

V(A). Planned Program (Summary)

Program # 17

1. Name of the Planned Program

Global Food Security and Hunger: Health and Human Nutrition

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
206	Basic Plant Biology	5%		5%	
301	Reproductive Performance of Animals	10%		5%	
311	Animal Diseases	10%		15%	
313	Internal Parasites in Animals	0%		5%	
701	Nutrient Composition of Food	10%		5%	
703	Nutrition Education and Behavior	35%		15%	
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	0%		10%	
722	Zoonotic Diseases and Parasites Affecting Humans	10%		10%	
723	Hazards to Human Health and Safety	10%		15%	
724	Healthy Lifestyle	10%		10%	
903	Communication, Education, and Information Delivery	0%		5%	
	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	6.6	0.0	10.0	0.0
Actual	7.8	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	1890 Extension	Hatch	Evans-Allen
95316	0	205057	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
95316	0	205057	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
479852	0	4418247	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

The Food Security and Hunger: Health and human nutrition team is made up of 18 faculty members contributing a total of 7.8 FTEs to this project. Team members generated \$2,206,854 in external grant support and made 92,404 direct teaching contacts. Team members produced five peer-reviewed Extension publications and nine articles in professional and scientific journals. The Team has three major areas of focus:

- Food Security and Hunger
- Healthy Lifestyles - childhood obesity
- Nutrition and Chronic Diseases

Team members delivered hundreds of lessons about healthy lifestyles, nutrition and disease management. Food security issues are addressed through individual counseling and through classes about community food resources, stretching the food budget, and best consumer practices for shopping and meal preparation.

2. Brief description of the target audience

Limited income adults are targeted by the EFNEP program in two urban clusters in the State, and by the ENP (Snap-ed) program in other counties. Other audiences include adults responsible for planning and preparing the family's food, households with young children, 4-H children, individuals and families with an interest in or need for health, nutrition and physical activity information, homebound seniors, employees and families of Early Head Start and Head Start, the uninsured, and people with diabetes.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	10000	3000	7000	6000
Actual	23959	100509	52404	4021

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	2	8	
Actual	5	24	29

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Conduct classes on nutrition and health and physical activity.

Year	Target	Actual
2010	4800	9106

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	O: Improved physical condition of individuals enrolled in a physical activity program. I: Number of individuals who felt physically stronger from the Strong Women classes or improved their Get Up and Go scores from the Fit and Fall Proof classes.
2	O: Adult ENP participants will plan to change a dietary or activity behavior after completing a nutrition or physical activity class. I: Number of adult ENP participants who indicate their intention to improve their diet or physical activity.
3	O: Adult EFNEP participants will improve their diets after completing 6 core lessons. I: Number of adults that improve their diets by at least one food group (determined through pre/post 24 hour recalls).
4	O: An increase in the number of trained graduate students prepared to enter the workforce. I: Number of M.S. and Ph.D. candidates relevant to this topic team.

Outcome #1

1. Outcome Measures

O: Improved physical condition of individuals enrolled in a physical activity program. I: Number of individuals who felt physically stronger from the Strong Women classes or improved their Get Up and Go scores from the Fit and Fall Proof classes.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	100	459

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Staying physically active and being properly nourished is one of the most important things we can do to stay healthy for life. Essential to staying strong and vital during older adulthood is participation in regular strengthening exercises, which help to prevent osteoporosis and frailty by stimulating the growth of muscle and bone. Feeling physically strong also promotes mental and emotional health.

What has been done

Extension taught 14 series of classes of 12 classes each of Strong Women Stay Young and six series of Fit and Fall Proof.

Results

Over 465 StrongWomen classes have been taught in Ada and Owyhee counties from 2006-2010. Participating in strength training exercises can help women maintain or improve their current bone density. All participants showed an increase in strength, making daily activities easier and adding to the independence level of many. Participants reported improved energy levels and muscle tone, and an increase in flexibility and balance, which has been shown to help women to avoid falls and fractures. Similar studies have shown a 40% reduction in falls due to strength and balance exercises.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
703	Nutrition Education and Behavior

724 Healthy Lifestyle

Outcome #2

1. Outcome Measures

O: Adult ENP participants will plan to change a dietary or activity behavior after completing a nutrition or physical activity class. I: Number of adult ENP participants who indicate their intention to improve their diet or physical activity.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	3500	6003

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Individuals who eat a healthy diet and are physically active are less likely to be overweight/obese and less likely to develop certain chronic diseases, such as diabetes, heart disease, stroke.

What has been done

Adult participants attended dietary quality classes that covered MyPyramid, the various food groups, label reading, reducing fat, sodium, and sugar content, and meal planning.

Results

During FFY2010, ENP taught 1631 adult dietary quality classes and (1) 91% reported they learned something new, (2) 43% planned on eating more fruits and vegetables, (3) 23% planned on eating more whole grains, (4) 17% planned on eating more low-fat dairy, and (5) 68% planned on being more physically active.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
703	Nutrition Education and Behavior
724	Healthy Lifestyle

Outcome #3

1. Outcome Measures

O: Adult EFNEP participants will improve their diets after completing 6 core lessons. I: Number of adults that improve their diets by at least one food group (determined through pre/post 24 hour recalls).

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	330	517

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Obesity, poor health, and limited physical activity are major health concerns. Past years of data show that the EFNEP improves the health and well-being of its limited resource families. Research shows that better health is associated with reduced health care costs, less absenteeism from work, and less dependence on emergency food assistance, thus leading to public savings.

What has been done

In FY2010 501 low-income adults enrolled in the Southern District EFNEP; 369 graduated the program. The graduates learned how to: improve their diets, improve their nutrition practices and stretch their food dollars farther, and increase their physical activity rates.

Results

In Nutrition Practices 96% (356 of 369) of the participants showed improvement in one or more nutrition practices (i.e. plans meals, makes healthy food choices, prepares foods with adding salt, reads nutrition labels or has children eat breakfast). Also, at exit 64.5% had a positive change in physical activity. At exit 68%.6 reported exercising 30 to 60 minutes per day, whereas only 29% did so at entry.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
703	Nutrition Education and Behavior
724	Healthy Lifestyle

Outcome #4

1. Outcome Measures

O: An increase in the number of trained graduate students prepared to enter the workforce. I: Number of M.S. and Ph.D. candidates relevant to this topic team.

2. Associated Institution Types

- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	5	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
206	Basic Plant Biology
301	Reproductive Performance of Animals
311	Animal Diseases
701	Nutrient Composition of Food
703	Nutrition Education and Behavior
722	Zoonotic Diseases and Parasites Affecting Humans
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

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

- After Only (post program)
- Retrospective (post program)
- Before-After (before and after program)
- During (during program)
- Other ()

Evaluation Results

Seafood at its Best curriculum was taught and evaluated after each lesson using the curriculum evaluation of knowledge gained. A follow up 6 months later gained information from participants about confidence in selection, buying and preparing seafood.

Knowledge gained from lesson one was 103.3%, lesson two was 54.5%, lesson three 40.3%, lesson four 56%.

The survey response rate was about 39%, which is considered quite good. Although seafood consumption did increase among the participants, it was not a significant increase. However, 88% and 71% of respondents respectively, indicated they were more confident and informed shoppers and their seafood cooking skills improved as a result of the class. A total of 81% would recommend this class to others.

Key Items of Evaluation

Participants reported after six months they had greater confidence in selection, buying and preparing seafood.