



## Nutrition and Health

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# Youth empowerment leads to healthful resilience

*Empowering youth with nutrition and health education essential for building healthier communities. The Land-grant University System provides science-based programs that teach young people how to make informed food choices, develop lifelong healthy habits and understand the connections between nutrition and well-being. By equipping youth with this knowledge, the programs foster resilience, reduce the risk of chronic diseases and promote overall well-being. Land-grant universities ensure that all youth have the opportunity to thrive and become advocates for a healthier future.*

### Here are a few examples of that work:

- In **New York**, a program for elementary and middle school youths in New York City and urban areas uses cross-age mentoring and the “teens as teachers” model while educating youth on healthy eating and active living. Survey results showed significant improvements in participants’ knowledge and behaviors related to nutrition and physical activity. *Cornell Cooperative Extension; Smith-Lever (3b&c).* See [full statement](#).
- A **Vermont** program partnered with an alternative school to provide nutrition and cooking education to students in junior high and high school. Using the Teen Cuisine curriculum and MyPlate guidelines, students learned about healthy eating, food safety and cooking skills. They prepared various meals using limited kitchen equipment and learned to incorporate more fruits, vegetables, whole grains, lean proteins and dairy into their diets. *University of Vermont Extension; Smith Lever 3d (EFNEP).* See [full statement](#).

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## landgrantimpacts.org

The National Land-grant Impacts Database (NIDB) documents the individual and collective impacts of the national Land-grant University System of joint research, education and Extension. Much of this work is supported by capacity and competitive funds through the USDA’s National Institute of Food and Agriculture.

This document was prepared by the NIDB communications team. The Association of Public and Land-grant Universities’ Board on Agriculture Assembly manages the NIDB.



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- A program in **Louisiana** is empowering young males aged 16 to 21 by teaching basic cooking skills and food safety. It focuses on those nearing adulthood or leaving juvenile justice care, helping them gain independence. Lessons included reading recipes, measuring ingredients and understanding food safety. Results showed significant improvements in participants' knowledge of food safety and measuring techniques. *Louisiana State University AgCenter; State appropriations. See [full statement](#).*
- The “Healthy Drinks, Healthy Kids” campaign in **Michigan** targeted nine daycare centers with 400 children, using educational materials and focus groups to promote healthier beverage choices. Results showed that 83% of parents felt confident in making healthier choices, and 100% intended to drink more water. The campaign effectively engaged the community, reaching 9,600 people on social media and encouraging positive behavioral changes in reducing sugary drink consumption and increasing water intake. *Michigan State University Extension; Smith-Lever (3b&c). See [full statement](#).*