1. **Full name of your Program Work Team (PWT):**

   Youth Healthy Eating and Active Living (HEAL) PWT

2. **Please list names, affiliations and e-mail addresses of the PWT Co-Chairs: (With an asterisk [*], please indicate the co-chair responsible for finalizing this report.)**

   *Wendy Wolfe Research Associate, Div. Nutritional Sciences, Cornell, ww16@cornell.edu
   Debbie SeGuin, Youth and Family Issue Leader (Nutrition and 4-H), CCE Madison, Dmv5@cornell.edu

3. **Please identify your PWT’s activities, accomplishments, and, most importantly, outcomes and impacts over the past year.**

   The HEAL PWT was very active during the 2012 fiscal year, holding six bimonthly meetings, one in-person and five by conference call, with substantial work in between by our creative and hard-working members. Early in the year, we formed 3 subcommittees to work on our efforts to support our newly developed Choose Health: Food, Fun, and Fitness (CHFFF) curriculum: one to focus on the contents of a new teaching kit (Jessica, Rachel, Mary), one to focus on an in-person training (Wendy, Mary Lee, Debbie), and one to focus on a pre-training webinar (Jo, Holly, Sally). In our meetings, each committee shared their progress and we jointly worked out various details and logistics such as finding volunteer facilitators for the trainings. We also supported the Choose Health Action Teens (CHAT) program, and drafted policies for CHFFF and CHAT use and support within and outside of CCE.

   To create the new CHFFF training, we modified our previous 3-day CHAT/CHFFF training, conducted by Wendy Wolfe and Sally Crosiar (consultant who helped develop CHFFF and CHAT), to a new more sustainable 2-day model focused just on CHFFF, to be co-facilitated by local 4-H and nutrition educators experienced in the curriculum. The training includes effective group leadership skills, a review of developmental stages for the CHFFF age group, as well as nutrition content and practice teaching of the curriculum. We added jeopardy and some other interactive ways to review the nutrition background, and jointly identified which active games and recipes most need to be learned in-person.

   We also developed a pre-training webinar to introduce CHFFF, including video footage showing collaborative support from Valerie Adams, 4-H, and Jamie Dollahite, EFNEP, plus interactive polls and sharing by several local educators about their experiences with CHFFF.
Finally, we developed a “grab ‘n’ go” teaching kit to make it easier to teach CHFFF as intended and improve the accuracy of the nutrition content. The kit, designed for a group of 12 children, includes all posters, visual aids, scanned food packages, game supplies, station instructions, and other supplies (many of them laminated), organized and stored by lesson – almost everything needed to teach CHFFF except for food and empty beverage containers. Selecting appropriate items for the final 56 different food packages, which 3 of the lessons rely on heavily to replicate real life situations as closely as possible, was a major effort, but making these available is much easier for educators who don’t have time to find and sort real packages, and ensures that they have accurate teaching tools. Food items were selected that were familiar to most youth, included a photo or realistic picture of the food item, and had a nutrition facts label and ingredients list that could be easily read after the package was scanned onto one 8.5x11 inch page, color printed, and laminated or inserted into a plastic sleeve. The kits are prepared locally as part of the new regional trainings.

We requested and received PWT Special Needs Funding to pilot our new training and teaching kits in Seneca County in late June – the funds supported developing 11 teaching kits and curriculum copies, plus food for preparing CHFFF recipes during the training, and a small fee for service for the two facilitators. The training went very well, with staff from 10 counties attending and receiving the draft teaching kits. PWT member Rachel Williams facilitated the training with help from Seneca nutrition manager Moira Tidball, and the two of them also prepared the kits. Mary Lee and Holly acted as “third-eye observers” to note any revisions or changes needed. One challenge was finding and laminating 50+ appropriate food packages to include in the kits for use in interactive activities in 3 of the lessons – these were later revised to a final set by Wendy, now on the FNEC website for easy downloading within CCE. A second pilot training was held in Jefferson County for their 4-H staff and several staff from nearby counties, conducted by a nutrition educator experienced in CHFFF. Two other regional trainings took place after the end of FY12, for 4-H and nutrition staff in Western and Capital regions, and a third is planned for the Hudson Valley region.

We searched for funding early in the year to support our efforts to support CHFFF with training and a teaching kit. Jo Swanson represented our PWT in conversations with the NYS 4-H Foundation, to try to help us secure a donor, and helped Wendy write a successful proposal to the National 4-H Council for NY to be part of their Eat4-Health project, funded by United HealthCare, for which Council had selected CHFFF and CHAT for use. Later Wendy, in partnership with the PWT, submitted an FFF proposal to support more CHFFF trainings and kits, which was funded for 3 years starting in Oct. 2012 – it will help support 3 regional trainings planned in FY13, and teaching kits for participating counties.