

# Healthy: No matter what my size or income

Healthy: No matter what my size or income

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

### 1. Name of the Planned Program

Healthy: No matter what my size or income

## 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	80%			
704	Nutrition and Hunger in the Population	20%			
<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>	9.2	0.0	0.0	0.0
<b>Actual</b>	14.4	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 457511	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 228755	1890 Matching	1862 Matching	1890 Matching
	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	0

Healthy: No matter what my size or income

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

### 1. Brief description of the Activity

•MyPyramid's new format was adapted to non English speaking audiences, to their cultural idiosyncrasies and preferred foods. A task force set up by the Nutrition Committee of Puerto Rico and the Foods and Nutrition Commission of Puerto Rico evaluated the new guide and to adapt it to Puerto Rico. The PRAES Nutrition Specialist, was in charge of the committee that did the scientific analysis of the guide and the Director of the EFNEP Program was co-chair of the project. The evaluation process was finished in the Spring of 2006 and the home economists received training on the new guide in the Fall of 2006. •Obesity prevention, especially in children, is uncharted territory with few reports of success. To deal with this a new methodology for preventing obesity in children using Community Based Participatory Research (CBPR) and the Health at Every Size paradigm was planned. It would to be introduced in the PRAES Caguas Region. To assure that we can rigorously evaluate its effectiveness and have available the multidisciplinary expertise needed, a proposal was submitted to NIH in June 2007. The proposal was not accepted on this first try and will be resubmitted this June. •The curriculum for "Healthy: no matter what my size or income" was developed in the summer and fall of 2007 and the home economists were trained in November 2007. In the meantime, they have used the material related to the Food Guide Pyramid that was introduced in the fall of 2006 and the "Complete your Meal with Milk" campaign. •The home economists report that 3,727 persons completed courses in this planned program in FY 2007. A short course consists of 4 to 6 meetings in which the group identifies the areas of most interest and then the home economist designs the course, based on available materials, to the interests of the group. •An additional 1,117 people were oriented on Farmer's Markets. Eighty two (82) community volunteers taught courses in this area, and collaboration was established with 248 other entities.

### 2. Brief description of the target audience

Extension educators, parents, the person that plans/buys/prepares food for the family, low income families with small children or no children, personnel/students in schools, community leaders

## 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	10000	8000	0	0
2007	8438	3679	3951	861

### 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

Healthy: No matter what my size or income

## V(F). State Defined Outputs

### Output Target

#### Output #1

##### Output Measure

Number of persons that completed the short course.

Year	Target	Actual
2007	1000	6257

#### Output #2

##### Output Measure

Number of volunteers that use the curriculum for a course or project.

Year	Target	Actual
2007	25	82

Healthy: No matter what my size or income

### V(G). State Defined Outcomes

O No.	Outcome Name
1	Number of people who recognize that they are attractive, no matter what they weigh.
2	Number of people who recognize that they can prepare a meal for their family or for themselves.
3	Number of people who recognize that they can make more nutritious choices when they eat out.
4	Number of people who developed the attitude that 'It is possible to feed my family with the money that is available.'
5	Number of people who can compliment a person without referring to their size.
6	Number of people who increased the consumption of whole grains.
7	Number of people who increased the consumption of fruits.
8	Number of people who increased the consumption of vegetables.
9	Number of people who decreased the consumption of beverages that are basically sugar and water.
10	Number of people who consume milk with their meals.
11	Number of people who consume oils, nuts or avocados frequently.
12	Number of people that grow food for their own use in gardens or flower pots.
13	Number of people who use fruit that grows in their backyard.
14	Number of people who prepare meals for the people living in their household.
15	Number of people who prepare one-dish meals.
16	Number of people who select lower cost alternative foods of the same or increased nutritional value.
17	Number of people who make a shopping list.
18	Number of people who make use of food specials.
19	Number of people who are proud that they can prepare delicious low cost meals.
20	Number of people who plan their meals based on rice and beans or pasta, with one to two ounces of meat or meat substitute per person.
21	Number of people who now use herbs and condiments to enhance the flavor and appeal of foods.
22	Number of people who now eat according to the recommendations of the Food Guide Pyramid for Puerto Rico.
23	Number of people who now have enough food to feed their family the entire month.
24	Number of persons that invented a new recipe.

Healthy: No matter what my size or income

**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**

Public Policy changes

Healthy: No matter what my size or income

### **Brief Explanation**

The lessons necessary to give the new planned focus to the area of nutrition education and behavior were not developed until the Summer and Fall of 2007, because it was necessary to develop the "Food Guide Pyramid for Puerto Rico 2005", which was presented to the public in April 2006 and to the home economists in the Fall of 2006. The training for the home economists on the lessons was offered in November of 2007. Six of the new lessons emphasize the Health at Every Size paradigm, five emphasize preparation of foods, one is directed to helping change habits and one is directed to making adequate choices in selecting foods outside the home. These lessons are based on dialogue technique as developed by Jane Vella. The exhibition and radios spots that were planned will be developed in Spring 2007. It is expected that the home economists will teach 4 to 6 lessons as a short course.

Dialogue teaching methodology depends on orienting the lessons to the expressed needs of the participants, which differ from group to group. Therefore, the best way to plan a curriculum to meet the needs of the participants is to have a number of interactive lessons in which the home economists can select what best fits the expressed needs of her audience at that particular point in time.

In two of the outcome measures, the results were stated as 0 due to the fact that whole grain products are hard to identify in Puerto Rico and many products that say "integral" (translation of whole grains), are actually based on enriched flour. This situation was reported to the Secretary of the Department of Consumer Affairs, but he said that it was impossible to legislate anything in Puerto Rico regarding the phrase "whole grains" and its translation into Spanish, because the federal government does not a definition of what a "whole grain" is. The indicator of the Food Guide Pyramid was also reported as 0 since it was not clearly stated in terms of what is expected per food group. These indicators will be rewritten for FY 2009.

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

#### **1. Evaluation Studies Planned**

Other (,)

#### **Evaluation Results**

#### **Key Items of Evaluation**