

Nutrition, Food Safety and Healthy Lifestyles

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Nutrition, Food Safety and 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	55%			
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	35%			
724	Healthy Lifestyle	10%			
Total		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	3.0	0.0	0.0	0.0
Actual	4.6	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 17511	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
198156	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Because of the wide range of topics under this planned program, different approaches are needed to reach the intended audiences. Health Fairs for example, have been successful in attracting people who live in rural areas and have limited access to medical facilities or limited funds to pay for services. A train the trainer approach has been effective in working with weight control, nutrition and physical activity. These activities require a high degree of motivation that can be achieved from the synergy of groups. Meetings, similar to support groups, also help keep people remain motivated to achieve set goals. In all cases, programs are more effective if collaborations can be formed to address issues. This has been particularly important when considering health care issues and reaching limited income audiences. Cooperating with schools is extremely valuable when needs of youth are of concern.

2. Brief description of the target audience

All of the programs delivered under this planned program make specific efforts to reach limited income families and families having special needs including those on Foods Stamps and public assistance. People living on reservations tend to have more issues with nutrition, obesity and health, so every effort is made to conduct workshops in those areas and establish support groups or some type of long term contact. Generally, rural communities have a large number of seniors living within the community. Driving any distance or at all is often a problem and living on fixed incomes presents its own set of challenges. While not confined to the rural areas of the state, the food service industry is in need of constant training and updating for employees and managers alike. New research, along with changes in policy, make education in this area critical and continual.

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	12300	15000	2500	1500
2007	10968	3852	3185	150

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

EFNEP/FSNP

- The NEP curriculum will be used to teach three series of 8-12 sessions to adults who are enrolled.
- The NEP youth curriculum will be used to teach 6-7 lessons to youth in workshops (after school, in school, summer camps, park programs).
- Develop and maintain local and state partnerships and collaborations.

Year	Target	Actual
2007	8000	6564

Output #2

Output Measure

Steps to a New You

- Provide 3 train the trainer sessions for 15 County Extension Agents who in turn, can implement county Steps to a New You program.
- Provide 350 sets of training materials to County Extension Agents who will be presenting programs.

Year	Target	Actual
2007	3500	191

Output #3

Output Measure

Food Safety

- Provide 3 train the trainer sessions for County Extension Agents so they can conduct 25 food safety education for audiences such as county sanitarians, school food service personnel, volunteers, food banks and so forth.
- Provide training and updates to County Extension Agents so they can implement County based programs.

Year	Target	Actual
2007	800	1329

Output #4

Output Measure

HEALTHY LIFE STYLES To reach adult and youth populations in rural communities, 5 health fairs and school based programs will be provided. Medical screenings will be offered as well as classes on stress management, nutrition, obesity, fitness, osteoporosis, cardiovascular disease, diabetes, prostate cancer to mention a few.

Year	Target	Actual
2007	{No Data Entered}	2846

V(G). State Defined Outcomes

O No.	Outcome Name
1	<p>Short Term EFNEP/FSNP Number of adults gaining awareness and knowledge regarding the importance of: Healthy eating (more fruits and vegetables, more whole grains Increasing physical activity Food Safety practices Food resource management practices Food planning and preparation Number of youth increasing knowledge regarding the importance of: Eating a variety of foods Healthy eating Increasing physical activity Food safety principles (hand washing) STEPS TO A NEW YOU Participants will learn about facts, attitudes, behavior change techniques and specific behaviors related to physical activity, nutrition, body image that will allow them to live healthier lifestyles and prevent or reduce obesity. FOOD SAFETY The participants will learn about safe food handling, specifically facts and skills related to the basics of safe food handling: Controlling time and temperature when handling food Ensuring proper personal hygiene Preventing cross-contamination Proper cleaning and sanitizing Medium Term EFNEP/FSNP Number of adults: Improving the family diets by choosing/preparing healthier choices(more fruits and vegetables, hole grains) Improving food safety practices storing and thawing foods properly) Improving food resource management practices (meal planning shopping with list) Improving nutrition practices (reading food labels) Healthy eating (more fruits and vegetables, more whole grains Increasing physical activity Food Safety practices Food resource management practices Food planning and preparation Number of youth increasing knowledge regarding the importance of: Eating a variety of foods Healthy eating Increasing physical activity Food safety principles (hand washing) STEPS TO A NEW YOU Number of children: Eating a variety of foods Improving practices in food preparation and food safety Select low cost nutritious foods FOOD SAFETY The participants will improve safe food handling, specifically the behaviors supporting the basics of safe food handling: Controlling time and temperature when handling food Ensuring proper personal hygiene Preventing cross-contamination Proper cleaning and sanitizing. Long Term EFNEP/FSNP Participants will: Decrease their risk of developing diet-related chronic disease, obesity, osteoporosis, cardiovascular disease and diabetes. Decrease the risk for illness and death associated with foodborne illness. Increase their confidence in the ability to manage food resources, as well as other resources. FOOD SAFETY Participants will adopt healthy attitudes related to a healthy lifestyle approach to prevention or reduction of obesity. Participants will improve their eating behaviors related to a healthy lifestyle approach to obesity. Participants will increase their level of physical activity related to a healthy lifestyle approach to preventing or reducing obesity. There will be a decline in the economic and health consequences of foodborne illnesses.</p> <p>2 HEALTHY LIFESTYLES: As a result of attending a local health fair, youth and adults will make follow up appointments with their physician to discuss test results as needed.</p> <p>3 FOOD SAFETY: Participants will improve all safe food handling practices, but specifically the basic techniques of safe food handling: Controlling time and temperature when handling food, ensuring proper personal hygiene, preventing cross-contamination, proper cleaning and sanitizing. Ultimately, there will be a decline in economic and health consequences of food borne illnesses.</p> <p>4 EFNEP/FSNE: Participants will learn how to stretch their food dollars and how to prepare nutritious, healthful meals for their families.</p> <p>5 STEPS TO A NEW YOU: Participants will be able to use healthy weight control practices to reduce or prevent obesity.</p>

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

Competing Programmatic Challenges

Brief Explanation

In 2007, the extreme heat during the summer months, along with the drought, impacted many in the state. Especially for seniors, high temperatures were difficult to cope with on a day after day basis. Additionally, regional fires caused much smoke in the air which again provided respiratory challenges for many people, regardless of age. Another issue that faced Montana families was the rise in natural gas prices which was reflected in heating/cooling expenses. Some people were forced into making difficult decisions about paying their heating bills or buying needed medications. This strain on family financial resources pushes the ability to purchase nutritious food even further down the priority list. While state government has offered some relief for heating costs, it remains a concern moving into 2008

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

1. Evaluation Studies Planned

Before-After (before and after program)

During (during program)

Other (focus groups)

Evaluation Results

Key Items of Evaluation