

Food, Nutrition and Health Program of Work Report
From July 1, 2016 to June 30, 2017

Name of person completing this form: Carolyn Horn, State Chairman of Food, Nutrition and Health _____
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For clubs reports: (Club reports are due to the County Food, Nutrition and Health Chairman by **July 1, 2017.**)

Club Name: _____

For county reports: (County reports are due to the Area Food, Nutrition and Health Chairman by **August 15, 2017.**)

County: _____ **Number of Clubs reporting:** _____

For area reports: (Area reports are due to the KEHA Food, Nutrition and Health Chairman by **September 15, 2017.**)

Mail to Carolyn Horn, 259 Shady Lane, Crittenden, KY 41030.)

Area: _____ **Number of Counties reporting:** 78 of 120 _____

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 _4130__ | d. Had a "first time Ovarian Cancer Screening _105_ |
| b. Had a Mammogram _3276__ | e. Had a Diabetes Screening _2200__ |
| c. Had an Ovarian Cancer Screening _1097__ | |

2. Number of members who participated in:

- | | |
|--|--|
| a. One or more local blood drives _400__ | b. One or more local health fairs _948__ |
|--|--|

3. Food security:

- | |
|--|
| a. Number of members who donated to a local food bank or food pantry _3467__ |
| b. Number of members who volunteered time at a local food bank or food pantry _694__ |
| c. Number of children served by a local "backpack for hunger" program _19,684__ |

4. Did your club/county host an Ovarian Cancer Awareness Tea Party for ovarian cancer awareness and fundraising?

If yes, how many attended: _210__. How much money was raised? _\$8,122__

a. Did you participate in other activities to raise awareness of ovarian cancer? Yes = 8 Areas

SEE PAGE TWO FOR #4a RESPONCES

5. Physical Activity:

- | |
|--|
| a. Number of members that exercised regularly (20-30 minutes at least 3 times weekly) _2092__ |
| b. Number of members who have helped implement environmental changes to support physical activity (i.e. install a walking path, bike trail, etc.) _238__ |
| c. Number of members that reported an improvement in overall health due to increased activity _1529__ |

6. Nutrition:

- | |
|--|
| a. Number of members who gained knowledge and made healthy food choices _4472__ |
| b. Number of members who purchased fresh foods at a local farmers market _2748__ |
| c. Number of members who supplemented their diets with healthy foods they produced/preserved _2231__ |

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.

SEE PAGE TWO FOR #7 RESPONCES

4a Did you participate in other activities to raise awareness of ovarian cancer?

Yes = 8 Areas

KEHA Banquet; Relay for Life; every member donated \$1; Yard Sale; Health Fair; Worked local cancer centers; gave out flyers at open house; health fairs; Mountain Memories; Printed copies of Ovarian Cancer Research Awareness & phone number for screening; Collected funds at Annual County Meeting; Held auction at EH Annual Meeting with proceeds going to Ovarian Cancer Research; Paint Party – part of proceeds went to Ovarian Cancer Research; Yard Barn Sale;

7. On the reverse, please list 1 or 2 exciting food, nutrition and health programs you would like to see implemented.

Benefits of whole foods diet: fiber, low fat, vegetarian
Vegetable gardens at schools with free lunch program
Interest in a class about meats, types, cuts, nutritional values
Learn more about healthy and/or whole foods
How to eliminate sugar
High protein - Low carb diet programs
Freezer meals
Activities after Retirement I.e. Genealogy as a hobby, Hobby (Artistic painting), Book Club
Which is better; artificial sweeteners, organic, all natural or real sugar.
What do they mean when they say artificial, organic, or all natural?
Healthy Mexican dishes
Need local ladies exercise program 12 months
Monthly Health Food Classes
Hearth Health Day
Breast Cancer Awareness Day
Exercise Class – 2 days a week, Zumba & Yoga Classes
Relay for Life Luncheon
Garden Share Program, produce picked & delivered to garden carts for local people to take home
Simple yoga or chair yoga
Vegetable recipes
Nutritional value of recipes offered in local restaurants
Night time cooking classes
Local/State programs available to elderly to help with good nutrition
Essential oils
Natural herbs for medicine
Education of medicines use, disposal, side effects, etc.
Warning about foods from countries outside the US and prepared food additives
Cooking from scratch
Cooking nutritious foods for 1 or 2 people
Hearth Healthy Recipes
Spices to help replace Sodium
Learning more about different or exotic vegetables
Learn about foods that help with certain health issues
Ways to make healthy food better to eat/taste
Making healthy food more available to low income families at lower cost
Growing vegetables/herb gardens
Use of grains
Knowing how to check skin, hair and nails for abnormal, which could lead to health problems if not caught early
Ways to substitute lower carbs to your diet
Vitamin deficiencies including Vitamin D
Wild meat preservation
Edible wild greens – identification
Healthy grilling

Vegetarian Meals
Low Calorie sweets / snacks
Cooking with Herbs and Spices
Using cast iron to cook benefits
Difference in carbs
Low Cholesterol
Eating Sugar free
How to cook healthy foods fast

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

Farm to Fork
Holidays Foods
4-H Cooking Classes
Peter Rabbit Food/Vegetables Skit
Recipe for Life
Superstar Chef Classes
Pressure Cooking Classes with new improved cookers
Plate It Up Awareness
Awareness Classes on how to change to healthier diets
Cooking for 1 or 2
Lunch & Learn programs monthly
Canning/Food Preservation workshop (and for 4-H)
Pressure cooker workshop
Walking Club (1 day a week)
Living with Diabetes
Several members have participated in health programs at their work place
Walking programs at the park sponsored by the Extension Office
Healthy Weight – The Reality Series
Healthy Beverage Choices
Varying fruits and vegetables with exotic choices
Healthy Holiday Cooking
Seasonal cooking/plated up cooking club
Implemented recipes for Life & Lunch & Learn
Learn with Us: What's Your Pulse?
Reading nutrition labels
Diabetes healthy recipes
Assisted agent by organizing health walks as part of the Coach Potatoes Walking Program