Learning About Nutrition Ed Professionals

Karen Ensle EdD, RDN, FAND, CFCS
Family & Community Health Sciences Educator/County Dept Head
Rutgers Cooperative Extension of Union County
300 North Ave East, Westfield, NJ 07090
ensle@aesop.rutgers.edu
### Population Statistics for Union County, New Jersey

<table>
<thead>
<tr>
<th>Category</th>
<th>Union County</th>
<th>New Jersey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population, 2013 estimate</td>
<td>548,256</td>
<td>8,899,339</td>
</tr>
<tr>
<td>Population, 2010</td>
<td>536,499</td>
<td>8,791,909</td>
</tr>
<tr>
<td>Population, percent change, April 1, 2010 to July 1, 2013</td>
<td>2.2%</td>
<td>1.2%</td>
</tr>
<tr>
<td>Persons under 5 years, percent, 2013</td>
<td>6.5%</td>
<td>6.0%</td>
</tr>
<tr>
<td>Persons under 18 years, percent, 2013</td>
<td>24.0%</td>
<td>22.7%</td>
</tr>
<tr>
<td>Persons 65 years and over, percent, 2013</td>
<td>12.9%</td>
<td>14.4%</td>
</tr>
<tr>
<td>Female persons, percent, 2013</td>
<td>51.3%</td>
<td>51.2%</td>
</tr>
</tbody>
</table>
Extension Educators develop curriculum and teach consumers directly through classes, conferences, and programs. Also educate through newsletters, social media, fact sheets, websites. See eXtension.org website.
USDA Food Safety Van comes to Union County for full-day event. Federal, State, and local agencies participated with Rutgers Cooperative Extension, County Public Health officials and County Government.
RCE Participates in Farmers Market in Union County, NJ
Senior Vouchers Distributed
Building County Partnerships for Food Day

FOOD DAY.org
OCTOBER 24, 2011

LUNCH LESSONS
Changing the Way We Feed Our Children
With dozens of kid-friendly recipes
Ann Cooper and Lisa M. Holmes
Foreword by Mehmet C. Oz, MD

USDA ORGANIC

FOOD POLITICS
MARION NESTLE
REVISED AND EXPANDED EDITION

COMMUNITY FOOD BANK OF NEW JERSEY
FIGHTING HUNGER AND POVERTY

SHOPRITE
Supplemental Nutrition Assistance Program

FOOD DAY
OCTOBER 24, 2012
Garden-Enhanced Nutrition Education Conference for teachers, public health & nutrition professionals offered by RCE faculty. (Full-day Saturday)

Walking for Better Health Pedometer Program for Elizabeth, NJ Schools Food Service Managers and staff to address Obesity of School Food Managers and Staff. 10,000 Steps earned a T-Shirt.
Garden-Enhanced Nutrition Project in 9 Counties in NJ

2011-2012

THE QUEEN CITY ACADEMY
CHARTER SCHOOL

PROCEED INC.
Small Steps to Health and Wealth – Research and Education on Financial Well-being and Good Nutrition and Health/Wellness

- Includes youth, adult and senior curriculums for classes
- Webinars
- Daily tweets, Tweet chats
- Podcasts,
- On-line Challenges,
- USDA National Data Collection Quiz
- Journal articles,
- 10-year Anniversary of SSHW Project with 38 states
Collaborations to Improve the Health of Elizabeth, NJ City Residents

RCE
YMCA
Mayor’s Office
Groundworks Elizabeth
Trinitas Hospital
County Freeholders
PROCEED
E-Port Presbyterian Ctr
Bring Your Kids to Work Day---Emphasis on Nutrition & Wellness to augment National Freeholders (County Commissioners) national initiatives.

Lowering Sugar, Salt and Fat in the Diet - Roselle Park HS senior class.

The Get Moving–Get Healthy New Jersey Workplace Wellness Program

An online 52 week program with a variety of evidence-based resources to help reduce the risk of chronic diseases and obesity among members of New Jersey’s workforce.

The goal is for employees to live more productive, healthier lives by understanding:

1. How eating nutritious foods can contribute to a healthy lifestyle,
2. Learning strategies for changing eating and exercise habits,
3. Practical tips for adapting lifestyle changes for health and wealth.
Teaching and Evaluation of Supersize America:
Beating the Obesity Epidemic Program

Karen Ensle EdD, RD, FADA, CFCS, Rutgers Cooperative Extension of Union County,
300 North Avenue East, Westfield, NJ 07090, ensle@aesop.rutgers.edu

Overview of Obesity Issue

Current research indicates we simply eat TOO much. That creates a problem for 64% of Americans who are overweight or obese and who are consuming too many calories all the time. Portion sizes dictate how much Americans eat and the number of calories/nutrients consumed. Confusion over standard serving sizes and portion sizes are common. The American Dietetic Association’s nationwide survey, Nutrition and You: Trends 2000, found that fewer than half of the respondents could accurately estimate recommended servings of standard foods such as poultry, fish, meat, cooked pasta, rice or vegetables.

Supersize Power Point Program

Obesity Intervention involves teaching people to understand portion size and the importance of physical activity. Supersize America: Beating the Obesity Epidemic includes 102 slides with current statistics on obesity, and uses quizzes to compare calories consumed with calories burned from daily activities such as walking.

Supersize Program Objectives:

Participants will:
1. Know the amount of a healthy serving size vs portions commonly eaten learned through a series of quizzes and comparisons of food.
2. List the parameters of obesity, BMI formula, growth charts for kids and the health effects of obesity on kids and adults.
3. Understand the amount of physical activity needed to burn food calories daily for normal body weight for kids and adults.

Program Results

N=245

245 participants from fifteen classes and trainings offered between January 2002 – January 2006 rated the Supersize program using pretest and post test mailed to all one year after program. A total of 375 participants attended the program however only 245 completed the pre and post event evaluation tools. A one page pretest was given prior to the teaching of the program. A post test that mirrored the pretest was mailed to the participants one-year or more after the program date to measure behavior changes that resulted from the program.

245 post tests were returned by mail. A self-addressed stamped envelope was sent with the post test to increase return rate.

A total of 245 post tests were completed which was a return rate of 65%. Using a Likert type scale for some questions and open-ended for others, the overall results of the pilot test reported the program as good-excellent motivating them to eat less and exercise more.

Program Impacts/Results

Post Test evaluations of 245 adult participants at one year after the program indicate:

• 89% are overweight and request more information on this health issue
• 93% admit they eat too large portions and they will cut back
• 28% do some exercise 30 minutes daily with 92% walking, jogging, or biking
• 79% diet yearly reporting a Low Carb Diet most frequently
• 94% believe eating large portions and not engaging in enough exercise causes overweight.

The program has been revised three times due to changes in CDC data and to add more food comparisons and activity examples. The third version was taught to over six hundred professionals and consumers between April 2003 and January 2006 at the Rutgers Child Health Summits: Fighting Back Against Childhood Obesity.

Post class evaluations continue to indicate:
• 97% rate the program content/presentation as “good-to-excellent”
• 95% are willing to adopt new practices such as:
  • eating smaller food portions
  • increasing the type, amount, and frequency of physical activity.

This popular program has been adopted by public health nutritionists and Extension educators after five national professional presentations. Follow-up post test evaluations are continuing to be analyzed to document behavior change over time.
Training Hillside & Elizabeth, NJ Teens to Eat More Fruits, Veggies and Healthy Foods

Health Fairs for Seniors

GMGH Wins Several National and State Awards

NEAFCS Award for GMGH

ADA Award for GMGH
Participate in and Present at FSNEP Network Faith-Based Conference at Rutgers

Food Stamp Nutrition Education Program Network engages partners from county government, senior & school programs, non-profits and human services.
Meeting NJ Governor Christine Todd Whitman at Legislative Event that Extension was invited to at the Governor’s Mansion, Princeton, NJ

Educate legislators about issues, problems and to say “Thank you” for their help.

Academy of Nutrition & Dietetics Annual Public Policy Workshop (formerly ADA)
Celebrate National Nutrition Month
Be Professionally Active with organizations such as SNEB, AND, APHA, AAFCS, and NEAFCS.

Gain additional skills & knowledge for both personal development & career advancement through leadership opportunities at a variety of levels.

SNEB offers opportunities to refine leadership & professional skills by serving on committees, task forces and divisions and holding elective office.

Share your ideas, develop new friendships, and expand your professional horizons by joining SNEB today.
Suggestions for Success in a Cooperative Extension Career

- Good leadership skills
- Flexibility
- Willingness to take risks
- Being professionally active
- Understanding how government works
- Knowing your local, state and federal legislators
- Getting to know nutrition/health professionals in your local area
- Be willing to volunteer to help at food banks, in other non-profits, health fairs etc.
- Continue your education for job opportunities that are nutrition-related
- Learn Spanish or other languages
- Go outside the US and work in another country or go on a student exchange, etc.