

Food, Nutrition and Health Program of Work Report
From July 1, 2017 to June 30, 2018

Name of person completing this form: <u>Julie Hook KEHA State Food, Nutrition and Health Chairman</u>	
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For clubs reports: (Club reports are due to the County Food, Nutrition and Health Chairman by July 1, 2018.)	
Club Name: <u>FNH State Report-8 Areas Reporting</u>	
For county reports: (County reports are due to the Area Food, Nutrition and Health Chairman by August 15, 2018.)	
County: <u>FNH State Report</u>	Number of Clubs reporting: _____
For area reports: (Area reports are due to the KEHA Food, Nutrition and Health Chairman by September 15, 2018.) Mail to KEHA Food, Nutrition and Health Chairman. Check Board Directory at www.keha.org for current address.)	
Area: <u>FNH State Report</u>	Number of Counties reporting: _____

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>4212</u>	d. Had a "first time Ovarian Cancer Screening" <u>99</u>
b. Had a Mammogram <u>3282</u>	e. Had a Diabetes Screening <u>2175</u>
c. Had an Ovarian Cancer Screening <u>1012</u>	

2. Number of members who participated in:

a. One or more local blood drives <u>410</u>	b. One or more local health fairs <u>965</u>
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3. Food security:

a. Number of members who donated to a local food bank or food pantry <u>3561</u>	
b. Number of members who volunteered time at a local food bank or food pantry <u>680</u>	
c. Number of children served by a local "backpack for hunger" program <u>20,110</u>	

4. Did your club/county host an Ovarian Cancer Awareness Tea Party for ovarian cancer awareness and fundraising?
 If yes, how many attended: 225. How much money was raised? \$7927.00
 - a. Did you participate in other activities to raise awareness of ovarian cancer?

Yes-3 Areas

5. Physical Activity:

a. Number of members that exercised regularly (20-30 minutes at least 3 times weekly) <u>3110</u>	
b. Number of members who have helped implement environmental changes to support physical activity (i.e. install a walking path, bike trail, etc.) <u>314</u>	
c. Number of members that reported an improvement in overall health due to increased activity <u>1608</u>	

6. Nutrition:

a. Number of members who gained knowledge and made healthy food choices <u>4672</u>	
b. Number of members who purchased fresh foods at a local farmers market <u>2798</u>	
c. Number of members who supplemented their diets with healthy foods they produced/preserved <u>2302</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.

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.

Seed Exchange Program
Program on IC (Interstitial Cystitis)
Growing and Cooking Unique and Different Vegetables
Natural Foods
Silent Auctions
Photography Program and Show
Move it and Lose It
Community Gardens
Air Fryer and Pressure Cooking Lesson
Your Sweet Enough Lesson
Cooking for One or Two
Cooking Through the Calendar
Farm to Table Program
Spices to Replace Salt
Canning and Preserving Food
Edible Wild Greens and Mushrooms