

## Funding

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## Additional Outreach

6 *Ideas for Healthy Living* newsletters were sent to 138 individuals and partner agencies. Our partners forward the information in the newsletters to their clients, which helps our program further reach our target audiences. The newsletters are also posted on our website:

<http://ext100.wsu.edu/skagit/fam/ifl/>

Our website contains newsletters, program information, and much more. It is designed so partner agencies can download information to use in their own newsletters and handouts. We ask only that they credit us for the information. In 2014 our Family and Consumer Sciences pages were viewed 1,098 times.



## Ideas for Healthy Living

Is administered by Washington State University Skagit County Extension. The program provides research-based information in the community for families and individuals with limited resources in a consumer friendly format. Contact us to discover how you or your organization can be part of the *Ideas for Healthy Living* program.

*Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.*



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## 2014 Impacts

*Ideas for Healthy Living* enhances the lives of adults and their families in Skagit County by providing classes and demonstrations in health, nutrition, and basic food preparation skills.

Our program is committed to increasing knowledge which, in turn, enhances health behaviors and increases self-sufficiency.



## About Our Program

*Ideas For Living* was established in 1993 in response to requests from social service agencies for basic life skills classes for their clients. The classes are presented by Extension Educators using lesson plans developed by WSU Extension. In 2014 Ideas for Living shifted its focus to health and wellness promotion in the community, and as a result is now called *Ideas for Healthy Living*.



## Program Goals

- Engage families with limited resources to learn about healthy eating and get the most from their food budget
- Promote healthy lifestyle practices to reduce the risk of chronic disease associated with obesity and sedentary lifestyle
- Provide cooking demonstrations to increase knowledge on how to prepare food at home
- Ensure personal hygiene and safe food preparation practices to reduce risk of food-borne illness
- Promote healthy aging through interactive learning opportunities
- Increase individual self-sufficiency and self-confidence by validating present knowledge and expanding skills

## Classes and Demonstrations

Ideas for Living Educators and volunteers provided 30 health and wellness classes, 47 food preparation demonstrations, and 102 Diabetes Prevention classes. Combined, we provided 264 hours of facilitated learning to individuals in Skagit County at the following locations:

Helping Hands Food Bank and Neighbor in Need Food Bank, United General and Skagit Valley Hospitals, Mount Vernon School District Community Transitions Program, Mount Vernon Manor, Burlington-Edison High School, the Skagit County Fair, WSU Extension of Skagit County and Community Action of Skagit County.

## Ideas for Healthy Living Volunteers

Toward the end of 2014 we welcomed two new IFHL volunteers to our team who provided over 25 hours of their time, helping our program achieve its goals! We are continuing to recruit new volunteers in 2015.

## Impacts

We are making a difference in our community through health and wellness education to reduce obesity, hunger and chronic disease risk.

Diabetes Prevention Program participants have reported how their aches, pains, and inflammatory issues have gone away as they have adapted the lifestyle changes taught in class. We also increased awareness of Hispanic culture through our cultural cooking demonstrations.

## Participant Profile

In 2014 our program efforts reached wide and diverse audiences by:

- Demonstrating 52 different nutritious recipes in Skagit County, of which 71% were to low-income audiences
- Providing health and wellness classes to 305 individuals in the community
- Reaching 45 individuals at risk for developing Type II Diabetes with our Diabetes Prevention Program
- Promoting physical activity and healthy hydration to 491 individuals with our Blender Bike and Re-Think Your Drink display



## What participants are saying

“I’ve never made mole before and I learned a lot from her. Good Demonstration.”

“Perfect explanations to give me tools to make the recipe at home.”

“The class gave me good ideas on how to include more vegetables in my meal planning.”

“Wow! I can’t believe how much sugar is in these drinks!”