

Funding

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Additional Outreach

6 *Ideas for Healthy Living* newsletters were sent to 195 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.



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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2015 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 Healthy 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 state of the art curricula and teaching strategies.

Program Goals

- Promote healthy lifestyle practices to reduce the risk of chronic disease associated with obesity and sedentary lifestyle.
- Provide cooking classes to assist limited resourced persons to manage food budgets while making healthy food choices.
- Provide nutrition and food safety education for the well-being of families and communities.

Ideas for Healthy Living Volunteers

In 2015, five new volunteers joined our program making it possible to offer more classes and programs in the community. Training was completed in several different curricula to support classes and teach independently. The volunteers supported development of teaching tools, worked at community events, and assisted with classes for families in transitional housing.



Classes and Demonstrations

Ideas for Living Educators and volunteers provided 53 health and wellness classes (individual workshops and class series), 18 food preparation demonstrations, and 7 Community Events, 68 Diabetes Prevention classes. Combined, we provided 212 hours of facilitated learning to individuals throughout Skagit County from Anacortes to Concrete and all the places in between. As a result of IFHL programs, on average, 85.0% participants report gain in nutrition knowledge and 75.0% of participant's report they intend to use the new information.



Diabetes Prevention

In 2015, three diabetes prevention program (DPP) class series were offered attended by a total of thirty-three participants. The weight loss average for all groups combined was 5.5%, with a range of 2.1% – 17.3%. Many participants reported reduced blood sugar levels. Since both excess weight and elevated blood sugar levels are associated with the development of diabetes, the DPP program had a positive impact on the health of those participating, reducing the risk of pre-diabetes advancing to diabetes.

Participant Profile

In 2015 our program efforts reached wide and diverse audiences by:

- Demonstrating over 20 different nutritious recipes in Skagit County to low-income audiences using local, seasonal food.
- Providing health and wellness classes to over 400 individuals in the community
- Reaching 33 individuals at risk for developing Type II Diabetes with our Diabetes Prevention Program
- Promoting physical activity and healthy hydration to over 1000 individuals with interactive displays including our Blender Bike /Re-Think Your Drink display and our Eating A Rainbow of Color display and presentation

What participants are saying

"I had never considered using peanut butter in a recipe before (Thai Chicken recipe demo) and loved it!"

"After my child learned about MyPlate, we identify the food groups at every meal at home."

"I will never eat fast food again. I can't believe how much fat is in that stuff!!!"

"I have loved being able to get rid of the 'diet' mentality. Life-style changes has been an 'eye opening' to me, as it has proven that simple changes and choices do matter".

"The every week coming back together is a very good motivating force"

"This program is just enough to scratch the surface of the more complex life style adjustments...it's an eye-opener to what and how much needs to change"