

V(A). Planned Program (Summary)

Program # 2

1. Name of the Planned Program

Childhood Obesity (Human Nutrition, Diet, 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
701	Nutrient Composition of Food	5%	5%		
702	Requirements and Function of Nutrients and Other Food Components	5%	5%		
703	Nutrition Education and Behavior	45%	45%		
704	Nutrition and Hunger in the Population	5%	5%		
723	Hazards to Human Health and Safety	5%	5%		
724	Healthy Lifestyle	20%	20%		
805	Community Institutions, Health, and Social Services	15%	15%		
	Total	100%	100%		

V(C). Planned Program (Inputs)

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

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	20.4	3.0	0.0	0.0
Actual	19.0	3.6	0.0	0.0

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

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
320098	188712	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
497114	234611	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
1228407	263390	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

ETP 21H: Summary of activities for CHAMPION Program: This program was designed to improve the overall health of the targeted audience through lifestyle changes including eating practices and daily physical activity to improve behavioral habits. Pre and post measures were used to assess conditions prior to and subsequent to training using a curriculum developed by the lead specialist. A series of nutrition education lessons were provided to participants including instructional fitness activities.

2. Brief description of the target audience

ETP 21H: The target for the CHAMPION project was youth (10-18) and adults with limited resources living in the metropolitan inner cities that are at highest health risks.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	160000	340000	50000	100000
Actual	8833	162644	3974	0

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

Patent Applications Submitted

Year: 2010
Plan: 0
Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2010	Extension	Research	Total
Plan	0	0	
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- This program area will include numerous output activities and methods as part of the Extension

Team Projects (ETPs) which are described/explained in the prior "outcome activities and methods sections." The success of many of these outcomes will be formally evaluated/measured by using individual activity evaluation forms designed specifically for each activity, the success of other activities and methods will be measured by the level of participation in the activity. In the target boxes below for each year, we are indicating the number of individual activities within the ETPs for this program area that will be formally evaluated using an evaluation instrument designed specifically for that activity.

Year	Target	Actual
2010	10	0

Output #2

Output Measure

- Increased the number of youth participating in nutrition education programs Conducted lesson series to improve educational knowledge of youth and adult participants Collaborated with BET to conduct youth health camp for girls Marketed program using flyers, radio, television, health fairs, newsletters, advisory board meetings and success stories Developed 4 grant proposals for funding

Year	Target	Actual
2010	{No Data Entered}	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	<p>Each ACES employee is required to provide a success story on the program activity which they felt best demonstrates the impacts of their work. These success stories contain the following elements: Why: Explain the reason the program was done, or the situation or problem that the program addressed What: Specifically what was done and how it was done. When: If this was a one-time event, the date it occurred. If it is was a series of events, or an on-going program, when it began. Where: Specific location-- the county or counties involved. Who and how many: The "who" includes both who did the program and who were the clients of the program, as well as how many people were served. So what: This is the part that gives the real meaning to "success". The basic question to be answered in this part is "what difference did this program make". The difference may be measured in terms of dollars, or in changes in habits, lifestyles or attitudes. Whenever possible use numbers to show the effect of the program. If it is not possible to use numbers, provide a qualitative measurement like client comments or another type of testimonial about the program. Since this program area is very broad in scope and contains multiple Extension Team Projects which have different outcomes measures, the impacts for this program area are best measured in the number and quality of the success stories generated by the individuals who work on these projects. Therefore, one very significant outcome measure is the number of success stories generated.</p>
2	<p>Major outcome measures in Human Nutrition, Diet, and Health will be the decrease in diseases which are directly related to nutrition, and the decrease in the percent of obese adults and children. The yearly targets below are percentage decreases in diseases.</p>

Outcome #1

1. Outcome Measures

Each ACES employee is required to provide a success story on the program activity which they felt best demonstrates the impacts of their work. These success stories contain the following elements:
Why: Explain the reason the program was done, or the situation or problem that the program addressed
What: Specifically what was done and how it was done.
When: If this was a one-time event, the date it occurred. If it is was a series of events, or an on-going program, when it began.
Where: Specific location-- the county or counties involved.
Who and how many: The "who" includes both who did the program and who were the clients of the program, as well as how many people were served.
So what: This is the part that gives the real meaning to "success". The basic question to be answered in this part is "what difference did this program make". The difference may be measured in terms of dollars, or in changes in habits, lifestyles or attitudes. Whenever possible use numbers to show the effect of the program. If it is not possible to use numbers, provide a qualitative measurement like client comments or another type of testimonial about the program. Since this program area is very broad in scope and contains multiple Extension Team Projects which have different outcomes measures, the impacts for this program area are best measured in the number and quality of the success stories generated by the individuals who work on these projects. Therefore, one very significant outcome measure is the number of success stories generated.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	18	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

{No Data Entered}

What has been done

{No Data Entered}

Results

{No Data Entered}

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
723	Hazards to Human Health and Safety
724	Healthy Lifestyle
805	Community Institutions, Health, and Social Services

Outcome #2

1. Outcome Measures

Major outcome measures in Human Nutrition, Diet, and Health will be the decrease in diseases which are directly related to nutrition, and the decrease in the percent of obese adults and children. The yearly targets below are percentage decreases in diseases.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	12	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

Results for the CHAMPION Program 2010 were as follows:

- Program attendance increased by 62% from 2009
- Nutrition, physical activity and chronic disease knowledge of participants increased from pre to post test by 58%
- Total weight loss for participants in the weight mgt program was 202.6 pounds
- Nutrition knowledge increased from pre to post test by 44%

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
723	Hazards to Human Health and Safety
724	Healthy Lifestyle
805	Community Institutions, Health, and Social Services

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

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

1. Evaluation Studies Planned

- Before-After (before and after program)
- During (during program)
- Comparisons between program participants (individuals, group, organizations) and non-participants

Evaluation Results

Evaluation results for CHAMPION 2010 were as follows:

- Youth participation increased by 62%
- Knowledge gain increased by 58%
- Weight loss = 202.6 pounds
- Knowledge for BET youth audiences increased by 61%

Key Items of Evaluation

CHAMPION program evaluations indicated more youth were engaged in nutrition education, increased their knowledge of nutrition, used of the Food Guide Pyramid, and loss weight as a result of camp program activities which included a reduced caloric intake diet of healthy food.