

V(A). Planned Program (Summary)

Program # 4

1. Name of the Planned Program

Childhood Obesity

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		10%		10%
702	Requirements and Function of Nutrients and Other Food Components		10%		10%
703	Nutrition Education and Behavior		10%		10%
724	Healthy Lifestyle		40%		40%
803	Sociological and Technological Change Affecting Individuals, Families, and Communities		5%		5%
805	Community Institutions, Health, and Social Services		10%		10%
806	Youth Development		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	0.0	11.0	0.0	2.0
Actual	0.0	4.0	0.0	5.0

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	284000	0	243047
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	230786	0	238485
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	2000

V(D). Planned Program (Activity)

1. Brief description of the Activity

SU Ag Center's Youth Program and the Nutrition and Health Program collaborated to implement activities to reduce childhood obesity. Two research projects were conducted; the effectiveness of early nutritional intervention strategies for elementary school teachers and expanding nutritional knowledge and food label use among college students in Louisiana. Findings of these studies were shared with the scientific community in the form of publications and presentations. Fact sheets were developed and disseminated to youth through schools, communities, faith-based organizations, and other related entities. Food demonstrations and other supplemental activities were provided to assist participants with creating healthy meals as well as lower fat, sodium, cholesterol, sugar alternative and stretching the food dollar with their family. Early nutrition intervention materials (brochures, newsletters, and power points among others) were developed and used to teach school teachers, volunteers, and children how to make healthy food choices, and the importance of incorporating daily physical activities into each day to achieve optimum health status.

2. Brief description of the target audience

The program targeted and youth (K-College) and their families, teachers, faith-based groups, and community organizations. There is a large number of low income and limited resource families in Louisiana that are found in target areas which SUAREC serves. Most of these families live below the poverty level. They lack knowledge, information, and skills to utilize existing resources to improve their diet, nutrition, health, and quality of life. Children and adolescents who are placed at risk and those that are potentially at risk will also be beneficiaries.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	0	0	30300	150500
Actual	0	0	18800	40040

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

- 1. Number of educational program activities

Year	Target	Actual
2010	400	259

Output #2

Output Measure

- 2. Number of educational contacts

Year	Target	Actual
2010	182300	49000

Output #3

Output Measure

- 3. Number of published materials distributed

Year	Target	Actual
2010	50000	20089

Output #4

Output Measure

- 4. Number of research & extension outreach publications

Year	Target	Actual
2010	5	5

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	2. Number of youth participants involved in community activities
2	3. Percent of youth who gained new knowledge/skills, awareness and/or changed opinions
3	4. Percentage of youth who changed behavior or experienced positive life changing conditions
4	1. Number of volunteer leaders (trained to lead youth participants)
5	1. Percent of clients who gained new knowledge/skills
6	2. Percentage of clients who adopt healthy recommendations
7	3. Percentage of clients who changed behavior

Outcome #1

1. Outcome Measures

2. Number of youth participants involved in community activities

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

3. Percent of youth who gained new knowledge/skills, awareness and/or changed opinions

Not Reporting on this Outcome Measure

Outcome #3

1. Outcome Measures

4. Percentage of youth who changed behavior or experienced positive life changing conditions

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

1. Number of volunteer leaders (trained to lead youth participants)

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

1. Percent of clients who gained new knowledge/skills

2. Associated Institution Types

- 1890 Extension
- 1890 Research

3a. Outcome Type:

Change in Knowledge 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)

The prevalence of obesity has steadily increased over the past 35-40 years among children and youth in the U.S. Louisiana youth are among the unhealthiest in the nation; 36 percent of 10-17 year olds are overweight and 53 percent don't exercise regularly. (Louisiana Report Card on Physical Activity and Health for Children and Youth, 2010). A total of 9 bills have been passed since 2004 in the Louisiana Legislature relevant to physical activity or the prevention of obesity among children and youth. In 2005, Senate Bill No. 146/Act 331 of the Louisiana Legislature enacted a vending bill which limited certain food items sold during elementary and secondary schools in Louisiana. While there were also restrictions on beverages offered during the school day, House Bill No. 767/Act No. 306 of the 2009 Legislative Session amended Act 331 to further restrict beverages offered in public high schools.

What has been done

SU Ag Center's Youth Program and the Nutrition and Health Program at the collaborated to implement activities to reduce childhood obesity. Two research projects were conducted; the effectiveness of early nutritional intervention strategies for elementary school teachers and expanding nutritional knowledge and food label use among college students in Louisiana. Findings of these studies were shared with the scientific community in the form of publications and presentations. Fact sheets were developed and disseminated to youth through schools, communities, faith-based organizations, and other related entities. Food demonstrations and other supplemental activities were provided to assist participants with creating healthy meals as well as lower fat, sodium, cholesterol, sugar alternative and stretching the food dollar with their family. Early nutrition intervention materials (brochures, newsletters, and power points among others) were developed and used to teach school teachers, volunteers, and children how to make healthy food choices, and the importance of incorporating daily physical activities into each day to achieve optimum health status. Two hundred and fifty-nine related activities were conducted and about 49,000 individuals contacted.

Results

Participants gained knowledge about the USDA's food guidance system, dietary guidelines and the importance of implementing some type of physical activity into their daily lifestyles. Targeted teachers were able to incorporate nutritional intervention strategies into the daily curriculum for 4th grade children to help improve their food and activity behavior, and ultimate health status. Children learned the importance of making healthy food choices and daily physical activity to improve their over-all health and nutritional status. A total of 10 Undergraduate students gained knowledge of obesity research and information dissemination through their involvement in the project.

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
724	Healthy Lifestyle
806	Youth Development

Outcome #6

1. Outcome Measures

2. Percentage of clients who adopt healthy recommendations

2. Associated Institution Types

- 1890 Extension
- 1890 Research

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)

The prevalence of obesity has steadily increased over the past 35-40 years among children and youth in the U.S. Louisiana youth are among the unhealthiest in the nation; 36 percent of 10-17 year olds are overweight and 53 percent don't exercise regularly. (Louisiana Report Card on Physical Activity and Health for Children and Youth, 2010). A total of nine bills have been passed since 2004 in the Louisiana Legislature relevant to physical activity or the prevention of obesity among children and youth. In 2005, Senate Bill No. 146/Act 331 of the Louisiana Legislature enacted a vending bill which limited certain food items sold during elementary and secondary schools in Louisiana. While there were also restrictions on beverages offered during the school day, House Bill No. 767/Act No. 306 of the 2009 Legislative Session amended Act 331 to further restrict beverages offered in public high schools.

What has been done

Two collaborative projects involving research scientists and extension personnel were conducted; the effectiveness of early nutritional intervention strategies for elementary school teachers and expanding nutritional knowledge and food label use among college students in Louisiana. Fact

sheets (4) and other brochures from research findings and USDA recommendations were disseminated to families and individuals through outreach activities. Nutrition Nibbles Fact Sheets, Sisters Together: Move More, Eat Better activity were also developed for participants in the extension activities. Participants in the research study completed surveys with questions similar to the USDA's Continuing Survey of Food Intake by Individuals, the Diet and Health Knowledge Survey, and those on the National Health and Nutrition Examination Surveys. Other activities were completion of the pre- and post test surveys, and the direct involvement of 4 undergraduate students with the project's research activities and indirect involvement of 16 other students from the project's use as a teaching tool in research methods and applied statistics.

Results

One vital result was the direct involvement of 4 undergraduate students who gained knowledge and skills of conducting research through project's research activities and indirect involvement of 16 other students who utilized research information from the project as a teaching tool in research methods and applied statistics. Nutritional handout disseminated made a difference in increasing participants' knowledge of Percent Daily Values for total fat, potassium, and trans fat, and for nutritional benefits from consuming a diet rich in fiber, fruits, vegetables, Vitamin A, Vitamin B, and Vitamin C. A survey indicated that 31 percent of the participants read food labels often; 29 percent read labels sometimes; 17 percent rarely read labels; 12 reported that they had never read labels, while 12 percent did not indicate. Educational level played a major role in determining participants' frequency of reading nutrition labels.

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
724	Healthy Lifestyle
805	Community Institutions, Health, and Social Services
806	Youth Development

Outcome #7

1. Outcome Measures

3. Percentage of clients who changed behavior

2. Associated Institution Types

- 1890 Extension
- 1890 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	{No Data Entered}	0

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
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

The economy continued to play a major role impacting planned program negatively. More families were forced into poverty as a result of massive state budget reductions, unemployment, policy changes and shifting priorities. With inadequate income, these families could not afford healthy diets and children continued to consume foods and drinks that caused overweight and obesity. However, recent laws passed at the state level and new regulations adopted by local school boards mandating healthy meals in public schools could have positive impacts in reducing childhood obesity.

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

1. Evaluation Studies Planned

- After Only (post program)

- Before-After (before and after program)
- During (during program)
- Comparisons between program participants (individuals, group, organizations) and non-participants
- Comparison between locales where the program operates and sites without program intervention

Evaluation Results

{No Data Entered}

Key Items of Evaluation

{No Data Entered}