

TITLE: The Legacy of the Healthy Youth Program: A Vision for a Community of Healthy, Happy, and Active Children and Families

AUTHOR(S): Jacobs, Julie, Oregon State University, Linus Pauling Institute, Corvallis, (OR) Russo, Candace, Oregon State University, Linus Pauling Institute, Corvallis, (OR) Bobe, Gerd, Oregon State University, Linus Pauling Institute, Corvallis, (OR)

PRESENTER(S): Bobe, Gerd, Oregon State University, Linus Pauling Institute, Corvallis, (OR)

STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: The target audience are policy makers, program developers and evaluators, researchers

ABSTRACT: **BACKGROUND:** As part of the Linus Pauling Institute's public outreach, the Healthy Youth Program promoted from 2009 to 2019 healthy food choices for families in the greater Corvallis community. A major focus was to develop evidence-based, hands-on, community-centered nutrition and cooking courses and garden courses that were provided by staff, student workers, volunteers and high school and undergraduate interns.

OBJECTIVE: The objective is to summarize lessons learned from the work of the Healthy Youth Program.

METHODS: Activities of the Healthy Youth Program were summarized to identify common components that were associated with healthy food choices.

SUMMARY: The Healthy Youth Program developed and evaluated several evidence-based, hands-on, community-centered nutrition and cooking courses, cooking demonstrations, and farm stand events that empowered children and their families to make lasting healthy food choices. Common elements were a holistic approach that included enthusiastic teachers, age- and target audience appropriate food and nutrition information, correct modeling of cooking/food preparation, and tasty recipes with samples.

IMPLICATIONS: To achieve lasting healthy food choices, a holistic approach that combines food and nutrition information, modeling of cooking, food preparation and healthy meals, tasty recipe information with sampling and cooking demonstrations, modeling of tasty recipes with sampling is required.

OBJECTIVE(S): Name essential components of food and nutrition programs that are associated with lasting, healthy food choices