

PURDUE EXTENSION | NUTRITION EDUCATION PROGRAM

The Purdue Extension Nutrition Education Program (NEP) improves nutrition and health in communities statewide.

Why Health?

Delaware County: 87 out of 92 in County Health Rankings

INDIANA

7th most obese state in nation

2/3 of Hoosiers overweight or obese

1/3 of youth overweight or obese



5 Focus Areas

1. Nutrition
2. Physical Activity
3. Food Safety
4. Food Security (hunger)
5. Food Resource Management (stretching food dollars)

What is a Community Wellness Coordinator?

Community Wellness Coordinators help make the healthy choice the easy choice. They collaborate with community partners on broader community change that involves policy, systems and environmental (PSE) changes.

NEP works with people of limited resources in 5 areas.

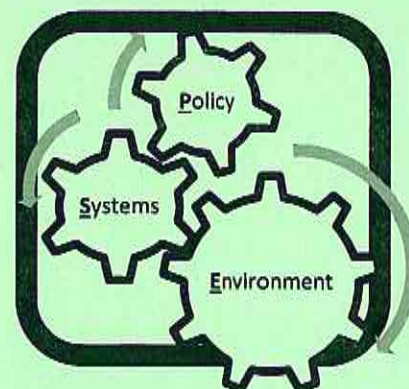
What is policy, systems and environmental (PSE) change?

PSE change is a new way of thinking about how to improve health in a community and make healthier choices a real option for people.

POLICY: Passing laws, regulations, resolutions or ordinances

SYSTEMS: Changes to rules or processes of an organization, institution or system

ENVIRONMENT: Changing the physical environment



Purdue Extension
Nutrition Education
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To learn more or partner together

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