

# Choosing Healthy Lifestyles

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

### 1. Name of the Planned Program

Choosing 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
806	Youth Development	100%			
	<b>Total</b>	100%			

## 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>	9.0	0.0	0.0	0.0
<b>Actual</b>	6.0	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 380399	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	0

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

### 1. Brief description of the Activity

4-H Food and Nutrition Projects; Physical Activity 4-H Projects; Camp Food and Fitness; Steppin' Out Fitness Guide; FNEP and 4-H; Couch Potato Challenge Guide; Fight BAC Food Safety; 4-H Shooting Sports; 4-H Child Development Project; 4-H Sportsfishing; Stress Connection Project; 4-H Outdoor Adventures; Develop curricula for teen depression and suicide; Gardening; 4-H Safety Projects; Farm/Rural Safety Days.

### 2. Brief description of the target audience

Adults (youth staff, local leaders, parents, volunteers, teachers, organizational leaders), youth aged 5 - 19.

**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>	1500	0	7000	0
2007	1598	1165	7540	8580

**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**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>			
2007	4	0	4

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

**Output Target**

**Output #1**

**Output Measure**

Attendance of project leaders at workshops for foods/nutrition, physical activity, shooting sports, healthy relationships and/or safety.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	0	1598

**Output #2**

**Output Measure**

Number of youth enrolled in foods projects, physical activity projects, leisure projects, safety projects, camps, educational events and afterschool.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	0	10701

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

<b>O No.</b>	<b>Outcome Name</b>
1	4500 youth will competently demonstrate knowledge and skills gained through demonstrations and project exhibition.
2	75% of the participants of Camp Food and Fitness will indicate they are continuing to make healthy food choices 6 months after the camp experience.

**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**

- 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**

Lack of adequate federal and state funding limits the number of master-level specialists employed throughout the states to create experiences for more children, youth and families to gain knowledge, skills and competencies to choose healthy lifestyles.

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

**1. Evaluation Studies Planned**

- After Only (post program)
- During (during program)
- Other (Demos, Judging, Exhibits of Knowle)

### **Evaluation Results**

Youth who attend 4-H Camp Food and Fitness on the MU Campus will:

- Learn more about personal health and well-being
- Engage in hands-on activities that promote better nutrition and physical fitness
- Explore college majors and careers in food, nutrition and fitness
- Meet youth throughout Missouri who share an interest in food, nutrition and fitness

Youth age 12-14 enrolled in 4-H foods projects are the primary audience but young people associated with any Extension program are eligible to attend if they are 12-14 years of age.

45 youth attended Camp Food and Fitness. The majority of youth reported learning new information in healthy food choices (38); knife safety (45); and food safety (43). For example a youth commented: "When I saw the fat and sugar in the food I thought "Gross" and it made me think on what not to eat!"

### **Key Items of Evaluation**

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