

IMPACT



University of Idaho
Cooperative
Extension System

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Healthy Lifestyle

It is possible to have a healthy lifestyle.
However, it takes commitment and the appropriate information.

The Situation

Unfortunately individuals at all income and age levels have adopted eating practices and lifestyles that can compromise health. The evidence is very strong that certain diseases and health conditions are directly related to lifestyle and eating habits. The need for reliable and authoritative information about dietary and wellness practices is increasing.

The Response

In January 1994 a Healthy Lifestyle course attracted 35 individuals who wanted to learn how to reduce cholesterol levels, lose weight, gain a better attitude, and change eating and exercise habits.

The course curriculum addressed the following:

- Where are you now?
- Is losing weight healthy?
- What is a healthy diet?

- Do I have to exercise to be healthy?
- How does my body assimilate a food, lose, or gain weight?
- Does my attitude make a difference?
- Read the label, set a healthy table.
- Control fat
- Control sugar and salt
- How do diet, exercise, attitude, and lifestyle fit together?



Achievements

Even though instruction and emphasis was not given for weight reduction, individuals lost an average of 8 pounds over the ten weeks.

Cholesterol levels of the group ranged from 305 to 118 (200 is desirable). Participants indicated that they learned how to eat less fat. *"I learned that butter and margarine are high in fat. I don't use it at all any more."* They now have a better



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ways of achieving the correct cholesterol level through diet and exercise. They are more willing to accept the responsibility to read labels and control fat.

The Future

This course was new in 1994. Next year it will be offered in Boundary and Bonner counties as well as Kootenai county. The curriculum is also being considered as a core curriculum for Idaho Extension.

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For More Information

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