

## OTHER FOOD AND NUTRITION PROGRAMS

There were 16,186 educational contacts in 592 group methods and 21,871 in individual contacts. There were 568 volunteers trained who reached 14,993. Mass media efforts included 95 news releases, 307 radio programs and 19,438 newsletter contacts. Educational program topics included diabetes, food safety, food guide pyramid, grains, vitamin A, vitamin B, vitamin C, fat-soluble vitamins, water soluble vitamins, carbohydrates, proteins, healthy snacks, fat, sugar and sodium reduction, fiber, holiday food preparation, childhood obesity, food protection management certification, nutrition and cancer, food allergies, home food preservation, and canner testing clinics.



Lamb County food establishments are trained in safe food handling procedures through the Food Manager Certification Training Course.

**Diabetes Education:** In **Lamb County**, 675 contacts were made through 10 group methods (9 educational programs and 1 manned health fair exhibit) and 197 individual contacts were made to educate those with diabetes and their care givers about the importance of proper nutrition, exercise, and forming a partnership with their doctor. 10 participants who attended a minimum of five of the programs held during the year report 75% have decreased their glucose level, 90% choose foods lower in fat, 80% utilize food labels, 100% increased the fiber in their diet, 60% have increased their exercise level, 80% have modified recipes to make them more healthful, 90% are consuming more non-starch vegetables, and 100% have used the informational handouts to improve their eating habits. Seven of the participants have shared information and taken handouts to an additional 23 friends or family members.

A **Garza County** childhood obesity workshop was held for parents of school age children at Post Elementary. Significant Outcome: 100% of participants understood the importance of incorporating a variety of foods into their children's diets. 100% of participants believe that physical activity is important in helping a child maintain a healthy weight. 50% of participants said they would try to incorporate new activities into after school routines such as playing games such as basketball, riding a bike, rollerblading, and taking walks.