

Contributing to Michigan's

Success

in 2007



Promoting Healthy Lifestyles

What's the Situation?

- Michigan ranks third worst among states for obesity, with 63 percent of adults either overweight or obese. The state is estimated to spend \$2.9 billion annually on medical expenses related to obesity.
- More than 560,000 Michigan adults have diabetes, giving the state the eighth highest adult diabetes rate in the nation. Michigan's estimated diabetes-related medical costs exceeded \$4.7 billion, plus \$5.7 billion in lost productivity due to premature death, disability and illness.
- The combined total percentage of Michigan youth who are overweight or at risk of becoming overweight is nearly 26 percent -- that's more than 656,000 young people. In Detroit, that percentage jumps to more than 38 percent.
- Fewer than 4 percent of Michigan adults maintain a healthy weight, eat at least five fruits and vegetables per day and are regularly physically active.
- Ninety percent of teachers think it is important to offer nutrition education to students; 80 percent say competition with other subjects is a barrier to including nutrition education in their classroom instruction; 75 percent say lack of resources is a barrier to its inclusion.
- Early deaths caused by smoking cost the nation roughly \$92 billion in lost productivity between 1997 and 2001 (Centers for Disease Control and Prevention, June 2005).
- Nearly 72,000 Senior Project FRESH coupons were redeemed by senior citizens for fresh produce sold at farm markets in 2006, resulting in \$142,388 in sales for local farmers and improved nutrition for seniors.
- More than 28,000 WIC clients increased their intake of fruits and vegetables by using the 209,898 Project FRESH coupons distributed by MSUE Family & Consumer Sciences. Aside from the nutrition benefit to WIC clients, the coupons generated \$419,796 for Michigan farmers.
- Ninety-seven percent of women enrolled in the MSUE Family & Consumer Sciences Breast-feeding Initiative initiated breast-feeding, compared with 49.7 percent of women in the overall WIC population. The state saves up to \$1,500 per year for every WIC-eligible mother who breast-feeds rather than using formula.
- About 84,500 Michigan youths explored nutrition, physical fitness and safety through MSUE 4-H Youth Development programs.
- The MSUE Family & Consumer Sciences Food Stamp Nutrition Education program sponsored community coalitions in 33 counties to help them improve access to produce and increase physical activity; coalition projects reached 142,286 people.
- Technology developed by an MAES researcher has been licensed to produce new vaccines that will protect people against various strains of flu, including avian flu. This technology allows the vaccines to be produced more quickly and less expensively than current methods.
- Participants in the MSUE Family & Consumer Sciences diabetes education programs reported an average 14 percent drop in their hemoglobin A1c levels, a key measure of a diabetic's average blood sugar.
- The MSUE Family & Consumer Sciences Better Kid Care program provided more than 19,000 hours of training to 1,786 childcare providers. If each provider cares for an average of three kids, BKC has improved the quality of care for more than 5,300 Michigan children.
- An MAES food science and human nutrition researcher has developed the first animal model to test whether genetically engineered foods could cause human allergic

Sampler of Success

MSUE and MAES are actively pursuing improvements in the health of Michigan's citizens, especially at-risk populations and youth. Research on health-related issues and active on-the-street programs combine to fight obesity, decrease chronic disease and improve safety in our homes and businesses.

- Nearly 1,000 schools participate in MSUE Family and Consumer Sciences Michigan Team Nutrition (MTN), potentially providing 250,000 kids and their families with information on healthy eating and exercise. Participating teachers provided 25 hours of nutrition education, compared with about 10 hours before participating in MTN.

A Few More Successes

- The MSUE Family & Consumer Sciences Nutrition Education Program enrolled nearly 10,000 individuals; 87 percent of adult graduates of the program report making positive changes in their eating habits, and 43 percent eat at least three servings of vegetables daily, compared with only 25 percent of Michigan adults in general.
- Up to 10,000 wildfires damage Michigan homes and properties every year; 98 percent are caused by human behavior. MSUE has partnered with the Michigan Department of Natural Resources to produce Extension bulletins (in English and Spanish), a video, television PSAs that reached 300,000 northern and central Michigan households and a 30-minute educational documentary, which is planned for release to PBS stations this spring.
- Clare County MSUE was one of only 11 organizations across the United States to receive USDA Rural Development Rural Housing Technical and Supervisory Assistant Grants. The program helps low- to moderate-income families buy, repair and/or retain their homes. It also provides low-income families with credit counseling, loan packaging and delinquency counseling services.
- MAES scientists helped develop and are assessing a statewide background check system allowing employers to better screen potential employees who work with patients in long-term care settings. The first phase of the system was put in place April 1, 2006.
- The MSUE Family & Consumer Sciences Food Security Through Family Gardening Nutrition Education Project in 12 Michigan counties created 101 new vegetable gardens through the volunteer participation of 316 adults and 527 youth. These gardens provided fresh vegetables to dozens of neighborhoods and hundreds of families that normally have very little access to locally grown fresh produce.
- Sixty-five percent of Michigan Nutrition Network (MNN) Farm Market (an MSUE Family & Consumer Sciences program) participants are eating more fruits and vegetables as a result of their participation. Seventy-five percent of participants in the MNN Color Me Healthy for Parents program report eating more fruits and vegetables, and 50 percent indicate they have increased their level of physical activity.
- Almost half of parents with students in Michigan Team Nutrition classrooms said their children asked them to do physically active things with them, and 40 percent reported they were more active as a family. Forty percent indicated their children asked to have more fruits and vegetables available, and 50 percent were doing so.
- More than 1,100 people have attended Alternatives to

Anger classes provided by MSUE Family & Consumer Sciences. Attendees have learned to change their responses, cooling down before they react, yelling less, listening more and walking away.

- The MSUE Family & Consumer Sciences Building Strong Families program reached nearly 8,000 families with parenting and other information; postprogram test results showed improvements in 100 percent of the measured parenting behaviors.
- More than 150,000 English and 15,000 Spanish Watch Me Grow calendars were distributed by MSUE Family & Consumer Sciences, providing families with young children parenting tips and reminders of important dates for their families.

Selected Goals to Build Michigan's Future

- Project FRESH and Senior Project FRESH have grown significantly each year and will continue to grow, providing the nutritional benefits of locally grown produce to even more WIC clients and even more income to larger numbers of Michigan farmers.
- The Food Security Through Family Gardening Nutrition Education Project in 12 Michigan counties (an MSUE Family & Consumer Sciences project) has the following goals: to improve dietary quality by assuring access to fresh fruits and vegetables; to improve food security by assuring that adults and children will have more to eat so that there will be less dependency on emergency food assistance; to improve food safety by teaching food preservation and ensuring soil quality through testing.
- MAES researcher Syed Hashsham is developing a portable, hand-held device capable of detecting up to 50 microbial threat agents in air, water and food. When complete, this all-in-one pathogen testing device will simultaneously test air, water or food for numerous pathogens, saving time and money that is currently spent on testing for pathogens one at a time.
- As the effective cancer drug Taxol enters its next generation, an MAES scientist has announced discoveries that may lead to environmentally friendly ways to produce more Taxol and production of a more potent second-generation drug.

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