

## Healthy Life Styles

### Situation:

Nutrition and physical activity play vital roles in overall health. Research links diets with many preventable causes of death, heart disease, diabetes, obesity and several types of cancer. Lifestyles with risk behaviors that include poor diet, high stress, smoking, drinking and physical inactivity increases the chances of hypertension, high cholesterol, obesity and diabetes. Obesity continues to increase and is of concern in both youth and adult populations.

More meals are eaten away from home and people have less knowledge of and less connection to foods and agriculture. Adults tend to under consume foods from the fruit, vegetable and dairy groups while diets exceed recommendations for fat, sugar and sodium. Research further documents links between food insufficiency and poor health outcomes. Sedentary lifestyles, computerization and mechanization changes in employment, increased television and computer times, lack of regular physical education in schools, availability of snack food and beverages, hectic schedules filled with eating on the go, increased time in commutes are barriers to healthy lifestyles. Media influence on consumer nutrition information is also increasing.

Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
Lighten Up NH Web site – updates and marketing to staff and general public  In-service for Extension Staff – healthy foods and physical activity policy/guidelines	Staff from all program areas gain knowledge in the importance of modeling healthy food choices and physical activity during educational programs and workshops.  Staff from all program areas are motivated to incorporate healthy food choices and physical activity during their educational programs and workshops.	A model healthy foods and physical activity policy/guideline is established for Extension and adopted by other organizations.  Extension programs and activities in all program areas promote healthy physical activity and healthy nutrition	<b>UNHCE staff members adopt healthy behaviors and lifestyles that reduce obesity, stress and risky behaviors</b>
“Simple Ways to Improve your Diet” is distributed to 500 staff and volunteers.	HLS1 – 50% of Extension staff improve or maintain healthy life styles HLS2 - 25% who receive “simple ways to improve your diet” indicate using the information to improve their physical activity and nutrition HLS3 - 50% of Extension activities and programs offer healthy food choices and five minutes of physical activity breaks for meetings longer than an hour		

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