

# COOPERATIVE RESEARCH & EXTENSION

“Promoting healthy living and good health”

**GOAL: To promote good health and well-being for all COM-FSM students and employees.**

## **Objectives:**

1. To conduct a comprehensive survey to collect baseline data.
2. To increase the knowledge and awareness of the COM-FSM community in healthy food choices, nutrition and physical activities and the importance of drinking enough water.
3. Conduct focused educational activities to target audience (at least 70% of participants) will be moving towards ideal BMI by December 1, 2023.

**Start of Program: August 1, 2023 to December 1, 2023**

## **Activities:**

- 1. Introduction to the project and pre-project presentation prior to August 1, 2023.**
- 2. Collecting Baseline data from staff and students.**

Baseline data include height/weight, waist circumference, and vital signs such as Blood Pressure and Pulse. Collect prior to the beginning of the program and at the end.

- Height and weight to measure Body Mass Index (BMI) – a guide to see if an individual is obese, overweight, normal, or underweight.
- Waist circumference – it helps an individual know if they are going in the direction of non-communicable diseases (NCD)
- Vital signs - since staff and students are going to be exercising, we need to make sure they are fit enough to do our program and, if not, to seek their physician’s advice.
- BMI, waist circumference, and vital signs should be collected prior to the program starting, midway, and at the end.

### **3. Exercise and other activities on Campus**

- Staff and students will have a choice between 2 exercise activities - walking (slow, then move to fast-paced) and Zumba (slow, then move to fast-paced). Students usually enjoy Zumba due to dancing, and walking is low-impact exercises. Exercise should be in groups to support each other and should be on campus. Another option is for individuals who cannot do these exercises, to find a type of cardiovascular exercise that they can do.
- Exercise should be at least three times a week for 45 minutes to 1 hour and at least two days a week for information sharing on nutrition, balance meal, food types, portions, and MODFAT diet plate. (CRE staff, campus nurse, and other campus volunteers will conduct information sharing and arrange for the exercises).
- Drink approximately 8 cups of water a day (200ml – 250 ml/cup) depending on the environment, such as weather, etc., and the individual situation or health conditions and status.
- With the assistance of Agriculture Extension Agents, each campus can make a campus garden.

### **4. Needed supplies:** (the same equipment needs to be used at the beginning and end of the program.)

- Scales that are uniform for all campuses (suggestion is SECA scale)
- Measuring tapes (by Seca)
- Seca stadiometer for height
- B/P cuff
- Stethoscopes

### **5. Criteria for winning prizes:**

- Decrease in BMI by moving from one level to another
  - Extremely obese - obese
  - Obese – overweight
  - Overweight – normal
  - Underweight – normal
- Decrease in waist circumferences by 5 – 10 inches
- Normal Blood Pressure and pulse at rest.

## **6. Prizes:**

1. 1st prize: \$500 for each campus
2. 2nd prize: \$300 for each campus
3. 3rd prize: \$200 for each campus

## **7. For more information:**

If you have any questions, please call the following people:

- ☐ **Trisden Elias & AJ Lorens, CTEC CRE, at 320-6468 or 320-5731**
- ☐ **Marcelly Mariano, Chuuk Campus, at 330-5769 & Hattie Raisom, Chuuk CRE, at 330-2911**
- ☐ **Kenye Killin at Kosrae CRE at 370-3192**
- ☐ **Starleen Letalugpiy Yap CRE, at 350-4319**