

2007 University of Arkansas at Pine Bluff Combined Research and Extension Plan of Work

Human nutrition

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

- 702 50% Requirements and Function of Nutrients and Other Food Components
- 703 50% Nutrition Education and Behavior

V(C). Planned Program (Situation and Scope)

1. Situation and priorities

Nutrition education in elementary school is advisable as the early adolescent years are formative years when teens develop health habits. The NIH consensus panel stated in 2000 that only 25% of boys and 10% of girls met the recommended servings of dairy products equivalent to 1,300 mg of calcium intakes per day (NIH, 2000). Research conducted in the Lower Mississippi Delta have documented that 87% of Expanded Food and Nutrition Education Program (EFNEP) participants in Arkansas and Mississippi consume less than two servings daily of dairy foods, resulting in low calcium intake (Mississippi State University, 1995). About 80% of participants in all Arkansas and Mississippi counties reported calcium intake to be less than 70% of the RDA. Study (Ludwig, D. et al, 2001) has shown that excess consumption of sugar-sweetened drinks increases the likelihood of childhood obesity. On the other hand, Zemel (1999) found that consumption of lowfat dairy foods helps control body fat and reduce the risk of obesity.

V(D). Planned Program (Assumptions and Goals)

1. Assumptions made for the Program

1. The increased consumption of low fat dairy products will increase the intake of calcium in children 9-12 years old 2. The increased consumption of low fat dairy products will help control body fat in children 9-12 years old 3. The increased consumption of low fat dairy products will reduce the risk of obesity in children 9-12 years old

2. Ultimate goal(s) of this Program

1. Increase the awareness and the knowledge of the benefits of low-fat dairy products in school children 9-12 years old in Pine Bluff middle schools in 2007 and 2008 2. Increase the consumption of low-fat dairy products among school children 9-12 years old in the Pine Bluff middle schools in 2009 and 2010 3. To consult with heads of school cafeteria to include in the menu the most acceptable low-fat dairy products in 2011

V(F). Planned Program (Activity)

1. Activity for the Program

- Ads in schools - Questionnaires - Lectures - Peer leadership mentoring - Flyers in classrooms - Media announcements - Sampling of low dairy products - Shopping training - Acceptability study - Workshops on low fat dairy products