

Human Nutrition, Health, Wellness and Obesity

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Human Nutrition, Health, Wellness and Obesity

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
701	Nutrient Composition of Food		5%		5%
702	Requirements and Function of Nutrients and Other Food Components		5%		5%
703	Nutrition Education and Behavior		80%		80%
724	Healthy Lifestyle		10%		10%
	Total		100%		100%

V(C). Planned Program (Inputs)

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

Year: 2008	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	4.0	0.0	6.0
Actual	0.0	4.0	0.0	3.0

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

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
0	144657	0	142668
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	144657	0	142668
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**

The Human Nutrition Health Wellness and Obesity Planned Program was designed to foster healthy lifestyles through nutrition education. One hundred fifty five workshops were conducted to promote nutrition and healthy lifestyles. The workshops focused on behavior changes needed for proper weight management. Also educational activities were conducted that focused on recipe modification, portion control, food safety, calorie reduction and menu planning. Fifteen (15) seminars were conducted to increase the use of fresh vegetables such: winter squash, broccoli, brussels sprouts, winter squash, spinach, and eggplants. Thirty five (35) educational workshops were conducted to provide participants with adequate knowledge and information to make wise decisions concerning nutrition, health and their lifestyles to decrease weight gain and delay the onset of chronic diseases such as: heart disease, diabetes and hypertension.

2. Brief description of the target audience

High risk obese adults and youth with chronic diseases limited resource families and other interested community members.

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	1537	1200	1200	1000
2008	1810	674	3020	2532

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

Year	Target
Plan:	0
2008:	0

Patents listed**3. Publications (Standard General Output Measure)****Number of Peer Reviewed Publications**

	Extension	Research	Total
Plan	1	0	
2008	1	0	1

V(F). State Defined Outputs**Output Target****Output #1****Output Measure**

Number of community members involved in the CBPR process

Year	Target	Actual
2008	300	330

Output #2**Output Measure**

Number of interventions

Year	Target	Actual
2008	3	3

Output #3**Output Measure**

Conduct educational classes on adequate nutrient consumption and physical fitness and lifestyle.

Year	Target	Actual
2008	24	33

Output #4**Output Measure**

Conduct demonstrations on recipe modification to decrease fat, salt and sugar

Year	Target	Actual
2008	6	7

Output #5**Output Measure**

Provide educational seminars on obesity related health conditions

Year	Target	Actual
2008	10	10

Output #6**Output Measure**

Conduct community activities in nutrition and health

Year	Target	Actual
2008	9	19

Output #7**Output Measure**

Research studies conducted on Human Nutrition, Health, Wellness and Obesity

Year	Target	Actual
2008	4	0

Output #8**Output Measure**

Research papers prepared for publication in refereed and non-refereed outlets

Year	Target	Actual
2008	4	0

Output #9**Output Measure**

Research results presented at conferences

Year	Target	Actual
2008	4	4

V(G). State Defined Outcomes

O No.	Outcome Name
1	Percentages of participants that will improve their nutritional knowledge on healthy lifestyle.
2	Percentages of participants that will increase physical activity to reduce stress and maintain healthy weights.
3	Percentages of participants that will improve existing health conditions related to obesity through the enhancement of positive lifestyles.
4	Percentages of participants that will increase their involvement in the number of organized neighborhood sports and or other programs to increase physical fitness among youth at risk.
5	Percentage of participants that will reduce fast foods consumption with an increase in home prepared meals.
6	Percentages of participants that will improve lifestyles behavior in the management or prevention of diabetes.
7	Percentages of participants that will changes lifestyles behaviors in the management or prevention for hypertension.
8	Percentages of participants that will improve lifestyles behaviors in the management or prevention of heart disease.
9	Percentages of participants that will improve skills in the management or prevention of childhood overweight and obesity.
10	Percentages of participants that will maintain weight loss.
11	Percentages of participants that will decrease excessive weight gain.
12	Percentages of children that will increase physical fitness.
13	Percentages of participants that will Increase their consumption of healthier food products which promote healthier eating and reduction of chronic diseases.

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

Public Policy changes

Other (Poor transportation)

Brief Explanation

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

1. Evaluation Studies Planned

Before-After (before and after program)

During (during program)

Case Study

Comparisons between program participants (individuals, group, organizations) and non-participants

Evaluation Results

Pre and post tests evaluations was conducted to evaluate knowledge gained and the adoption of nutrition and physical fitness practices that can play a key role in the prevention and management of obesity and health related chronic diseases. Primary data will collect using clients tracking and evaluation folders. The data will be used for evaluating the lifestyle of the rural communities. The instruments assessed the impact of the Human Nutrition, Health, Wellness and Obesity planned program. The evaluation documented the program participant value of the programs developed and implemented to improve weight management, chronic diseases and tips for developing healthier lifestyles.

Key Items of Evaluation