

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

**Program # 7**

**1. Name of the Planned Program**

Health and Wellbeing

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

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
702	Requirements and Function of Nutrients and Other Food Components	5%		5%	
703	Nutrition Education and Behavior	20%		20%	
704	Nutrition and Hunger in the Population	20%		20%	
724	Healthy Lifestyle	20%		20%	
801	Individual and Family Resource Management	20%		20%	
802	Human Development and Family Well-Being	10%		10%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	5%		5%	
	<b>Total</b>	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	7.0	0.0	1.1	0.0
Actual	6.0	0.0	2.5	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
361537	0	37923	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
361537	0	37923	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

During the FY 2010 window, more than 11,000 children and 2,000 adults completed four or more lessons on healthier eating on a limited budget. We are now able to show that programming is resulting in improvement of knowledge and practices. The activities of this project make children and their parents aware of the caloric impacts of foods. The project also informs families of alternatives for high fat, high simple sugar snacks.

The validity and, in fifth grade students, reliability of the survey instrument used by the Cooperative Extension Service for its school based nutrition and fitness intervention programs was established. This will strengthen and enhance the reporting data. The effectiveness of nutrition and fitness programs in New Mexico public schools will be measured. The school based nutrition and fitness programs in New Mexico have great potential to reverse the trend of childhood overweight and obesity in New Mexico.

Over 600 people have been served under the Healthy Relationships effort. Nearly 400 fathers have been served in the responsible fatherhood initiative. The number of children reached under these initiatives is over 1300. The number of depth of extended family members who have benefited from these programs is immeasurable.

36 parenting class series (each lasting 4 months) were offered for teen parents, single parents, grandparents raising grandchildren, families involved with the criminal justice system, and families dealing with substance abuse in 6 counties in New Mexico. 450 parents and 456 children participated. In addition, 6 class series were offered to incarcerated fathers in Doña Ana County. 148 fathers and 388 children participated. Parents showed significant improvements on all assessment tools. They had significant increases in empathy for children's needs, and knowledge of effective discipline techniques. They showed significant decreases in belief and use of corporal punishment, reversal of parent-child roles, and inappropriate expectations of children. We achieved a 70% retention rate in the classes and found no significant differences between those who completed and those who dropped out. This research has added to the body of knowledge about the positive effects of parenting education. Much of the earlier research focused on white, middle-class mothers. The current research was conducted with Hispanic, low-income families including both mothers and fathers.

- 10,551 New Mexico Youth participated in school based nutritional programs (Organ Wise Guys, KidsCan and Just be it!) that promote science based nutrition decisions and physical activity. 95 % of students have shown knowledge increase in nutrition, implementing of healthy choices and the food

pyramid.

- Approximately 16,160 New Mexicans have been impacted by the Extension ICAN (Ideas for Cooking and Nutrition) program. Impacts include healthier life-style choices that promote healthy life long eating habits and the reduction of chronic disease later in life.

- 48 Kitchen Creations cooking schools (approximately 17,500 participants) were held in 23 counties, 3 were taught in Spanish and 6 held in Native American communities. 78% of Kitchen Creations participants indicated they understand the strategies necessary to plan and prepare healthy meals while 100% of participants stated Kitchen Creations helped them manage their diabetes.

- 47,597 New Mexico residents received Baby's First Wish newsletter.

- 150 parents graduated from parenting programs held across the state. 95-100% of participants indicated increased knowledge in behavior management, child development, food allergies, financial assistance, discipline, child abuse and neglect, and food safety.

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

The target audience includes: teenage mothers, low-income families, families suffering social stress, mal- or undernourished families, diabetics.

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

**2. Number of Patent Applications Submitted (Standard Research Output)**

**Patent Applications Submitted**

Year: 2010

Plan: 0

Actual: {No Data}

**Patents listed**

{No Data Entered}

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

<b>2010</b>	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	3	1	
<b>Actual</b>	3	1	0

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

**Output Target**

**Output #1**

**Output Measure**

- The specific output measures will vary according to the specific project being monitored. The development of research procedures and technology, training of students, publishing research papers, and disseminating research results via educational workshops, conferences, and Extension media are important outputs for the various projects falling under this planned program.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2010	0	0

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

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

O. No.	OUTCOME NAME
1	# of research papers
2	# of Extension publications
3	# of trained professionals
4	% diabetics adopting NMSU recommendations regarding nutrition

**Outcome #1**

**1. Outcome Measures**

# of research papers

**2. Associated Institution Types**

- 1862 Research

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2010	1	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
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

## **Outcome #2**

### **1. Outcome Measures**

# of Extension publications

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	3	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**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

### **Outcome #3**

#### **1. Outcome Measures**

# of trained professionals

#### **2. Associated Institution Types**

- 1862 Research

#### **3a. Outcome Type:**

Change in Action Outcome Measure

#### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	2	20

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

**Issue (Who cares and Why)**

**What has been done**

**Results**

#### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

## **Outcome #4**

### **1. Outcome Measures**

% diabetics adopting NMSU recommendations regarding nutrition

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Action Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	70	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**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

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

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

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

### **Brief Explanation**

{No Data Entered}

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

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

- Before-After (before and after program)
- During (during program)
- Time series (multiple points before and after program)
- Case Study
- Comparisons between program participants (individuals, group, organizations) and non-participants
- Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.
- Comparison between locales where the program operates and sites without program intervention

### **Evaluation Results**

{No Data Entered}

### **Key Items of Evaluation**

{No Data Entered}