

## **MSU Extension – Food and Nutrition Programs**

**Lynn Paul** is Extension Nutrition Specialist and Professor, leading statewide Extension programs in food safety; nutrition for seniors; prevention of eating disorders and obesity, enhancing body image, self esteem and fitness; preventing nutrition-related chronic diseases and promoting health and wellness.

Activities Relevant to State Plan to Prevent Obesity: “Strong Women” program to promote strength training in middle aged to older women (also men and de-conditioned youth in rural areas; “Steps to a New You”, community-based lifestyle program to improve physical activity, food and nutrition, and body image; worksite wellness programs; “4-Health” integrated research/extension project.

Services/Recipients: Support county extension agents to deliver programs, for example providing training resources to agents to encourage worksite wellness, teach “Strong Women” or “Steps to a New You” to local groups; serve on the Worksite Wellness State Coalition; train 4-H agents to deliver an experimental parenting improvement program aimed at reducing/preventing childhood obesity.

State Plan Settings: Social/cultural environments; Worksites.

CDC Behaviors:

- Increasing fruit & vegetable consumption through nutrition education;
- Decreasing consumption of sugar-sweetened beverages through nutrition education;
- Decreasing consumption of energy dense food (>4 calories/gram) through nutrition education;
- Increasing physical activity through strength training, worksite wellness programs and parent education;
- Decreasing screen time through parent education.

Gaps and Concerns: Not all county extension programs engaged with prevention of obesity. Need stronger collaboration among all of the organizations, agencies across the state.