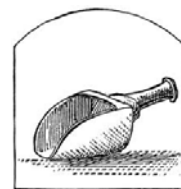


Here's the Scoop on Pasco County FNP



40 active FL counties reporting for October 2009-September 2010

| Impact = Numbers Reached | Pasco County | State of Florida |
|--------------------------|------------------------------------|------------------|
| Unduplicated Contacts | 45,274 (2 nd in State) | 244,077 |
| Duplicated Contacts | 530,586 (3 rd in State) | 3,348,284 |

Note: 59 counties out of 67 approved for 2010-2011 year but not active/reporting by January 1st, 2011 so not included above.

State Impacts

New evaluation tool developed/implemented Summer 2010 (only 372 documented before state specialist left)

5% self-reported decrease in milk consumption (only 2.77 ounces)

7% increase in grain consumption

5% increase in vegetable consumption

12% increase in fruit consumption

19% increase in physical activity behavior change

11% overall diet and physical activity positive behavior change

Local / Pasco Impacts

2008 – After 9 campaigns, Teachers evaluated 4,003 for knowledge gain:

72% increased knowledge about fluids (milk/juice/water)

66% increased knowledge about grains

100% increased knowledge about *MyPyramid* and healthy food choices

2009 – After one-month series of classes, Teachers evaluated 443 for behavior change:

As a result of these “Fruits & Veggies–More Matters” classes...

85% increased daily physical activity

82% chose a greater variety of fruits and vegetables daily

78% chose healthier snack foods at school and home

73% ate number of fruit servings on *MyPyramid*

73% ate number of vegetable servings on *MyPyramid*

2010 – New comprehensive survey tool was piloted in Pasco) A total of 8 classes / 173 middle school students / 31 completed surveys. After a series of lessons...

17% of children ate more fruits and 13% more vegetables and 6% whole grains, and 17% chose fat free or low fat dairy products

46% of children reported using the *MyPyramid* Food Guidance System to make smart choices from every food group

46% of children indicated consuming key nutrients that contribute to a healthy diet

27% of children reported being physically active every day

69% of children used basic sanitation principles/practice proper hand washing every day

2010 – Turning Point Technology was incorporated into food safety lessons for middle school students with pre/post & 8-wk follow-up. A total of 8 classes / 207 middle school students completed surveys. After a series of lessons...

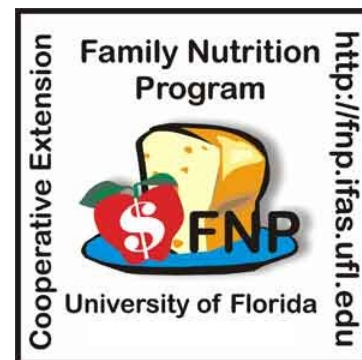
53% - Learned the 2-hour rule = maximum time food can be left at room temperature

49% - Learned the best place to thaw food was in the refrigerator

27% - Learned not to scrub their fruits and vegetables with soap

25% - Learned handwashing is the most effective way to prevent contamination

Contributing Partners Include: Pasco County Extension and Health Department (teamed-up to apply for the 3-year grant), School Board, Parks & Recreation, Libraries, Elderly Nutrition and Food Banks/Pantries.



A total of **875** Pasco Teachers/other volunteers donated 14,916 hours in 2010 in support of this program (national value of \$20.85/hour in 2009) = **\$310,999 total dollar value.**

| How Pasco Has Grown Over the Years! | Pasco Funding | Eligible Sites/Target Audiences | Documented Numbers Reached (duplicated) |
|-------------------------------------|---|---|---|
| 2007-2008 | \$584,919 50% match + 50% real dollars | 18 elementary schools, 7 clinics, 4 elderly sites + others | 53,132 |
| 2008-2009 | \$586,180 50% "match" (in-kind) + 50% real USDA dollars | 40 elem/middle/high schools, 7 clinics, 4 elderly sites, 5 parks, 4 libraries, + others | 155,342 |
| 2009-2010 | \$651,217 50% "match" (in-kind) + 50% real USDA dollars | 52 elem/middle/high schools, 7 clinics, 4 elderly sites, 6 parks, 4 libraries, + others | 530,586 |
| 3-Year Total | \$1,822,316 (was supposed to be 1.2 MIL for 2010-2011) | Only seven program assistants covering over 74 eligible sites across Pasco County | 739,060 Total |

Success Stories

"Who ya gonna call?—FNP Germ Busters!" With Back-to-School starting August 24th 2009 and H1N1 (Swine Flu) hot on their heels, the Pasco Family Nutrition Program team of six program assistants charged through Pasco County schools showing children the proper way to wash their hands and avoid spreading nasty germs ... not just during cold/flu season, but all the time.

The "Hand Washing and Food Safety" for August/September was a huge success. By the end of September, it was estimated that the PAs reached almost 15,000 students with that message (about 25% of the entire school population!) The total numbers were much higher when end-of year/October reports were completed and 321 teachers turned in documentation of their efforts. Together with the PAs taught 3,975 classes and reached 61,557 --- Requests for this program keep coming!

School nurses have been a BIG help getting FNP into the schools this year and it is really paying off. A recent task force visited our county and reported that Pasco's number of cases of Swine flu are considerable less than neighboring counties of Pinellas and Hillsborough --- They commented that the strong educational effort here may be the key!

This has been the most popular topic over the past 2 years of this USDA grant-funded program. There are now 52 total schools that qualify for the FNP program which has increased greatly from the first year of only 18 Title I elementary schools and the program now reaches middle and high school students, too). FNP also targets adults at Elderly Nutrition sites, food distribution locations, health fairs, etc. With the state of the current economy, the number of eligible sites increases almost monthly. This is a collaborative effort locally with UF/IFAS-Pasco County Extension, Pasco County Health Department, and the District School Board of Pasco County. (2009)

"I Will Never Not Ever Eat a Tomato!" is a story about a little girl named Lola who is a very picky eater. Pasco County FNP program assistants visited voluntary pre-kindergarten classes to teach proper nutrition by reading the storybook and having students interact. The students loved the book and said that they would be sure to give some fruits and vegetables a second chance from now on. One teacher was amazed to see one of her students try the new food and commented "she never tries anything new!" "I will be sure to let her parents know and hope they encourage her at home, too." One teacher assistant made sure the PA knew how pleased she was to have her class participate and how much they enjoyed trying fruits and vegetables in different forms (dehydrated/dried). She said "Even I learned a lot from your class!" Older students also did the "taste test" and learned about the many benefits of eating a variety of colorful fruits and vegetables. (2010)

"The Fizzics of Soda" continues to amaze Pasco County middle school students when they learn that a 12-ounce can contains 10 teaspoons of sugar! (more than one person should consume in just one day) The Family and Consumer Sciences teacher told the Ag teacher about her class. So, the Ag teacher came to see for herself and was so impressed, signed on to have her students start participating in the program. At another school, two teachers confessed that they drank A LOT of soda. One who drank four, 24-ounce drinks a day reported that after hearing the lesson, had cut down her intake to just one. The other teacher was drinking three, 12-ounce cans a day and cut back to just one but also started drinking a bottle of fruit-vegetable blended drink, instead. Middle and high school classes can be very rewarding in many ways. The students are very inquisitive and the teachers greatly appreciate the new materials. As a result, the teachers (FCS and culinary) have become the biggest supporters of our program, providing a large amount of match/in-kind (sometimes as much as 25% of total). (2010)

"Alliance for a Healthier Generation—Health Schools Champion Bronze Award" When Chasco Middle School received word that they won a national (sponsored by American Heart Association and Clinton Foundations) they immediately gave praise and credit to Pasco's Family Nutrition Program (FNP) for being a part of their success. In their award application, they highlighted FNP's efforts and the program and materials used by one 7th-grade FCS teacher and said "We had to document that one class had a full term of nutrition and health instruction." "Without the help of your PA and the FNP materials, I don't think we could have won this award—Thank you!" (2010) *For more information, contact Betsy Crisp*