

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

**Program # 5**

**1. Name of the Planned Program**

Chronic Disease Prevention / Healthy Lifestyles

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

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
214	Vertebrates, Mollusks, and Other Pests Affecting Plants	0%	0%	10%	0%
305	Animal Physiological Processes	0%	0%	80%	0%
314	Toxic Chemicals, Poisonous Plants, Naturally Occurring Toxins, and Other Hazards Affecting Animals	0%	0%	10%	0%
502	New and Improved Food Products	1%	0%	0%	0%
703	Nutrition Education and Behavior	47%	50%	0%	0%
724	Healthy Lifestyle	25%	50%	0%	0%
806	Youth Development	27%	0%	0%	0%
	<b>Total</b>	100%	100%	100%	0%

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

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

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	4.0	0.0	4.0	0.0
Actual	7.4	0.0	0.5	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
649809	0	32169	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
649809	0	32169	0
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

**Walk-a-Weigh Program**, our weight control program was updated and distributed to agents for their use via Weight Control Web page. **Walk Georgia** program, an on-line fitness program was developed and offered statewide during 2-8 week sessions. Updated **Cooking for a Life Time Cancer Prevention Cooking School** was released. Agents trained to use all of these curricula and were provided media releases to promote and disseminate the information contained in the curricula.

Sections of Fall Forum include **Healthy Lifestyles**. Additionally, the Food Product Development team contest was held and healthy lifestyles was offered as a fifth grade curriculum club meeting track. The Ambassador program included **Health Rocks** and each camper this summer attending a **Healthy Lifestyles** class. During this year's Junior Conference, each participant had a Health Rocks class as well.

Health and nutrition workshops were held in various locations for different types of clientele. Classes/workshops were held in local program areas for parents, senior citizens caregivers and the youth of Georgia. Food demonstrations and interactive learning projects were the main style of teaching education for this topic. Health and nutrition brochures were developed to educate the clientele.

### 2. Brief description of the target audience

All citizens of Georgia with special emphasis on school age children and populations at high risk of chronic disease.

A large part of this program will fund specialists and their direct efforts primarily to county agents. These agents will then disseminate this information to adults and youth at risk for chronic diseases or who have already developed them.

## V(E). Planned Program (Outputs)

### 1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Plan</b>	600	2000	1080	10000
<b>Actual</b>	1382	1000	17285	200

**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
<b>Plan</b>	10	10	
<b>Actual</b>	6	11	17

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

**Output Target**

**Output #1**

**Output Measure**

- Number of significant publications including referred journals articles, bulletins and extension publications.

Year	Target	Actual
2010	15	60

**Output #2**

**Output Measure**

- Number of educational contact hours generated from formal educational programs presented to county extension agents by state faculty directly associated with this planned program.

Year	Target	Actual
2010	260	637

**Output #3**

**Output Measure**

- Number of educational contact hours generated from formal educational programs presented directly to clientele by state faculty directly associated with this planned program.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2010	110	90939

**Output #4**

**Output Measure**

- Number of invited presentations by faculty directly resulting from the success of this planned program.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2010	6	60

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

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Number of additional direct extension contacts made by county faculty not receiving federal funds, staff or volunteers as a direct outcome of the work of faculty receiving federal fund within this planned program.
2	Percent of people at risk for cancer who chose a lower fat or lower sodium food item.
3	Percent of participants that lose weight.

**Outcome #1**

**1. Outcome Measures**

Number of additional direct extension contacts made by county faculty not receiving federal funds, staff or volunteers as a direct outcome of the work of faculty receiving federal fund within this planned program.

**2. Associated Institution Types**

- 1862 Extension
- 1862 Research

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2010	14500	21997

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

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

**Outcome #2**

**1. Outcome Measures**

Percent of people at risk for cancer who chose a lower fat or lower sodium food item.

**2. Associated Institution Types**

- 1862 Extension
- 1862 Research

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2010	60	78

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

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

**Outcome #3**

**1. Outcome Measures**

Percent of participants that lose weight.

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Condition Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2010	{No Data Entered}	80

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

#### What has been done

#### Results

### 4. Associated Knowledge Areas

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

### V(H). Planned Program (External Factors)

#### External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

#### Brief Explanation

External factors which affected the outcome of participants were clientele that were unable to participate in classes because of the economy or personal obligations.

New federal policy changes in reference to health and nutrition.

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

#### 1. Evaluation Studies Planned

- After Only (post program)
- Retrospective (post program)
- Before-After (before and after program)
- During (during program)
- Time series (multiple points before and after program)
- Case Study

## Evaluation Results

Walk Georgia continues to have a significant impact on the fitness level of Georgians. In the Fall 2009 session, 3,826 enrolled and 2,597 were still participating after 8 weeks. Participants logged the equivalent of 793,742 miles. Sixty-three percent of participants reported that after Walk Georgia they were either a little or a lot more active than before the program began. During the spring 2010 session, 2,014 people were active in the program logging the equivalent of 300,598 miles and in the fall session, 1,983 people were active logging the equivalent of 310,499 miles. The average person logged the equivalent of 16-17 miles per week and the average team logged 21 miles per week. Fifty-three to 55% percent of the participants were new to the program each session. Ninety-three percent to 95% of participants said Walk Georgia encouraged them to become more active. Ninety-two to 95% of the participants who logged at least six of the 8 weeks were still active during the final week of each session. Participants in the spring session rated their sense of well-being on a scale of 1-10 as 7.4 before the program and 8.24 after the program ended. Similarly, fall participants rated their sense of well-being before the program was 7.11 and was 8.31 once the program ended. Before and after the fall session, participants were asked to record their weights. The average weight dropped nine pounds during the session, but one person reported a weight loss of over forty pounds. Ninety-eight to 100% of spring and fall participants were satisfied with the program and 76-85% would recommend it to others. Most of the participants are white females, but 16-17% were African American and 2-3% were of Hispanic or Asian heritage. About 11% of the participants were youth. Using Georgia Department of Public Health statistics on how inactivity increases hospitalization costs, if these participants continue being active, potentially \$78 million to \$93 million in hospital costs could be saved annually.

Evaluation following Ambassador program performed by participations and case studies evaluated. Healthy Lifestyler class also completed

For the planned evaluation studies; before-after questions will occur. This will help the presenter examine the project/workshop effectiveness on the participants. Also, comparisons will be studied between the participants and non-participants to see if behavioral changes have occurred with project/workshop participants. Data collection methods will occur by test being given at the beginning and the end of the workshop. Also, mail surveys will be mailed out a few weeks after the project/workshop to see if behavioral changes have occurred.

## Key Items of Evaluation