

V(A). Planned Program (Summary)

Program # 5

1. Name of the Planned Program

Healthy Lifestyles, Preventive Health and Wellness

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		25%		
722	Zoonotic Diseases and Parasites Affecting Humans		25%		
723	Hazards to Human Health and Safety		25%		
724	Healthy Lifestyle		25%		
	Total		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	0.0	4.0	0.0	0.0
Actual	0.0	4.0	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
0	282129	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	282353	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	6760	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

A five-day Summer Health and Fitness Academy was held at two separate locations for fifty-five youth in grades five to seven. These youth who live in nine Alabama Black Belt counties were made to understand the connection between childhood obesity and debilitating diseases. They were taught how to reduce the risk of obesity by selecting and preparing economical low-fat foods and developing healthy eating habits and lifestyles. The program also emphasized basic social etiquettes and decent behavior among youth. At the end of the program, youth participants demonstrated increased knowledge in healthy food choices, and an intended readiness to change their behavior by selecting healthy snacks.

About 600 senior citizens living in Macon, Lowndes and adjoining counties participated in two separate annual Senior Olympics games day activities. The seniors have opportunities to participate in age-appropriate sports competition activities, arts and crafts competition, and receive health screenings. The Senior Olympics helps to promote healthy lifestyles for senior adults through fitness, sports and an active involvement in life. Forty percent of the seniors stated that they will continue to stay active and a follow-up with the directors at the Senior Sites revealed that the seniors are continuing their daily exercises.

2. Brief description of the target audience

TUCEP is committed to improving the health status and well being of children and adults (overweight, obese, diabetes, etc.) in twelve Black Belt counties of Alabama by providing nutrition health education, counseling and related services.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	350	125	325	325
Actual	622	7005	1545	9167

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 ETP will follow Outcome Evaluation Methods by Green and Kreuter, 1991. This type of evaluation will provide data concerning short-term effects of the program, including increased awareness and knowledge, expressed intentions to make recommended changes, and responses to public service announcements. The measures can be self reported (interviews with the intended audience) evident changes in the number of people eing screened for a cardiovascular (CVD) risk factor at a localhealth fair or a comparative study (comparing CVD knowledge of participating audience and of similar group that did not receive the intervention.

Year	Target	Actual
2010	75	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	The outcome is to decrease the risk of degenerative diseases, improve the quality of life, maintain reasonable weight by monitoring caloric consumption, control disease through diet, exercise, medication, and stress management.
2	Child obesity prevention

Outcome #1

1. Outcome Measures

The outcome is to decrease the risk of degenerative diseases, improve the quality of life, maintain reasonable weight by monitoring caloric consumption, control disease through diet, exercise, medication, and stress management.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	100	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

High rates of diabetes, hypertension, high cholesterol, coronary artery disease and stroke nationally and throughout the Black Belt make these health initiatives pertinent. Many people are uneducated when it comes to understanding the power they possess in preventing some of these health issues. There are two things that each individual can do to prevent as well as reduce the likelihood of one of these health issues occurring; those two things are diet and exercise.

What has been done

A collection of health fair exhibits were conducted in Greene and Sumter Counties to address the need for diet and exercise within the communities. Educational materials as well as nutritional snacks and recipes were handed out; the nutritional information was provided by EFNEP. Through the health fair we raised awareness as well as broaden people's scope as to the areas of work that Tuskegee University Cooperative Extension covers. There were health fair exhibits held in three locations in Greene and Sumter Counties. The first of the three programs was the Greene County Health Fair held at the Eutaw Activity Center in Eutaw, AL. The event catered to approximately thirteen youth and twenty one adults. The second was the Mt. Hebron Health Fair in Mt. Hebron, AL and it catered to thirty adults and seven youth. The third was an exhibit at the Community Fun Day in Panola, AL and approximately fifty three people visited the display.

Results

Through these exhibits many people's awareness and knowledge were changed. People began to realize that they still have power when it comes to their health and they do not have to wait until something is going wrong, health wise, to change the way people approach diet and exercise day to day. The overall theme of all the programs that those attending took away is how to make a sustainable change. The change doesn't have to be abrupt as long as its continuous and moving each individual into a healthier place. Over 90% of individuals understood and took this

information with them. They showed an understanding of how the sedentary lifestyles and unhealthy food choices put us at risk for health issues like diabetes, hypertension, coronary artery disease, high cholesterol, and stroke.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle

Outcome #2

1. Outcome Measures

Child obesity prevention

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	{No Data Entered}	60

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Obesity crisis among youths is at the crisis levels in the USA and particularly in the southern states and minority communities.

What has been done

We conducted hands-on training workshops for 60 kids (as of July 2009)

We trained 60 ?SHAFA? Kids in grades 5 to 7 (or 12-14 year olds) that are our targets on how best to prevent Obesity. This is the developmental stage of life that kids could understand and more meaningfully absorb science based facts on the causes, prevention and control of Obesity. SHAFA program was based the curriculum provided by the US National Institute of Child Health and Human Development. The rational is that a child that knows how to prevent obesity is not likely to become obese and diabetic in adult. The sixty kids from five Alabama black belt counties (30 kids from Macon, Lee and Bullock, 30 from Lowndes and Wilcox counties) that were selected completed the course successfully.

Results

Kids immediately appreciated the benefits of eating more of healthy vegetarian foods, less of meats. This was evident by their "informed" choices of foods they chose, when we took them out to "all you can eat" restaurant (Golden Coral, Opelika Alabama) with varieties of foods to select from. They selected vegetables and less meat menu. Kids also dressed properly; they appeared with shirts tucked-in their pants and adjusted their other overall looks, as well as table manners. They wore their pants on their waists, not below their buttocks. Some boys that wore earrings on the first day of the workshop had voluntarily removed the earrings before the end of the 5-day workshop. It is expected that if what the kids demonstrated is practiced at home, it would likely reduce their behavior and choices that lead to obesity.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Government Regulations
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

The outcomes of this program area were affected by economic conditions as many parents who wanted their children to participate in the program reported they could not afford the registration fees. Participation rates were thus significantly lower compared to the previous year.

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
- Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.

Evaluation Results

Youth participants appreciated the benefits of eating more of healthy meals and snacks and this was evidenced by their "informed" choices of foods when they were taken out to "an all you can eat" restaurant with varieties of foods to select from. Participants promised to influence their parents to prepare healthy foods for their families, and to teach their parents how to prepare healthy foods that they learned and ate from the five-day

SHAFAs workshop. Almost all the participants, before the fifth day of the workshop, especially after listening to talks on "choosing a life-long career" from invited specialists, changed their initial choices of basketball, football, and wrestling to choices like doctors, nurses, lawyers, and scientists. More than 90 percent of the participants went back home with an avowed "can-do" attitude and looking forward to participating again next summer.

Follow up reports from the adult centers also indicated that most of the senior are keeping up with their daily exercise routines and continue to be in good shape.

Key Items of Evaluation

In Alabama, as well as in the nation, cardiovascular disease is the leading cause of death. Cardiovascular disease, which includes heart disease and stroke, kills more Alabamians than all forms of cancer combined. Major health risk factor such as obesity, lack of physical exercise high blood pressure, and high cholesterol levels contribute markedly to the development of heart disease. Effort to provide health education workshops and health screening activities for adults and the elderly remain an important priority for this program area.