

MEDIA RELEASE

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Music Teaches Nutrition to Older Adults across State

January 17, 2003, Raleigh, NC - - "Today is the first official day of the 'Music in Measurements and Medications' teaching strategy across North Carolina," announced Dr. Jackie McClelland, Director of the North Carolina Partners in Wellness nutrition education program. "We are optimistic that music will be an important educational tool in improving the nutrition of those participating in the program." Extension agents in 50 participating counties are receiving the CD's of the music this week.

This unique music was developed under Dr. McClelland's direction to help participants recall the nutrition information taught in the Partners in Wellness program. "We want to employ as many teaching aids as possible in communicating the nutrition message. We know that it's often easier to recall information when it's learned in a song. With the help of familiar melodies and gestures, anyone can remember this information more easily," she explained. The first modules that have been put to music are "Portion Power" (measurements) and "Mixing Food and Medications."

The program has gained recognition from administration at the top level of N.C. State University. Chancellor Marye Anne Fox attended the introduction of the music teaching strategy to extension agents in October and participated in singing the tunes. "Adults over the age of 65 are North Carolina's fastest-growing population, yet nearly one-fifth of them live at or below the poverty level and are at risk for malnutrition. 'Partners in Wellness' reaches out to these older adults in 50 North Carolina Counties, helping them to live fuller, healthier lives by making smart choices about diet and nutrition," said Chancellor Marye Anne Fox. "It's an outstanding

example of how a land-grant university like NC State can partner with local agencies to make a difference for our state and its people."

Under the direction of Dr. Jackie McClelland, Partners in Wellness is a joint venture of the Cooperative Extension Service of N.C. State University and the Food and Nutrition Service of USDA (United States Department of Agriculture.) For more information and copies of the taped music and songs, contact the extension agent nearest you.