

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

**Program # 6**

**1. Name of the Planned Program**

Diet, Physical Activity, 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
703	Nutrition Education and Behavior	50%		0%	
724	Healthy Lifestyle	50%		0%	
	<b>Total</b>	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	2.5	0.0	1.0	0.0
Actual	5.3	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
137480	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	0	0	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

**Awareness Campaign: The Role of Diet and Physical Activity in Non-Communicable Disease Prevention**

Program personnel used a variety of avenues to inform the community about the role that healthy diet and physical activity plays in staying healthy and preventing NCDs. Extension agents conducted presentations at Head Start centers, elementary schools, Northern Marianas College, Department of Public Health, health-related conferences, and community forums on the islands of Saipan, Tinian, and Rota. These presentations focused on healthy eating recommendations (Dietary Guidelines for Americans) and following the Secretariat of the Pacific Community's "Promoting Pacific Physical Activity in Pacific Island Communities" guidelines. Around 85% of those who attended one of the aforementioned presentations, reported that they would make at least one positive behavior change related to diet or physical activity in order to decrease risk for developing an NCD.

#### **Youth Engaged in Advancing Health Project**

Through the collaborative efforts of the Public School System-Food and Nutrition Service and the Northern Marianas College-Cooperative Research, Extension, and Education Service, the Youth Engaged in Advancing Health (YEAH) Project was launched. The YEAH Project aims to empower students to take the lead in making changes that encourage healthy behaviors in the school environment. A workshop was held for students and advisors of schools selected. Topics covered at the workshop included: using information to assess the health status of your school and planning a project: developing a measurable plan. Fifth and sixth grade students as well as their school advisors were then asked to develop a draft plan with the assistance of facilitators from NMC-CREES and PSS-FNS.

To date, students have planned and lead projects in the areas of increasing physical activity, improving food policies, and health promotion campaigns at their respective schools. Students have also taken the project a step further by designing ways to collect project-specific information that was not previously available; the data was then used to plan projects. Some schools have already begun planning for next year's sixth grade students to assist with the training of next year's fifth grade students to plan and carry out YEAH projects. As a result of the outcomes achieved thus far, the YEAH Project will continue into next school year.

#### **Addressing Tobacco Use as a Modifiable Risk-Factor for Non-Communicable Disease**

In response to the passage of "Public Law 16-46: the CNMI Smoke-Free Air Act", and the need to focus on tobacco use as a modifiable risk-factor for Non-Communicable Diseases, NMC-CREES co-authored the rules and regulations stipulating the specificity of the enforcement of "Public Law 16-46: Smoke Free Air Act of 2008". Through collaborative efforts, the rules and regulations were drafted and approved, thereby adding enforcement responsibilities to the appropriate agencies and penalties to violators.

Aside from publishing the rules and regulations, a tobacco cessation class cycle was successfully delivered at Northern Marianas College and the two outer islands of Rota & Tinian to a total of 16 people through the use of video teleconferencing. These can be considered milestones for the CNMI in two ways: tobacco cessation class cycle was previously never offered in Rota and Tinian and tobacco cessation class cycle was offered at a work and college site for the first time.

The program continues to inform the general population regarding the law and its associated rules and regulations.

## **2. Brief description of the target audience**

The target audience includes the general public, elementary to high school students, and their parents. Particular emphasis will be paid on areas of the islands that have a majority of its' residence at or

below the poverty level. Taking into consideration social-economic status, educational attainment, and lifestyle (diet, physical activity, tobacco use) the majority of the general population can be considered "at risk".

**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>	150	7000	150	2000
<b>Actual</b>	2500	10000	500	4000

**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>	0	0	
<b>Actual</b>	0	0	0

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

**Output Target**

**Output #1**

**Output Measure**

- Greater understanding of diet, physical activity, and health  
 Not reporting on this Output for this Annual Report

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

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

O. No.	OUTCOME NAME
1	Development of Physical Activity Social Marketing Campaign (PASMIC)

## **Outcome #1**

### **1. Outcome Measures**

Development of Physical Activity Social Marketing Campaign (PASMIC)

Not Reporting on this Outcome Measure

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

#### **External factors which affected outcomes**

- Economy
- Public Policy changes
- Competing Public priorities
- Other (lack of collaboration)

#### **Brief Explanation**

The 2010 Plan of Work was largely based on partnering and working in the spirit of collaboration with the Department of Public Health-Diabetes Prevention and Control Program (DPH-DPCP). Prior to 2010, NMC-CREES and DPH-DPCP collaborated on a number of projects that resulted in positive outcomes. However, due to changes in administration and personnel at the DPH, the aforementioned partnership is no longer conducive to CREES successfully carrying out its' POW. Since several of the planned activities required partnership with DPH-DPCP, significant changes had to be made to the Diet, Physical Activity, and Health Plan of Work mid-year to continue to address NCDs while adjusting to circumstances beyond NMC-CREES control.

Furthermore, due to the implementation of "Public Law 16-46: CNMI Smoke-Free Air Act" there was a need to include a focus on curbing tobacco use as a means to prevent and control non-communicable diseases.

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

#### **1. Evaluation Studies Planned**

- Before-After (before and after program)
- Other (process evaluation)

#### **Evaluation Results**

{No Data Entered}

#### **Key Items of Evaluation**

{No Data Entered}