



Eat Smart New York! Food Stamp Nutrition Education

Cornell Cooperative Extension of Onondaga County
Fiscal Year: October 1, 2005- September 30, 2006

Total Number of FSNE Enrollees: **799** Total Educational Contacts: **3105**
With **1.88** Full-time staff

Adult Education:

	<u>Number</u>	<u>Percentage</u>	
Group Instruction	276	100	
Individual Instruction	0	0	66% Successfully completed the series of lessons
Both Individual and Group Instruction	<u>1</u>	<u>0</u>	
<i>Total Adults</i>	277	100%	

The Enrolled participants engaged in **1635** educational contacts. The average number of educational contacts provided to each graduated participant was **7.25 (±0.7)**. The education provided to enrolled participants extended to impact an additional **598** family members and living partners.

Youth Education:

Total Youth engaged in Youth Development Lessons **522**

Youth Education engaged participants in **1470** education opportunities. Of the **522** participants, **374** participants were reached through school-based education programs.

Demographics of Adult and Youth Participants:

Race	Males 278 35%			Females 521 65%			Education Level Completed	
	<u>N</u>	<u>%</u>	<u>Age</u>	<u>N</u>	<u>%</u>	<u>N</u>	<u>%</u>	
White	248	31	Under 21	580	73	Less than High School	705	88
Black	434	54	22-29	84	11	High School Graduate	70	9
Hispanic	67	8	30-39	46	6	Some College	20	3
American Indian Alaskan Native	39	5	40-49	39	5	Graduated College	4	1
Asian	3	0	50-59	11	1	Post Graduate	0	0
Total	799	100	Over 60	39	5	Total	799	100
			Total	799	100			

Participants improve behaviors in many areas:

Nutrition practices and food security:

<u>Number</u>	<u>Percent</u>	
42	(33%)	of 128 graduates increased consumptions of low-fat milk
64	(49%)	of 130 graduates increased consumption of whole grain foods
120	(66%)	of 181 graduates increased consumption of fruits and vegetables
153	(88%)	of 174 graduates improved in all nutrition practice measures
64	(35%)	of 182 graduates improved in food security measures

Food Resource Management, Food Safety, and Physical Activity:

<u>Number</u>	<u>Percent</u>	
136	(75%)	of 182 graduates improved some aspect of food resource management measures
122	(67%)	of 182 graduates improved some aspect of food safety measures
65	(36%)	of 181 graduates improved the frequency of being physically active

Partnerships/Collaborations:

Collaborations and agreements further our efforts and reach to Eat Smart New York participants.

Marketing and Recruiting Activities:

Individuals and families were reached through indirect marketing activities designed to increase awareness of programs offered.

Program Success Story: See ESNY Onondaga County- Impact 2006

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