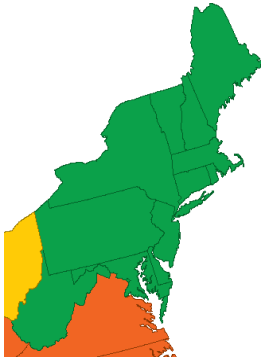


Northeast Regional Nutrition Education and Obesity Prevention Center of Excellence



The Northeast Regional Nutrition Education Center of Excellence (NE-RNECE) at Cornell University aims to expand the evidence base that supports effective nutrition education delivered in conjunction with policy, systems, and environmental approaches that make healthy food and physical activity choices easier in order to help prevent obesity among low-income Supplemental Nutrition Assistance Program - Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP) participants. The Center is led by a steering committee with regional representation that includes program implementers and researchers.

Signature Research

The center's signature research program is testing whether nutrition education delivered in combination with changes in policy, systems, and environments is more effective in increasing healthy nutrition behaviors and preventing obesity than either alone. The research includes 5 projects representing different program sizes, urban/rural settings, target audiences, methods of delivery, and race, ethnicity, and cultural contexts. Each is described on the back.

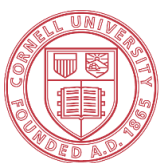
Nationwide Training Program for Nutrition Educators

A nationwide training for nutrition educators will build skills needed to successfully plan, implement, and evaluate activities that make healthy food and activity choices easier for low-income populations. Training will focus on policy, systems, and environmental change efforts, including how these may be integrated with direct nutrition education. The online training platform will be Cornell NutritionWorks which currently provides professional development, continuing education credits, and certification in core competencies for nutrition and health professionals.

Systematic Review of the Scientific Literature

A systematic review of the scientific literature is underway to assess the existing research-based evidence for the effectiveness of combining direct nutrition education with changes to food and/or physical activity policies, systems, and environments compared to either of these strategies alone on outcomes related to obesity prevention.

**Northeast Regional Nutrition
Education and Obesity
Prevention Center of Excellence**
G377 MVR Hall
Ithaca, NY 14853
t. 607.255.1651
<http://nernece.human.cornell.edu>



NE-RNECE Signature Research Projects



Adopting Healthy Habits in Worksites: Increasing adoption and acceptability of policy, systems, and environmental changes within agencies serving low-income families is a collaboration between the center and Cornell Cooperative Extension in Jefferson and Orange counties in New York State. The project aims to assess the effects of combining direct nutrition education with policy and environmental changes in community agencies and day care centers to support healthy habits for employees and agency participants. Principal Investigator: Jamie Dollahite, Cornell University.



Nutrition Ed, Access and Texting (NEAT): Combining the Hartford Mobile Market with e-Marketing aims to assess the effects of combining nutrition education with a text messaging campaign and food vouchers to be used at a mobile produce market on access, purchase, and intake of fruits and vegetables. Principal Investigator: Grace Damio, Hispanic Health Council, Hartford, CT.



Sustaining a Successful Youth-Leader Program as part of a Multi-Level, Multi-Component Food Environment/Behavioral Intervention is testing a model to train teens to implement nutrition education and participate in developing wellness policies at Baltimore recreation centers as part of a larger study assessing strategies to improve the local food environment. Principal Investigator: Joel Gittelsohn, Johns Hopkins Bloomberg School of Public Health.



Transforming Lifestyles: Integrating Direct Nutrition Education with Physical Activity Using the Health Care System Expansion Model will test the effectiveness of a system change by engaging primary health care providers in assessing children's physical activity levels and providing information and referrals to local physical activity resources and nutrition education. Principal Investigator: Mira Mehta, University of Maryland.

Empowering Urban Schoolchildren to Increase Fruit and Vegetable Consumption will test the effectiveness of engaging fifth-grade students in activities to change the school food environment including an environmental scan, writing letters to the school wellness committee and testing recipes to incorporate into the school's menu. Principal Investigator: Linda Sebelia, University of Rhode Island.