Northeast Regional Nutrition Education and Obesity Prevention Center of Excellence

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NE-RNECE Signature Research Program

Research Question

• Does the combination of direct nutrition education and PSE changes have greater impact on dietary intake and physical activity than either strategy alone?

Overview of Projects

• 5 projects, variation in race, ethnicity, and cultural contexts, target audience, and methods of delivery

• 2 implemented in SNAP-Ed, 3 in EFNEP

• 3 urban, 1 suburban, 1 rural in 2 sites with micropolitan areas

• 3 RCTs; 2 quasi-experimental designs
Transforming Lifestyles: Integrating Direct Nutrition Education with Physical Activity Using the Health Care System Expansion Model

- University of Maryland EFNEP

- Effectiveness of engaging primary health care providers in assessing children’s physical activity levels and providing information and referrals to physical activity resources and EFNEP.

- Direct-Ed *Eating Smart Being Active* and *Cooking Matters for Kids*

- PSE Systems change in health clinic