who gained knowledge and made healthy food choices <u>4,393</u>	
b. Number of members who purchased fresh foods at a local farmers market <u>3,345</u>	
c. Number of members who supplemented their diets with healthy foods they produced/preserved <u>2,600</u>	

7. On the reverse, please list 1 or 2 exciting food, nutrition and health programs you would like to see implemented.
 Please also list up to 2 extra (not listed above) food, nutrition and health programs you are implementing now.

Food, Nutrition & Health programs homemakers would like to see implemented

Bluegrass Area

Healthy classes for our youth, with incentives on how to get our children outside.

How to get our youth and adults more involved in our local farmers markets.

Line dancing classes.

Information on "green foods" recipes etc.

Information on low carb and low sugar recipes.

Walking tours of local farmers markets, with recipes using various fruits and vegetables.

Would like to see the extension office provide yoga classes.

Cooking for two.

Awareness on vitamin D consumption.

Substitutes for wheat flour in recipes.

Substitutes for processed sugar in recipes.

Food that fights inflammation.

Weight loss tips.

Information on gluten free diets.

Bluegrass Area: Programs they are implementing now.

Recipe for life, reached 270 people.

Peter Rabbit Nutrition Skills reached 300 people.

Kroger community rewards program for ovarian cancer ultrasound machines.

Food preservation classes.

KY. Proud-Food to Fork.

90 day walking challenge.

U.K. wellness programs.

Food, Nutrition & Health programs homemakers would like to see implemented

Fort Harrod Area:

Recipes for international food.

Recipes for fat free and reduced sodium meals.

Information on healthy eating, portion size and exercise for weight control.

Information on new grains such as, quinos and couscous.

Green River Area:

Recipes for smoothies and making juices.

Lesson on a gluten free diet.

Ideas for a health breakfast.

Lake Cumberland:

Information on diabetes.

Information about preparing, canning and freezing food.

Information about reading food labels.

Information about a good walking program.

Licking River:

How food is related to a healthy life span.

They would like to have more canning workshops

Lincoln Trail Area:

Cooking healthy, easy meals for one or two.

Information on food additives that is harmful.

Information on GMO'S.

Garden to table recipes.

Food, Nutrition & Health programs homemakers would like to see implemented

Louisville Area

Canning meat.

Making Lard.

Cooking with food bought from farmers market.

Container gardening for apartment living.

Recipes for healthy holiday cooking.

A twelve month lesson that can be used by any age: fruit and vegetables grown in Kentucky during a given month, nutrition facts along with recipes on how to cook them.

Seasonal cooking.

Things they would like to see continue:

Plate it up KY.

Nutrition calendars

Mammoth Cave Area:

Cooking for one.

Eating more grains.

Tasty ways to use less sugar.

Mammoth Cave Area: programs they are implementing now.

Children's luncheons.

Exercising for better balance and flexibility

Food, Nutrition & Health programs homemakers would like to see implemented

Northeast Area:

How imported foods are processed or regulated.

Old time, old fashion cooking classes.

Holiday appetizers.

Information gluten free foods.

Ways to get more protein in your diet without eating meat.

Information about Weight Watchers.

Classes on healthy cooking.

Northern KY.:

Program on local food, wage / purchase.

Information on TOPS & Weight Watchers.

Pennyrile Area:

Making smoothies and other nutritious drinks.

Lessons on how to eliminate highly processed foods, Trans fats and sugars from our diets.

What they are implementing now.

Sponsored a food fair at a senior center, people tasted a variety of healthy food. Solved puzzles to gain nutrition information.

Continuing their canning and dehydrating classes

Food, Nutrition & Health programs homemakers would like to see implemented.

Purchase Area:

Essential oils.

Crockpot cooking.

Updated canning techniques.

Recipes using greens, kale, spinach, etc.

Information on GMO'S.

How to read food labels.

Recipes for healthy cooking.

Drinking water safety.

Information about olive oil. (How much olive oil is in bottles labeled "olive oil)?

Quicksand Area:

Cooking with exotic fruit & vegetables.

New recipes on cooking for one or two, & one pot meals.

Things they are implementing now.

Walk your way to better health.

Living healthy with diabetes