

V(A). Planned Program (Summary)

Program # 3

1. Name of the Planned Program

Youth, Family, Nutrition, Health, Fitness, Wellness and 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
703	Nutrition Education and Behavior		20%		20%
724	Healthy Lifestyle		20%		20%
801	Individual and Family Resource Management		20%		20%
802	Human Development and Family Well-Being		20%		20%
806	Youth Development		20%		20%
	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	9.5	0.0	2.0
Actual	0.0	9.5	0.0	2.0

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	561350	0	123817
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	561350	0	123817
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

The Youth, Family, Nutrition, Health Fitness Wellness and Obesity planned program utilized an integrated approach to address relevant issues facing youth and families. Stakeholders' input from our environmental scanning processes led to the integration of three planned programs into one. Many issues have been identified that youth are facing that leads to risky behaviors that affect their well being. The identified need in this area are tobacco use, high rate of teen pregnancy, increased infection rate of sexually transmitted diseases, increased dropout rates, juvenile delinquency and lack of recreation activities. Also, other issues identified were the lack of leadership skills, roles, and opportunities in schools and communities; lack of job preparedness/readiness skills; and career and business development. Educational programs developed negotiation, decision making, and coping skills of youth to resist risky behaviors. Also, club development/volunteer management to facilitate the organizing and managing of community and school based clubs were implemented. Additionally, volunteers were trained to work with youth in clubs to provide variety of educational, cultural, and citizenship opportunities.

Additionally the Youth, Family, Nutrition, Health Fitness Wellness and Obesity planned program addressed issues facing the family. Educational programs were implemented on providing an understanding of the social, cognitive, emotional, and physical development of children and families. Developing parenting skills, quality child care, and afterschool programs that promote quality learning environments were addressed in the planned program area.

Family Resource Management emphasized exploring strategies to assist youth and adults in families to obtain and manage money and financial resources effectively to meet present needs and future goals. Another area of the planned program focused on nutrition, health, fitness, wellness, and obesity. Current trends in obesity among African-American children, youth and adults remains the highest among all ethnic groups in Mississippi. Since obesity starts early in childhood and extends into the adolescent years and possibly into adulthood. Intervention and or prevention strategies are necessary in addressing this issue. Nutrition behavior modification with healthy eating and increased physical activity are contributing factors to the prevention and management of obesity in all population groups. Also, research conducted will be translated into practical application and disseminated to youth and families.

2. Brief description of the target audience

The target audience are at-risk youth, limited-resouce families, and youth.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	400	600	2500	1600
Actual	1082	703	8751	3425

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	1	
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Conduct educational programs, events and activities on risky behaviors affecting youth

Year	Target	Actual
2010	15	77

Output #2

Output Measure

- Conduct educational programs, events and activities on developing career pathways, workforce and business development

Year	Target	Actual
2010	15	86

Output #3

Output Measure

- Conduct career/ workforce and business development educational sessions in local schools and communities

Year	Target	Actual
2010	20	41

Output #4

Output Measure

- Conduct leadership development educational programs, events and activities to provide opportunities at the county, regional, state and national level

Year	Target	Actual
2010	10	172

Output #5

Output Measure

- Involvement of minority youth in county, state, district and national 4-H leadership activities and events: Youth leadership Academy; 4 H: Achievement Day, State Club Congress, Mississippi State Fair, National 4-H Conference and National 4-H Congress.

Year	Target	Actual
2010	20	15

Output #6

Output Measure

- Identify community learning projects to provide opportunities for youth leaders to develop community projects
Not reporting on this Output for this Annual Report

Output #7

Output Measure

- Conduct science, technology and environment programs events and activities to attract the interest of youth in educational fields

Year	Target	Actual
2010	5	5

Output #8

Output Measure

- Conduct educational programs, events and activities on family financial resource management

Year	Target	Actual
2010	5	2

Output #9

Output Measure

- Conduct educational programs, events and activities on effective parenting practices
Not reporting on this Output for this Annual Report

Output #10

Output Measure

- Implement a series of family management institutes for limited resource families and youth

Year	Target	Actual
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2010 3 0

Output #11

Output Measure

- Implement a series of family management institutes for limited resource families and youth

Year	Target	Actual
2010	4	0

Output #12

Output Measure

- Conduct educational programs, events and activities on characteristics of quality childcare, selection, afterschool programs, and effective childcare learning environments
Not reporting on this Output for this Annual Report

Output #13

Output Measure

- Conduct research on nutrition, health, wellness, obesity and opportunities for physical fitness on youth and adult.

Year	Target	Actual
2010	1	1

Output #14

Output Measure

- Conduct nutrition and health and wellness seminars for limited resource youth and adults

Year	Target	Actual
2010	3	3

Output #15

Output Measure

- Disseminate information about nutrition, chronic diseases and weight management

Year	Target	Actual
2010	3	8

Output #16

Output Measure

- Conduct educational programs, events and activities on nutrition, and physical fitness to improve health related diseases among limited resource youth and adults

Year	Target	Actual
2010	5	17

Output #17

Output Measure

- Conduct demonstrations and disseminate information related to physical fitness and weight management

Year	Target	Actual
2010	10	3

Output #18

Output Measure

- Conduct educational programs, events and activities on food safety practices to preserve food quality and food sanitation

Year	Target	Actual
2010	4	1

Output #19

Output Measure

- Develop presentations on research results on nutrition, chronic diseases and physical fitness; via seminars, summits and conferences

Year	Target	Actual
2010	4	1

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Increase the number of youth who resisted risky behavior that impacts their social and educational development.
2	Increase the percentage of youth skills developed and utilized for career, workforce and business development.
3	Increase in number of minority youth competing in leadership competitions, youth events, activities and community projects
4	Percent of limited resource parents and caregivers to involve children in library and book clubs programs to improve literacy among children
5	Increase in the number of trained volunteer leaders to organize and manage school and community youth clubs
6	Percent of limited resource participants to adopt parenting practices to improve parent/child relationships
7	Percentage of limited resource families to gain child development knowledge and skills and used to make quality decisions on child care, afterschool programs, and early childhood learning environments.
8	Percent of limited resource families and youth to utilize their skills to analyze their financial well-being and make effective financial management decisions
9	Percentage of limited resource families and youth who utilize both healthy eating practices and physical fitness to manage obesity, weight and health related diseases.
10	Percentage of participants that will use nutrition and physical fitness strategies and tips for weight management and obesity
11	Percentage of participants to utilize knowledge gained and made adjustments in their nutrition and lifestyle behaviors
12	Percentage of limited resource families who utilize tips in food preparation and storage to maintain food quality and sanitation
13	Percentage of participants who gain increased accessibility to fruit and vegetables consumption through the development of community gardens in communities.
14	Percentage of limited resource parents who gain knowledge/practices on childhood obesity for management of chronic diseases

Outcome #1

1. Outcome Measures

Increase the number of youth who resisted risky behavior that impacts their social and educational development.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	30	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Bullying is a problem that affects millions of youth every day and thousands of teens wake up terrified to go to school or leave home, fearful of being hurt by a bully. Parents, educators, and leaders now see bullying as a disturbing form of abuse that can have long-term effects on young victims, robbing them of self-esteem, isolating them from their peers, causing them to drop out of school, and causing health problems. The health problems consist of: repeated sore throat, colds, breathing problems, nausea, poor appetite, and increased risk of depression and suicide.

What has been done

In an effort to address the grave issues associated with bullying and the risky behaviors among youth ? the Alcorn State University Extension Program (ASUEP) implemented a Bullying 101 Curriculum in Claiborne, Hinds, and Rankin counties. Also, the Bullying program was implemented in Summer Enrichment Youth Camps throughout the Capital River Region (Alcorn State University, Port Gibson, Raymond, Jackson, and Brandon). More than 175 youth were reached as a result of the Bullying Program.

Results

As a result of implementing the Bullying Program, over 90 % of the participants were fully involved in the hand-on activities, role plays, and personal testimonials. Fifty percent of the participants used what they learned and reported bullying incidents that had occurred to them. Also, 100% of the youth increased awareness of the aforementioned issues associated with bullying in schools, communities, and home. As a result of utilizing the questioning and answering strategies, 158 youth stated that they gained knowledge of how not to become a bully, or to engage in the risky behaviors associated with bullying another person. Through observation, 158 youth demonstrated they were willing to change behavior that could be harmful to their social and educational development.

4. Associated Knowledge Areas

KA Code	Knowledge Area
802	Human Development and Family Well-Being

Outcome #2

1. Outcome Measures

Increase the percentage of youth skills developed and utilized for career, workforce and business development.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	20	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to the Bureau of Labor Statistics, the national unemployment rate is 10.0%, as compared to the state of Mississippi which is 9.5%; locally in Claiborne County it is 13.5%. Most young people entering today's workforce lack critical skills essential for success. As a result, the youth will experience lack of access to higher paying jobs for future workforce and they may not be equipped to compete in this global economy.

What has been done

To address the aforementioned issues that youth are facing, the Alcorn State University Extension Program (ASUEP) has implemented a series of Career Development Programs at the Port Gibson Middle School (Claiborne); Jefferson County High School; and the Bolton Boys & Girls Club (Hinds). The programs involved Workforce Preparedness and CHOICES. There were approximately 250 youth that benefited from the Career Development Programs.

Results

Upon completion of the Career Development Programs, youth achieved the skills and tools required to enter today's competitive workforce. Pre-and post-tests were administered and the results showed: 50% of the youth scored below 60 on the pre-tests and 80% scored 70 and above on the post-tests. Also, 20 percent or 50 youth gave personal testimonials which stated, "The programs improved their job seeking skills that assisted them in securing part-time jobs which generated an increase in their family's annual household income."

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #3

1. Outcome Measures

Increase in number of minority youth competing in leadership competitions, youth events, activities and community projects

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	25	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

One of the most pressing issues facing youth serving organizations today is how to best facilitate the development of our youth. The future of the nation will soon rest in the hands of today's youth. To become productive and contributing individuals of society who can be effective and hands-on in determining the course of tomorrow's world, our youth must develop positive leadership knowledge, communication skills, attitudes, team building skills, and goal-setting.

What has been done

The Alcorn State University Extension Program implemented a Youth Leadership Development (YLD) Program that consisted of a series of hands-on interacting lessons: Leadership 101, Team Building, Problem Solving, and Effective Communication. The YLD program was implemented at Impact Alcorn Summer Youth Camp at Alcorn State University, and the Boys & Girls Clubs in Natchez, Mississippi. Approximately 144 students benefited from the Youth Leadership Development Program.

Results

After administering and analyzing the data from the evaluations, the youth gained knowledge of leadership skills, communication skills, and team building skills. One hundred percent (100%) of the youth stated that they gained knowledge of how to become a leader within their schools and communities. Several youth demonstrated critical thinking skills such as comparing and contrasting similarities and differences.

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #4

1. Outcome Measures

Percent of limited resource parents and caregivers to involve children in library and book clubs programs to improve literacy among children

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	15	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The Georgetown Library in Georgetown, Mississippi was experiencing low attendance in outreach programs. The librarian asked for assistance from the Alcorn State University Extension Program (ASUEP) to increase youth participation in outreach programs. There was a concern with youth becoming involved in risky behavior.

What has been done

Alcorn State University Extension Program began a 4-H Club in the Georgetown Community. Each month we meet at the community library and discuss peer pressure, character education, and decision making skills. Also, the club members engage in arts and crafts.

Results

The youth in Georgetown, Mississippi have transformed and are well on their way to becoming productive adults, because of the skills provided through 4-H. When the club began we had one member, but now the club has 10 members and four volunteers. They enjoy the self-esteem that being a member of 4- H provides. Youth who were too shy to speak in public will now lead the group discussions. The community is becoming more involved with the youth.

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #5

1. Outcome Measures

Increase in the number of trained volunteer leaders to organize and manage school and community youth clubs

Not Reporting on this Outcome Measure

Outcome #6

1. Outcome Measures

Percent of limited resource participants to adopt parenting practices to improve parent/child relationships

Not Reporting on this Outcome Measure

Outcome #7

1. Outcome Measures

Percentage of limited resource families to gain child development knowledge and skills and used to make quality decisions on child care, afterschool programs, and early childhood learning environments.

Not Reporting on this Outcome Measure

Outcome #8

1. Outcome Measures

Percent of limited resource families and youth to utilize their skills to analyze their financial well-being and make effective financial management decisions

2. Associated Institution Types

- 1890 Extension
- 1890 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	12	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Each year America's high schools graduate thousands of young adults who are unprepared in matters of employment and financial decisions. According to the National Endowment for Financial Education, financial illiteracy is expensive to both individuals and society. Young adults are particularly vulnerable because they are most likely to make significant purchasing decisions soon after they graduate from high school. This fact is of special concern for teenagers who move out of their family home and those who work full-time. These teenagers will increase their purchases of food, housing, utilities, furnishings, appliances, and insurance. Young adults are not well prepared to make these purchases wisely.

What has been done

To combat these alarming issues, the Alcorn State University Extension Program (ASUEP), Mississippi State University Extension Services (MSUES), and the Money Mentors Volunteers implemented a Financial Management curriculum entitled, "The Real World". This program was implemented at Porter Chapel Academy, Warren Central High, and Vicksburg High School in Vicksburg, MS. In addition, the program was implemented at the Claiborne County Vocational Center in Port Gibson, MS. The Real World is an active, hands-on experience that gives young people the opportunity to make lifestyle and budget choices similar to those they will make as adults. Approximately 538 youth participated in the Real World program.

Results

As a result of implementing the Real World Program, the youth simulated real-life experiences to help make them aware of the money management skills they need to survive as an adult. Also, the students gained knowledge of different occupations, salaries, financial choices, and opportunities they will need to support their families as an adult.

Throughout the duration of the program, students assume the role of a 25-year-old adult who is the sole income provider for a family. They receive an occupation, monthly salary, and the number of children they are raising. Students learn to subtract savings, taxes, and health insurance amounts from their income. The amount of money left over is what they have to spend during the simulation activity. The simulation involves community volunteers who represent actual businesses in the community; these volunteers set up and staff booths representing real-life businesses. By visiting the appropriate booths, students spend their salaries on items typically found in a monthly budget including housing, utilities, groceries, insurance, childcare, and transportation. Throughout the activity, students keep track of their finances and attempt to complete the simulation with a positive balance. During the post-simulation lesson, students reflect on their experience and what they learned by completing a self-assessment.

4. Associated Knowledge Areas

KA Code	Knowledge Area
802	Human Development and Family Well-Being

Outcome #9

1. Outcome Measures

Percentage of limited resource families and youth who utilize both healthy eating practices and physical fitness to manage obesity, weight and health related diseases.

Not Reporting on this Outcome Measure

Outcome #10

1. Outcome Measures

Percentage of participants that will use nutrition and physical fitness strategies and tips for weight management and obesity

Not Reporting on this Outcome Measure

Outcome #11

1. Outcome Measures

Percentage of participants to utilize knowledge gained and made adjustments in their nutrition and lifestyle behaviors

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	16	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Kids today are obese and less fit than previous generations. The rate of childhood obesity began to level off around 2006, but remains high at approximately 16%. Research shows that overweight children are more likely to become overweight or obese adults. Being overweight as a child even puts youngsters at risk for cardiovascular disease and type 2 diabetes at a young age.

What has been done

Women, Infants, and Children, is a special supplemental food program for pregnant, breastfeeding, and post-partum women, infants, and children under five years of age. WIC helps

you and your baby get healthy foods and healthy advice in the first years of life. To be eligible for the program, a woman, infant, or child must meet the income guidelines and be at-risk for one or more of the following medical problems: low iron levels in the blood (anemia), underweight, overweight, or poor diet. A nurse or nutritionist will determine if an applicant is eligible for the WIC program. After becoming eligible for the program, each participant is required to take a nutrition class every three months that is being taught by Alcorn State University Extension Program (ASUEP) before receiving their food packets.

Results

The ASUEP worked diligently with the Madison County Health Department to ensure the success of this program. There was three African American families that participating in the WIC nutrition class at the Madison County Health Department. Only one African American family admitted to not properly using WIC products in their home .The Hispanic female stated "she only wanted the milk products?". After taking two WIC nutrition lessons, both families decided to stocked up on a variety of healthy foods, eat together as a family, talk and enjoy each other's company rather than sitting in front of the television, use portion sizes and foods that are right for their children at his/her current stage of life, and look for healthy foods and recipe ideas. In addition, she makes less trips to the doctor because of the positive changes that she has made thanks to the mandatory WIC nutrition class at the Madison County Health Department.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #12

1. Outcome Measures

Percentage of limited resource families who utilize tips in food preparation and storage to maintain food quality and sanitation

Not Reporting on this Outcome Measure

Outcome #13

1. Outcome Measures

Percentage of participants who gain increased accessibility to fruit and vegetables consumption through the development of community gardens in communities.

2. Associated Institution Types

- 1890 Extension
- 1890 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	5	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In Adams County, eight percent (8%) of the population are elderly, with a documented fixed income in the low income range. According to 2008 census, the high cost of fruits and vegetables can have a negative impact on the budget of elderly individuals. The consumption of fruit and vegetables has been linked to the reduction of nutrition related chronic diseases such as hypertension, heart disease, strokes, type 2 diabetes, and in some instances obesity among elderly.

What has been done

Alcorn State University Extension Program (ASUEP) established the Natchez Farmers Market to promote business development and provide fresh fruit and vegetables to consumers of Adams and include Jefferson, Franklin, and Wilkinson counties. ASUEP partnered with the Mississippi Department of Agriculture and Commerce, and the Southwest Mississippi Area on Aging Agency to address the lack of access and consumption of fresh fruit and vegetables among the elderly through the implementation Farmers? Market Senior Nutrition Program. This program was designed to increase access of fresh fruits and vegetables among the elderly who often do not have the income to purchase produce which leads to less consumption. In 2007, the first year 200 seniors benefited from the voucher program and as of the closing of production season 2010, there were approximately 500 seniors benefiting from the program. Also, educational programs were implemented to promote fruit and vegetable preparation to retain nutrient value and decrease the use of fats and salt.

Results

Results from the survey indicated 98% of the 200 elderly participants indicated that the Farmers Market Voucher Project increased their access to fresh fruits and vegetables. Seventy-eight percent of the 200 participants indicated the consumption of fruit and vegetables contributed to improvement in self-management skills for existing nutritional related diseases. Fifty-two percent of the participants stated they gained knowledge regarding food preparation techniques to decrease the use of fat, salt, and sugar. One hundred percent of the participants stated they would share the information gained with their friends regarding the preparation and consumption of fresh fruits and vegetables, and inform other elderly consumers to take advantage of the Farmers? Market Senior Nutrition Program.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #14

1. Outcome Measures

Percentage of limited resource parents who gain knowledge/practices on childhood obesity for management of chronic diseases

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Other (Relocation of youth)

Brief Explanation

External factors that may affect the outcome of these programs are the shift or change in staffing patterns and resources available to conduct the various educational session activities and events. Natural disasters such as: hurricanes, tornados and floods that cause families to relocate and cause economic distress. Youth and families participating in the program can leave programs because of relocation of the family (youth leaving the school district, parent relocating because of employment). Parents or guardians not giving youth permission to participate in the program (lack of parental consent). Policy changes in local and state public and private schools counties and the availability of transportation for participants could affect program implementation.

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

1. Evaluation Studies Planned

- Before-After (before and after program)

Evaluation Results

{No Data Entered}

Key Items of Evaluation

{No Data Entered}