Grand Challenge: Health
Title: Healthy You and Baby Too!

Why is this issue important?
Premature birth is a national health crisis, impacting families and businesses. In Shawnee County, 6.62 percent of infants are born weighing under 5.5 pounds. Prematurity can cause developmental delays, cerebral palsy, blindness and intellectual disabilities, leading to lifelong health problems and disabilities. Financially, premature births cost businesses $12 billion a year in excess health care costs. Early prenatal care, proper nutrition and healthy lifestyle choices can reduce a mother’s risk of having a premature infant.

How did Extension address this issue?
The Expanded Food and Nutrition Education Program (EFNEP) provides Healthy You and Baby Too!, a nutrition education and healthy lifestyle program to pregnant women accessing services at GraceMed Capitol Family Clinic.

What was the impact?
For the last reporting year, 72 women completed the program:
- 98.6% improved their overall diet.
- Fruit and vegetable consumption increased by more than one cup per day
- 75% increased their physical activity
- 49% planned meals more often
- 51% compared prices more often when food shopping
- 56% less often ran out of food before the end of the month
- 63% used a list more often when grocery shopping
- 68% more often used the Nutrition Facts label when shopping
- 69% more often thawed food safely.
- 61% were drinking less soda.