

KEHA Food, Nutrition & Health
Fall Board Meeting Report
November 16, 2021
DoubleTree Suites, Lexington, KY 40509

I am very excited for this adventure. I have been contacting each area and updating the contacts for Food, Nutrition & Health Chairs. Many positive responses have been gathered as we work on the 2022-2024 Program of Work. All 14 areas did respond to the Program of Work Report for July 1, 2020 through June 30, 2021 time period. This is a strong indicator that Homemakers were still being as active as possible even with the restrictions of Covid.

According to the annual summary there were over 40 suggestions for new programs to be implemented which will help build the Program of Work. There were 25 programs that were implemented over the past year with "Plate It Up Recipes" being a common theme. Communications between areas to share success stories and knowing obstacles to avoid will help to build on those programs.

I was proud to be among the several KEHA Members during the September 2nd Markey Cancer Center kickoff for National Ovarian Cancer Awareness month with Lt. Governor Coleman. KEHA was given many complimentary remarks about the history between KEHA and Ovarian Cancer program. It is very important to continue our KEHA support of this worthwhile cause. 442 Homemakers did have an Ovarian Cancer Screening last year; hopefully we can continue to promote and increase that number in the future.

Building on comments from the annual report and feedback from the Area FN&H Chairs we should be able to move forward and build the Program of work for the 2022 through 2024 with year one 2022-2023 theme: "Staying Healthy Locally" with the Goal: KEHA members will increase their awareness of Healthy Food Choices using local Farmers Markets and develop a Physical Activity Plan.

Year two 2023-2024 theme: Be Active and Help your Community Be Healthy Locally with the Goal: KEHA members will develop skills necessary to increase physical activity; not just exercise and make healthy food choices.

Sharon Fields

Food, Nutrition and Health Program of Work Report
From July 1, 2020 to June 30, 2021

Number of counties reporting: 78

(All 14 areas represented)

Number of clubs reporting: 273

1. Number of members who:

- | | |
|---|--|
| a. Had an annual physical / check-up <u>2,147</u> | d. Had first time Ovarian Cancer Screening <u>38</u> |
| b. Had a Mammogram <u>1,598</u> | e. Had a Diabetes Screening <u>1,172</u> |
| c. Had an Ovarian Cancer Screening <u>442</u> | |

2. Number of members who participated in:

- | | |
|--|--|
| a. One or more local blood drives <u>281</u> | b. One or more local health fairs <u>185</u> |
|--|--|

3. Food security:

- | |
|--|
| a. Number of members who donated to a local food bank or food pantry <u>1,870</u> |
| b. Number of members who volunteered time at a local food bank or food pantry <u>276</u> |
| c. Number of children served by a local "backpack for hunger" program <u>6,018</u> |

4. Did your club/county host an Ovarian Cancer Awareness Tea Party for ovarian cancer awareness and fundraising? 1 YES 76 NO

If yes, how many attended: 98. How much money was raised? \$3,210

Did you participate in other activities to raise awareness of ovarian cancer?

- 11 reported NO
- Donated \$35 to ovarian cancer research project. This was a \$1 per membership for 35 members.
- 20 members helped with other activities
- We had a program on ovarian cancer.
- 5K Event, Firefly Walk
- Facebook, message
- Every member donated \$1.00 and a painting workshop was held to raise money to donate to the program.
- Raised money for Ovarian Cancer by donating money each time we met.
- We planned a Tea in 2020, but was cancelled and then not allowed in 2021.
- All members donated \$1 towards Ovarian Cancer
- Each member donated \$1 to ovarian cancer research.
- We held a quilt raffle plus we added from our county council funds and sent in a total of \$3325 for UK Ovarian Cancer Research.

5. Physical Activity:

- | |
|--|
| a. Number of members that exercised regularly (20-30 minutes at least 3 times weekly) <u>1,170</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>246</u> |
| c. Number of members that reported an improvement in overall health due to increased activity <u>1,221</u> |

6. Nutrition:

- a. Number of members who gained knowledge and made healthy food choices 2,124
- b. Number of members who purchased fresh foods at a local farmers market 1,535
- c. Number of members who supplemented their diets with healthy foods they produced/preserved 1,230

7a. Please list 1 or 2 exciting food, nutrition and health programs you would like to see implemented.

- Reducing communicable diseases. Developing Community Gardens, Health checklist through life
- Would like information on KETO and Low-Carb Diets.
- Would like to know how to cook with the new air fryers.
- COVID kept us from doing much this year but I would love for our county to implement more culinary and food prep classes.
- Intermittent fasting
- cooking with new appliances
- Implement vegetable gardens and share produce to neighbors.
- Water bath canning, food dehydration, osteoporosis treatment.
- Quick Healthy Meals
- Different ways to prepare basic vegetables
- Cooking with Herbs, Grilling Lesson, Coffee, Lattes, Mochas, etc.
- We would like to see an exercise of the month.
- * Cooking w/no Eggs
- More healthy eating programs.
- diabetes classes; homemaker exercise class
- Information on Soy Milk
- Dehydrating/drying food preservation.
- Growing Hydro and Aquaponics. Intermittent Fasting, Mental Health and Foods for brain health.
- 1. How to can vegetables, safely.
- 2. Use of an air fryer.
- 3. Ideas for low-carb or low-calorie choices.
- Air Fryer
- Ninja Foodie
- Tomato products and recipes. What to do with all those greens? Folate how to get more in your diet. Turmeric, what is it and why do I need it?
- recipes and learn to use instant pot
- cakes from cake box recipes
- recipes and learning to use air fryer
- KEHA and local homemakers partner with local farmers' market
- Extension homemakers volunteer at local food giveaways
- Low Carb/Diabetic Cooking
- Air Fryer Use
- Exercise for seniors
- Blue Zones
- -more programs/lessons on fresh vegetables
- -ancient grains
- Cooking with five ingredients or less
- Cooking for one or two

- Container Gardening
- Ancient grains, 5-ingredient cooking, foraging for wild edibles
- Low carb dieting & Pros & Cons of Keto dieting & Start a walking club
- Cooking outdoors, over the fire.
- Healthy Veggie Foods (Keto)
- Homemaker led and driven fitness with a series of efforts and variety of activities. Hands on lessons, cooking through the calendar when COVID restrictions lift.
- Start back with healthy cooking classes and exercise classes

7b. Please also list up to 2 extra (not listed above) food, nutrition and health programs you are implementing now.

- Recipe for Life for all 5th grade students in the Paris/Bourbon County Schools - virtual this year
- Peter Rabbit for all kindergarten students in the Paris/Bourbon County Schools during March-Nutrition Month - Virtual this year.
- Making sure our recipe cards get used and sharing awareness of availability
- Sharing vegetables and promoting local farmers
- 4-H Mothers Club participated in raised bed gardening and they began a reverse advent calendar and each month they highlighted a certain food to donate to the food pantry.
- Purchase of fresh produce at local markets to aid diet for diabetes.
- Cooking through the calendar classes, live FCS cooking demonstrations.
- We would like to see where the best place to buy nutrient foods and how to access them.
- * FCS Agent implemented a monthly Recipe Club using the "Plate it Up" recipe cards offered by UK. All homemaker members are invited to sign up for this free monthly opportunity.
- Cook Together, Eat Together
- None - Covid
- Bingocize at the extension office
- Farmers Market and Plate It Up KY Proud
- How to be health by eating right
- Getting back to exercises
- Re-starting nutrition program/class at senior center
- Rotating Plate it Up Recipes at Farmers' Market
- Plate it Up recipe classes
- -program on lessons on fresh vegetables
- -nutritious snacks for tweens that they will eat
- We are hoping that we will be able to start back the "Recipes for Life" program with the 5th grade classes.
- virtual cooking programs
- Fitness for Produce
- Group Hikes
- Find it at the Farmer's Market and Baking 101
- Plate It Up and My Plate programs for Bags to Go and also Professor PopCorn program. FCS Talks Cancer, Kentucky Kicking Cancer 5 Lesson Series!

Additional Comments:

- mailed leader training materials to Homemakers
- limited opportunities due to no FCS agent and COVID shut down
- More recipes related to the simple things grown in a garden
- There was not enough input from club members to complete with accuracy. Due to Covid our club did not meet, and all programs were cancelled.
- Health and Wellness is key to our efforts. COVID restrictions continue but keeping in touch with homemakers is a crucial part of our ongoing efforts for our Extension mission! Through their encouragement and leadership our entire county has outreach in so many areas! Call or contact a homemaker today!!