

# Nutrition and Health

Nutrition and Health

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

### 1. Name of the Planned Program

Nutrition and Health

## V(B). Program Knowledge Area(s)

### 1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
702	Requirements and Function of Nutrients and Other Food Components	10%			
703	Nutrition Education and Behavior	30%			
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	10%			
724	Healthy Lifestyle	30%			
801	Individual and Family Resource Management	10%			
802	Human Development and Family Well-Being	10%			
<b>Total</b>		100%			

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

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

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	26.0	0.0	0.0	0.0
<b>Actual</b>	14.0	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 350000	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 549109	1890 Matching	1862 Matching	1890 Matching
	0	0	0
1862 All Other 100000	1890 All Other	1862 All Other	1890 All Other
	0	0	0

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

**1. Brief description of the Activity**

The nutrition and health planned program includes the following major initiatives:

Family Nutrition Program -- Objectives: 1) teaching food and nutrition by using the USDA's MyPyramid and preparing balanced meals, 3) improving food safety by using proper food storage, preparation, and handling techniques, 3) fostering food security by ensuring adequate access and availability of local community resources, 4) enhancing food consumerism by stretching the monthly food dollar, planning menus, and reading food labels, and 5) increasing physical activity by learning new behaviors and increasing time devoted to being active.

Community Education Outreach Service (CEOS) Health Motivator -- Objectives:1) help clients understanding the most important behaviors likely to present disease and chronic problems, 2) assist clients in assessing their personal lifestyle behaviors, 3) increase health consumer skills, 4) promote the value CEOS as it relates to family well-being.

Taking Charge -- Objectives: 1) develop and/or collect culturally appropriate resources for seniors, focusing on targeted health needs, motivational strategies and health promotional activities, 2) provide training to service providers and volunteers who work with seniors programs, 3) conduct home assessments to 50 seniors in six targeted counties.

Food Safety -- Objectives: 1) reduce the incidence of food-borne illnesses, 2) increase the number of certified food safety managers.

Germ City -- Objectives: 1) reduce the incidence of communicable diseases

Hand Washing Program -- Objectives: 1) reduce the incidence of communicable diseases among WV children and families.

Diabetes Education & Dining with Diabetes -- Objectives: 1) increase the skills of those who have diabetes or care for a diabetic, 2) increase the knowledge of professional working in the area of diabetes education, and 3) increase diabetes self-management skills

Healthy Heart Education Programs -- Objectives:1) improve Women's health status through educational programs.

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

Primary target audiences include: 1) low income West Virginia adults and youth, 2) adult West Virginians who have diabetes and their caregivers, 3) healthy older adults, 4) healthcare professionals and Extension educators.

**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>	50000	250000	11000	17000
2008	36689	638264	115776	200107

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

**Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2008:	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>	0	0	
2008	0	0	0

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

**Output Target**

**Output #1**

**Output Measure**

Number of training activities (separate classes held) in nutrition and health.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	1600	6902

**Output #2**

**Output Measure**

Number of educational materials in nutrition and health created or updated.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	10	514

**Output #3**

**Output Measure**

Number of state and national presentation on nutrition and health

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	40	12

**Output #4**

**Output Measure**

Number of educational materials in nutrition and health distributed.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	50000	15127

**Output #5**

**Output Measure**

Number of outside organizations collaborating with nutrition and health initiatives.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	100	249

**Output #6**

**Output Measure**

Number of new grants and contracts received to support nutrition and health programs.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	2	44

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

<b>O No.</b>	<b>Outcome Name</b>
1	Number of participants who increased their knowledge of nutrition and health.
2	Number of organizations that collaborated with nutrition and health initiatives.
3	Number of participants who increased their motivation to adopt a skill or accomplish an activity.
4	Number of participants who adopted a skill related to nutrition and health.
5	Number of participants who changed a habit or procedure related to nutrition and health.
6	Number of West Virginian food handlers who were certified in SafeServ

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

**External factors which affected outcomes**

Economy

Competing Programmatic Challenges

**Brief Explanation**

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

**1. Evaluation Studies Planned**

After Only (post program)

Retrospective (post program)

During (during program)

**Evaluation Results**

**Key Items of Evaluation**