

CES impacts

“A New You: Living in a Healthy Body” introduced a framework for a health-centered approach to eating that replaces dieting with the concept of honoring hunger with gentle nutrition.



UW CES program reshapes attitudes and lifestyles in Natrona County

Situation

Wellness in Wyoming (WIN Wyoming) is a new program designed to teach people to respect body-size diversity and develop positive self-images while enjoying the benefits of active living and eating habits that are both pleasurable and healthful. When University of Wyoming Family and Consumer Science extension educators in Natrona County volunteered to pilot test a four-part program series developed by the University of Missouri Cooperative Extension Service, “A New You: Living in a Healthy Body” was adopted as part of the WIN Wyoming project.

“A New You: Living in a Healthy Body” introduced a framework for a health-centered approach to eating that replaces dieting with the concept of honoring hunger with gentle nutrition. Participants learned to enjoy active living, and to respect their bodies, no matter what size or shape. Each class was carefully evaluated and results were used to adapt the program to include additional activities and information.

Impacts Achieved

Thirty-eight people participated in the four-part series “A New You: Living in a Healthy Body.” Ninety-two percent of those who participated reported adopting new practices, including focusing on healthy eating and finding ways to be more active instead of dieting. The participants also learned to enjoy moving



their bodies, to take pleasure in eating, and to identify different types of hunger. Participants said they benefited from the class by learning to accept their body sizes and shapes while setting goals for healthy living.

“A New You: Living in a Healthy Body” had lasting effects for the workshop participants, as indicated by their responses to a follow-up survey conducted three months later. Three participants said they had increased their activity level, and others were keeping journals and recording the amount of fruits, vegetables, and water consumed each day. One participant reported, “I am kinder to myself and more aware of real hunger versus emotional hunger.” Another said, “my thought process has improved. I’m okay to be who I am.”

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