

**Appointment: 100% Extension Appointment - 100% General Nutrition in Richland
and West Carroll Parishes**
Requested Action: Promotion to the Rank of Full Extension Agent

Brittney J. Seay Newsome
Richland Parish
Louisiana State University Agricultural Center
Rayville, Louisiana 71269

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ABBREVIATED CURRICULUM VITAE: BRITTNEY SEAY NEWSOME

Bachelor of Science in Family and Consumer Sciences; Nutrition and Dietetics Concentration	Southern University and A&M College, 2010
Master of Science in Family and Consumer Sciences	University of Central Arkansas, 2016
Required Extension Courses	Louisiana State University
Academic Rank	Associate Nutrition Agent
Years of Service	8
Publications:	
Newsletter Issues	33
Mass Media Newspaper/Magazine Contributions	32
Presentations:	
Nutrition Meetings	222
Agent Trainings	32
External Funding:	
Grants	\$75,250
Monetary	\$2471
In-Kind	\$96,987.52
Committees:	
Parish Committees	12
Regional Committees	8
State Committees	13
Offices Held In Professional Organizations	5

**Brittney J. Seay Newsome
Richland Parish
Louisiana State University Agricultural Center
Rayville, Louisiana 71269**

EDUCATION:

- Southern University and A&M College, Baton Rouge, Louisiana
Bachelor of Science, Nutrition and Dietetics, May 2010
- University of Central Arkansas, Pine Bluff, Arkansas
Master of Science, Family and Consumer Sciences, Nutrition and Food
Concentration, August 2016
- Louisiana State University, Baton Rouge, LA
Required Extension Courses for LSU AgCenter

EMPLOYMENT:

- **October 1, 2021-Present:** LSU AgCenter, Associate Extension Agent, FCS
Nutrition, Flavors of Health, Richland Parish, Rayville, LA 71269
- **October 7, 2019-September 30, 2021:** Northeast Delta Human Services
Authority, Health and Wellness Coordinator, Ouachita Parish, Monroe, LA 71201
- **February 1, 2014 – October 4, 2019:** LSU AgCenter, Associate Extension
Agent, FCS Nutrition, EFNEP Supervisor, Madison Parish, Tallulah, LA 71282
- **February 1, 2013 – January 31, 2014:** LSU AgCenter, Assistant Extension
Agent, FCS Nutrition, SNAP-Ed, Franklin Parish, Winnsboro, LA 71295
- **May 2012-January 2013:** Davis Life Care Center, Clinical Nutrition Work
including nutritional assessments and counseling, managing weight plans, and
feeding protocols. Pine Bluff, AR 71601

Parish Situations

The two-parish area of Richland and West Carroll Parishes are both rural parishes in the Northeast Region of the state. Populations in these parishes are 19,826 and 9,475 respectively. Each parish has one prominent town which serves as the parish seat along with smaller towns or villages and other unincorporated areas.

The populations in regard to racial breakdown are: West Carroll 80.5% white and 16.4% black and Richland with 62.3% white and 35.6% black. Poverty levels overall in these parishes go from 19% in West Carroll up to 29.5% in Richland Parish.

According to the 2023 County Health Rankings, these two parishes rank mid to low regarding the health factors seen in these parishes. The parishes rank as follows: Richland – 55th and West Carroll – 30th. These rankings represent what influences the health of a parish. The ranks are based on four types of measures: health behaviors, clinical care, social and economic, and physical environment factors. Adult obesity rates are seen from 38% up to 40% in these parishes. Physical inactivity rates are seen from 37% up to 39%. 26% to 28% of adults smoke in these parishes which can lead to numerous health conditions such as heart disease, lung disease or cancer. Diabetes rates are extremely high in these two parishes.

Current Duties and Responsibilities:

As a Flavors of Health Nutrition Agent, Mrs. Newsome is responsible for engaging in her respected communities by using multiple approaches to provide nutrition, health, and physical activity education on a wide variety of topics that support healthy eating for both youth and adult. Mrs. Newsome is also responsible for building community relationships, advisory leadership committees, healthy communities' coalitions, evaluating, and reporting programming efforts, conducting marketing approaches for programs and events, and seeking funding as well as professional development opportunities.

Mrs. Newsome's previous experience encompasses 6.5 years with the LSU AgCenter as a SNAP-Ed Nutrition Agent (Franklin, Madison, and Caldwell Parishes), EFNEP Supervisor and General Nutrition Agent (Richland, Madison, Morehouse, East and West Carroll Parishes), and Parish Chair (Morehouse Parish).

Mission of Flavors of Health Program

The mission of the Flavors of Health Nutrition Program is to empower individuals to improve health by building better food and physical activity habits. Our program serves Louisiana's adults, promoting healthful diets and positive lifestyles to prevent or manage chronic disease and to improve quality of life. Flavors of Health uses the latest science and best practices to help families manage nutrition-related health challenges.

1. Documentation of Major Program Areas and Initiatives

Nutrition in the Garden, Harvest of Hope Community Garden, Richland Parish

The American Horticultural Society (AHS) wants children and youth to know about the importance and benefits of gardening. Through effective partnership with Shade Tree Missions, and funding through the Walmart Foundation Mini Grant Opportunity, many tools and resources needed for youth gardening and nutrition programs was brought into fruition. Due to Richland Parish poverty rate of 25% teaching self-sustaining gardening practices while incorporating nutrition and health is extremely beneficial to youth and families for long term health goals.

During the winter, spring, summer months of 2022 (January-July), a series of nutrition and gardening activities were conducted at the Harvest of Hope Community Garden in Rayville, LA. Harvest of Hope Community Garden distributes around 700-800 pounds of food each year to the residents of Richland Parish. Two raised beds from the Harvest of Hope Community Garden were donated to the LSU AgCenter's Flavors of Health Nutrition Program and 4-H program to be used for educational programming efforts, workshops, and food demonstrations for both adult and youth clientele. Although we were responsible for two raised beds, our youth participants, ages 6-17, helped with the cleanup process of all twelve raised beds as a way to encourage families around the community to begin their healthy living goals with a fresh start. The remainder of vegetables not used for educational and food purposes were used in the distribution to residents in the parish. Participants learned about plant anatomy, how nutrients grow, MyPlate, Kitchen Conversions, and Go, Slow, & Whoa Foods.

The nutrition and gardening series was marketed through the LSU AgCenter Richland Parish, Richland Parish 4-H, Harvest of Hope Community Garden, and the Richland Beacon Facebook pages, school newsletters, community event boards at various businesses throughout the parish, and the local newspapers. Through these efforts, we were able to obtain participation from both non-4H and 4-H members, as well as adult participation by instruction and volunteering. Participants learned about the six classes of nutrients needed by the body and why. During this activity, participants were placed into small groups and received cards on carbohydrates, protein, fats, vitamins, minerals, and water in which they created a story, song, or skit about one of the six classes. The Plant Parts We Eat—participants were able to draw parts of the plants and discuss. They were also able to pick parts of the plant from the garden beds and discuss the roots, stems, leaves, flowers, fruit, and seeds. MyPlate I, II, Go, Slow, and Whoa and the Greasy Grid Lessons: participants were able to classify food into MyPlate food groups through matching actual food items to the correct food group. Our youth were also able to plant and pick tomatoes, eggplant, green bell peppers, jalapeno peppers, and sweet banana peppers and create recipes to taste along with their family at the end of each session. Recipes made: eggplant pizza, bell pepper nachos, salsa, and jalapeno cheese grits. During the Greasy Grid lesson, participants were able to analyze, observe, collect, and compare both the negative and positive sides of food choices as well as how to read the nutrition facts label. Lastly, the Go (foods low in fat,

sugar, and calories), Slow (foods higher in fat, added sugar, and calories), and Whoa (foods highest in fat, added sugar, and calories) lesson taught the participants how to categorize their food groups by describing their importance. Additional activities included: Garden Yoga to incorporate physical activity and completing the MyPlate Grocery Store Challenge to practice thrifty food dollar management by searching for recipes online to create a healthy meal that would incorporate the vegetables picked from the garden and how to locate and shop for healthy food items according to the MyPlate guidelines. Participants also had the opportunity to tour a local food pantry and help with assembling food bags for residents in the parish. Partnership and collaboration efforts consisted of endless help with the Harvest of Hope CEO, DeAnna Corbett (helped with raised bed planting, maintenance, and teaching), Mr. Barry Collins at Care and Share Ministries (food pantry tour), and Mr. & Mrs. Don Letlow (local garden volunteers and taught lessons about the benefits of gardening and safety).

As we outline our plans for sustainability, this winter (2023), we will begin with the same start up as before with the cleanup process to encourage families as well as individuals to take advantage of incorporating a healthy lifestyle through gardening and the free resources that are readily available in our community. Although we focused solely on nutrition and the garden with our youth and their families, as we plan from year to year, we will focus more on implementing policy, system, and environmental changes as we dig deeper into our gardening projects and will offer Junior Master Gardening classes for those that may be interested. We will secure grant funding for garden signage and décor to make the garden more creative and appealing to the community. We will continue to provide recipe cards based on the food items being grown and share with the food pantry to include in their food bags as well. With the collaboration of Harvest of Hope and Care and Share Ministries, we will incorporate our Healthy Communities Coalition team from Richland Parish this year to help us more with marketing and obtaining volunteers to help with our sustainability goals. *(See page 20 for evaluation results).*

Teen Cuisine Youth Culinary Camp, West Carroll Parish, 2023

Louisiana has one of the highest rates of childhood obesity in the country. According to the National Survey of Children's Health, 19.1 percent of Louisiana children ages 10 to 17 were obese, much higher than the national average of 15.8 percent. Fighting the high rate of childhood obesity in Louisiana and across the United States is key to preventing many of the deadliest and most destructive diseases such as Type 2 Diabetes and Cardiovascular issues that are affecting communities today and in the future.

Teen Cuisine is a cooking and nutrition education curriculum for teens grades 6-12. This cooking and nutrition camp is designed to teach youth important life skills to promote optimal health. The key concepts taught about nutrition, food preparation and cooking, food safety, and physical activity using approaches and strategies that enhance learning and behavior change among teens.

Eight teens were taught how to apply MyPlate to meal and snack planning, including breakfast. The teens learned how to read and follow a recipe, using cooking and measuring techniques. They demonstrated safe knife handling skills, prepare food safely to prevent foodborne illness and use food labels to choose healthier foods and snacks. Dishes prepared: Chinese Vegetable Stir-fry with Brown Rice, Waldorf Salad, Apple Fruit Salad, Quick & Yummy Omelets in a Bag, Basic Quiche, Whole Wheat French Toast with Fruit, Granola Bars, Mexican Casserole, and Italian Mixed Vegetables. *(See page 21 for evaluation results)*

Ag Awareness, 2013-Present

Mrs. Newsome in collaboration with other LSU AgCenter Extension and Research Faculty from the Northeast Region provides three opportunities for youth and adults to increase their agricultural literacy through the following regional activities: Ag Alley, Ag Expo, and Ag Adventures.

From food, to clothing, to medicine, and soap, our lives are surrounded by agricultural products. Agriculture touches the lives of people every day; some don't even realize it.

The Northeast faculty and staff worked collaboratively to provide educational rotations at each of these events. While each event targeted different audiences, the same educational content was provided. The lessons focused on cotton, forestry, and farm animals/livestock. Ag Alley targeted 1st and 4th grade students, Ag Adventures targeted 2nd and 3rd grade students, and Ag Expo was open to the public in conjunction with the Agribusiness Councils Ag Expo event. Each rotation consisted of education regarding the commodity, nutritional content, and a hands-on activity. Youth were introduced to agricultural concepts meant to expand their understanding of the contributions of agriculture to both their well-being and the economy of the region.

In 2023, a total of 2,090 youth participated in the three events along with 3,846 adults. This adult number includes 108 teachers/adults that attended Ag Alley and Ag Adventures with the youth this year. *(See page 35 for evaluation results)*

Healthy Communities Initiatives (2014-Present)

The healthy communities' program is a systemic community-driven approach that is expected to increase knowledge related to healthy behaviors, to promote healthier communities through community workgroups, and to increase community practices that promote healthy behaviors. It is expected that these changes will improve physical activity and nutrition, reduce obesity, and prevent and control diabetes, heart disease and stroke among residents in Richland and West Carroll Parishes.

In Richland Parish (Town of Delhi), physical activity has become increasingly more important thanks to recreational, and competitive pickleball games. Adults and youth in the local community currently have a recreational center with accessible tennis courts that community residents can walk or bike to located off Hwy 80, however the tennis

courts are dismal in appearance and are lacking in equipment. As a result, Delhi residents routinely organize pickleball games in Monroe, LA which is 35 minutes away.

The Richland Parish Healthy Communities Coalition, Delhi Area, started in August of 2022. Our initial meeting consisted of a community forum facilitated by Dr. Greene. From the forum meeting several needs were identified but the greatest impact and starting point would be to enhance available areas already present with a foundation for encouraging physical activity within the town. During our October meeting, we reviewed the forum results and outlined ways for each coalition member to have a role so when we meet again, we will have a better understanding of all resources and funding opportunities in the parish and region. In December, we shared and gathered resources and identified ways to reach out to local entities for support of the project and to address the next steps. In March, we met again as a coalition but with heavy involvement from the mayor, he wanted to include residents from the community to gain feedback from them before starting any major projects. Once we explained the project goals for Healthy Communities Project Proposal the courts alongside the recreation center, positive feedback was brought forward by the residents who participated in the meeting.

Since April, the coalition members have been researching for grant opportunities, local support, and volunteers to get the project started by September of this year. Quarterly (or as needed), in-person direct education and physical activity workshops will take place for both youth and adult clientele starting October 2023. Healthy living workshops, Play Streets, and other physical activity challenges utilizing the courts and outdoor space will be conducted to provide direct education and awareness of the project. The Town of Delhi also hosts several festivals throughout the year, usually during the spring, fall, and the most popular one is Depot Street Festival, where promotion and awareness can be shown to the residents and those visiting. Other promotion and awareness measures will be conducted via The Richland Beacon newspaper and Facebook pages, Region 8 Outreach Team, Advisory and Coalition Members, local businesses and organizations, Richland Parish School Board, LSU AgCenter Richland Parish and Northeast Region Facebook pages, Louisiana Living TV Segment, and KWCL-FM Radio Station. As an effort to bring this project into full fruition, a \$3300 mini grant was awarded from the LSU AgCenter's Healthy Communities Department to support the coalition's goals of revitalizing the courts, cleaning, painting, installation of nets, and other groundbreaking events. The timeline for the grant will be from September 2023-September 2024.

In West Carroll Parish in collaboration with SU AgCenter FCS Staff, and the Louisiana Department of Health will be hosting a fall community health and resource fair this September to assist the community with their overall health and well-being. During this event, we will conduct a small needs assessment to determine what they would like to see in the community to help with their overall wellbeing per the LSU and SU Advisory Council. It was also determined by the WC Parish coalition to conduct low-impact fitness classes inclusive of community residents of all fitness levels. In an effort to meet this goal and other criteria, a "Walking Nutrition Education" mini grant in the amount of \$1500 was awarded from the LSU AgCenter's Healthy Communities Department to

support these goals. Monthly in-person direct education and walking sessions will take place for both youth and adult clientele starting mid-October 2023 and ending September 2024. West Carroll Parish tends to host several festivals and food distributions throughout the year where recruitment efforts can take place through both the LSU and SU AgCenter's.

In the previous years, Mrs. Newsome, in collaboration with the CDC Healthy Communities Agent in Madison, identified and provided nutrition education to improve physical activity and nutrition, reduce obesity, and prevent and control diabetes, heart disease and stroke among residents these parishes. She has also participated in the Food Trust Workshop, and the FCS Healthy Communities Talk in both Madison and West Carroll Parishes. Mrs. Newsome's role as the EFNEP Supervising agent in Madison and West Carroll Parish was to serve as the primary lead for EFNEP as the liaison for networking, coalition building, policy change and maintaining the integrity of the program. She was also responsible for assisting nutrition educators with creating opportunities for direct education to improve the lives of eligible audiences as a result of Healthy Communities efforts.

Break Up With Salt Nutrition Series (Flavors of Health Signature Program), 2021-Present

Break Up with Salt, for hypertension prevention and management was developed by the LSU AgCenter FCS Agents. The program focuses on dietary approaches to stop hypertension and ways to become physically activity. The target audience is adults with elevated blood pressure or hypertension; however, anyone who cares for someone with hypertension is also encouraged to attend.

Twenty adult participants were educated about hypertension prevention and management. The series of four lessons conducted provided an overview of hypertension and creating healthy habits by incorporating the DASH diet, taking a virtual tour around the grocery store, as well as learning how to master their meals with flavor by preparing them with herbs and spices. *(See page 22 for evaluation results)*

Dining With Diabetes (Flavors of Health Signature Program). 2021-Present

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 34 million Americans have diabetes and face its devastating consequences. What's true nationwide is also true in Louisiana. There is an estimated 14% of adults with diabetes in Richland Parish and the parish ranks #55 for health outcomes statewide.

Dining with diabetes is a national five-part educational series that helps adults who are at risk, pre-diabetic, or who have diabetes, learn how to manage their condition through menu planning, carbohydrate counting, portion control, and label reading.

During the months of December and January, **seven** participants were taught lessons on "What is diabetes, Carbohydrates and Sweeteners, Fats and Sodium, and Vitamins and Minerals." *(See page 23 for evaluation results)*

Smart Portions Weight Management Series (Flavors of Health Signature Program). 2021-Present

Smart portions is an 8-week lifestyle weight control program that teaches healthy eating using the MyPlate food groups and proper portion sizes. During this series, **eleven** participants were taught both in-person and virtually Smart Portions Works, Made Tasty, Physical Activity, In Control, Eating Away from Home, Essentials, Healthy Self-Esteem, and For Life. Participants also received resource binder, personalized meal plans, weekly weigh-ins, journal of personal progress, and food demonstrations and tastings. *(See page 25 for evaluation results)*

Stay Independent, A Healthy Aging Nutrition Series (Flavors of Health Signature Program), 2021-Present

Stay Independent provides research-based nutrition and wellness information intended to help adults aged 60 and older reduce their nutritional risk through lifestyle changes. The program taught **twenty-eight** participants six lessons on Feast on Fruits and Vegetables, Brain Health, Cooking for 1 or 2, Power Up with Protein, Three Meals a Day, and Exercise Your Independence. Participants also sampled a variety of healthy, tasty, and low-cost food in each of the sessions. *(See page 26 for evaluation results)*

Small Changes, Healthy Habits (Flavors of Health Signature Program), 2021-Present

Small Changes, Healthy Habits, is a program to help adults improve their health and nutrition by implementing small changes through habit formation. This 4-week program shows how to make small changes throughout day-to-day activities that lead to lifelong healthy habits. This program was taught to **four** participants on Habit Formation and Physical Activity, Healthy Kitchen Makeover, Grocery Store Tour, and Cooking and Knife Skills.

A Taste of Herbs and Spices, (Flavors of Health Marketing Program), 2022-Present

A taste of herbs and spices is a social marketing program for Flavors of Health that gives a free sample of a spice or herb each month with a healthy recipe that has been crafted by Flavors of Health Agents across the state. This program also helps advertise the Flavors of Health Nutrition program across all LSU AgCenter parishes. This program helps communities learn about alternative ways to flavor foods without using salt or using less salt. This social marketing campaign has reached approximately **1,000** residents throughout Richland and West Carroll Parishes.

Play Streets, Healthy Communities Initiative, 2022

Play Streets are popup play events that take place in temporarily closed streets, open fields, or parking lots for a specified time. Play Streets create a safe, publicly accessible space for children, adolescents, and families to engage in active play. By building partnerships through the Town of Rayville and Cool Kids, Inc, this popup play event was a success.

As an outcome of Play Streets, **sixty-seven** youth were able to engage in active play at the Rayville Recreation Center and enjoy healthy snacks and water throughout their play. There were seven volunteers along with 4-H jr. leaders who were trained and assigned duties to ensure a safe and fun time was had by all.

Expanded Food and Nutrition Education Program, 2014-2019

The mission of the Expanded Food and Nutrition Education Program (EFNEP) is to empower limited-income families with young children to make informed decisions about food purchasing, food safety and meal management. Each Nutrition Educator must always have a minimum of 50 adult clients. If an adult drops out of the program, they must be replaced with another client. Each educator must conduct a minimum of **10** adult group meetings a month, per parish with 4-5 enrolled participants in attendance. Each participant must complete a food recall and behavior checklist at the beginning of the series and again at the end of the series to evaluate the client's behavior changes from the checklist provided. Eight adult lessons are presented from the "Let's Eat for the Health of It" and "Show Me Nutrition" curricula and must be completed for graduation. **476** adults have graduated from the EFNEP Program over the last 2 years.

There are also at least 8 youth group meetings a month, with a minimum of **200** youth enrolled per year. At least 6 youth lessons are also taught from the "Let's Eat for the Health of It" curriculum. Those lessons consist of Fruits and Vegetables, Switch to Skim or 1% Milk, Make at Least Half Your Grains Whole, Vary Your Protein Choices, Food Safety, Food Dollar Management, Fats, Sugars, and Sodium, and Be Physically Active Your Way. Along with these lessons, food demonstrations are presented to the clientele for tasting purposes. Over **2,000** youth, grades 3rd-8th, received nutrition education within their science, physical education, summer camps, and library programs.

As the EFNEP Supervisor, Mrs. Newsome provided continual training monthly to four nutrition educators (but has worked with six educators at one time) on proper teaching skills they need to perform their daily nutrition education programs. Mrs. Newsome also provides feedback twice a quarter from site observations of their nutrition programming efforts. Training sessions have been conducted on doing a 24-hour Food Recall, new food trends, grocery store tours, farm to table exhibit trainings, nutrition webinars, and new lesson plans: pregnancy the healthy way, breastfeeding, feeding infants and toddlers, family mealtime, WebNeers, Dynamics, and the EFNEP Educator Role in Healthy Communities. *(See page 28 for evaluation results)*

Happy, Healthy Me, 2013-2019

Happy, Healthy Me is a literacy-based nutrition curriculum that teaches preschoolers and kindergarteners about concepts of MyPlate. Since obesity and extreme obesity amongst low-income individuals, preschool aged, is steadily on the rise, it is important for the preschoolers to learn at an early age why they need healthy foods and how they are grown. Each lesson includes hands-on activities that expose children to healthy eating practices in a fun and exciting way through books related to nutrition and physical activity components. Mrs. Newsome implemented the Happy, Healthy Me curriculum in both the Franklin and Richland Head Start programs monthly, reaching **176**, 3- and 4-year-olds. The program was also presented for the Franklin, Madison, and Richland Summer Reading programs, reaching over **180** elementary aged students.

Let's Eat for the Health of It (2013-Present)

Let's Eat for the Health of It is a nutrition curriculum formulated by a team of LSU AgCenter FCS Agents. The curriculum consists of both adult and youth nutrition education lessons with hands-on activities and recipes for food demonstrations. The curriculum covers USDA's MyPlate, which includes the five food groups, food safety, handwashing, physical activity, and food dollar management. Along with learning about the five food groups, students learned the importance of portion control, reading the nutrition facts label, how to prepare a great plate, and many ways to incorporate physical activity into their daily lives. Parents of students also received newsletters and recipes to increase a change in behavior in their home life as well. The Let's Eat for the Health of It curriculum was conducted throughout Franklin, Madison, Caldwell, Richland, Morehouse, East and West Carroll Parishes in the school setting through P.E. and Science classes reaching over **1,000** students. Educational programs were taught to **5,446** adults through the Council on Aging, community agencies, WIC, LSU and SU First Thursday Nutrition program, Noon Nibbles (Lunch and Learn Library Program), Faith Based Organizations (First Baptist of Caldwell Parish: Women Wellness Group, True Gospel Women Wellness Group in Franklin Parish), Winnsboro health resources and fitness center, home school clubs, and housing authorities.

C.H.E.F Camp, 2013-2019

C.H.E.F Camp is a cooking camp held during the summer months for kids ages 9-17. The C.H.E.F Camp curriculum consists of nutrition education lessons, knife skills, measuring, and hands-on cooking techniques. The camp is held for five days and a pre- and post-test is administered to monitor and determine the initial knowledge and changes that are made throughout the cooking camp program. Lessons were presented each day and included the following topics: kitchen safety, use of utensils and kitchen equipment, cooking terms, MyPlate, and physical activity. Recipes were made each day related to USDA's MyPlate. Examples of recipes prepared cheese quesadillas, fruit-filled pancakes, and fruit salsa. **118** youth were reached, and **20**

volunteers helped with implementation of the program. The camps were held in Richland, Madison, and East Carroll Parishes in collaboration with the SU AgCenter.

Food Preservation Workshops, 2014-2019

Food preservation is the process of treating and handling food to stop or slow down food spoilage, loss of quality or nutritional value, thus allowing for longer food storage. A series of food preservation workshops have been conducted in Richland, East and West Carroll parishes to enhance the learning of canning and freezing food products for sustenance. By utilizing food preservation skills, participants have learned how to properly can vegetables, freeze fruits, as well as make jam and jellies with perishable and semi-perishable items to prevent spoilage and increase food supply. **35** youth and **55** adults were reached through this series of workshops.

Chronic Disease Curriculum (2014-2019)

Chronic diseases such as heart disease, stroke, cancer, and diabetes are among the most prevalent, costly, and preventable of all health problems in Louisiana. Two thirds of adults in Louisiana are overweight or obese, and most adults do not consume an adequate amount of fruits and vegetables per day. The majority of adults are not engaging in adequate amounts of physical activity. Heart disease results in 25% of all death in Louisiana, while cancer causes 21% of all deaths. One third of all adults in Louisiana have high blood pressure.

The chronic disease curriculum addresses all those issues in order to help decrease the rise of health-related problems in Louisiana. The lessons conducted in this curriculum were as follows: Hypertension; Heart Disease; Diabetes; Weight Management; Cancer; Osteoporosis; and Recipe Modification. In collaboration with the Richland Parish Hospital in Delhi, **315** adults were reached with this educational effort. After completion of the series of classes, the participants learned preventive measures to take to reduce the risk of these chronic diseases. Those preventive measures include having a healthy diet based upon their nutritional needs, portion control, understanding signs and symptoms of these chronic diseases, exercise recommendations, lifestyle changes, food journaling, weight management, and how to modify recipes.

Diabetes NEWS (Nutrition Education Work Series), 2014-2016

The 5th leading cause of death in Louisiana is Diabetes. Type 2 Diabetes is a disease that can be prevented through diet, exercise, and lifestyle modifications. Mrs. Newsome presented a series of 5 lessons from the Diabetes NEWS curriculum to **255** clients of the Richland Parish Hospital Diabetes Support Group in Delhi, Louisiana, and Council on Aging Agencies in Caldwell Parish. Mrs. Newsome was able to teach the participants what diabetes is, how a person is tested for diabetes, which foods contain carbohydrates, recipe modification through food demonstrations, and the importance of exercise.

Germ Cave (2014-2017)

The purpose of the Germ Cave exhibit is to provide interaction to both youth and adults on the importance of handwashing. The germ cave provides a visual and hands-on experience with “faux” germs for participants to understand and see first-hand how quickly germs spread when proper handwashing techniques are not followed. Mrs. Newsome along with volunteers and other LSU and SU AgCenter Staff members have implemented the germ cave in Franklin, Madison, Caldwell, Richland, East and West Carroll Parishes reaching over **1,500** youth and adults. Efforts have been conducted with schools and community health agencies.

Family Nutrition Night (2013-2016)

Unhealthy food choices, large portion sizes and physical inactivity are all contributing factors to the childhood obesity epidemic facing our state. Parents play an important role in the parent/child feeding relationship because they are the primary provider of the foods that are accessible to the children in the family. Many educational efforts only target the children, but it is important to educate the parents as well since they serve to model habits and behavior. Empowering both the parents and children to adopt a healthy lifestyle through nutrition and fitness education can help reverse the obesity epidemic in not only our children but adults as well.

Family Nutrition Night is a nutrition program implemented through the AgCenter in collaboration with many other community partnerships to enhance hands-on learning experiences for youth, parents, and/or caregivers. There are six nutrition learning stations that consist of an educational component and hands-on activity on the following topics: Start Your Day the Right Way; Right Size Your Portions; Re-think Your Drink; Let's Get Active; The Low Down on Snacks; and the Health Report Card. Family Nutrition Night has been conducted in Franklin, Madison, Richland, East and West Carroll Parishes. **310** children, parents and caregivers were reached through this effort. Audiences were reached through schools and the Adolescence Pre-Diabetes Program Grant partnership funded through the Richland Parish Hospital. The Adolescence Pre-Diabetes Program target population for screening consists of students in grades 9-12 in a 20 Parish Louisiana Delta Service Region. The program is held in one high school per parish to identify the highest risk factors for obesity and diabetes.

Smart Bodies (2013-2015)

Mrs. Newsome has conducted the Smart Bodies Program through the collaborative efforts of the LSU AgCenter and Blue Cross Blue Shield of Louisiana Foundation in Franklin, Caldwell, Madison, and Richland Parishes. The purpose of the Smart Bodies Program is to provide a real-life walk-through experience of the human body for grades K-5th. The students are able to learn in depth about the brain, mouth, stomach, small intestine, heart, lungs, bones, muscles, skin, and the overall pathway for life. During implementation of this program, healthy living is emphasized through the core

curriculum as well as physical activities. Due to this outstanding program, **3,300** youth were reached, **110** teachers participated, and **225** volunteers helped with implementation of the Body Walk.

Healthy Beginnings, 2013-2014

For four months, Mrs. Newsome was responsible for conducting the Healthy Beginning for Your Baby Program which is a series of classes offered to pregnant women or parents of infants. This program was a partnership with the Department of Children and Family Services and clients were acquired through referrals from this agency. Over this period of time, **10** clients were referred for classes. These classes are designed to help mothers and infants prepare for success and an overall great quality of life in the future. The lessons consist of: Caring for Your Baby; Keeping Your Baby Safe and Cash Crisis; Understanding Your Baby's Development and Making it on Your Own; Brain Development and Meeting Your Transportation Needs; Nutrition and Credit: the good, the bad, and the ugly; and Communication and Co-Parenting. Upon completion of all six lessons, the client graduates from the program and receives incentive items for the baby's needs. This program aims to strengthen the parents' understanding of the necessary skills needed for success for both the parent and child.

Health and Career Fairs, 2013-Present

Encouraging, motivating, and providing research-based nutrition information to residents within the community to live a healthier lifestyle as it relates to healthy food consumption, being physically active, practicing food safety, and understanding food dollar management is a passion that Mrs. Newsome has when implementing education in the communities in which she works.

Mrs. Newsome is able to provide information to residents through health fairs, career days, and through many other collaborations with other agencies in the community. The collaborations in which Mrs. Newsome has provided nutrition information for have been with the Delta Head Start Program during parent meetings and grandparents day, numerous back to school events, hospital health fairs, senior day on the lake for the elderly residents, parish public housing authorities, local support groups, community colleges, local churches, parish grocery store, community health and wellness days in Madison, East Carroll and Richland Parishes, Winnsboro's Annual Catfish Day and the Taste of Franklin. Mrs. Newsome collaborated with the research side of the AgCenter during the Wheat Field Day at the Macon Ridge Research Station where a wheat kit was displayed as well as fact sheets and recipes related to various kinds of wheat. These events allow Mrs. Newsome to engage, educate, and network with the community leaders, volunteers, and residents of the community. Over **15,000** residents of the various communities in which Mrs. Newsome worked have been reached through these efforts.

2. Advisory Process and Critical Issue Responsiveness

Mrs. Newsome has planned, organized, collaborated with, and conducted annual and overall parish Advisory Leadership Council Meetings in Franklin, Madison, Caldwell, Richland, Morehouse, Ouachita, East and West Carroll Parishes. Mrs. Newsome has collaborated with other FCS Agents and Nutrition Educators such as Saundra Raines (LSU AgCenter, Richland Parish), Sarah Sims (SU AgCenter, Madison), and Carolyn Robinson (SU AgCenter, East and West Carroll), Cathy Agan (Ouachita) to conduct these meetings. Each parish advisory meeting is conducted in its respected parish and the representation of the council consists of stakeholders and leaders in the community. Those leaders consist of school board members, police jurors, library directors, volunteers for the EFNEP program, mayors, hospital administrators, public housing authorities, and many other community agency partnerships.

The Advisory Leadership Council meetings are very important to the AgCenter in addressing issues and needs of the community as it relates to nutrition. It allows the leaders of the community voice to be heard and aids in helping the agents create their plans of work based on those critical issues that need to be addressed to promote healthier living. Mrs. Newsome provides feedback each year on how those issues were addressed and the outcome based on the residents of the community's participation. Mrs. Newsome also serves on the Delta Head Start Community Action advisory committee which is a great community partnership in which she is able to provide nutrition education for those preschoolers as well as their parents or caregivers.

Richland and West Carroll FCS Advisory Leadership Committee (2021-Present)

Richland Parish Top Issues: (1) Physical Inactivity; (2) Cooking Classes for Pre-Teens; (3) Offer classes through different media sources.

Action Steps for Richland: (1) Conduct exercise education classes; (2) Implement the Walking Nutrition Education Community Program; (3) Conduct Teen Cuisine Culinary Camp in partnership with AETNA and Richland Parish Library

West Carroll Parish Top Issues: (1) Physical Inactivity; (2) Food Preservation Workshops

Action Steps for West Carroll: (1) Conduct exercise education classes; (2) Implement the Walking Nutrition Education Community Program; (3) Conduct Food Preservation Workshop Fall 2023 after Statewide Training.

Richland, West Carroll and Madison Healthy Communities Coalitions

Mrs. Newsome also participates in the Healthy Communities Initiatives and coalition meetings in West Carroll and Madison parishes. She is not the coordinating agent for

these coalitions but does work with the other FCS agents in these parishes to help implement these special community projects in each of these parishes. Mrs. Newsome is the coordinating agent for the Richland Parish Healthy Communities Coalition. Community forums were held, and workgroups were established in each parish. Top ideas identified and being addressed through a collaborative effort with staff from the LSU AgCenter, SU AgCenter, and Pennington Biomedical Research Center were as follows:

West Carroll Parish (2014-2019)

- Nutrition and health education and awareness
- Better access to free recreational activities throughout the parish
- Parents setting the example of healthy eating and exercising.

Madison Parish (2014-2018)

- Inclusive community center with activities
- Motivate people to exercise and eat healthy.
- Provide education through classes and seek grant opportunities for funding.

Richland Parish (2021-Present)

- Enhance available areas already present for encouraging physical activity in town (parks, walking trails, raised garden beds, pickleball court, nutrition, and health education: cooking classes).
- Farmers Market

Franklin, Madison, and Caldwell Parish Regional SNAP-Ed Nutrition Advisory Leadership Council, 2013-2014

The Regional SNAP-ED ALC for Franklin, Madison, and Caldwell Parishes consisted of stakeholders from each parish along with community leaders from the following agencies: School Board Representatives, Parish Council on Aging, Parish Library, Ministerial Alliance local police jury, and volunteers. This group of leaders helped to promote their communities and build awareness of the Supplemental Nutrition Assistance Program (SNAP-Ed) and the Healthy Beginnings for Your Baby Program. Some of the Advisory Committee Issues identified: Lack of managing choices, consumption of too many “processed foods”, having a fixed income affects how people eat, managing food budgets, and obesity in youth and adults along with hunger.

Madison, Richland, and East Carroll Parishes Nutrition Advisory Leadership Councils (past issues), 2014-2019

The Nutrition Advisory Leadership Councils are held individually in each of these parishes. Each ALC has membership that includes local stakeholders and is represented by the following agencies: School Board Offices, Public Housing Authority

Agencies, Parish Library, Head Start, local Support Groups, Parish Police Jury, local Hospital Administrators, and local volunteers of the EFNEP program.

Madison Parish

Issues: (1) physical activity and the consumption of healthy food, (2) educating parents on thrifty food shopping and budgeting, (3) nutrition displays in grocery stores and different health facilities, and (4) nutrition education in local community colleges.

Action: (1) Let's Eat for the Health of It lessons for youth and adults have been conducted to address healthy eating practices and being physically active. (2) Let's eat for the Health of It lesson on Food Dollar Management was conducted to address the issue of thrifty food shopping and budgeting. (3) Nutrition displays and booths were set up in Madison Parish grocery stores to recruit clients and promote the EFNEP program. (4) Community college students were recruited for the EFNEP program and provided educational lessons as a part of that program. (5) Healthy communities' initiative has begun through the CDC grant and community forums have been held and workgroups have been formed to get stakeholder input.

Richland Parish

Issues: (1) Community gardening (2) food demonstrations, and (3) food budgeting.

Action: (1) Identified key leaders to lead gardening efforts in the parish and planning efforts are ongoing. (2) Conducted summer C.H.E.F Camps as an effort to enhance food demonstration practices for youth audiences. (3) Let's eat for the Health of It lesson on Food Dollar Management was conducted to address the issue of thrifty food shopping and budgeting.

East Carroll Parish

Issues: (1) Nutrition basics with the elderly population, (2) food preservation, (3) increase communication and collaborative efforts between other parish agencies as it relates to nutrition programming, and (4) community gardening.

Actions: (1) Nutrition education classes have been conducted with the Peer Hope Support Group, Council on Aging, and Housing Authority residents. (2) Conducted food preservation workshops for youth and adult audiences. (3) Meetings will be set up with agency directors to increase communication and partnerships. (4) Farm to Table Exhibit was set up during the Library to the Garden Day.

Mrs. Newsome consistently interacts with the leaders of these advisory leadership councils throughout the year via emails, telephone calls and face-to-face contacts.

Critical Issue Responsiveness

Critical Issues that have been identified in the parishes have included the following:

- COVID-19

- Childhood Obesity
- Flooding

Since her employment, Mrs. Newsome has worked to address the critical issues identified by the Advisory Leadership Councils through her programming efforts in the parishes she has been assigned.

In response to the rapid increase of childhood obesity rates and chronic disease statistics, educational efforts have targeted youth and adults to teach healthy eating practices and the importance of being physically active both in-person and virtually. These efforts have provided educational programs such as Flavors of Health Signature programs to address chronic disease, Culinary Camps, Healthy Living Workshops, C.H.E.F Camps, Family Nutrition Nights, Let's Eat for the Health of it classes, Smart Bodies, and other community partnerships.

Mrs. Newsome along with other FCS and 4-H Agents, who are all a part of the Northeast Region Childhood Obesity Committee, collaborated and published "Take Time with Your Kids". This publication provides fun ways for both the child and parent/caregiver to be physically active and make healthy snacks for food consumption.

In previous years within the Northeast Region our residents were impacted in a devastating way through flooding. Many families and individuals were displaced from their homes and once allowed back home had numerous housing issues to deal with and resolve. Mrs. Newsome provided information from the LSU AgCenter disaster series of publications as well as the Healthy Homes Program to community residents in Madison and Richland Parishes. These information packets were also made available for pickup in the parish extension offices.

3. Innovative Teaching Methods, Knowledge, and Application of New Technology (verification programs, methods, and result demonstrations, etc.)

Mrs. Newsome posts news articles monthly to the following local newspapers: Madison Journal, Richland Beacon, Delhi Dispatch, and Banner Democrat. These articles reach over **11,000** subscribers monthly. Mrs. Newsome has also written and submitted articles for two parish-based newsletters: "Wise and Well" in West Carroll Parish and the "All About You" in East Carroll Parish. These publications are distributed to residents in the community bimonthly where over **350** residents in the community are reached. Mrs. Newsome posts up-to-date information regarding FCS in the parish profile on the CMS webpage. She has created a regional Facebook and Twitter page for the EFNEP program and assisted with creating a state EFNEP Facebook page. Facebook and Twitter posts include nutrition updates, information, and recipes for stakeholders and residents in the community. Mrs. Newsome's Facebook pages have **1,200** followers

and over **75** Facebook and Twitter posts have been created and submitted. Mrs. Newsome has also created a LinkedIn account to network and stay connected to stakeholders, colleagues, and other extension professionals.

Mrs. Newsome has also used the EFNEP reporting system, known as WEBNEERS, to enroll EFNEP clientele. This reporting system analyzes data from pre, and post surveys, allows input of success stories, impact reports, and testimonials. It also allows input of volunteers and their hours provided to the nutrition program. This system creates reports based on food resource management, nutrition practices, food safety practices, diet quality, and physical activity practices that Mrs. Newsome can use for state, federal, and impact reports. Reports can also be used for an update to the advisory leadership council members, school board, police jury, stakeholders, and other leaders in the community.

Mrs. Newsome also utilizes Microsoft Teams for virtual nutrition education classes, resource building, meetings, and trainings. Microsoft PowerPoint for presentations, nutrition education games, and to create flyers, Microsoft Word, Microsoft Publisher to create programs and flyers, and Turning Points Software for surveys and nutrition education games.

4. Program Delivery Effectiveness Demonstrated by Evaluation, Change, and Adoption

Parish Based Evaluations

Mrs. Newsome evaluates the effectiveness of program delivery through parish and state reviewed evaluation survey tools. The EFNEP reporting system for evaluation measure is conducted through WEBNEERS. This reporting system is designed to be used on the federal and state levels.

Nutrition in the Garden, Harvest of Hope Community Garden, Richland Parish Results:

Results from Pre and Post Test:

- 81% (13 of 16) improved in the number of fruits they eat each day.
- 69% (11 of 16) improved in the number of vegetables they eat each day.
- 44% (7 of 16) improved in the number of water consumption each day.
- 100% (16 of 16) improved in the number of breakfast consumption each day.
- 69% (11 of 16) improved in providing family with ideas for healthy meals or snacks.
- 100% (16 of 16) improved that ½ your plate should contain fruits and vegetables, MyPlate.
- 100% (16 of 16) improved regular versus baked potato chips contain same amount of fat.
- 56% (9 of 16) improved no difference in measuring tools when measuring wet versus dry.
- 81% (13 of 16) improved protein is the size of a deck of cards.
- 81% (13 of 16) improved we eat all parts of the plant.

Teen Cuisine Youth Culinary Camp, West Carroll Parish Results:

Teen Cuisine Post Survey Results are as follows:

On a scale of 1 to 4 where 1 is the lowest ("not at all") and 4 is the highest ("totally"), how CONFIDENT are you that you KNOW HOW TO:

Use knives for food preparation:

--88% (7 of 8) stated totally

--12% (1 of 8) stated fairly

Follow a recipe (using measuring and cooking techniques):

--88% (7 of 8) stated totally

--12% (1 of 8) stated fairly

Read food labels to identify healthier food choices:

--63% (5 of 8) stated totally

--25% (2 of 8) stated fairly

--12% (1 of 8) stated a little

Plan healthy meals and snacks.

--38% (3 of 8) stated totally

--50% (4 of 8) stated fairly

--12% (1 of 8) stated not at all

Follow food safety rules as you prepare food.

--88% (7 of 8) stated totally

--12% (1 of 8) stated fairly

Get more physical activity into your day.

--25% (2 of 8) stated totally

--50% (4 of 8) stated fairly

--25% (2 of 8) stated a little

Maintain or reach your healthy weight.

--37.5% (3 of 8) stated totally

--37.5% (3 of 8) stated fairly

--25% (2 of 8) stated a little

On a scale of 1 to 4 where 1 is the lowest ("not at all") and 4 is the highest ("totally"), over the next month, how LIKELY are you to:

Select foods that are low in added sugars, saturated fats, and sodium.

--37.5% (3 of 8) stated totally

--37.5% (3 of 8) stated fairly

--25% (2 of 8) stated a little

Keep a serving size in mind as you put food on your plate.

--25%(2 of 8) stated totally

--37.5%(3 of 8) stated fairly

--37.5%(3 of 8) stated a little

Be a little more active each day.

--37.5% (3 of 8) stated totally

--37.5% (3 of 8) stated fairly

--25% (2 of 8) stated a little

Recommend this program to someone you know?

--100% (8 of 8) stated totally

How would you rate this program?

--88% (7 of 8) stated Great!!

--12% (1 of 8) stated Pretty Good

Additional Comments:

--"I want more of how to make healthy sweets."

--"Great experience and social interactions! Also, amazing healthy food and great teacher."

--"I believe classes like these should be available much more often in such small towns like this. I'm extremely appreciative for such an experience with Mrs. Brittney and a former teacher (Nicky Lingo, 4-H Agent)."

--"I learned the difference between wet and dry measuring cups. Very great program and would love to do it again. LOVED the teacher. She was amazing and very helpful!!"

Break Up With Salt Program Results:

Pre-Program Average Score

(1) Use food labels when grocery shopping: 3.0

(2) Follow DASH eating plan: 1.8

(3) Prepare good food without salt: 2.4

(4) Make lower sodium choices when eating out: 2.3

(5) Make small lifestyle changes: 2.6

All 5 combined: 2.4

Some of the biggest barriers to healthy eating noted on the pre-test are as follows:

-Eating too many sweets

-Love too much chocolate

-Don't like green, red, and yellow fruits and vegetables

-Mental health blocks

Post-Program Average Score

- (1) Use food labels when grocery shopping: 3.0
 - (2) Follow DASH eating plan: 2.5
 - (3) Prepare good food without salt: 2.3
 - (4) Make lower sodium choices when eating out: 2.1
 - (5) Make small lifestyle changes: 2.9
- All 5 combined: 2.6

Confidence Increase (%) from Pre to Post:

- (1) Use food labels when grocery shopping: 0%
 - (2) Follow DASH eating plan: 18%
 - (3) Prepare good food without salt: -3%
 - (4) Make lower sodium choices when eating out: -5%
 - (5) Make small lifestyle changes: 6%
- All 5 combined: 4%

Results from "Has your blood pressure dropped since beginning the Break-Up With Salt Program" on the post test are as follows:

- 9 out of 18 answered Yes
- 5 out of 18 answered No
- 2 out of 18 answered Not sure/don't know

Dining With Diabetes Program Results Part 1:

Pre/Post Program Survey results are as follows:

- 100% (7 of 7) improved in their response of: Which food raises blood sugar levels the most?
- 71% (5 of 7) improved in their response of: According to the Plate Method, non-starchy vegetables are how much of your plate?
- 85% (6 of 7) improved in their response of: Which of the following foods contain carbohydrates?
- 100% (7 of 7) improved in their response of: Controlling blood glucose through diet may lower the risk of
- 85% (6 of 7) improved in their response of: Which of the following are used to monitor the risk of diabetic complications?
- 100% (7 of 7) improved in their response of: Which of the following foods are sources of healthier fats?
- 100% (7 of 7) improved in their response of: Fiber is important for the following reasons

Dining With Diabetes Program Results Part 2: On how many of the last 7 days did you?

--Exercise for 20 minutes or more: (5 of 7) stated 1 day, and (2 of 7) stated no days.

--Eat a variety of fruits and vegetables: (1 of 7) stated everyday, (2 of 7) stated 6 days, and (4 of 7) stated 4 days.

--Consider portion sizes when making meal choices: (3 of 7) stated everyday, (2 of 7) stated 6 days, and (2 of 7) no response.

--Review the food label before eating out: (3 of 7) stated everyday, (2 of 7) stated 6 days, and (1 of 7) stated 1 day, and (1 of 7) no response.

--Check your feet: (3 of 7) stated everyday, (1 of 7) stated 5 days, (1 of 7) stated 4 days, and (2 of 7) no response.

Dining With Diabetes Program Results Part 3: Do you agree or disagree with the following statement?

When it comes to diabetes and health, what I do can make a positive difference for me or the person I care for with diabetes. --(7 of 7) agree

I feel confident I can keep my diabetes under control or help the person I care for keep their diabetes under control. --(6 of 7) agree, (1 of 7) unsure

Diabetes is not that serious, especially when you feel fine. --(5 of 7) disagree, (2 of 7) unsure

I feel overwhelmed by the demands of living with diabetes or caring for someone living with diabetes. --(1 of 7) agree, (4 of 7) disagree, (1 of 7) unsure, (1 of 7) no response.

Dining With Diabetes Program Results Part 4: How often do you eat the following:

Fried Foods: (3 of 7) sometimes, (2 of 7) rarely, (1 of 7) frequently, (1 of 7) no response

Five or more servings of fruits and vegetables in a day: (1 of 7) sometimes, (2 of 7) rarely, (2 of 7) frequently, (2 of 7) no response.

Three servings of dairy products in a day: (4 of 7) sometimes, (1 of 7) rarely, (1 of 7) frequently, and (1 of 7) no response.

Sugary beverages: (1 of 7) never, (2 of 7) sometimes, (1 of 7) rarely, (2 of 7) frequently, (1 of 7) no response

Baked Fish (prepared with little or no added fat): (3 of 7) sometimes, and (4 of 7) rarely.

Dining With Diabetes Program Results Part 5: Which of the following have you done since participating in Dining with Diabetes?

- Fit exercise into your daily routine --(2 of 7)
- Exercise continuously for at least 30 minutes at least 3 times per week --(1 of 7)
- Participate in physical activity such as walking on a daily basis --(1 of 7)

Smart Portions Program Results:

Per the Smart Portions Healthy Weight Management Program Survey
Which statement below best explains how physical activity fits your life?

- 73% reported "I am ready to become more physically active"
- 9% reported "I have become more physically active in the last 6 months"
- 9% reported "I am starting to think about being more physically active"
- 9% reported "I have been physically active for over 6 months for most days of the week"

How many minutes are you currently exercising most days of the week?

- 18% reported 30 minutes
- 9% reported 20 minutes
- 73% reported 0 minutes

If you routinely exercise, what kind of exercise do you do?

- 18% reported walking
- 9% reported strength training
- 73% reported none

If not, what is the main reason you are not more physically active?

- 73% reported not enough time/busy

Which statement best shows your willingness to make healthy food choices a permanent part of your lifestyle?

- 9% reported "I have sustained a healthy eating pattern for over 6 months"
- 91% reported "I have started to think about eating healthy."

On an average day, how many vegetables do you eat (include starchy such as corn, green peas, white potatoes; dark green, orange, dry beans and peas, and other)?

- 36% reported "1-2"
- 9% reported "3-4"
- 55% reported "I never eat vegetables"

On an average day, how many whole grains do you eat?

--36% reported "1 or 2"

--64% reported "3-5"

On an average day, how many fruits do you eat?

--100% reported "1-2"

What kind of milk do you drink?

--9% reported "1%"

--45% reported "2%"

--46% reported "I never drink milk"

When you eat away from home what percent of the time do you choose a healthier meal that is lower in fat and/or calories?

--9% reported "51-75% of the time"

--91% reported "0-25% of the time"

Weekly weigh-in results, blood glucose, and journal of progress (1 participant):

Start of the program (6/2): 206#

Midway of the program (7/7): 197#

End of the program (8/4): 189#

Blood glucose changes: 154H-120L by the end of the program

Journal of personal progress results:

--Exercised for 30 minutes or more most days of the week and kept documentation for own goals.

--Keep a weekly diary throughout the program and documented all meals, snacks, and supplements

--Set goals for the week: "less snacking at night or maybe snacking more healthy".

Stay Independent Program Results:

Per Stay Independent Post Evaluations (Not at all familiar/likely, Somewhat familiar/likely, Very familiar/likely, or Not Applicable).

BEFORE this presentation, how familiar were you with:

- Eating three meals a day: 46% reported somewhat familiar and 54% reported very familiar
- The benefits of eating fruits and vegetables: 50% reported somewhat familiar and 50 % reported very familiar
- The benefits of eating protein: 46% reported somewhat familiar and 54% reported very familiar

- The benefits of being physically active: 75% reported very familiar and 25% reported somewhat familiar
- Strategies for cooking for one or two people: 61% reported somewhat familiar, 25% reported not at all, and 4% reported very familiar.
- The behaviors for a healthy brain: 71% reported somewhat familiar, 18% reported very familiar and 11% reported not at all.

AFTER this presentation, how familiar were you with:

- Eating three meals a day: 75% reported very familiar and 25% reported somewhat familiar
- The benefits of eating fruits and vegetables: 79% reported very familiar and 21% reported somewhat familiar
- The benefits of eating protein: 79% reported very familiar and 21% reported somewhat familiar
- The benefits of being physically active: 89% reported very familiar and 11% reported somewhat familiar
- Strategies for cooking for one or two people: 86% reported very familiar and 14% reported somewhat familiar
- The behaviors for a healthy brain: 93% reported very familiar and 7% reported somewhat familiar

Over the next month, how likely are you to:

- Eat three meals a day: 71% reported very likely, 18% reported not at all likely, and 11% reported somewhat likely
- Eat fruits and vegetables daily: 82% reported very likely, 11% reported not at all likely, and 7% reported somewhat likely
- Eat protein daily: 82% reported very likely and 18% reported not at all likely
- Be physically active daily: 93% reported very likely and 7% reported somewhat likely
- Use cooking for one or two strategies: 86% reported very likely, 7% reported not at all likely, and 7% reported somewhat likely
- Adopt some behaviors for a healthy brain: 96% reported very likely and 4% reported not at all likely

Expanded Food and Nutrition Education Program Results (2014-2019):

The curriculum tools for program delivery are Let's Eat for the Health of It and Show Me Nutrition. Behavior checklist questions as well as a 24-hour diet recalls are administered for each EFNEP adult client at the beginning of the series of lessons and the end to monitor a change in behavior. Youth surveys are conducted at the beginning of the series as well as the end to monitor progress.

In Madison, Richland, East, and West Carroll Parishes, 47% of 1,698 adult graduates showed improvement in food resource management practices as indicated by planning meals, comparing prices when shopping, using a grocery list, and not running out of food before the end of the month; 46% showed improvement in nutrition practices as indicated by more often thinking about selecting healthier food choices and deciding what to feed their families, reading the nutrition facts label, preparing food without adding salt, and reporting that their children ate breakfast more often; 61% showed improvement in food safety practices as indicated by thawing and storing foods at proper temperature. By utilizing the Let's Eat for the Health of It curriculum, 6,200 youth, grades 3rd-8th, received nutrition education within their science, physical education, summer camps, and library programs. Based on the pre and post-tests results, 79% of 6,200 youth showed improvement as indicated by diet quality practices.

Listed below are the results from the pre and post-tests evaluation for both adult and youth EFNEP clientele.

Results from the Adult Behavior Checklist Summary Report for Madison Parish:

Food Resource Management Practices improved as indicated by the following

- 15% (7 of 46) more often planned meals in advance.
- 26% (12 of 46) more often compared prices when shopping.
- 22% (10 of 46) less often ran out of food before the end of the month.
- 46% (21 of 46) more often used a list for grocery shopping.

Nutrition Practices improved as indicated by the following

- 15% (7 of 46) more often planned meals in advance.
- 20% (9 of 46) more often thought about healthy food choices when deciding what to feed their families.
- 17% (8 of 46) more often prepared foods without adding salt.
- 33% (15 of 46) more often used the "Nutrition Facts" on food labels to make food choices.
- 22% (10 of 46) reported their children ate breakfast more often.

Food Safety Practices improved as indicated by the following

- 85% (39 of 46) more often followed the recommended practices of not allowing meat and dairy foods to sit out for more than two hours.

67% (31 of 46) more often followed the recommended practices of not thawing foods at room temperature.

Results from the Youth Checklist Summary Report for Madison Parish

Diet Quality practices improved as indicated by the following for 3rd – 5th Graders

19% (27 of 139) improved in the number of vegetables they eat on a daily basis.

32% (44 of 139) improved in the number of fruits they eat on a daily basis.

19% (27 of 139) improved in how often they choose healthy snacks.

20% (28 of 139) improved in how often they consume breakfast on a daily basis.

19% (27 of 139) improved in how often they ask someone to buy fruits/veg for daily consumption.

34% (47 of 139) improved in how often they ask someone to buy low-fat milk for daily consumption.

Diet Quality practices improved as indicated by the following for 6th – 8th Graders

32% (25 of 79) improved in the number of vegetables they eat on a daily basis.

32% (25 of 79) improved in the number of fruits they eat on a daily basis.

51% (40 of 79) improved in how often they choose healthy snacks.

34% (27 of 79) improved in their responses to decreasing the amount of sugary drinks consumed.

23% (10 of 43) improved in the number of whole grains consumed on a daily basis.

29% (17 of 59) improved in how often they choose food lower in fat content.

17% (24 of 139) improved in how often they ask someone to buy fruits/vegetables for daily consumption?

Physical Activity practices improved as indicated by the following for 3rd – 5th Graders

21% (29 of 139) improved in their responses in becoming more physically active.

17% (24 of 139) improved in their responses in understanding the importance of being physically active.

Physical Activity practices improved as indicated by the following for 6th – 8th Graders

42% (33 of 79) improved in their responses in becoming more physically active.

30% (24 of 79) improved in their responses in increasing the amount of days they are physically active.

46% (36 of 79) improved in their responses in increasing the amount of time they are physically active.

Food Safety practices improved as indicated by the following for 3rd – 5th Graders

15% (21 of 139) improved in their responses to understanding food safety concepts.

11% (15 of 139) improved in their responses to the importance of handwashing.

Food Safety practices improved as indicated by the following for 6th – 8th Graders

37% (29 of 79) improved in their responses to the importance of handwashing.

44% (35 of 79) improved in their responses to understanding food safety.

Food Resource Management practices improved as indicated by the following for 6th–8th Graders

34% (27 of 79) improved in how often they choose proper kitchen equipment.
41% (32 of 79) improved in their responses to understanding how to carefully follow directions in a recipe.

Results from the Adult Behavior Checklist Summary Report for Richland Parish
Food Resource Management Practices improved as indicated by the following

71% (34 of 48) more often planned meals in advance.
52% (25 of 48) more often compared prices when shopping.
63% (30 of 48) less often ran out of food before the end of the month.
75% (36 of 48) more often used a list for grocery shopping.

Nutrition Practices improved as indicated by the following

71% (34 of 48) more often planned meals in advance.
48% (23 of 48) more often thought about healthy food choices when deciding what to feed their families.
65% (31 of 48) more often prepared foods without adding salt.
44% (21 of 48) more often used the "Nutrition Facts" on food labels to make food choices.
31% (15 of 48) reported their children ate breakfast more often.

Food Safety Practices improved as indicated by the following

28% (13 of 47) more often followed the recommended practices of not allowing meat and dairy foods to sit out for more than two hours.
73% (35 of 48) more often followed the recommended practices of not thawing foods at room temperature.

Results from the Youth Checklist Summary Report for Richland Parish

Diet Quality practices improved as indicated by the following for 3rd – 5th Graders

42% (40 of 96) improved in the number of vegetables they eat on a daily basis.
36% (35 of 96) improved in the number of fruits they eat on a daily basis.
35% (34 of 96) improved in how often they choose healthy snacks.
16% (15 of 96) improved in how often they consume breakfast on a daily basis.
18% (17 of 96) improved in how often they ask someone to buy fruits/veg for daily consumption.
24% (23 of 96) improved in how often they ask someone to buy low-fat milk for daily consumption.

Diet Quality practices improved as indicated by the following for 6th – 8th Graders

41% (34 of 82) improved in the number of vegetables they eat on a daily basis.
41% (34 of 82) improved in the number of fruits they eat on a daily basis.
47% (38 of 81) improved in how often they choose healthy snacks.
33% (27 of 82) improved in their responses to decreasing the amount of sugary drinks consumed.

30% (18 of 61) improved in the number of whole grains consumed on a daily basis
42% (19 of 45) improved in how often they choose food lower in fat content.

Physical Activity practices improved as indicated by the following for 3rd – 5th Graders
18% (17 of 96) improved in their responses to becoming more physically active.
13% (12 of 96) improved in their responses in understanding the importance of being physically active.

Physical Activity practices improved as indicated by the following for 6th – 8th Graders
43% (35 of 82) improved in their responses to becoming more physically active.
43% (35 of 82) improved in their responses to increasing the amount of days they are physically active.
39% (32 of 82) improved in their responses to increasing the amount of time they are physically active.

Food Safety practices improved as indicated by the following for 6th – 8th Graders
27% (22 of 81) improved in their responses to the importance of handwashing.
38% (30 of 80) improved in their responses to understanding food safety concepts.

Food Resource Management practices improved as indicated by the following for 6th–8th Graders
35% (28 of 81) improved in how often they choose proper kitchen equipment.
35% (28 of 81) improved in their responses to understanding how to carefully follow directions in a recipe.

Results from Adult Behavior Checklist Summary Report for East Carroll Parish:

Food Resource Management Practices improved as indicated by the following
52% (48 of 92) more often planned meals in advance.
42% (39 of 92) more often compared prices when shopping.
26% (24 of 92) less often ran out of food before the end of the month.
46% (42 of 92) more often used a list for grocery shopping.

Nutrition Practices improved as indicated by the following
52% (48 of 92) more often planned meals in advance.
65% (59 of 91) more often thought about healthy food choices when deciding what to feed their families.
47% (43 of 92) more often prepared foods without adding salt.
85% (77 of 91) more often used "Nutrition Facts" on food labels to make food choices.
53% (46 of 87) reported their children ate breakfast more often.

Food Safety Practices improved as indicated by the following
30% (28 of 92) more often followed the recommended practices of not allowing meat and dairy foods to sit out for more than two hours.

10% (9 of 92) more often followed the recommended practices of not thawing foods at room temperature.

Results from Youth Checklist Summary Report for East Carroll Parish

Diet Quality practices improved as indicated by the following for K-2nd Graders

68% (25 of 37) improved in their response to identifying healthy snacks.

73% (27 of 37) improved in their response to identifying vegetables.

86% (31 of 36) improved in their responses to identifying dairy foods.

75% (27 of 36) improved in their responses to identifying fruits.

Diet Quality practices improved as indicated by the following for 3rd – 5th Graders

51% (78 of 154) improved in the number of vegetables they eat on a daily basis.

32% (50 of 155) improved in the number of fruits they eat on a daily basis.

40% (61 of 152) improved in how often they choose healthy snacks.

22% (33 of 153) improved in how often they consume breakfast on a daily basis.

21% (32 of 152) improved in how often they ask someone to buy fruits/veg for daily consumption.

55% (85 of 154) improved in how often they ask someone to buy low-fat milk for daily consumption.

Diet Quality practices improved as indicated by the following for 6th – 8th Graders

40% (68 of 169) improved in the number of vegetables they eat on a daily basis.

40% (68 of 168) improved in the number of fruits they eat on a daily basis.

29% (49 of 168) improved in how often they choose healthy snacks.

30% (51 of 168) improved in their responses to decreasing the amount of sugary drinks consumed.

39% (55 of 140) improved in the number of whole grains consumed on a daily basis.

34% (45 of 131) improved in how often they choose food lower in fat content.

Physical Activity practices improved as indicated by the following for 3rd – 5th Graders

38% (58 of 154) improved in their responses to becoming more physically active.

42% (64 of 153) improved in their responses in understanding the importance of being physically active.

Physical Activity practices improved as indicated by the following for 6th – 8th Graders

47% (79 of 168) improved in their responses to becoming more physically active.

41% (70 of 169) improved in their responses to increasing the amount of days they are physically active.

40% (67 of 168) improved in their responses to increasing the amount of time they are physically active.

Food Safety practices improved as indicated by the following for 3rd – 5th Graders

23% (35 of 150) improved in their responses to understanding food safety concepts.

35% (54 of 154) improved in their responses to the importance of handwashing.

Food Safety practices improved as indicated by the following for 6th – 8th Graders
27% (45 of 169) improved in their responses to the importance of handwashing.
35% (58 of 164) improved in their responses to understanding food safety concepts.

Food Resource Management practices improved as indicated by the following for 6th–8th Graders
29% (48 of 168) improved in how often they choose proper kitchen equipment.
30% (50 of 168) improved in their responses to understanding how to carefully follow directions in a recipe.

Results from Adult Behavior Checklist Summary Report for West Carroll Parish

Food Resource Management Practices improved as indicated by the following
52% (25 of 48) more often planned meals in advance.
81% (39 of 48) more often compared prices when shopping.
67% (32 of 48) less often ran out of food before the end of the month.
83% (40 of 48) more often used a list for grocery shopping.

Nutrition Practices improved as indicated by the following
52% (25 of 48) more often planned meals in advance.
81% (39 of 48) more often thought about healthy food choices when deciding what to feed their families.
17% (8 of 48) more often prepared foods without adding salt.
98% (47 of 48) more often used the "Nutrition Facts" on food labels to make food choices.
35% (17 of 48) reported their children ate breakfast more often.

Food Safety Practices improved as indicated by the following
88% (42 of 48) more often followed the recommended practices of not allowing meat and dairy foods to sit out for more than two hours.
94% (45 of 48) more often followed the recommended practices of not thawing foods at room temperature.

Results from the Youth Checklist Summary Report for West Carroll Parish

Diet Quality practices improved as indicated by the following for 3rd-5th Graders
36% (45 of 126) improved in the number of vegetables they eat on a daily basis.
31% (39 of 125) improved in the number of fruits they eat on a daily basis.
41% (52 of 126) improved in how often they choose healthy snacks.
38% (47 of 125) improved in how often they consume breakfast on a daily basis.
23% (29 of 126) improved in how often they ask someone to buy fruits/veg for daily consumption.
35% (44 of 124) improved in how often they ask someone to buy low-fat milk for daily

consumption.

Physical Activity practices improved as indicated by the following for 3rd – 5th Graders
34% (42 of 125) improved in their responses to becoming more physically active.

Food Safety practices improved as indicated by the following for 3rd – 5th Graders
14% (17 of 125) improved in their responses to understanding food safety concepts.
25% (32 of 126) improved in their responses to the importance of handwashing.

Smart Bodies

As a result of the Smart Bodies program held in Franklin, Madison, Caldwell, and Richland Parishes, the youth and volunteers learned more about the brain, mouth, stomach, small intestine, heart, lungs, bones, muscles, skin, and the overall pathway for leading a healthy life. During implementation of this program, healthy living was emphasized through the core curriculum as well as physical activities. One teacher from Tallulah Elementary stated “the body walk is an amazing program because it goes hand in hand with my science lessons.”

Smart Bodies research indicates that youth who participate in the full Smart Bodies program: significantly increased their knowledge about nutrition; significantly increased their knowledge about the effects and benefits of physical activity; significantly increased their beliefs that they could consume more fruits; and expended significantly more energy during Take 10! (Physical activity component) than during recess, lunch and after school.

Healthy Beginnings for Your Baby Program

20% of participants from the Healthy Beginnings for Your Baby Program successfully graduated from the program. The six classes were designed to help mothers and infants prepare for success and an overall great quality of life in the future. One participant reported “I already have one child and thought I knew everything, but this class was like a refresher, and I learned a lot more.” After six months, a follow-up was done with the two participants. The same participant reported “Mrs. Brittney, I am now working as an aide at Tallulah Charter and saving money for me and my kids.”

Chronic Disease

Mrs. Newsome taught preventative measures to decrease the risk of developing chronic diseases via the Chronic Disease Curriculum. The preventative measures addressed were as follows: important food sources to choose from, portion control and sizes, understanding signs and symptoms, exercise recommendations, lifestyle changes, food

journaling, weight management, and how to modify recipes. Based upon pre and post surveys, **100%** of participants increased their basic knowledge of how to reduce their risk of developing one or more chronic diseases. One participant reported “I just knew these recipes were going to be nasty and bland, but they are really good.” Another participant stated, “You have provided me with more information about how to prevent Diabetes than my doctor did and I’m already borderline.” One other participant stated, “I will try and walk every day and dance when I clean to get moving.”

C.H.E.F Camp

As a result of the C.H.E.F Camp Program, youth and volunteers gained knowledge of nutrition, knife skills, measuring, and hands-on cooking techniques. A pre and post-test was administered to measure the participants’ knowledge about MyPlate and basic cooking techniques. Results indicated that **85%** of participants had an increase in knowledge gained. Observations made during sessions indicated that participants had success in following through with the techniques they learned through food preparation activities. They also had the opportunity daily to write down or state verbally what they learned during the camp. One teenage youth stated, “We must eat right in order to keep a healthy heart in order to keep our heart pumping correctly”.

Regional Based Evaluations

Ag Alley and Ag Adventures

Agriculture is a major industry across the state and especially in the Northeast Region. The agriculture industry contributes billions of dollars to the economy, employs thousands of people and provides food and fiber necessary for everyday life. Many youths are not aware of the importance that agriculture plays in our region and their life. When questioned about where a particular food comes from, children will many times reply “the grocery store” which indicates there is a lack of understanding about where their food originates and the path it takes to get to their table so they can build a healthy plate. The overall goal of the project is to increase the awareness in elementary school age children of the link between food origins, nutrition, and health.

This year, Mrs. Newsome along with other Forestry Specialist, FCS Agents, 4-H Agents, and Horticulture Agents conducted a session on Forestry and Nutrition. The participants learned all about Forestry, the nutritional benefits of the Forest, and then were able to participate in a hands-on activity with 4-H and Horticulture Agents. In previous years, Down on the Farm Ag Alley for First Graders was designed and created to offer support to school systems as a school enrichment opportunity. Youth learn how food originates on the farm and goes through processing to reach their table for them to build their healthy MyPlate. The alley includes five interactive stations: Delta Farm, Louella’s Dairy Farm, Sam’s Silo, Farmer Pete’s Protein Place and Tiger Cafeteria. Each station consists of a standing display, table covering and interactive educational lesson. Mrs. Newsome is one of the agents who teaches each year at one of the educational stations.

At the conclusion of the program, a random sample of youth (N = 179) completed a posttest using the Qualtrics Survey on iPads to assess their knowledge of healthy food choices and food sources. Youth ranged in age from 6 to 13 with a mean age of 6.6 years old. Youth self-identified as white (60%), black (38%), or other (2%). The group was split almost equally between females (52%) and males (48%). The overall group average on the knowledge of healthy food choices portion of the test was **80.69%**. Youth were most likely to recognize carrots as a healthy food choice with **89%** of youth identifying it correctly. Youth also recognized strawberries and milk as healthy options with over **80%** of youth identifying these options correctly. Over **80%** of youth were also able to identify less healthy options like French fries and cupcakes. Youth were asked to identify sources of food as part of the farm-to-table initiative. The overall group average for this portion of the test was **85.67%** indicating that most of the youth were able to match selected foods with its farm source.

2023 Ag Awareness Results:

A total of 2,090 youth participated in the three events along with 3,846 adults. This adult number includes 108 teachers/adults that attended Ag Alley and Ag Adventures with the youth.

Survey results from teachers attending Ag Alley and Ag Expo are below:

- Increased my students' knowledge about Louisiana agriculture: Agree/Mostly agree--95.2%
- Increased my students' knowledge about livestock: Agree/Mostly agree-- 95.2%
- Increased my students' knowledge about healthy lifestyles: Agree/Mostly agree-- 90.5%
- Other comments shared:
 - Really enjoyed it
 - My 4 H students had an awesome time, I can't wait to bring them back!
 - Very nice facility and organized activities. Thank you so much!
 - My students had a great time! They especially loved the animals.
 - This was very nice and great timing
 - Awesome. Thank you for the invite!
 - Enjoyed
 - My students enjoyed each of the exhibits.
 - The students enjoyed all the activities. Everything flowed wonderfully.
 - Love this for our students
 - We loved bringing our students on this field trip. I was very impressed with the hands-on activities you provided these students. Thank You
 - It was so fun and educational. Our students learned so much.
 - This was a great experience for our kids. They enjoyed it.
 - Students are engaged and love to come.
 - The animals were great!

--Loved learning about cotton; some of our kids see it every day but don't know what it is used for.

Family Nutrition Night

The Family Nutrition Night concept was selected to address the issues of Childhood Obesity, Portion Control and Physical Inactivity. Family Nutrition Night includes a presentation, "Parenting for Nutrition and Fitness", and six interactive learning stations: Start Your Day the Right Way, Right-size Your Portions, Re-think Your Drink, Let's Get Active, The Low Down on Snacks, and Health Report Card.

At the Health Report Card station, participants have their height and weight taken, and their BMI is determined. Other health assessments such as blood pressure, pulse, cholesterol, and blood glucose have also been taken at some events with the aid of coalition members and school nurses.

An immediate post-event survey is completed by parents the night of the event. An overwhelming 85 percent indicated they would attend another Family Nutrition Night. Forty-six percent were not aware that their child's school had a wellness policy, and 95 percent of those not aware indicated they would ask a school employee about the policy. Parents also indicated they would work to improve their family's eating and activity habits through a number of ways. Only **29** percent were aware of how much time their child spends participating in physical activity during the school day.

A follow-up evaluation was developed based upon answers given in the immediate survey and sent to those parents who agreed to complete this survey. Of those who have responded so far to the follow-up, **50** percent are eating more fruits and vegetables; consuming less sugar sweetened beverages; reading food labels to select healthier food choices; and choosing and preparing foods with less fat. One hundred percent indicated they are selecting and eating healthier snacks. Regarding changes made to their family's physical activity habits, **50** percent are walking more as an individual or together as a family; **75** percent are spending more time being active outdoors; and **100** percent indicated they are participating in more moderate or vigorous sporting activities. Seventy-five percent have learned more about their child's school wellness policy and are eating more family meals together.

State Based Evaluations

Take Time with Your Kids Educational Publication

Mrs. Newsome was part of a team of LSU AgCenter Family and Consumer Science (FCS) and 4-H Agents in the Northeast Region of Louisiana who worked together as part of a childhood obesity committee to develop cards designed to encourage families

to be active and enjoy food preparation together. A total of 72 cards were designed for the project. Each card featured activities parents could do with their children. Activities either related to food or physical activity. Food related cards featured a recipe to prepare, a food preparation skill or a food safety measure. Physical activity cards featured a type of exercise or an easy to make tool to use with a specific physical activity. Out of those 72 cards, Mrs. Newsome developed 10 cards with the following topics: Fighting Germs, Gardening Fun with Fruits, Look and See, What's Filled with Vitamin C, Fruit Salsa, Heart Pumping Exercises, Ambrosia Fruit Salad, Yoga for Kids, Aerobic Bowling, Anaerobic Exercises, and Strength Exercises.

Thirty of the cards (17 food related cards and 13 physical activity related cards) were selected to be used for an educational publication as part of the LSU AgCenter's SNAP-Ed social marketing campaign message of "Let's Eat for the Health of It! Make Meals and Memories Together". These cards were compiled into a full color flip book entitled "Take Time with Your Kids" to help parents find fun, inexpensive ways to be active and enjoy healthful foods as a family.

Supplemental Nutrition Assistance Program Education (SNAP-Ed) eligible parents and caregivers of children throughout the state of Louisiana were targeted with this program. The cards were initially piloted in West Carroll Parish in the Northeast Region of Louisiana as part of a six-week walking program known as "These Feet Were Made for Walking." This program targeted elementary school children and their families. After this pilot, cards were selected for inclusion in the "Take Time with Your Kids" educational flip book and were printed for distribution throughout the state of Louisiana as part of the SNAP-Ed program's social marketing campaign that is currently underway. **15,000** publications were printed and distributed to parishes across the state of Louisiana. **175** copies of the original cards were printed and distributed to 5th grade students.

The original 72 activity cards were utilized in conjunction with a six-week walking program with 175 5th graders in West Carroll parish. Eight classes of 5th graders were recruited for the program. Every student was given a printed copy of the cards to take home and use at home with their parents or guardians. One class reported using the activity cards along with tracking their steps using pedometers. Students in this class reported using 48 of the 72 different cards at home. This group tracked a total of 2,606,826 steps during the six weeks. Classes who did not use the cards tracked 1,122,191 steps for the highest reported data and the data for the class with the lowest steps reported 228,000 steps. The class who utilized the cards along with tracking their steps reported being twice as active as any of the other groups. One of the eight classes recruited neither tracked their steps nor used the cards. According to other FCS Agents across the state, SNAP-Ed participants have been very pleased and excited to receive the books as one of the Nutrition Education Reinforcement Items for participating in nutrition classes.

5. Development and Presentation of Research Based Materials

Presentations

- *Stay Independent: Brain Health and Nutrition*—Second Chances Addiction and Recovery Center. August 28, 2023.
- *Small Changes, Healthy Habits: Cooking and Knife Skills*--Mangham Library. August 25, 2023.
- *Small Changes, Healthy Habits: Grocery Store Tour*--Mangham Library. August 18, 2023.
- *Small Changes, Healthy Habits: Healthy Kitchen Makeover*--Mangham Library. August 11, 2023.
- *Small Changes, Healthy Habits: Habit Formation and Physical Activity*--Mangham Library. August 4, 2023.
- *Handwashing and Food Safety*—West Carroll Parish Outdoor Adventure Camp Workshop. August 3, 2023.
- *Smart Portions Healthy Self-Esteem and For Life*, Richland Parish Extension Office. July 27, 2023.
- *Kid's Lunch N Learn Workshop*—Richland Parish Library Summer Reading Program, Delhi. July 20, 2023.
- *Smart Portions Essentials*, Richland Parish Extension Office. July 19, 2023.
- *Kid's Lunch N Learn Workshop*—Richland Parish Library Summer Reading Program, Mangham. July 19, 2023.
- *Kid's Lunch N Learn Workshop*—Richland Parish Library Summer Reading Program, Rayville. July 18, 2023.
- *Smart Portions Away from Home*, Richland Parish Extension Office. July 12, 2023.
- *Kid's Nutrition and Cooking Workshop*—Richland Parish Library Summer Reading Program, Delhi. June 29, 2023.
- *Smart Portions in Control*, Richland Parish Extension Office. June 28, 2023.
- *Kid's Nutrition and Cooking Workshop*—Richland Parish Library Summer Reading Program, Mangham. June 28, 2023.
- *Men's Nutrition and Health*—Second Chances Addiction and Recovery Center. June 26, 2023.
- *Small Changes, Healthy Habits: Habit Formation and Physical Activity*--Mangham Library. June 16, 2023
- *Smart Portions of Activity*, Richland Parish Extension Office. June 14, 2023.
- *Smart Portions Made Tasty*, Richland Parish Extension Office. May 31, 2023.
- *Gut Health Nutrition Workshop*—Second Chances Addiction and Recovery Center, Richland Parish, May 26, 2023.
- *Break Up with Salt Reunion Session*—Rayville Library. May 19, 2023.
- *Dining with Diabetes Reunion Session*—Delhi Library. May 18, 2023.
- *Smart Portions Works*—Richland Parish Extension Office. May 17, 2023.
- *Handwashing and Food Safety*. Beekman School Safety Day, Morehouse Parish. May 15, 2023.

- *Grocery Store Tour*—Delhi Library. May 12, 2023.
- *Smart Portions Orientation*—Richland Parish Extension Office. May 3, 2023.
- *Grocery Store Tour*—Rayville Library. April 28, 2023.
- *Grocery Store Tour*—Mangham Library. April 28, 2023.
- *Charcuterie Board Meets MyPlate*. Richland Parish Achievement Day, Delhi. April 21, 2023.
- *Charcuterie Board Meets MyPlate*. Richland Parish Jr. Leader Forum, Lake D'Arbonne. April 16, 2023.
- *Grocery Store Tour*—Delhi Library. April 14, 2023.
- *MyPlate for Louisiana Food Challenge*—Richland Parish Extension Office. April 4th-5th, 2023.
- *Teen Cuisine Youth Culinary Camp*—West Carroll Parish Extension Office. March 22nd-March 24th, 2023.
- *Fuel for the Future (collaboration with SU AgCenter FCS Agent)*—Delta Headstart Staff and Parents, Delhi Recreational Center and Eugene Community Center. Richland Parish. March 15th-16th, 2023.
- *StoryTime: Nutrition and Gardening*—Richland Parish Libraries. March 9, 2023.
- *Dining With Diabetes Nutrition Series*—Delhi Library. December 9, 2022-January 27, 2023.
- *A Trip to the Forest: Nutrition and Forestry Benefits*. Ag Alley and Ag Expo, Ouachita and Richland Parishes. January 11th-14th, 2023 and February 15th-16th, 2023.
- *Recipe Modification Part 1 and 2*—Delhi Library. November 18, 2022, and December 16, 2022.
- *The Components of Physical Activity*—East Carroll Parish Walk-A-Mile Day. October 26, 2022.
- *Kitchen's Rule Workshop*—Richland Parish Extension Office. October 10, 2022
- *Stay Independent Nutrition Series*—West Carroll Parish Extension Office. September 2, 2022-February 8, 2023.
- *Slow Cooking/Crockpot 101*—West Carroll Parish Extension Office. September 29, 2022.
- *Family Meal Prep Made Easy*—West Carroll Parish Extension Office. August 25, 2022.
- *Richland Parish Healthy Communities, Community Forum*. Town of Delhi. August 23, 2022.
- *Smart Portions Nutrition Series*—Richland Parish Extension Office. June 2nd-August 11th, 2022.
- *Mediterranean Diet*—Richland Parish Council on Aging and West Carroll Parish Extension Office. May 9th and 17th, 2022.
- *One Pot Meals*. West Carroll Parish Extension Office. April 13, 2022.
- *Celebrate a World of Flavors (collaboration with SU AgCenter FCS Agent)*—Delta Headstart Wellness In-Service. Rayville Civic Center. March 17, 2022.
- *Small Changes, Healthy Habits Nutrition Series*—Richland and West Carroll Parish Extension Offices. March 2022, June 2023, and July 2023.

- *Break Up With Salt Nutrition Series*—Richland Parish Council on Aging and West Carroll Parish Extension Office. February 2022, February 2023, March 2023.
- *Journey Around the World Through Food and Play: Cultural Food and Physical Activity*—Rayville Elementary School. January 24th-27th, 2022. Rayville, LA
- *Nutrition of Sweet Potatoes*—Collaboration with Sweet Potato Research Station and Specialist. Ag Expo. January 14, 2022. West Monroe, LA
- *Small Appliances: Why Air Fry*—Ag Expo. January 13, 2022. West Monroe, LA
- *Nutrition in the Garden Series*—Harvest of Hope Community Garden. January 7th -July 29th, 2022
- *KidChef Healthy Holiday Treats Workshop*—Collaboration with Regional Coordinator Quincy Vidrine. November 23, 2021. Winnsboro, LA
- *Navigating Your Health During the Holidays*—West Carroll Parish Extension Office. November 18, 2021. Oak Grove, LA
- *Nutrition and Gardening Benefits*—Collaboration with Horticulture Agent, Donna Lee, LSU AgCenter Auditorium. August 27, 2019. Bastrop, LA
- *C.H.E.F Camp*—Morehouse Parish Parish Extension Office. July 23rd-July 26th, 2019. Bastrop, LA
- *C.H.E.F Camp*—Rayville Civic Center. June 26th-June 29th, 2019. Rayville, LA
- *Fitness and Nutrition Workshop*—New Morning Star Baptist Church. June 12, 2019. Bastrop, LA
- *Container Gardening Workshop*—Collaboration with SU AgCenter, LSU AgCenter Auditorium. April 30, 2019. Bastrop, LA
- *Building Healthy Snacks*—Northeast Louisiana Children's Coalition Super Saturday. March 16, 2019. West Monroe, LA
- *Being a Healthy Role Model for Children*—Delhi Headstart. March 12, 2019. Delhi, LA
- *Food Preservation Techniques*—Beekman Charter School (Advanced Nutrition, Health & P.E., and Agriculture I Classes, monthly). October 2018-March 2019. Bastrop, LA
- *Fats and Sodium*—Delhi Hospital Diabetes Support Group. August 9, 2018. Delhi, LA
- *Nutrition in the Restaurant*—Goodwill Church of God in Christ. September 4, 2018. Goodwill, LA
- *Morehouse Parish Nutrition Lunch & Learn Series*—Morehouse Garden Apartments and LSU AgCenter Auditorium. August 28, 2018. Bastrop, LA
- *Fats and Sodium*—Delhi Hospital Diabetes Support Group. August 9, 2018. Delhi, LA
- *Building a Healthy Plate*—Morehouse Baptist Association Women's Wellness Group. May 5, 2018. Bastrop, LA
- *Importance of Nutrition*—Southern University AgCenter Youth Ag Day. February 28, 2018. Bastrop, LA
- *Meals and Snacks*—General Trass High School Girl's Basketball Team. November 22, 2017. Lake Providence, LA
- *Happy, Healthy Me Series*—Delta Headstart. October 26, 2017. Richland Parish, LA.

- *Practicing Portion Control*—Southern University AgCenter Summer Expo Event. July 29, 2017. Tallulah, LA
- *C.H.E.F Camp*—East Carroll Parish Extension Office. July 25th-27th, 2017. Lake Providence, LA
- *Carbohydrates and Artificial Sweeteners*—Delhi Hospital Diabetes Support Group. June 8, 2017. Delhi, LA
- *Canning and Healthy Living Workshop*—Mangham Community Center. March 30, 2017. Mangham, LA
- *Kids in the Kitchen Pt. 1*—Tallulah Charter School, Girls Club. February 6, 2017. Tallulah, LA
- *From the Farm to the Table to You*—Ag Alley and Expo. January 10th-13th, 2017 and January 18th-19th, 2018. West Monroe, LA
- *Take a Health Break with Kids*—Epps Community Center. January 5, 2017. Epps, LA
- *Family Night; YOGA for Kids*—Mangham Jr. High. October 25, 2016. Mangham, LA.
- *C.H.E.F Camp*—Richland Civic Center. July 6th-8th, 2016. Rayville, LA
- *C.H.E.F Camp*—Madison Parish High School. June 27th-July 1st, 2016. Tallulah, LA
- *The Importance of Physical Activity*—East Carroll Parish Library. June 2, 2016. Lake Providence, LA
- *Make Half Your Grains Whole*—Mangham Community Center. May 19, 2016. Mangham, LA
- *Family Nutrition Night*—Delhi High School. April 27, 2016. Delhi, LA
- *Food Safety*—Lake Bruin. April 23, 2016. St. Joseph, LA
- *Canning and Healthy Living Workshop*—Mangham Community Center. April 21, 2016. Mangham, LA
- *Diabetes NEWS: Diabetes 101*—Richland Parish Hospital. April 16, 2016. Delhi, LA
- *Diabetes and Physical Activity*—Richland Parish Hospital. April 14, 2016. Delhi, LA
- *Canning Workshop*—Cotton Museum. March 30, 2016. Lake Providence, LA
- *Tiger Cafeteria*—Ag Adventures. February 23-25th, 2016. Delhi, LA
- *Rethink Your Drink & The Low Down on Snacks*. Delta Headstart Parent Meeting. February 10, 2016. Tallulah, LA
- *Louella's Dairy Farm*—Ag Alley and Expo. January 12-16th, 2016. West Monroe, LA
- *Handwashing*—Delta Headstart. November 18, 2015. Mangham, LA
- *Canning Workshop Pt 1*—Mangham Community Center. December 16, 2015. Mangham, LA.
- *Family Nutrition Night*—Delhi High School. December 15, 2015. Delhi, LA
- *Food Safety*—Richland Parish 4-H Safety Day. October 28, 2015. Delhi, LA
- *Smart Bodies School Assembly*—Forest Elementary. October 1, 2015. Forest, LA

- *Family Nutrition Night*—Madison Parish High School. September 3, 2015. Tallulah, LA
- *Diabetes Maintenance for Older Adults*—Richland Parish Hospital. August 13, 2015. Delhi, LA
- *Family Nutrition Night*—Delhi High School. August 13, 2015. Delhi, LA
- *Switch to 2% Milk*—Mangham Community Center. August 10, 2015. Mangham, LA
- *Satter Eating Competence and Feeding Dynamics Model*—FCS Professional Development Training. August 6, 2015. Winnsboro, LA
- *Make Half Your Plate Fruits & Vegetables*—Mangham Community Center. July 20, 2015. Mangham, LA
- *C.H.E.F Camp*—Richland Civic Center. July 7-9th, 2015. Rayville, LA
- *C.H.E.F Camp*—Madison Parish High School. June 22-29, 2015. Tallulah, LA
- *Introduction to MyPlate*—Madison Parish Library. June 17, 2015. Tallulah, LA
- *Introduction to MyPlate*—Richland Parish Summer Reading Program. June 6, June 9, June 10, and July 16, 2015. Rayville, Delhi, and Mangham, LA.
- *Family Nutrition Night*—Madison Parish High School. May 15, 2015. Tallulah, LA
- *Chronic Disease: Heart Disease*—Lakewood Village Apartments. May 14, 2015. Lake Providence, LA
- *Happy, Healthy Me: Fruits Flies*—Delta Headstart. May 14, 2015. Mangham, LA
- *Make Half Your Grains Whole*—West Carroll 4-H Achievement Day. May 12, 2015. Oak Grove, LA
- *Herbs & Spices*—First Thursday, Madison Parish Extension Office. May 5, 2015. Tallulah, LA
- *Make Half Your Grains Whole & Vary Your Protein Choices*—General Trass High School. May 1, 2015. Lake Providence, LA
- *Family Nutrition Night*—Delhi High School. April 30, 2015. Delhi, LA
- *Physical Activity & Everybody Just Move*—Delta Headstart. April 29, 2015. Mangham, LA
- *Heart Disease*—First Thursday, Madison Parish Extension Office. February 5, 2015. Tallulah, LA
- *Introduction to MyPlate*—East Carroll Hope Peer Support Group Center. February 5, 2015. Lake Providence, LA
- *Vary Your Protein Choices*—General Trass High School. February 4, 2015. Lake Providence, LA
- *Switch to 2% Milk*—General Trass High School. December 3, 2014. Lake Providence, LA
- *MyPlate*—Delta Headstart. December 2, 2014. Mangham, LA
- *Make Half Your Grains Whole*—General Trass High School. November 17, 2014. Lake Providence, LA
- *Food Safety*—Richland Parish 4-H Safety Day. October 28, 2014. Rayville, LA
- *Chronic Disease Introduction*—Lakewood Village Apartments. October 20, 2014. Lake Providence, LA
- *Healthy Snacking*—4-H Leader Forum. September 24, 2014. Rayville, LA

- *Food Dollar Management*—Madison Parish Senior Foods. August 12, 2014. Tallulah, LA
- *C.H.E.F Cooking Camp*—Richland Parish Extension Office. July 16-17, 2014. Rayville, LA
- *Diabetes NEWS: Diabetes 101*—Richland Parish Hospital. July 10, 2014. Delhi, LA
- *C.H.E.F Cooking Camp*—Madison Parish High School. June 23-27, 2014. Tallulah, LA
- *C.H.E.F Cooking Camp*—East Carroll Parish Extension Office. June 16-19, 2014. Lake Providence, LA
- *Dietary Guidelines and MyPlate*—Nutrition Educator Quarterly Training. June 12, 2014. Winnsboro, LA
- *Introduction to MyPlate*—Madison Parish Child Nutrition Services. June 11, 2014. Marksville, LA
- *Make Half Your Grains Whole*—Madison Parish Senior Foods. June 6, 2014. Tallulah, LA
- *Make Half Your Plate Fruits & Vegetables*—General Trass High School. May 14, 2014. Lake Providence, LA
- *Cancer & Nutrition*—Madison Parish Senior Foods. April 8, 2014. Tallulah, LA
- *Healthy Living*—Delta Community College. March 13, 2014. Tallulah, LA
- *Building a Healthy Plate*—Mangham Jr. High. March 12, 2014. Mangham, LA
- *Building a Healthy Plate*—Delta Headstart Parent Meeting. March 11, 2014. Rayville, LA
- *Nutrition Facts Label*—Madison Jr. High School. March 11, 2014. Tallulah, LA
- *Healthy Living*—First Thursday Program, Madison Parish Extension Office. March 6, 2014. Tallulah, LA
- *Smart Bodies Teacher Training and School Assembly*—Old Bethel Christian Academy. February 28, 2014. Clarks, LA
- *Tiger Cafeteria*—Ag Adventures. February 24-26, 2014. Delhi, LA
- *Dental Health and Nutrition*—Delta Headstart Black History Program. February 12, 2014. Tallulah, LA
- *Heart Health*—First Thursday Program, Madison Parish Extension Office. February 6, 2014. Tallulah, LA
- *Physical Activity*—Noon Nibbles, Franklin Parish Library. January 23, 2014. Winnsboro, LA
- *Introduction to MyPlate*—Franklin Parish Office of Public Health. January 22, 2014. Winnsboro, LA
- *Healthy Holiday Tips*—Noon Nibbles, Franklin Parish Library. December 19, 2013. Winnsboro, LA
- *Healthy Holiday Tips*—Franklin Parish Office of Public Health. December 11, 2013. Winnsboro, LA
- *Happy Healthy Me: Two Eggs Please*—Franklin Parish Headstart. December 5, 2013. Winnsboro, LA
- *Healthy Beginnings for Your Baby: Communication & Co-Parenting*—Madison Parish Extension Office. November 27, 2013. Tallulah, LA

- *Building a Healthy Plate*—Franklin Parish Office of Public Health. November 27, 2013. Winnsboro, LA
- *Family Nutrition Night*—Franklin Parish 4-H Cookery Contest. November 23, 2013. Winnsboro, LA
- *Healthy Beginnings for Your Baby; Nutrition and Credit: the good, the bad, and the ugly*. Madison Parish Extension Office. November 22, 2013. Tallulah, LA
- *Fats & Oils*—Noon Nibbles, Franklin Parish Library. November 21, 2013. Winnsboro, LA
- *Healthy Beginnings for Your Baby: Brain Development and Meeting Your Transportation Needs*—Madison Parish Extension Office. November 15, 2013. Tallulah, LA
- *Happy Healthy Me: “The Very Hungry Caterpillar”*—Franklin Parish Headstart. November 13, 2013. Winnsboro, LA
- *Family Nutrition Night*—Franklin Parish 4H Jr. Leader Training. November 11, 2013. Winnsboro, LA
- *Healthy Beginnings for Your Baby: Understanding Your Baby’s Development and Making it on Your Own*—Madison Parish Extension Office. October 31, 2013. Tallulah, LA
- *The Importance of Dairy Consumption*—Noon Nibbles, Franklin Parish Library. October 24, 2013. Winnsboro, LA
- *Healthy Beginnings for Your Baby: Keeping Your Baby Safe and Cash Crisis*—Madison Parish Extension Office. October 17, 2013. Tallulah, LA
- *Handwashing*—Franklin Parish Headstart. October 15, 2013. Winnsboro, LA
- *Nutrition Facts about Pumpkins*—4-H Pumpkin Workshop. October 11, 2013. Winnsboro, LA
- *Healthy Beginnings for Your Baby: Caring for Your Baby*—Madison Parish Extension Office. October 10, 2013. Tallulah, LA
- *Make Half Your Grain Whole*—Madison Parish Senior Foods. October 8, 2013. Tallulah, LA
- *Food Safety: Cookery Challenge*—4H Challenge Camp. October 3-5, 2013. Pollock, LA
- *Vegetables*—River of Life Senior Commodities. October 2, 2013. Winnsboro, LA
- *Vary Your Protein Selections*—Noon Nibbles, Franklin Parish Library. September 26, 2013. Winnsboro, LA
- *Family Nutrition Night*—4H Leader Forum. September 24, 2013. Rayville, LA
- *Vary Your Protein Choices* – Franklin Parish Council on Aging. September 24, 2013. Winnsboro, LA
- *Make Half Your Plate Fruits & Vegetables* – True Gospel Women’s Wellness Group. September 14, 2013. Winnsboro, LA
- *Make Half Your Grains Whole* – Franklin Parish Council on Aging. August 27, 2013. Winnsboro, LA
- *Make Half Your Grains Whole* – Noon Nibbles, Franklin Parish Library. August 22, 2013. Winnsboro, LA

- *Make Half Your Plate Fruits & Vegetables* – MALO Health Resources and Fitness Center. August 13, 2013. Winnsboro, LA
- *Calcium & Dairy*—Madison Parish Council on Aging and Senior Foods. August 13, 2013. Tallulah, LA
- *Make Half Your Plate Fruits & Vegetables* – Noon Nibbles, Franklin Parish Library. July 25, 2013. Winnsboro, LA
- *Calcium & Dairy*—Franklin Parish Council on Aging. July 23, 2013. Winnsboro, LA
- *Jr. Chef Camp* – Franklin Parish Extension Office. July 15, 2013. Winnsboro, LA
- *Calcium & Dairy*—Madison Parish Council on Aging. July 9, 2013. Tallulah, LA
- *Vary Your Protein Choices*—River of Life Senior Commodities. July 3, 2013. Winnsboro, LA
- *Jr. Chef Camp*—Madison Parish High School. June 24-27, 2013. Tallulah, LA
- *Happy Healthy Me: “The Beastly Feast”*. *Vary Your Protein Selections*—Madison Parish Senior Foods. June 11, 2013. Tallulah, LA
- Franklin Parish Summer Library Program. June 11-12, 2013. Wisner and Winnsboro, LA.
- *Make Half Your Plate Fruits & Vegetables* – River of Life Senior Commodities. June 5, 2013. Winnsboro, LA
- *Food Safety*—Women’s Wellness Mini-Conference. June 1, 2013. Columbia, LA
- *Make Half Your Plate Fruits & Vegetables* – Franklin Parish Council on Aging. May 28, 2013. Winnsboro, LA
- *Make Half Your Plate Fruits & Vegetables* – Franklin Parish Office of Public Health. May 22, 2013. Winnsboro, LA
- *Make Half Your Plate Fruits & Vegetables* – Madison Parish Senior Foods. May 14, 2013. Tallulah, LA
- *Introduction to MyPlate*—Old Bethel Christian Academy. May 9, 2013. Clarks, LA
- *Happy Healthy Me: Fruit Group* – Franklin Parish Headstart. May 7, 2013. Winnsboro, LA
- *Make Half Your Grains Whole* – Franklin Parish Council on Aging. April 30, 2013. Winnsboro, LA.
- *Make Half Your Plate Fruits & Vegetables* – Crowville Elementary. April 23, 2013. Crowville, LA
- *Happy Healthy Me: Vegetables* – Franklin Parish Headstart. April 18, 2013. Winnsboro, LA
- *Diabetes and the Elderly* – Caldwell Parish Council on Aging. April 15, 2013. Columbia, LA
- *Dietary Guidelines*—Madison Parish Council on Aging. April 9, 2013. Tallulah, LA
- *Vegetables* – Franklin Parish Office of Public Health. March 27, 2013. Winnsboro, LA
- *Dietary Guidelines* – Franklin Parish Council on Aging. March 26, 2013. Winnsboro, LA

- *Happy Healthy Me: “Bread, bread, bread”* – Franklin Parish Headstart. March 19, 2013. Winnsboro, LA
- *Dietary Guidelines* – MALO Health Resources and Fitness. March 12, 2013. Winnsboro, LA
- *Happy Healthy Me: The Beastly Feast* – Franklin Parish Headstart. February 26, 2013. Winnsboro, LA

6. Publications (Print and Electronic)

Mrs. Newsome authored articles for the monthly FCS Northeast Region Newsletter, and two bi-monthly parish-based newsletters, “Wise and Well in West Carroll” and “All About You” in East Carroll Parish. These newsletters are posted to the CMS websites for the parishes and are emailed and mailed out to residents in the community with over **10,000** residents reached. Mrs. Newsome also contributes to the Flavors of Health Marketing Newsletter titled “A Taste of Herbs and Spices” and the LEAFCS Aggregate Newsletter. Approximately **300** copies of this newsletter are placed throughout Richland and West Carroll Parishes monthly along with upcoming events for the month. Mrs. Newsome also updates the FCS profile for Richland and West Carroll parishes. Since domiciled in Richland Parish, she submits quarterly reports on her nutrition programming efforts, which were also posted on the CMS website. Along with other FCS Agents in the Northeast Region, Mrs. Newsome developed both youth and adult newsletters, and nutrition activity workbook publication over the course of her career that are used for programming efforts and distributed throughout the region and with some agents across the state for their programming use.

AqCenter Numbered Publications

- *SNAP-ED Take Time with Your Kids*, 2015, Publication No, MISC-126
- *Farm to Table Activity Booklet*, 2018, Publication No, MISC-284A-F

Print Publications for In Office/Program Use

- FCS Northeast Region Newsletter: September is National Childhood Obesity Month. September 2023.
- Quarterly Report Newsletter for FCS efforts, October 2021-July 2023
- FCS Northeast Region Newsletter: April Spotlight for “Teen Cuisine”, West Carroll Parish. April 2023
- FCS Northeast Region Newsletter: February is American Heart Month. February 2023.
- A Taste of Herbs and Spices Marketing Newsletter: “Dill”. January 2023.
- FCS Northeast Region Newsletter: A Seat at the Table with Family, Friends, and Colleagues. November 2022.
- FCS Northeast Region Newsletter: Kids Stuff; Balloon Toss Physical Activity, October 2022

- FCS Northeast Region Newsletter: Healthy Recipe Box; Creamy Crockpot Salsa with Parish Rice. September 2022
- FCS Northeast Region Newsletter: "Quick and Healthy Weeknight Meals". August 2022
- FCS Northeast Region Newsletter: "National Blueberry Month". July 2022
- FCS Northeast Region Newsletter: "National Soul Food Month". June 2022
- FCS Northeast Region Newsletter: "Easy Tips for Food Safety When Entertaining". April 2022.
- FCS Northeast Region Newsletter: February Spotlight, Richland Parish FCS/ 4-H Collaboration. February 2022
- FCS Northeast Region Newsletter: Food Safe Families for the Food Safety Section, January 2022
- FCS Northeast Region Newsletter: Cran-Apple Crisp for the Healthy Recipe Box Section, December 2021
- Farm to Table Workbook (Nutrition Activity Booklet), August 2018
- Northeast Region Wellness Newsletter: "Give Your Cardio a Boost", February 2018
- Building Healthy Communities Newsletter: "Food Safety Facts, Credit 101, Benefits of Yoga, and Cleaning Tips and Products Related to Food Safety, October 2017
- East Carroll Newsletter: "National Family Meals Month", August 2017
- East Carroll Newsletter: "Canning Techniques 101", April 2017
- East Carroll Newsletter: "Stress Management", March 2017
- Building Healthy Communities Newsletter: "Personal, Financial, and Home Health News on Healthy Eating Choices, Budgeting for the Holidays, Stress Management, and Home Safety", November 2016
- East Carroll Newsletter: "Packing School Lunches", August 2016
- Smart Choices Newsletter Kids Edition: "Kids in the Kitchen", July 2016
- Smart Choices Newsletter Kids Edition: "Fuel Up with Fruits", September 2015
- East Carroll Parish Newsletter: "Practicing Portion Control", August 2015
- East Carroll Parish Newsletter: "Top Five Food Safety Facts", August 2015
- East and West Carroll Newsletters: "Understanding the Food Label", May 2015
- East Carroll and West Carroll Newsletters: "Save More at the Grocery Store", April 2015
- Smart Choices Newsletter: MyPlate Fruits, March 2015
- Wise and Well in West Carroll Parish Newsletter: "Walking for Your Heart", December 2014
- East Carroll Parish "All About You" Newsletter: "Eat Your Fiber", October 2014
- Smart Choices: "Packing School Lunches", September 2014
- Smart Choices Publication: "Sports Nutrition", March 2014
- Smart Choices for Parents Publication: "Breastfeeding", August 2013
- Quarterly Report Newsletter for FCS efforts, January 2013-February 2014

7. Mass Media (television, newspaper, radio) and electronic outreach (social networking, extension.org, Facebook, blogs, web pages, etc.)

Mrs. Newsome has made appearances on Louisiana Living during the LSU AgCenter Farm to Table Television segment to promote Flavors of Health upcoming events and nutrition workshops. She also conducts monthly nutrition talks at KWCL-FM Radio Station in Oak Grove, LA which reaches audiences (**approximately 13,000 people**) around region 8, and some parts of Arkansas, and Mississippi. Monthly talks usually consist of researched based information toward health awareness months, nutrition tips and challenges, upcoming events, and workshops.

In conjunction with Regional Coordinator, Quincy Vidrine, and past Food Safety Specialist Wennie Xu, Mrs. Newsome contributed to Food Preservation Videos that are shared on social media and will be available to all FCS Agents for training purposes and she has contributed to the Northeast Region FCS Team food demonstration and Healthy Communities videos conducted last December.

Mrs. Newsome authored news articles promoting nutrition to the Madison Journal, Richland Beacon, Delhi Dispatch, West Carroll Gazette, Bastrop Daily Enterprise, and the Banner Democrat. The news articles consist of research-based nutrition information including recipes and nutrition education programs. Mrs. Newsome also contributes to the regional news article rotation in which the articles are submitted to every newspaper business in the Northeast Region.

In addition to news articles, Mrs. Newsome also produces posts to Facebook: @lsuagcenterrichlandparish, @richlandparishextension, @westcarrollparishnutritionandhealth, @lsuagnortheastregion; past pages: (@neregionefnep) and Twitter (@lsuagnutrition) to promote nutrition programming efforts. Mrs. Newsome posts recipes, nutrition programming efforts, nutrition facts, and photos on Facebook and Twitter account.

News Articles (authored for publication in the Madison Journal, Richland Beacon, Delhi Dispatch, Banner Democrat, West Carroll Gazette, and Bastrop Daily Enterprise)

- “Men’s Nutrition and Health”, June 2023
- “Focusing on Cardiovascular Health”, February 2023
- “National Handwashing Awareness Month”, December 2022
- “Food Preparation and Safety During Hurricane Season”, October 2022
- “Simple, Healthful Activities for Your Family”, August 2022
- “Tips to Keep Summer Grilling Healthy”, June 2022
- “Improving Male Health”, June 2022
- “National Mediterranean Month”, May 2022
- “Celebrate a World of Flavors”, March 2022
- “Practicing Portion Control”, January 2022
- “Mental Health and the Holidays”, October 2021
- Morehouse Parish Garden to the Table Project, November 2018 and March 2019
- “Go Further with Food”, March 2018
- “Put Your Best Fork Forward”, March 2017
- “Know Your Heart”, February 2017
- Recipe of the Month: Frozen Strawberry Delight, November 2016

- Recipe of the Month: No Bake Peanut Butter Cookies, October 2016
- “Understanding the Food Label”, May 2016
- “Time to Shape Up, How Much Should You Exercise”, April 2016
- “Healthy Holiday Choices”, December 2015
- Recipe of the Month: Chicken Waldorf Salad, September 2015
- “Top Five Food Safety Facts”, August 2015
- Recipe of the Month: Southern Banana Pudding, July 2015
- “Save More at the Grocery Store”, January 2015
- “New Year, New Habits”, December 2014
- “Holiday Baking Tips”, December 2014
- “Eat Your Fiber”, October 2014
- Recipe of the Month: Heart Healthy Green Bean Casserole; August 2014
- “Shopping Tips for a Delicious Watermelon”, June 2014
- “The Importance of Dietary Fiber”, May 2014
- “Try a New Vegetable”, May 2014
- “Walking for Your Heart”, April 2014
- “Building a Healthier You”, March 2014

8. Other Educational Materials such as Exhibits, Curriculum, Lesson Plans, Audio Tapes, Video, etc.

Mrs. Newsome has promoted nutrition programming through many health fairs and community events. Mrs. Newsome has reached both traditional and non-traditional audiences through community partnerships and networking. She has also developed several presentations to deliver nutrition education to traditional and non-traditional clientele.

Exhibits

- *Second Chances Addiction and Recovery Center Mini Health and Resource Fair.* Provided nutrition resources and Flavors of Health marketing information. August 24, 2023.
- *Southern AgCenter Health Fair, East Carroll Parish.* Provided nutrition resources. June 6, 2023.
- *Bike Rodeo at Richland Parish Libraries in Rayville, Mangham, and Delhi.* Provided Smoothie Bike, a physical active way to create a healthy and nutritious drink. May 23rd-25th, 2023.
- *Rayville Elementary School STEM and Gardening Day.* Conducted Play Streets, a pop-up play event that creates a safe space for children to engage in active play. May 10, 2023.
- *AETNA Better Health Community Baby Shower and Resource Fair.* Provided nutrition resources and Flavors of Health marketing information. April 19, 2023.
- *Second Chances Addiction and Recovery Center Mini Health and Resource Fair.* Provided nutrition resources and Flavors of Health marketing information. April 13, 2023.

- *Richland Parish Library Round-Up, Literacy Night, and Resource Fair.* Provided nutrition resources and Flavors of Health marketing information. March 7, 2023.
- *Currency Bank Back to School Bash.* West Carroll Parish. Provided nutrition resources and Flavors of Health marketing information. August 16, 2022
- *Delhi Community Health Clinic Back to School Bash.* Provided nutrition resources and Flavors of Health marketing information. Delhi, LA. August 12, 2022
- *Play Streets Community Event.* Conducted by the LSU AgCenter FCS and 4-H Programs. Rayville Recreational Center. August 9, 2022.
- *Rayville Elementary Back to School Bash.* Provided nutrition resources and Flavors of Health marketing information. August 5, 2022
- *Delhi Mobile Food Distribution.* Provided nutrition resources and Flavors of Health marketing information. May 17, 2022.
- *West Carroll Parish Mobile Food Distribution.* Provided nutrition resources and Flavors of Health marketing information. April 12, 2022.
- *Food For Families.* Food Distribution Site, provided handouts and nutrition resources. November 11, 2021. Rayville, LA
- *Farm to Table Gardening Exhibit, Ag Alley and Expo.* January 15th-18th, 2019. West Monroe, LA.
- *Morehouse Parish Garden to Table Grant Project, Kick-Off Event.* LSU AgCenter Auditorium. November 10, 2018. Bastrop, LA
- *St. Timothy Baptist Church Health Fair.* Posters, exhibits, and handouts. October 13, 2018. Bastrop, LA.
- *Kitchen Food Safety Exhibit.* Ag Adventures. February 19th-21st, 2018. Delhi, LA.
- *Louisiana Department of Health Parents as Teachers Resource Meeting.* Nutrition Handouts. December 8, 2017. Monroe, LA.
- *First Baptist Church Health Fair.* Posters, exhibits, and handouts. October 10, 2017. Lake Providence, LA.
- *Germ Cave Exhibit.* February 20th-22nd, 2017. Delhi, LA.
- *Madison Parish Health Fair.* Posters, exhibits, and handouts on MyPlate. November 17, 2016. Tallulah, LA.
- *Rayville Elementary School Fall Festival.* Posters, exhibits, and handouts on MyPlate and Physical Activity. October 6, 2016. Rayville, LA.
- *From the Farm to the Table to You—Exhibits, Trainings, and Presentations.* October 2016. West Carroll Parish School (Kilborne, Oak Grove, Forest, and Epps Elementary).
- *East Carroll Parish Health Fair.* Posters, exhibits, and handouts on MyPlate. Lake Providence, LA. August 2016.
- *Community Health and Wellness Day.* Germ Cave exhibit, posters, and handouts on Food Safety. June 3, 2016. Rayville, LA
- *Rayville Elementary Spring Fling.* Posters, exhibits, and handouts on MyPlate. April 9, 2015. Rayville, LA
- *Rayville Elementary Family Festival Night.* Posters, exhibits, and handouts on MyPlate. October 28, 2014. Rayville, LA

- *LA Delta Community College Health Fair.* Posters and handouts on MyPlate. October 14, 2014. Monroe, LA
- *Jackie Curtis Barnett, Jr. Memorial Foundation Event.* Posters and handouts on MyPlate and Breakfast. August 2, 2014. Tallulah, LA
- *Madison Jr. High School Career Day.* Posters, exhibits, and handouts on MyPlate and Portion Control. May 6, 2014. Tallulah, LA
- *General Trass High School Health Fair and Career Day.* Posters and handouts on MyPlate and Physical Activity. February 5, 2014. Lake Providence, LA
- *Back to School Career Fair.* Posters, exhibits, and handouts on MyPlate and Breakfast. August 16, 2013. Winnsboro, LA
- *Louisiana Municipality Association.* Posters and handouts on MyPlate. August 1, 2013. West Monroe, LA
- *Wheat Field Day.* Posters, display of wheat kit, and handouts of “Make Half Your Grains Whole. April 17, 2013. Winnsboro, LA
- *Catfish Festival.* Posters and handouts of MyPlate Vegetables. April 13, 2013. Winnsboro, LA
- *Senior Foods and Commodity Sites.* Posters, exhibits, and handouts of MyPlate and handwashing. April 9, 2013. Tallulah, LA
- *Tallulah Elementary Career Day.* Posters and handouts on MyPlate. April 4, 2013. Tallulah, LA
- *Winnsboro Elementary Career Day.* Posters and handouts on MyPlate. April 3, 2013. Winnsboro, LA
- *Taste of Franklin.* Posters, and handouts of MyPlate and Portion Control. March 21, 2013. Winnsboro, LA
- *Headstart Parent Meeting.* Posters, handouts, and incentives. March 7, 2013. Winnsboro, LA

Curriculum

- Chronic Disease Curriculum: Reviewed and edited lessons on the following topics: Hypertension; Heart Disease; Diabetes; Weight Management; Cancer; Osteoporosis; and Recipe Modification. Mrs. Newsome has conducted pilot programs in Madison and East Carroll parishes on all lessons and provided feedback to the curriculum writing team.

PowerPoint Presentations

- Strategies and Tips for Planning Healthy Family Meals, 2021
- EFNEP Training Monthly Training Topics (Let’s Eat for the Health of It youth and adult curriculum), 2014-2019
- Healthy Holiday Tips, 2018
- The Importance of Dairy Consumption, 2017
- Dental Health and Nutrition, 2014
- Heart Health, 2014
- Nutrition Facts Label, 2014
- Cancer and Nutrition, 2014
- Healthy Living PowerPoint, March 2014

- Dietary Guidelines, 2013
- Food Safety, July 2013
- Calcium and Dairy, 2013
- Fats & Oils, 2013
- Diabetes and the Elderly, 2013
- Nutrition Facts about Pumpkins, 2013

9. Cooperation/Collaboration with Other Faculty

Mrs. Newsome has collaborated with other agents in the NE Region to promote programs provided by the LSU AgCenter. Mrs. Newsome has collaborated with Franklin, Richland, West Carroll, East Carroll, Madison, Morehouse, and Tensas Parishes 4-H Programs as well as Franklin, Richland, West Carroll, East Carroll, Morehouse, and Madison Parishes County and Horticulture Agents to promote healthy living through nutrition programming. Efforts from these collaborations: presenting at safety days, field days, gardening workshops, food preservation workshops, C.H.E.F cooking camps, 4-H challenge camps, 4-H pumpkin workshops, 4-H Jr. Leader forum workshops, 4-H parish and regional cookery contest, family nutrition nights, 4-H achievement days, advisory leadership council, career days, catfish festival, Smart Bodies, and health fairs.

Mrs. Newsome has worked closely with the Richland Parish 4-H Agent and youth to provide nutrition content during after school cooking, baking, grilling, and food safety workshops. She has also secured many grants with 4-H to provide gardening activities at Rayville Elementary, Martin Luther King Jr. Day of Service Grant, funded by the Youth Service of America, where the two agents conducted “Journey Around the World: Learning different cultures through food and play to **277 Pre-Kindergarten through 5th grade students** at Rayville Elementary School. With this opportunity we were able to teach acceptance of other cultures by showing students that even though they are all so different, there are many similarities. This cultural experience helped students to understand the importance of celebrating diversity that educated about geography, cultural foods, nutrition and health, and physical activity in the African, Latin, and Mediterranean regions. Mrs. Newsome has also collaborated with West Carroll Parish 4-H and provided nutrition education to the homeschool club, participated in the cookery contest, and Outdoor Adventure Camp workshop.

Mrs. Newsome has also collaborated with SU AgCenter agents and aides to promote nutrition education in many parishes in the Northeast Region. Mrs. Newsome has worked with Morehouse Parish County Agent, Madison Parish Nutrition Aide, Morehouse Parish Color of Network Regional Coordinator, Morehouse FCS Agent and East and West Carroll Parish FCS Agent. Efforts from these collaborations consists of presenting at the Black Farmers Association Annual Meetings, advisory leadership council, First Thursday nutrition programs in Madison Parish, C.H.E.F camps, Wellness Workshops, Delta Headstart Nutrition Program, Physical Activity workshops, and tobacco awareness programs.

On a regional basis, Mrs. Newsome has worked closely with other FCS Nutrition Agents in the Northeast Region during Ag Awareness Events (Ag Alley, Ag Expo, and

Ag Adventures), Nutrition Educator Training Committee, Pressure Canner Testing, FCS Professional Development Committee, Childhood Obesity Committee, East Carroll Walk-A-Mile Day, Awards and Recognition Committee, News Article Rotation, and FCS Monthly Newsletter.

On a state level, Mrs. Newsome has worked closely with other FCS Agents including Mandy Armentor, Vermilion Parish; Cathy Judd, Lincoln Parish; Becky Gautreaux, St. Mary Parish; Robin Landry, Assumption Parish; Saundra Raines, Franklin Parish; Valerie Vincent, Southeast Region; and state office administrators on the FCS Core Competencies Committee. The Core Competencies Team defines the role of FCS Agents in order to promote healthy communities through nutrition and health and professional skills. Mrs. Newsome has also worked with the Chronic Disease Curriculum writing team as a part of the piloting team. Those FCS Agents consisted of Joan Almond, Mandy Armentor, Jennifer Duhon, Shatoria McCarty, Bertina McGee, Karen Walker, and retired EFNEP program leader Heli Roy.

10. External Funding, Material Support, and Grants

In-kind support from Franklin, Madison, Caldwell, Richland, Morehouse, East and West Carroll Parishes have been provided through the use of supplies for programming efforts, facilities, meeting rooms, and volunteer hours across these parishes. A total of **\$96,987.52** of in-kind support has been received.

Mrs. Newsome has secured three Mini Grants through the LSU AgCenter Healthy Communities Department from August 2023-September 2024. The following grants were awarded:

- **Healthy Communities Seed Funding:** Funds in the amount of **\$3300** to be used for the ***What's the DILL Pickle in Delhi: Town of Delhi Physical Activity Accessibility Project*** in Richland Parish.
- **Healthy Communities Walking Nutrition Education Pilot Program:** Funds in the amount of **\$1200** to be used for the ***Walking Out West, Walking Nutrition Education Program*** in West Carroll Parish.
- **Healthy Communities Professional Development:** Funds in the amount of **\$2590** to be used to attend the National Extension Association of Family and Consumer Sciences in Providence, Rhode Island, September 2023.

Mrs. Newsome has collaborated with Richland Parish 4-H and the State Office 4-H Healthy Living Coordinator to apply for mini grants during 2021, 2022, and 2023. The following grants were secured during these fiscal years:

- **MLK Day of Service Mini Grant:** Funds in the amount of **\$400** used collaboratively with Richland Parish 4-H Agent and Rayville Elementary School to present a MLK Day program titled "Journey Around the World" to **277 youth**.
- **Walmart Healthy Habits Mini Grant:** Funds in the amount of **\$900** used in West Carroll Parish for Teen Cuisine Culinary Camps.
- **Walmart Healthy Habits Mini Grant:** Funds in the amount of **\$350** used in Richland Parish for Nutrition in the Garden Series.

- **Walmart Healthy Habits Mini Grant:** Funds in the amount of **\$500** used in Richland Parish for Kitchen Rules culinary workshops.
- **Gro More Goods Grassroots Grant:** Funds in the amount of **\$1500** used collaboratively with Richland Parish 4-H Agent and Rayville Elementary School to start a school garden. RES was selected for the \$500 grant and was awarded an additional \$1,000 for the Plus Specialty Award to meet the needs of students in poverty.

The Flavors of Health Nutrition Education Program in Richland and West Carroll Parish has received **\$155** in money for class registration, supplies, and operating costs. Other in-kind funds have been supported by local businesses and organizations to cover the cost for additional items needed for nutrition classes and events.

The Morehouse Parish Garden to Table Project was funded by Louisiana Healthcare Connections starting October 2018 through October 2019 in the amount of **\$7000**. This project was designed to address food insecurity and nutrition disparities that are currently present within families who are living at, or below poverty level inside of Morehouse Parish. The 2018 County Health Rankings placed Morehouse as 61 of the 64 parishes for both health factors and outcomes. According to Map the Meal Gap (2017), Morehouse had 23.6% residents who were classified as food insecure. This project addressed food insecurity issues and sustainability by growing fruit and vegetables in raised-bed gardens and was opened to all residents in the community.

The Morehouse Parish Police Jury provided **\$74,000** for local support, office space, phone and internet service, janitorial and maintenance services, and use of auditorium meeting space. As past parish chair, Mrs. Newsome was responsible for making sure the funds were allocated and used appropriately.

The Northeast Region has received **\$40,000** in grant funding through the Expanded Food and Nutrition Education Program for supplies and operating cost for one FCS Agent and four nutrition educators during 2014-2019. Mrs. Newsome managed this budget as EFNEP Supervisor and funds that included purchasing.

Mrs. Newsome along with Terri Crawford (retired Northeast Regional FCS & 4-H Coordinator) and Karol Osborne (retired 4-H Agent, Madison Parish) are investigators with the Northeast Regional Pre-Diabetes Prevention Collaborative through the North Louisiana Regional Alliance. The project's target population for screening consists of the students in grades 9-12 in the 20 Parish Louisiana Delta Service Region. The program will begin in one high school per parish to be chosen based on the highest risk factors for obesity and diabetes. The project's target population for the Pre-Diabetes Intervention Program is those screened participants meeting the criteria for a diagnosis of Pre-Diabetes. The LSU AgCenter provided Family Nutrition Night at the targeted schools, Madison and Delhi High Schools. Project start and end dates: 8/1/2013-7/31/2016. Total funds for this grant are **\$5,400**.

Blue Cross Blue Shield of Louisiana Foundation and the LSU AgCenter Smart Bodies grant funded program has provided **\$1600** worth of materials to be used for teaching tools, education, and incentives. Twelve schools within the Northeast Region have received these educational materials for a total of **\$19,200** in support.

The Louisiana Extension Association of Family and Consumer Sciences was held in the Northeast Region and monetary donations were provided for the annual convention held in Vidalia, LA. There was a total of **\$2316** provided for the organizations 2014 annual convention. Mrs. Newsome assisted in securing the funds for the convention.

11. Refereed Journal Articles

To date, I have not prepared or submitted any refereed journal articles.

12. Presentations at Professional and Clientele Targeted Conferences/Meetings

Presentations

- *Utilizing Small Appliances*—New Agent Orientation. June 28, 2022. Hammond, LA
- *EFNEP at the State Capital*—Louisiana State Capital. May 14, 2019. Baton Rouge, LA
- *Nutrition in Soybeans*—LSU AgCenter Crop Production and Pest Management Field Day Expo, Scott Center. June 19, 2018. Winnsboro, LA
- *EFNEP Recruitment*—Louisiana Department of Health EarlySteps Program. November 15, 2017. Monroe, LA.
- *Family Nutrition Night Kits*—LAE4-HA annual conference. August 17, 2017. Vidalia, LA.
- *New Dietary Guidelines for Americans*—Nutrition Educator Quarterly Training. February 9, 2017. Winnsboro, LA
- *From the Farm to the Table to You*—Farm to Table Experience Conference. August 17-20, 2016. New Orleans, LA.
- *CATCH Statewide Training for Agents and Nutrition Educators, EFNEP-SNAP-ED- FFNEWS Summer Training Conference*, July 12 – 14, 2016. Pennington Biomedical Research Center, Baton Rouge, LA
- *Introduction to MyPlate*—Delta Headstart Foodservice Workers. February 8, 2016. Delhi, LA
- *Sugars, Fat, and Sodium*—Sapa Safety Day. September 17, 2015. Delhi, LA
- *Satter Eating Competence and Feeding Dynamics Model*—FCS Professional Development Training. August 6, 2015. Winnsboro, LA
- *Home Preservation Techniques*—FCS Professional Development Training. June 18, 2015. Oak Grove, LA
- *Presentation Skills*—EFNEP Spring Conference. March 10-11, 2015. Pineville, LA
- *Handwashing*—SAPA Safety Day. October 2, 2014. Delhi, LA
- *Dietary Guidelines and MyPlate*—Nutrition Educator Quarterly Training. June 12, 2014. Winnsboro, LA

- *Food Trends*—FCS Professional Development Training. May 13, 2014. West Monroe, LA

13. Participation in and Leadership of Professional Organizations/Committees

National

- National Extension Association of Family & Consumer Sciences (NEAFCS), Member March 2013-Present.
- Academy of Nutrition and Dietetics, Member 2008-Present

State

- Louisiana Extension Association of Family & Consumer Sciences (LEAFCS), Member March 2013 to present.
- School of Nutrition and Food Science Consumer Food Safety Specialist Interview Committee, State Office, 2023
- LAE-4HA Poster Session for “Journey Around the World” program collaboration with Richland Parish 4-H Agent, 2022
- LEAFCS Historian, 2019
- LEAFCS President, 2017-2019
- LEAFCS President-Elect, 2016-2017
- LEAFCS Vice President of Professional Development.
- LEAFCS Chair of Convention Planning Committee.
- LEAFCS Region I Alternate Regional Director.
- Internal Leadership, 2016-2017
- FCS Core Competencies Committee, 2015-2019
- EFNEP Planning Committee, 2014-2019
- Chronic Disease Curriculum Committee, 2014-2019
- Louisiana Parenting Education Network (LAPEN), Member March 2013-2019
- Louisiana Extension Association of Family & Consumer Sciences, Scholarship Committee, 2014-2017.
- Louisiana Extension Association of Family & Consumer Sciences, Chair of Convention Planning Committee, 2014-2016.
- Louisiana Extension Association of Family & Consumer Sciences, Vice President of Professional Development, 2014-2016
- Louisiana Extension Association of Family & Consumer Sciences, Registration Committee, 2013-2014
- Louisiana Extension Association of Family & Consumer Sciences, Arrangements Committee, 2013-2014

Regional

- Delta Headstart Community Action Advisory Committee, 2013-Present
- New FCS Agent Mentor, 2014-2019
- Superintendent for 4-H Commodity Cookery Contest, 2017-2019
- Northeast Region Wellness Committee, 2017-2018

- Childhood Obesity Committee, 2013-2018
- FCS Professional Development Committee, Chair, 2014-2016
- Area 4-H Commodity Cookery Contest Committee, 2015

Parish

- Richland Parish 4-H Agent Interview Committee, 2023
- Richland Parish Administrative Coordinator 3 Interview Committee, 2023
- Morehouse Parish CDC Agent Interview Committee, 2018
- Morehouse Parish Administrative Coordinator 3 Interview Committee, 2018
- Ouachita Parish General Nutrition Interview Committee, 2017
- Madison Parish CDC Agent Interview Committee, 2016
- Concordia Parish Nutrition Extension Associate Interview Committee for FCS, 2014
- Concordia Parish Nutrition Agent Interview Committee for FCS Agent, 2014

14. Continued Coursework, In-Service Training, Sabbaticals, Professional Improvement

Coursework

- Program Development, HRE 7622 (LSU)
- Introduction to Extension Program Evaluation, EVAL 101 (LSU)
- Research Methods, ASTL 6380 (UCA)
- Educational Statistics, ASTL 6382 (UCA)
- Current Issues in Family & Consumer Sciences, FACS 6300 (UCA)
- Nutrition in Exercise and Sports, FACS 5375 (UCA)
- Adult Development and Aging, FACS 6332 (UCA)
- Readings in Family Relations, FACS 6311 (UCA)
- Evidence-Based Research in Nutrition, FACS 6335 (UCA)
- Current Findings in Foods, FACS 6307 (UCA)
- Trends in Nutrition, FACS 6308 (UCA)
- Geriatric Nutrition, NUTR 5340 (UCA)
- Readings in Child Development, FACS 6312 (UCA)
- Service Learning, AEEE 4506 (LSU; Specialization)

Professional Improvement/In-Service Training

- Northeast Region Agent and Advisory Expectations, Scott Center, September 2023.
- National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Conference, Providence, RI, September 2023.
- Northeast Region FCS Quarterly Training, Scott Center, September 2023
- Cancer Series Brainstorming Meeting, TEAMS, August 2023
- Northeast Region FCS Regional Projects Meeting, Scott Center, August 2023

- Extension Intern Symposium, TEAMS, August 2023
- Food Preservation Training, TEAMS and LSU Campus, July 2023 and August 2023
- ADA Compliance for the Web, TEAMS, June 2023
- Annual Promotion and Tenure Informational Meeting, TEAMS, May 2023
- EarlySteps, Regional Interagency Coordinating Council, Region 8 Meeting, ZOOM, April 2023
- Northeast Region Extension Administration Listening Session, Scott Center, March 2023
- Virtual Brown Bag Lunch with AgCenter Leaders, March 2023
- Preparing for Faculty Annual Review Training, March 2023
- Northeast Region FCS Wellness Program Kick-Off and Training, Concordia Parish. February 2023
- Community CARES Cancer Basics and Colorectal Cancer Trainings and Webinars, February-August 2023
- Volunteer Development Training, January 2023
- Greaux a Row to Share Agent Launch Training, January 2023
- Technology Broadband Meeting, Scott Center, January 2023
- Learn More About LEAFCS, January 2023
- State of the Enterprise, October 2022
- Navigating Nutrition Science in the Media: Translating Evidence to the Public, Webinar. October 2022
- Living Well Foundation Annual Update Meeting, Ouachita Parish. October 2022
- Geaux Shop Healthy, Market Basket Assessment Tool Training Opportunity, October 2022
- SPAN, REACH, HOP Networking Call: Developing a Narrative That Matters: Storytelling to Inform Sustainability, October 2022
- School of Nutrition and Food Science Director Search Presentation, October 2022
- White House Conference on Hunger, Nutrition, and Health, September 2022
- LERS: Extension Reporting System Regional Training, Scott Center. September 2022
- FCS Agent and Nutrition Educator Statewide Training, Baton Rouge, LA. September 2022
- Diversity, Inclusion, and Equity “Navigating Unconscious Bias” interactive educational and skills building workshop. August 2022
- Mary Bird Perkins Cancer Lunch and Learn Workshop, August 2022
- Addressing Disparities in Active Play and Recreation in Rural America: What Works and Learning from Louisiana Webinar, July 2022
- Walmart Mini Grant Training, May 2022 and October 2022
- FCS New Agent Orientation, Microsoft Team, April 2022
- Land Use and Walkability Connection in Communities Webinar, April 2022
- Geaux Shop Healthy Training, April 2022
- Stay Independent Curriculum Training, December 2021
- Break Up With Salt Curriculum Training, December 2021

- Faithful Families Training, Baton Rouge, LA, December 2021
- LDH and Feeding Louisiana Anti-Hunger Summit, November 2021
- Childhood Obesity on the Rise Training, November 2021
- Supporting Community Health through the Built Environment, Smart Growth Summit, November 2021
- Impacts of the Children's Food and Beverage Advertising Initiative Webinar, November 2021
- Louisiana Sweet Potatoes Webinar, November 2021
- Diabetes and the Holidays Webinar, October 2021
- ServSafe Training, October 2021
- FCS New Agent Orientation, Red River Research Station and Concordia Parish Extension Office, October 2021 and September 2022
- Flavors of Health Curriculum Training, October 2021
- National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Conference, Hershey, PA October 2019.
- EFNEP Agents Training, Baton Rouge, LA, April 2019.
- Lion's Club Meeting, Bastrop, LA, March 2019.
- Fads, Facts, and Fundamentals Webinar, March 2019.
- Northeast Region Parish Chair Meeting, Scott Center, February 2019.
- Faithful Families Training, Raleigh, NC, December 2018.
- Parish Chair Unit Head Meeting, Pineville, LA, November 2018.
- National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Conference, San Antonio, TX, September 2018.
- Morehouse Parish 4-H Foundation Meeting, September 2018
- Society of Nutrition Education and Behavior Conference, Minneapolis, MN, July 2018
- National Health Outreach Committee Conference, Bloomington, MN, May 2018
- Knife Skills Training, Scott Center, Winnsboro, LA. March 2018
- Organizational Update Meeting, Scott Center, Winnsboro, LA. March 2018, October 2018, October 2021, February 2022, April 2022, and August 2022
- Northeast Region Administrative Update Meeting, Scott Center, Winnsboro, LA. March 2018
- Health Summit: Emerging Communities for a Healthier Louisiana, Pennington Biomedical Research Center, Baton Rouge, LA. March 2018
- Joint Council of Extension Professionals (JCEP), Orlando, FL. February 2018.
- Home Food Preservation Basics Training, Baton Rouge, LA. January 2018.
- Dining with Diabetes Curriculum Training, Northeast Regional Office. January 2018.
- Smart Portions Curriculum Training, LaHouse, Baton Rouge, LA. January 2018.
- National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Conference, Omaha, NE, October 2017.
- LEAFCS Summer and Winter Board Meetings, August 2017, and November 2017.
- Healthy Communities Crime Prevention and Coalition Meeting, Tallulah, LA. May 2017

- National Health Outreach Committee Conference, Annapolis, MD, May 2017
- Action for Healthy Kids: School Wellness, School Physical Activity Webinar. 2017
- Local Foods, Local Places Workshop, Tallulah, LA. 2017
- Yoga Kids Training, Ouachita Parish Extension Office, Monroe, LA. 2017
- Understanding Communities: Community development, economic development, power dynamics, mapping assets, and community development process. 2016
- What Works Conference, University of Louisiana at Monroe, Monroe, LA, December 2016
- Internal Leadership Birkman Assessment Meeting, Tallulah, LA, November 2016
- National Extension Association of Family and Consumer Sciences (NEAFCS) Annual Conference, Big Sky, MT, September 2016.
- Society of Nutrition Education and Behavior Conference, San Diego, CA, July 2016
- FCS New Agent Orientation, Red River Research Station, June 2016
- Healthy Homes Coalition Meeting and Training, May 2016
- National Health Outreach Conference, Roanoke, VA, April 2016
- EFNEP Coordinator's Meeting, Arlington, VA, March 2016
- Richland Parish 4-H Foundation Meeting, February 2016, August 2017, August 2018
- National Extension Association of Family and Consumer Sciences, White Sulfur Springs, WV, November 2015
- Supervisor Meeting by LSU HRM, October 2015
- NEAFCS Annual Session Webinar, September 2015
- NEAFCS: Totally Veggies Webinar, August 2015
- Coordinated Approach to Child's Health (CATCH) Training, Austin, TX, July 2015
- New Agent Training, July 2015
- Chronic Disease Curriculum Meeting, May 2015
- Food Preservation, Home Canning, and Food Safety Training, Raceland, LA, March 2015
- Teaching with Heart and Joy Norris Training, March 2015
- Portfolio Pointers Training, March 2015
- EFNEP Spring Conference, March 2015
- FCS Fall Conference, October 2014, September 2015
- Southern Region EFNEP Conference, Lithonia, GA, October 2014
- EFNEP Agents Training, Baton Rouge, LA, July 2014
- Society of Nutrition Education and Behavior Conference, Milwaukee, WI, June 2014
- Promotion and Tenure Meeting, May 2014, May 2016
- Delta Headstart Advisory Meeting, April 2014, April 2015
- Childhood Obesity Conference, Pennington Biomedical Center, March 2014
- Annual Conference, December 2013, December 2016-2018, December 2022
- Marketing Training, November 2013
- Southern Obesity Summit, Nashville, TN, November 2013

- SNAP-Ed Fall Convention, September 2013
- Nutrition Coalition Meeting, August 2013
- Louisiana Extension Association of Family and Consumer Sciences (LEAFCS) Annual Conference, May 2013-May 2019, April 2022, and June 2023
- Conducting Performance Appraisals, May 2013
- Supervisory Training: Legal Requirements, March 2013
- SNAP-Ed and Healthy Beginnings For Your Baby Quarterly Training, March 2013
- Dynamics Training, March 2013
- Pesticides "Are We Scaring Parents Away From Healthy, Affordable Fruits & Veggies Webinar, March 2013
- Food Storage Following Disasters Webinar, March 2013
- Portfolio and Impact Training, March 2013
- Louisiana Parenting Education Network Summit, Port Allen, LA, March 2013
- New Hire Orientation, February 2013 and October 2021

15. Participation in Public Policy and Community Issues

Mrs. Newsome partners with Communities Unlimited, Region 8 Outreach Team, WellSpring, Town of Delhi, Children's Coalition, Aetna, Humana, Mary Bird Perkins, Northeast Delta Human Services Authority, Mary Biggs Developmental Disability Group, LDH Region 8, and WellAhead LA Region 8 to identify issues, happenings in the region, and market the LSU AgCenter programs and events.

In previous years, Mrs. Newsome worked with the Chamber of Commerce in Franklin Parish in order to identify issues and happenings in the parish. As a result of nutrition programming, Mrs. Newsome was able to build a community partnership with the Chamber of Commerce and provide nutrition education handouts, posters, and exhibits during the Annual Catfish Festival.

To address the community issue of childhood obesity, Mrs. Newsome is a member of the Youth Obesity Pilot Study Program and previously the Northeast Region Childhood Obesity Committee. Through these committees, Mrs. Newsome along with other FCS Agents address issues related to childhood obesity and work together as a team to put forth action to implement changes. Mrs. Newsome and other committee members developed a publication to address childhood obesity called Take Time with Your Kids. This publication helps families work together to get physically active and create healthy meals from the recipes provided. The publication recently won 1st place for Educational Publication on the State and National levels for the Extension Association of Family and Consumer Sciences. This publication has been distributed across the state to families to continue to encourage healthy living practices.

Mrs. Newsome is currently working collaboratively with the Town of Delhi Mayor, Delhi Hospital Administrative Staff and constituents. The effective team has created a coalition and meets monthly to identify and address issues and the progress of those issues in the parish as it relates to healthy community.

16. Awards and Recognition

- 2023 LEAFCS School Wellness Team Award, 1st Place
- 2023 LEAFCS Communications Newsletter Team Award, 1st Place
- 2023 LEAFCS Family Health and Wellness Award, 2nd Place
- 2023 NAE4-HYDP Southern Region Excellence in Teamwork Award, 1st Place
- 2023 LAE4-HYDP Excellence in Teamwork Award, 1st Place
- 2023 LAE4-HYDP Excellence in Healthy Living Programming Award, 1st Place
- 2019 LEAFCS Maxine Reeves Award
- 2018 LEAFCS Betty Jane Fairchild Award
- 2017 Promotion and Tenure (Assistant to Associate)
- 2017 LAE4-HA Communicator Team Award for Educational Piece, 1st Place
- 2016 LEAFCS New Professional Award, \$1000 monetary award
- 2016 LEAFCS Educational Publication, 1st Place
- 2016 NEAFCS Educational Publication, 1st place National
- 2016 NEAFCS Educational Publication, 1st place Southern Region
- 2015 LEAFCS Scholarship Award, \$500 monetary award

17. Multi-Institution, Agency, and State Collaboration

Mrs. Newsome has collaborated with many community agencies since 2013. These efforts have included efforts with the Richland Parish Library, Richland Parish Council on Aging, Town of Rayville, Town of Delhi, Town of Mangham, Town of Oak Grove, Town of Morehouse, Freedom Fitness, Partners in Prevention, Children's Coalition of Northeast Louisiana, Food Bank of Northeast Louisiana, Richland Parish Hospital for Diabetes programming and the North Louisiana Regional Alliance with Family Nutrition Night. She has also collaborated with the Morehouse, Madison, Richland, Franklin, Caldwell, East and West Carroll Parish School Boards to conduct nutrition programming, Let's Eat for the Health of It classes, Smart Bodies, and Farm to Table Exhibit Educations. Mrs. Newsome has collaborated with SU AgCenter agents and aides in the delivery of nutrition education programming in the parishes she serves. Other collaborations have included Delta Headstart and the Department of Children and Family Services and the Louisiana Delta Community College.

During October 2019-October 2021, Mrs. Newsome collaborated with the LSU AgCenter in Morehouse, Madison, and Ouachita Parishes through her programming efforts as a Health and Wellness Coordinator with Northeast Delta Human Services Authority. Mrs. Newsome was a part of the Morehouse and Ouachita Parish Healthy Community Coalitions. She hosted a 5K Walk and Run at Madison High School in collaboration with the Madison Parish MAD-HYPE coalition.

The Healthy Communities' initial program which Mrs. Newsome was involved in within West Carroll and Madison Parishes included partnerships with the Centers for Disease Control, Pennington Biomedical Research Center, the Louisiana Department of Health and Hospitals, Parks, and Recreation, and local and parish governing bodies.

18. Other scholarly or Creative Activities or Other Contribution to the Profession

Mrs. Newsome has served as a mentor for new FCS agents in the Northeast Region. She planned and implemented quarterly trainings with other FCS agents in the region for Nutrition Educators in the SNAP-ED and EFNEP nutrition program areas. Mrs. Newsome also collaborates with 4-H agents to conduct healthy living workshops on food safety and food preservation techniques.

Service Activities

1. *Organizations Advised*

- Region 8 Outreach Team
- Mary Bird Perkins Community Planning Team
- Shade Tree Mission Planning Team
- EarlySteps Regional Interagency Coordinating Council, Region 8
- WellSpring Alliance Safer Task Force, Richland, and West Carroll Parishes

2. *Recruitment of Students and Faculty*

- School of Nutrition and Food Science Consumer Food Safety Specialist Interview Committee, State Office, 2023
- Richland Parish 4-H Agent Interview Committee, 2023
- Richland Parish Administrative Coordinator 3 Interview Committee, 2023
- LSU, SU AgCenter, National Black Growers Council: Morehouse Parish Field Day, Hill Farm, Bonita, LA— Promoted careers in Nutrition and Food Science. 2018-2019.
- Morehouse Parish CDC Agent Interview Committee, 2018
- Morehouse Parish Administrative Coordinator 3 Interview Committee, 2018
- Ouachita Parish General Nutrition Interview Committee, 2017
- Madison Parish CDC Agent Interview Committee, 2016
- Northeast Region Youth Field Day, Sweet Potato Research Station—Promoted the LSU College of Agriculture and Careers in the School of Nutrition and Food Science. 2016.
- Madison Parish School Board Employees In-Service—Promoted integrating nutrition programming into the classrooms. 2016.
- Franklin Parish 4H Jr. Leaders—Promoted the LSU College of Agriculture and Careers in the School of Nutrition and Food Science. 2015.
- Concordia Parish Nutrition Extension Associate Interview Committee for FCS, 2014
- Madison Parish Career Day-- Promoted the LSU College of Agriculture and Careers in the School of Nutrition and Food Science. 2014
- Concordia Parish Nutrition Agent Interview Committee for FCS Agent, 2014
- Franklin Parish Career Day—Promoted the LSU College of Agriculture and Careers in the School of Nutrition and Food Science. 2013.

3. *University Services (Dept., Region, Station, Parish, etc.)*

- 4-H University Next Healthy Seafood Star Judge, 2023
- 4-H Ambassador Talks Judge. 2018
- Northeast Region Wellness Committee— Co-Chair; plan and create wellness topics about nutrition, fitness activities, general healthy living information, and intervention programs to help with stress reduction for employees in the Northeast Region. 2017-2018
- Internal Leadership Program Seminar Statewide and Washington, DC. 2016-2017.
- 4-H University FCS Demonstration Judge. 2016-2018.
- Core Competencies Committee—Planned training topics for FCS Agents statewide. 2016-2019
- State and Regional Livestock Shows—sold livestock t-shirts to 4-H members and families. 2014-2019
- Chronic Disease Curriculum Committee—Review and make changes to curricula for implementation of programming use. 2014-2017
- Childhood Obesity Committee—Attend meetings and develop recommendations to prevent and decrease the risk of Childhood Obesity. 2013-2018
- Regional FCS Planning Committee—Attend meetings, plans, and coordinates professional development topics for FCS Agents. 2014-Present.
- EFNEP Planning Committee—Attend meetings, plans, and coordinates monthly trainings for EFNEP Nutrition Educators. 2014-Present.
- 4-H University Housing Supervisor— Provided dorm supervision for 4-H members attending 4-H University. 2013 and 2019.
- Ag Magic—Served as a volunteer where youth learned about products from the sea. 2013.

4. Professional Service

- Served as Parish Chair in Morehouse Parish March 2018- October 2019.
- Served as mentor for new agent assigned to FCS Nutrition and EFNEP Supervisor in Franklin and Caddo Parishes.
- 4-H Efforts-- Assisted 4-H Agents with the following parish and regional efforts:
 - Taught Handwashing and Food Safety at the West Carroll Parish Outdoor Adventure Camp Workshop, 2023.
 - Taught MyPlate Meets Charcuterie Board at Richland Parish Jr. Leader Retreat. 2023.
 - Louisiana Food Challenge Competition, Richland Parish, 2022 and 2023. Rayville and Alexandria, LA
 - Taught Breakfast for Dinner Cooking Workshop, Richland Parish, December 2022
 - West Carroll Parish Cookery Contest Judge. 2022
 - 4-H Regional Cookery Contest Judge. Winnsboro, LA. 2022

- Morehouse Parish Cookery Contest Judge. 2013-2019.
- Morehouse Parish Cookery Contest Judge. 2018
- West Carroll Parish Cookery Contest Judge. 2017
- Richland Parish Photography Contest Judge, Delhi, LA. 2017
- Madison Parish Cookery Contest Judge. 2013-2017.
- Franklin Parish Cookery Contest Judge. 2013-2016.
- Livestock Pageant Judge, Delhi, LA. 2016
- Richland Parish Cookery Contest Judge. 2016
- Taught Hunger Awareness at Challenge Camp, Camp Grant Walker. 2016
- Taught Yoga for Kids to Delhi High School Football Team. 2016.
- Taught Food Safety at Richland and Tensas Parish Jr. Leader Retreat. 2016.
- Taught Food Preservation and the Importance of Being Physically Active at East Carroll Healthy Living Workshops. 2015.
- Taught Food Safety at Richland, East, West Carroll, and Morehouse Parish Safety Day. 2014-Present.
- Franklin Parish C.H.E.F. Camp. 2013.
- Taught Nutritional Value of Pumpkins at Franklin Parish Jr. Leader Pumpkin Forum. 2013.
- Morehouse Parish Cotton Festival Home Preservation Judging. 2013.

5. *Other External and Community Service*

- Food Bank of Northeast Louisiana Volunteer
- Future Farmers of America—Judged Food Science Competition, 2015-2016. Monroe, LA.