

# Health Promotion and Disease Prevention

Health Promotion and Disease Prevention

## V(A). Planned Program (Summary)

### 1. Name of the Planned Program

Health Promotion and Disease Prevention

## 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	40%			
704	Nutrition and Hunger in the Population	10%			
723	Hazards to Human Health and Safety	10%			
724	Healthy Lifestyle	40%			
<b>Total</b>		<b>100%</b>			

## V(C). Planned Program (Inputs)

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

Year: 2007	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	23.7	0.0	0.0	0.0
<b>Actual</b>	36.5	0.0	0.0	0.0

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

Extension		Research	
Smith-Lever 3b & 3c 39017	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 219237	1890 Matching	1862 Matching	1890 Matching
	0	0	0
1862 All Other 2369005	1890 All Other	1862 All Other	1890 All Other
	0	0	0

**V(D). Planned Program (Activity)**

**1. Brief description of the Activity**

Activities

- Workshop Series or Educational Course
- Displays
- Printed Materials
- Demonstrations
- Single Day Workshop, Class or Event

**2. Brief description of the target audience**

•Adults •Youth •Women •Minority and underserved populations •Health educators and providers •Teachers •UMass faculty, students and administration •State and local agencies •State legislators

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

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

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	7388	144874	143754	71179
2007	15890	71899	53748	19039

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

**Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2007:	0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>			
2007	0	0	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

Single day workshop, class or events

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	520	536

**Output #2**

**Output Measure**

Workshop series or educational course

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	1100	1778

**Output #3**

**Output Measure**

Facilitated Group Meetings or Conferences

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	7	0

**Output #4**

**Output Measure**

Demonstration Projects

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	10	12

**Output #5**

**Output Measure**

Other personalized interventions or services

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	100	0

**Output #6**

**Output Measure**

Printed material (Newsletters, Manuals, Fact sheets, Calendars)

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	50	29

**Output #7**

**Output Measure**

Displays

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	10	89

**Output #8**

**Output Measure**

Other Computer or web-based Based Delivery (CDs, DVDs, Pod casts)

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	5	0

**Output #9**

**Output Measure**

Student Supervision

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	{No Data Entered}	5

**V(G). State Defined Outcomes**

<b>O No.</b>	<b>Outcome Name</b>
1	Percentage of participants that will increase knowledge of healthful diets and physical activity, to prevent overweight and obesity
2	Percentage of participants that will improve diet and physical activity behaviors, to prevent overweight and obesity
3	Percentage of participants that will increase knowledge to prevent obesity-related diseases, such as cardiovascular diseases, diabetes, hypertension, and diet-related cancers
4	Percentage of participants that will improve behaviors to prevent obesity-related diseases, such as cardiovascular diseases, diabetes, hypertension, and diet-related cancers
5	Percentage of participants that will increase knowledge related to youth health issues, such as obesity, inadequate physical activity, asthma, substance abuse, and sexual behaviors
6	Percentage of participants that will influence youth to improve behaviors related to youth health issues, such as obesity, inadequate physical activity, asthma, substance abuse, and sexual behaviors
7	Percentage of participants that will increase knowledge to address women's health issues, such as obesity, inadequate physical activity, cardiovascular disease, diabetes, breast cancer, reproductive health and life-cycle changes (pregnancy, menopause)
8	Percentage of participants that will improve behaviors addressing women's health issues, such as obesity, inadequate physical activity, cardiovascular disease, diabetes, breast cancer, reproductive health and life-cycle changes (pregnancy, menopause)
9	Percentage of participants that will increase knowledge of health literacy and health disparities
10	Legislators and policy makers will make decisions that help promote the health of Massachusetts residents
11	Target audiences improve behaviors to prevent diet- and physical activity-related diseases, such as heart disease, stroke, hypertension, diabetes, and diet-related cancers.
12	Target audiences improve diet and physical activity behaviors, to prevent overweight and obesity.
13	Individuals who use pesticides adopt practices that lower their risk from and exposure to pesticides and fertilizers
14	Participants will adopt safe practices related to the preparation, processing, and consumption of food
15	Target audiences will increase knowledge of healthful diets and physical activity, to prevent overweight and obesity
16	Target audiences will increase knowledge to prevent diet- and physical activity-related diseases, such as heart disease, stroke, hypertension, diabetes, and diet-related cancers

**Outcome #1**

**1. Outcome Measures**

*Not reporting on this Outcome for this Annual Report*

**2. Associated Institution Types**

**3a. Outcome Type:**

**3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
-------------	----------------------------	---------------

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
----------------	-----------------------

**V(H). Planned Program (External Factors)**

**External factors which affected outcomes**

Natural Disasters (drought, weather extremes, etc.)

Economy

Appropriations changes

Public Policy changes

Government Regulations

Competing Public priorities

Competing Programmatic Challenges

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

**Brief Explanation**

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

**1. Evaluation Studies Planned**

After Only (post program)

Retrospective (post program)

Before-After (before and after program)

**Evaluation Results**

**Key Items of Evaluation**