

## Youth Learn Healthier Eating and Exercise Habits

### Success Stories

*Purdue Extension – Grant County*

*“Purdue Extension is the best-kept secret in the county.”*

*We hope not! Success stories are designed to give you, the reader, a “quick read” about a program that has shown some success lately.*

*We will be adding success stories periodically so that you can keep up with what we’re doing.*

*If you have questions about Purdue Extension programs, please contact us at:*

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**Purdue Extension**  
**Knowledge to Go**  
**Grant County**

Obesity is an epidemic in children in the United States as one child in five is overweight. This increase is in children of all age, race and gender.

Using a curriculum called, “Exploring the Food Guide Pyramid with Professor Popcorn,” Extension staff taught important concepts about nutrition, eating right, exercising and having fun. Each session has a snack given to the students. The five local elementary schools were: Sweetser, Lincoln, Kendall, Summitville and Liberty - a total of 296 students.

Results from before and after the program are as follows:

- 71% of youth reported that they practiced one or more healthy food selection habits, at least most days of the week with an improvement of 12%.
- 92% of youth reported that they practice healthy physical activity habits, at least most days of the week, an increase of 9%.
- 88% of youth reported that they chose to eat breakfast, at least most days of the week, an increase of 5%.
- 93% of youth reported knowledge of healthy food choices and food preparation, 17% improvement was reported.
- 93% of youth reported knowledge of physical activity, an increase of 9%.
- 70% tried new foods, an increase of 16%.

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## PURDUE AGRICULTURE

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