

2008 PROGRAM WORK TEAM ANNUAL REPORT FORM
(Please complete items 1, 2, 3 and 4 below) 2.18.09

1. Full name of your Program Work Team (PWT):

Family and Community Food Decision-making

2. Names, affiliations and e-mail addresses of the PWT Co-Chairs: (With an asterisk [*], please indicate the co-chair responsible for finalizing this report.)

Dr. Ardyth Gillespie, PhD,* ahg2@cornell.edu.

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3. As a separate attachment, please provide a list of names, affiliations and email addresses only of **active** members of the PWT. We realize the organizational structure of the PWTs varies widely. We are interested in obtaining contact information about individuals in the core decision-making or planning group of the PWT, not in an exhaustive list of all participants in general meetings or activities.

See Family and Community Food Decision Making Program – Partner

4. Please identify your PWT's activities, accomplishments, and, most importantly, outcomes and impacts over the past year.

In your successful PWT petition, your team committed to:

- Fully engage your member stakeholders, especially externals.
- Address specific statewide program needs.
- Conduct or plan to conduct programs/activities to address those needs.
- Seek and document productive outcomes through evaluation efforts.
- Integrate applied research and extension activities.
- Foster multidisciplinary approaches.
- Explore external sources of support for PWT efforts and programs.

PWT co-chairs should do their best to convey their team's progress and accomplishments. Co-chairs are encouraged to choose and include any information that they believe best reflects the productive results of their team's activities and that they wish to share with other PWTs, Program Councils, administration, and the public in general. It is particularly important to include specific programming outcomes and impacts in your report. Please consider and report any changes in audience behavior, skills, or conditions, and what differences occurred in individuals, groups, families, businesses, or communities due to your team's work.

Via the main PWT website (<http://hosts.cce.cornell.edu/admin/pwt/>), you can find your PWT's petition and its previously submitted annual reports to use as reference.

Please use the next page-and-a-half to report on your PWT's progress and activities in FY 2007-08. Filename example *Smith-PWTReport07-08.doc*).

The completed report can be emailed as a WORD attachment to me: John Whitcomb (jgw2@cornell.edu) by Tuesday December 23, 2008. Please give the WORD attachment a filename that includes the surname of the lead PWT co-chair (example: *Smith-PWTReport07-08.doc*).

Activities and Accomplishments: (FFDM PWT- 2008)

1. Addressing statewide program needs

**Building capacity for thoughtful food decision-making* through leadership/partnership development and family and community food system education.

-Forged new community partnerships with schools, CBO's, business, the faith community and others to address strategies that will help to mobilize actions to improve food decision-making skills within families and among community members who support families. Additional foci include improving health outcomes through education and partnerships that address reducing risk factors for chronic disease including obesity & overweight across the lifespan.

- Aligned our program goals with goals of the Cornell Food & Nutrition Education in Communities (FNEC) programs to create new partnerships and expand opportunities to pilot new family-based nutrition education programs in five counties in the Finger Lakes Region.

-Provided training and support to sustain a model program that engages African-American volunteer health advocates leading faith-based nutrition and physical activity programs in churches located in inner city, Syracuse neighborhoods.

2. Programs Conducted to Address Statewide healthful and thoughtful eating practices.

- *Cooking Together for Family Meals*- during 2008, nine programs with six sessions/program reaching forty families with 106 family members participated were conducted at CCE or partner sites in five counties. 34 families completed with 4 families continuing into 2009.

- Workshop for Society for Nutrition Education, Celebrating Family Food Decision Making Collaborations for Change, Atlanta, 7.21.08

- A 12-session Healthy Eating and Physical Activity *Genesis Healthy Program* for 18 congregants from 10 churches in the south side of Syracuse. This is the fifth year of a collaborative partnership between Syracuse University and Cornell Cooperative Extension of Onondaga County. Helen Dillard facilitated the connection during 2005.

* Enhanced website for "Building Community Webs: The Family & Community Food Decision-making Program. Including a web-based Took-kit part I (Ongoing effort: 2001- present.)

3. Integrated Applied Research and Extension

- Faculty members within DNS, Finger Lakes Regional Coordinator and CCE Nutrition Team Leaders in five counties co-developed a new pilot nutrition education program funded under the CCE Director's Grant RFP, 2007

- During 2008, developed, implemented and evaluated nine separate programs in five counties in the Finger Lakes Region of NYS (Cayuga, Onondaga, Tomkins, Schuyler and Steuben CCE counties.)

- CCE Nutrition educators in Finger Lakes Region continue to extend resources from the University to educate residents who shop at Farmer's Markets utilizing the WIC and Senior Farmer's Market Coupons in partnership with WIC, Market Managers and other community collaborators.

Community Engaged Research (DER) methodology developed for integrating research, education, and action and two CER Projects funded. Presented CER methodology at 3 national meetings of extension and researchers.

4. Outcomes and Impacts: Programs/Presentations and Papers

-*Cooking Together for Family Meals* Program. A variety of evaluation tools were developed to assess learner outcomes and efficacy of program to deliver intended outcomes. Tools included: Retrospective-pre survey for adult participants, MSCT recorded observations, vegetable consumption tools, in-depth interviews of previous adult program participants and recorded observations of CCE educators and student interns. While the data is still in the analysis phase, the general themes that emerged consonant among all five programs were:

- Increased intake of targeted vegetables: green leafy, orange/yellow, beans and cruciferous

- Parents confidence to allow their children to cook part of a meal at home.

- Program enjoyment and increased cooking skills for parents and children alike

-Parents increased confidence and recognition that their children were now more competent in the kitchen

- Families reported preparing two or more of the CTFM recipes at home as a family

-Families had increased their discussion of meal planning, and thinking about ways to add more fruits and vegetables to their meals

-Society for Nutrition Education: Food Decision-making (FFDM): *Celebrating Family Food Decision Making Collaborations for Change* (Atlanta, 7.21.08) Workshop attended by 81 food and nutrition professionals. Workshop presented by a team of Cornell faculty and CCE nutrition educators with partners from General Mills, Operation Frontline- Share our Strength and the Director of Foods & Nutrition at the University of Georgia. Continued partnership opportunities are in discussion with Share our Strength and select workshop attendees.

- *Health Disparities Excellence Award* conferred to Genesis Health Project by U. S. Department of Health and Human Services for “best practices models for eliminating health disparities”. CCE Onondaga recognized as a valuable partner in reducing health disparities among African Americans through active participation in the Genesis Health Program nutrition and physical activity in select faith communities over five years (2005-2009).

-Ag Food and Human Values Society, abstract submitted 12.08. *Cooking Together for Family Meals - Moving from Intention to Implementation in Family Food Decisions.*

ADA abstract submitted 02.24.09 *Cooking Together for Family Meals: A New Program Fostering Family Members' Food Related Skills and Positive Family Dynamics*

-Under review: *Annals of Behavioral Medicine* "Special Issue/Series" manuscript prepared for 1.09 submission: *Changing Family and Food Eating Practices- The Family Food Decision Making System.*

-Paper published in scientific journal, *Hunger and Environmental Nutrition, Family Food Decision-making: Connecting Sustainable Food Systems with Health and Well-being*, JHEN 3, 328-346, 2008.

-50 Lay Health Advocates learned nutrition and physical activity skills and receive resources to initiate healthy living projects within their congregations during 2006. Funding for initial pilot provided from two external sources.

Projects funded:

Cooking Together for Family Meals- Director's Call Grant- 2007-2009

Building Food System Capacity for Community Food System Collaborations. Smith-Lever-HATCH FFF

Food Decision-making: Local Food Choices, Eating Patterns, and Population Health, Multi-state.

Additional External Sources of Funding- Grants submitted

-CCE-TC became the local contractor for Share our Strength's Operation Frontline in Tompkins County and neighboring counties in the Finger Lakes region. This came about because the previous contractor, the Food Bank of the Southern Tier, chose not to retain management of this program. Several CCE Associations had previously collaborated with the Food Bank to teach in the program. Operation Frontline uses a curriculum targeting the same population as *Cooking Together for Family Meals*, parents and their children together. Funding for this program was obtained through the Food Stamp Nutrition Education Program (Eat Smart NY), Cargill Deicing Technology, Wegmans, and a special fundraiser conducted especially for Operation Frontline by Taste of Ithaca, called "Chef's Night Out," held in the fall of 2008.

-*Systemic Changes to Reduce Childhood Obesity: A Family and Food Ecosystems Asset-based Approach*, submitted to NRI Nutrition and Obesity. Not funded.