



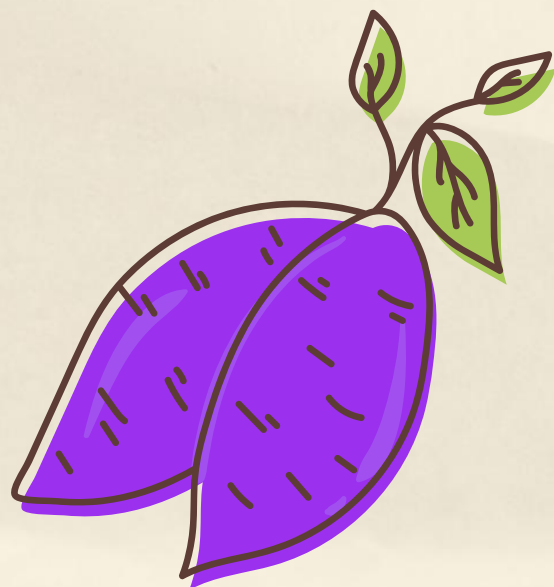
UNIVERSITY OF GEORGIA
EXTENSION

EAT WELL,
EVANS!

Evans County, GA



- 15% of adults diagnosed with Diabetes
- 39% of obese adults
- 29% of people reported their health as “fair” or “poor”
- 42.2% of people have blood pressure
- 40% of adults report physical inactivity



Share Health Southeast

Share Health Southeast Georgia is dedicated to improving the health of all generations in our sixteen-county community by cultivating partnerships and providing philanthropic and advocacy support to the Southeast Health District.



Women's Wellness Network

The purpose of the Women's Wellness Network (WWN) is to improve health outcomes for underserved women in rural southeast Georgia, specifically Evans and Tattnall Counties, by engaging community stakeholders to develop and implement strategies and activities that improve access to preventive health and wellness services and resources.



Inspiration



NEW RECIPES
EACH MONTH!

GOOD
choice

Meal Deal

Step 1: Find Good Choice Cooler
Step 2: Scan QR Code
Step 3: Grab Recipe Ingredients

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extension
ALProHealth

LIVE WELL
ALABAMA
#EatBetter

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.

★ THOMAS COUNTY ★



Mission Statement

"Our mission is to empower the residents of Evans County with accessible, accurate, and actionable information on healthy eating, fostering a community where nutritious choices are easy and enjoyable for everyone."





**Make the healthy
choice the easy
choice!**



Eat Well Evans Launch Event

Over 60
participants!



EGHC Mobile Unit



Blood Pressure Checks



Lots of Prizes!



Workout Session

FOODfresh





Evaluation



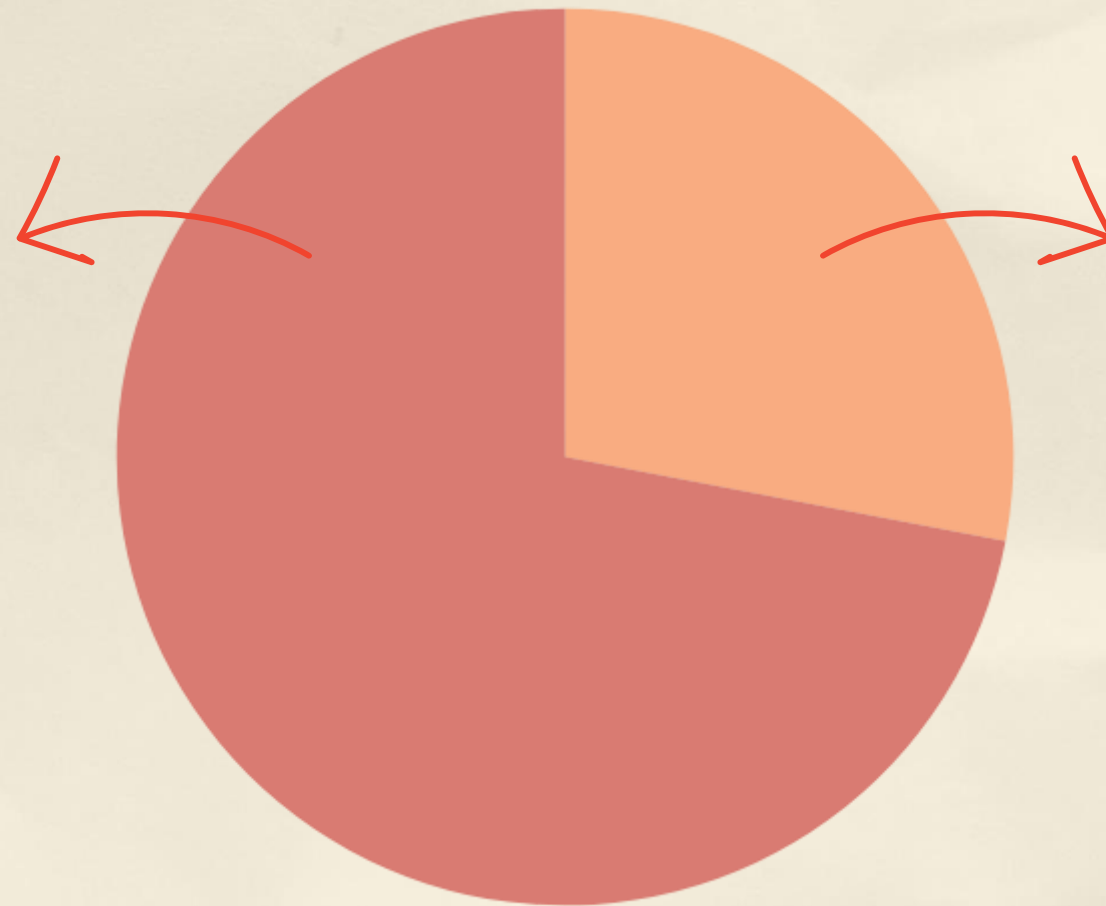
1. Please indicate your intention to use the information presented at today's event.
2. Please indicate how you feel on a scale of 1-5 (1 being less, 5 being more). As a result of this event, I feel:
 - i. Prepared to Eat Healthy
 - ii. Stressed about Eating Healthy
 - iii. In Control of Diet
3. How satisfied were you overall with the taste of the recipe?
4. Do you feel you have all of the necessary utensils and/or equipment readily available at home to confidently prepare this recipe?
5. Do you see yourself using the recipe kiosk at Food Fresh to help you try different recipes?
6. Did you visit the East Georgia Healthcare Center Mobile Unit?
7. Are you interested in attending more events like this in the future?



Results

Please indicate your intention to use the information presented at today's kickoff event.

72% I will definitely use the information

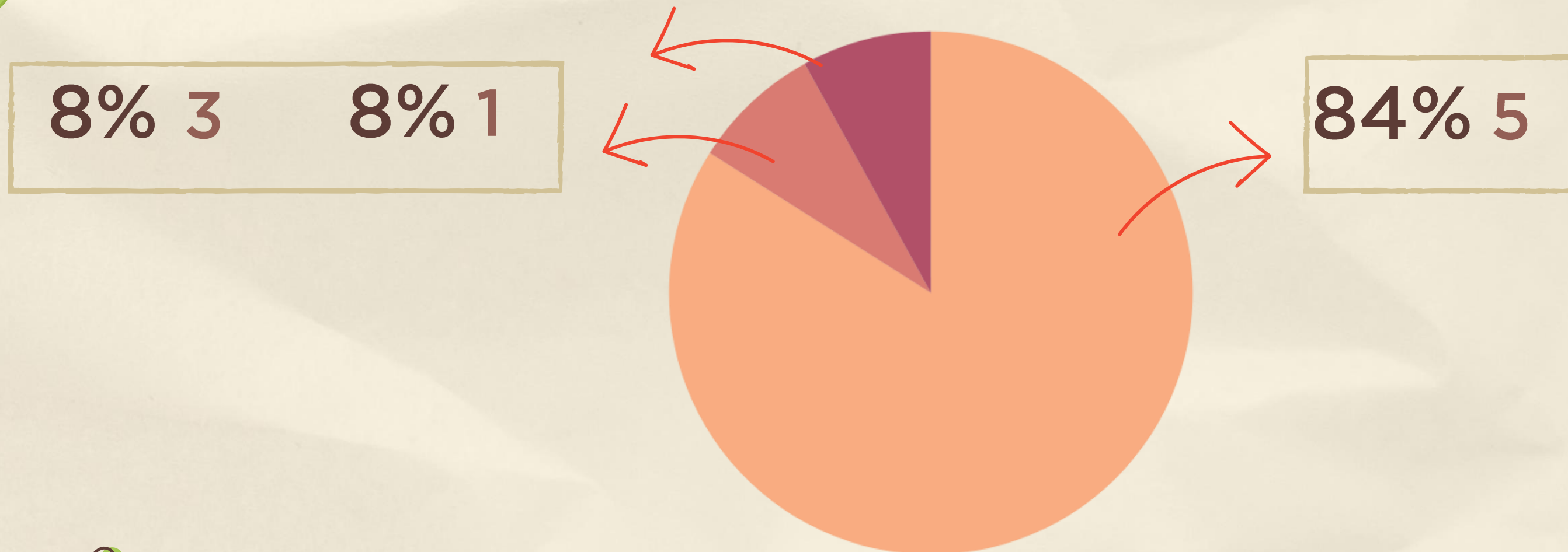


I will probably use the information
28%



Results

Please indicate how you feel on a scale of 1-5. As a result of this event I feel prepared to eat healthy:
(Less Healthy -> More Healthy)



Results

Are you interested in attending more events like this in the future?

100%

2024 EFFORTS



Shelf-Talkers
In-aisle educators to encourage people while they shop to make healthy choices.



Community Education
Chronic disease prevention education at Food Fresh for health awareness months.

Breast Cancer Awareness Month Activities

A ladies' night out event in October to share about community screening resources, cancer prevention and stress management.

Youth Nutrition Education

MyPlate lesson for Evans County afterschool program participants.

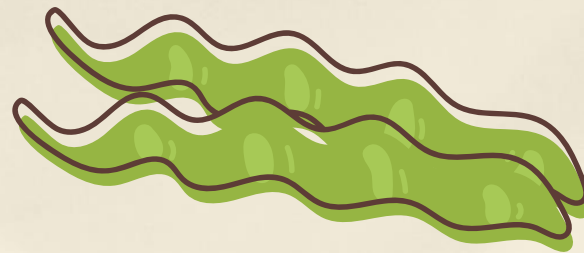
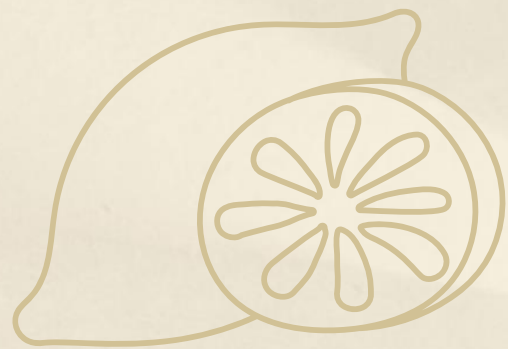
Community gathers for Pink Promise Walk to raise breast cancer awareness



S.T.A.R.S. students learn about healthy choices
S.T.A.R.S. After School, welcomed a visit from Ashleigh Geurin, Evans County Extension Family and Consumer Sciences Agent and Emily Stephen's, a 4-H'er and Healthy Living Ambassador. She told the students about the importance of healthy eating. The students participated in some exercise activities and made plate samples using healthy choices. Louise Wilkerson, Co. Director, shared the story of Thanksgiving. The session ended with a healthy meal. Dr. Diane Holland would like to thank the staff, the Board of Education, and the parents for all their help.
Submitted by Reporter, Pat Milton

Future Plans

- Community partnerships
- In-school “try day” experiences
- QR Codes for continuing education
- Recipe kits
- Partnership with Claxton Career Academy



Thank you!

Questions?

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