

Pike County Nutritional Sciences Field Day: The Story of the Strawberry

Tammy Jones¹, FCS Educator; Dan Remley², Field Specialist; Brad Bergefurd², ANR Educator; Jeffrey Fisher¹, ANR Educator; Gary Gao², Small Fruit Extension Specialist; Carol Hamilton³, Program Coordinator

¹ OSU Extension Pike County; ² OSU Extension South Centers; ³ OSU Extension Delaware County

INTRODUCTION

According to the Robert Wood Johnson Foundation County Health Rankings, Pike County ranks 88th for all health outcomes out of Ohio's 88 counties. The rankings are based on obesity rates, health behaviors, healthy food access and other socio-ecological determinants of health. Pike County also ranks low in terms of students who complete post-secondary education training. Many of Pike County's health problems mirror those of the larger Appalachian region and are attributed to socio-ecological determinants such as lack of healthy food access, food preparation skills, lack of awareness of nutrition science, traditional preferences for high calorie foods, food insecurity and poverty.



OSU Extension in Pike County and OSU South Centers developed and coordinated the *Nutritional Sciences Field Day: The Story of the Strawberry* to address some of the aforementioned challenges. The program was offered at OSU South Centers to local high school vocational agriculture, family and consumer science, and other science classes.

PROGRAM

Pike County Nutritional Sciences Field Day is original in that it uses a multidisciplinary approach to address important issues of the county and region. Common issues are health, wellness, and the vocational opportunities related to agriculture, food science, and health. The program is also original in that it uses a strawberry theme to connect the various topics together including genetics, nutrition, taste, and economic opportunities.



PROGRAM OBJECTIVES

Provide experiences and opportunities to increase awareness and interest in:

- Health science
- Food science
- Biotech
- Agriculture science
- Basic and applied nutrition science
- Physiology
- Food production
- Local food resources

The students learned about opportunities from industry and academic leaders in various food and health sectors such as dieticians, biotech engineers, OSU faculty, and food processing. Students also participated in various hands on activities and discussions including DNA extraction, sensory evaluation, and nutritive properties.



RESULTS

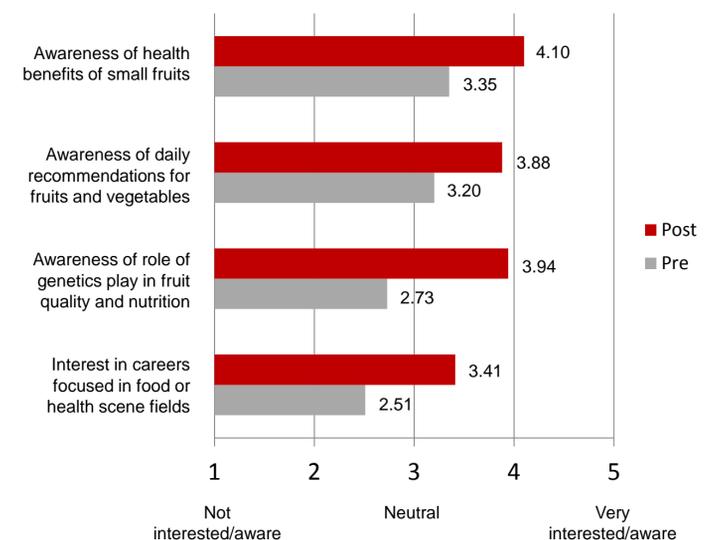
Sixty students from three Pike County Schools attended the program. Students were asked to complete a program evaluation rating their awareness and interest on various topics before the program versus after the program.

Following the field day, students were more aware of the role that genetics play in fruit quality and nutrition, the daily recommendations for fruits and vegetables, and the nutritional benefits of small fruits.

Students were also more interested in careers in agriculture, health and food sciences, and also more interested in buying local fruit. Several students also remarked that they had learned much about research, strawberry properties, nutrition, and careers.

When students rated their awareness of the role that genetics play in fruit quality and nutrition, the participants knowledge increased by 44% from attending the event.

EVALUATION RESULTS



CONTACT

How can others get involved?

Contact Dan Remley (remley.4@osu.edu) or Tammy Jones (jones.5640@osu.edu) about Nutritional Sciences Field Day.

Visit OSU South Centers and learn about research related to Nutritional Sciences. Contact your Local Extension office and ask about 4-H, STEM, or local foods.