

Healthy Lifestyles

Healthy Lifestyles

V(A). Planned Program (Summary)

1. Name of the Planned Program

Healthy Lifestyles

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
703	Nutrition Education and Behavior	50%		50%	
724	Healthy Lifestyle	10%		10%	
801	Individual and Family Resource Management	10%		10%	
802	Human Development and Family Well-Being	20%		20%	
803	Sociological and Technological Change Affecting Individuals, Families and Communities	10%		10%	
Total		100%		100%	

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	7.8	0.0	0.7	0.0
Actual	10.8	0.0	0.2	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c 295221	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 666160	1890 Matching	1862 Matching	1890 Matching
	0	0	0
1862 All Other 810524	1890 All Other	1862 All Other	1890 All Other
	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

•Direct - Group Presentation •3-5 I'm in charge •4-H Animal Clinics and Fairs •4-H Out of School Programs •4-H Statewide Special Events (Maine 4-H Days, Maine EDGE conference, Teen Conferences) •Babysitter's Training •Body Image and Dieting in Youth •Build and sustain collaborative relationships with other community organizations with whom PATT collaborates •Building the Capacity of Parenting Educators •Building the Capacity of Senior Companion Program Aides •Bullying Prevention •Consultations - Health Issues •Developing Skills for Diverse Learning Abilities •Diabetes: Eating Matters •Dietary Guidelines for Americans, 2005 and MyPyramid Food Guidance System Presentations •Dietary Guidelines for Americans, 2005 and MyPyramid Food Guidance System Publications •Educational Opportunities for All Learning Styles •Effective Partnerships •EFNEP Food Resource Management •EFNEP Nutrition Practices •Extension Homemakers •Farm Safety Training •Food Safety and Nutrition Workshops, Newsletters, Consultations •Food Safety and Preservation Workshop •Food Safety Public Presentations •Gender Project- Media Literacy Workshops •Health and Nutrition (Display or Exhibit) •Health and Nutrition (Group Presentation) •Health and Nutrition (Train the trainer) •Health and Nutrition (Workshops) •Healthy Eating Sessions •Healthy Lifestyles Public Presentation •Home Visits With New Parents •Keeping Healthy Records •Maine Family Nutrition Program Food Resource Management •Maine Family Nutrition Program Nutrition Practices •Nutrition Workshops - MyPyramid •Parenting Education in Knox and Waldo Counties •Professional Development for Home Visitors •Provide healthy lifestyles training to new parent educators in the Parents Are Teachers Too model •Senior Companion Program •Summer Youth Day Camp •The Heart Truth Campaign: Serious Messages about Women and Heart Disease •Tractor Safety Training •Wellness Matters and Nutrition Notions newsletter •Wellness Matters: Including Dietary Guidelines for Americans and MyPyramid •Wellness Sessions

2. Brief description of the target audience

•4-H Community or Project Clubs Participants (Youth) •4-H Leaders (Adult) •4-H Members (Youth) •4-H Special Interest or Short-Term Program Participants (Youth) •4-H Volunteers (Adult) •Agency Staff or Professionals (Adult) •Agricultural Producers (Adult) •Care Providers for Children (Adult) •Care Providers for Seniors or Elders (Adult) •Coalition Members (Adult) •Community Leaders (Adult) •Community Members (Adult) •Community Organization Members or Staff (Adult) •Consumers (Adult) •Consumers (Youth) •Day Camp Participants (Youth) •Employees (Adult) •Extension - all staff (Adult) •Extension Faculty (Adult) •Extension Homemakers (Adult) •Extension Professionals (Adult) •Farmers (Adult) •Food Stamp Recipients (Adult) •Food Stamp Youth (Youth) •General Public (Adult) •General Public (Youth) •Grandparents (Adult) •Health Care Providers (Adult) •Limited Income Public (Adult) •Limited Income Public (Youth) •Municipal Officials (Adult) •Native Americans (Youth) •Nutrition Aides (Adult) •Parent Educators (Adult) •Parents (Adult) •Prenatal Families (Adult) •Prenatal Families (Youth) •Senior Companion Program Clients (Adult) •Senior Companion Program Staff (Adult) •Senior Companion Program Volunteers (Adult) •Social Service Providers (Adult) •Student (Adult) •Students (Youth) •Teachers (Adult) •Volunteers (Adult) •Youth (Youth) •Youth Educators (Adult)

V(E). Planned Program (Outputs)

1. Standard output measures

Target for the number of persons (contacts) reached through direct and indirect contact methods

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	10154	28150	5640	50
2007	9264	11693	23009	2141

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

Year	Target
Plan:	0
2007:	0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

Direct - 4-H Day Camp

Year	Target	Actual
2007	15	4

Output #2

Output Measure

Direct - 4-H School Enrichment

Year	Target	Actual
2007	2	5

Output #3

Output Measure

Direct - Collaborative or Cooperative Effort

Year	Target	Actual
2007	10000	122

Output #4

Output Measure

Direct - Consultation

Year	Target	Actual
2007	8400	23755

Output #5

Output Measure

Direct - Course

Year	Target	Actual
2007	15	3

Output #6

Output Measure

Direct - Group Presentation

Year	Target	Actual
2007	15	59

Output #7

Output Measure

Direct - Public Presentation

Year	Target	Actual
2007	40	29

Output #8

Output Measure

Direct - Train-the-Trainer

Year	Target	Actual
2007	15	27

Output #9

Output Measure

Direct - Workshop - series

Year	Target	Actual
2007	30	1279

Output #10

Output Measure

Direct - Workshop - single session

Year	Target	Actual
2007	25	51

Output #11

Output Measure

Indirect - Display or Exhibit

Year	Target	Actual
2007	2	3

Output #12

Output Measure

Indirect - Publication - fact sheet

Year	Target	Actual
2007	2	0

Output #13

Output Measure

Indirect - Publication - newsletter

Year	Target	Actual
2007	16	24

Output #14

Output Measure

Direct - 4-H After School

Year	Target	Actual
2007	{No Data Entered}	4

Output #15

Output Measure

Direct - 4-H Club - Project

Year	Target	Actual
2007	{No Data Entered}	14

Output #16

Output Measure

Direct - 4-H Overnight Camp

Year	Target	Actual
2007	{No Data Entered}	4

Output #17

Output Measure

Indirect - Publication - refereed journal article

Year	Target	Actual
2007	{No Data Entered}	3

V(G). State Defined Outcomes

O No.	Outcome Name
1	Develop literacy and critical thinking skills
2	Develop skills that promote healthy relationships
3	Distribute nutrition education materials and promotional information about the Maine Family Nutrition Program
4	Express good feeling about self
5	Handle animals safely
6	Integrate regular physical activity into daily life
7	Keep accurate records
8	Make better decisions
9	Make better decisions regarding health and health care
10	Make better decisions regarding healthy lifestyle
11	Make better decisions regarding healthy lifestyle using improved literacy and critical thinking skills
12	Manage family resources in alignment with goals
13	Model positive group behavior to others
14	Practice safety
15	Provide learning opportunities for groups or organizations
16	Provide training and technical assistance in analyzing and assessing community health issues and policies
17	Reduce or eliminate gender stereotyping
18	Teach others to take leadership and facilitation roles
19	Treat all people with dignity and respect
20	Use relevant UMCE web-based resources
21	Enhance the economic and environmental sustainability of Maine agriculture and aquaculture.
22	Enhance the safety, sustainability, and dependability of Maine's food supply
23	Improve the lives of Maine citizens through positive human development, healthy lifestyles and nutrition, and lifelong wellness.
24	Increase the economic and social viability and sustainability of Maine communities.
25	Demonstrate age-appropriate preventive health practices
26	Demonstrate animal handling practices
27	Demonstrate appreciation of diversity
28	Demonstrate appropriate food safety practices
29	Demonstrate healthy lifestyle practices
30	Demonstrate how to access community resources
31	Demonstrate how to allocate scarce or limited resources
32	Demonstrate how to care for and nurture others
33	Demonstrate how to confront disrespectful behavior
34	Demonstrate how to create new media that promotes positive human development
35	Demonstrate how to create safe spaces
36	Demonstrate how to critically discern the impacts of media
37	Demonstrate how to feed animals with production and economy in mind
38	Demonstrate how to grow fruits and vegetables
39	Demonstrate how to keep good records
40	Demonstrate how to make informed financial decisions
41	Demonstrate how to prevent bullying behavior
42	Demonstrate how to respect others
43	Demonstrate how to support development of whole people
44	Demonstrate how to use the "train-the-trainer" model
45	Demonstrate how to use the USDA dietary guidelines and Food Guide pyramid to plan menus or choose foods
46	Demonstrate safe behavior and safety practices
47	Describe USDA approved food preservation methods
48	Describe age-appropriate safety practices
49	Describe gender stereotypes and their effects
50	Describe healthy lifestyle choices
51	Describe how personal behaviors influence the risk of chronic disease
52	Describe how to integrate regular physical activity into daily lives
53	Describe proper food handling practices
54	Describe the benefits of physical activity
55	Describe the impact of cultural and media messages
56	Describe the risks of not handling food safely
57	Describe the value of community involvement and civic participation

Healthy Lifestyles

58	Describe the value of consuming locally-produced food
59	Describe ways to observe, explore, and experience nature
60	Adopt behaviors to prevent or minimize complications of chronic disease
61	Adopt food safety practices
62	Adopt record-keeping system
63	Adopt the USDA dietary guidelines and the food guide pyramid
64	Assume personal responsibility for health
65	Conduct community-based education that encourages healthy individual and family behaviors
66	Confront disrespectful behaviors
67	Create learning opportunities based on principles of positive human development
68	Adopt effective communication skills
69	Avoid consumer fraud and financial exploitation
70	Collect information and communicate results
71	Conduct community service or outreach
72	Conduct educational activities through cooperative or collaborative effort
73	Create and sustain effective partnerships and collaborations
74	Develop and apply policies or practices that create safe, healthy psychological environments
75	Develop educational programs that address health and safety issues
76	Develop relationships that support independent living
77	Engage positively in their community
78	Ensure that all people feel safe and accepted
79	Increase capacity to establish goals or make decisions
80	Use a collaborative process or approach
81	Use clear and effective communication skills
82	Use new technologies
83	Work productively in a team
84	Demonstrate age-appropriate relationship skills
85	Demonstrate group process skills
86	Demonstrate healthy lifestyle choices
87	Demonstrate how to address local health and healthcare concerns
88	Demonstrate how to assess community health concerns
89	Demonstrate how to create educational situations that honor all learning styles
90	Demonstrate how to create effective partnerships
91	Demonstrate how to critically evaluate the effectiveness of existing policies or practices
92	Demonstrate how to develop a budget to meet financial goals
93	Demonstrate how to encourage others to make healthy lifestyle choices
94	Demonstrate how to expand health-related resources for people and communities
95	Demonstrate how to operate farm equipment safely
96	Demonstrate how to use technology
97	Demonstrate improved communication skills
98	Demonstrate planning and organizational skills
99	Demonstrate project-related science or technology skills
100	Demonstrate public speaking skills
101	Describe age-appropriate preventive health practices
102	Describe careers in science and technology
103	Describe community resources
104	Describe group facilitation techniques
105	Describe home modifications that can be made to promote independent living
106	Describe how to integrate regular physical activity into daily lives in a variety of ways
107	Describe sustainable living principles and practices
108	Describe the value of water resources, riparian areas, and ecosystems

Outcome #1

1. Outcome Measures

Not reporting on this Outcome for this Annual Report

2. Associated Institution Types

3a. Outcome Type:

3b. Quantitative Outcome

Year	Quantitative Target	Actual
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3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
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V(H). Planned Program (External Factors)

External factors which affected outcomes

Economy

Populations changes (immigration,new cultural groupings,etc.)

Brief Explanation

Current economic climate increased the target population that staff could serve (i.e., limited income population) but at the same time, budget cuts were made to the University that did not allow us to increase the number of staff to meet the increased demand for services.

Continued influx of Somali immigrants to the Lewiston-Auburn area of Maine also increased demand for our program. Because of poor economic climate, there are still underserved audiences in this geographic area.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

Before-After (before and after program)

During (during program)

Time series (multiple points before and after program)

Evaluation Results

{No Data Entered}

Key Items of Evaluation

{No Data Entered}