

V(A). Planned Program (Summary)

Program # 13

1. Name of the Planned Program

Human Health and Well-Being

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
724	Healthy Lifestyle		100%		
	Total		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	6.0	0.0	0.0
Actual	0.0	6.0	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
0	375083	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	178897	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	22803	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Partner with local agencies to provide health screenings and health fairs
 Recruit participants for educational classes focusing on chronic diseases
 Exhibit educational displays at various sites
 Conduct workshops and conferences in local communities.

2. Brief description of the target audience

- Faith-Based groups
- Families and individuals
- Senior groups
- Housing residents
- Worksite employees

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	1000	1500	150	200
Actual	1250	43026	4280	550

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

- Conduct educational programs on chronic illnesses, participants attending conferences/seminars, individuals receiving free health screenings, disseminate newsletters via website

Year	Target	Actual
2010	1500	1600

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Increased number of individuals participating in health screenings, participants become aware of diet related diseases and prevention strategies, participants understand the importance of early diagnoses for all family members

Outcome #1

1. Outcome Measures

Increased number of individuals participating in health screenings, participants become aware of diet related diseases and prevention strategies, participants understand the importance of early diagnoses for all family members

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	2200	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The prevalence of obesity and its relationship to chronic illnesses has increased in the majority of families.

Research indicates that the baby boomers will outlive their children due to the increase of childhood obesity, lack of physical fitness and health care. Reports indicate that Texas has one of the highest uninsured populations.

Therefore, more partnerships are being established to address these issues as identified in the NIFA goals and First Lady Michelle Obama's Let's Move initiative.

What has been done

Extension staff have collaborated with a variety of agencies and organizations to meet the nutritional and health needs of youth and adults. The OrganWise Guys Comprehensive School Program was implemented in five counties in an effort to teach the value of nutrition and fitness to elementary school youth. This interactive, crosscurricular program uses fun characters based on the organs of the body to teach children how to make positive health and fitness choices.

Working with local community agencies, walk-a-thons and dance-a-thons were conducted to encourage and challenge youth and adults with physical fitness activities. Also health screenings and H1N1 presentations were conducted throughout the counties to meet the needs of underrepresented and underserved audiences.

Results

Master Wellness Volunteers were trained on health and nutrition and all passed the certification exam. Families have adopted healthy eating. OrganWise Guys student participants indicated that before the program only 20% brought their lunches, but after the program 60% brought their lunch

instead of buying fast food at school. More individuals and families are preparing meals instead of eating fast food. The incorporation of physical fitness into daily routines has been adopted. Significant weight loss was reported. Classroom Teacher Survey Report for OrganWise Guys revealed: 95% of students understood the information; 100% of teachers integrated classroom objectives; 100% of teachers would recommend this program; and 100% of teachers are interested in bringing back the program.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)
- Other (CEP staff changes)

Brief Explanation

Inadequate and unsafe places for walking and other physical fitness activities for families.
Convenience of fast food restaurants.
Population changes
Lack of affordable health care

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

1. Evaluation Studies Planned

- Before-After (before and after program)
- During (during program)

Evaluation Results

Increase in number of individuals who received free screening. Over 400 elementary school students participated in AG Field Day Physical Fitness and Obesity Prevention. 1900 elementary youth participated in the OrganWise Guys program. 1000 youth and adults participated in walking/dancing physical fitness activities. Significant increase in indirect contacts due to regular TV programs, health fairs, newsletters and educational hand-out materials. Customer Satisfaction surveys for Master Wellness Volunteers indicated: 100% were completely or almost completely satisfied with the training; 100% plan to take actions or make changes based on information learned; 50% anticipate benefitting economically as a direct result of what they learned.

Key Items of Evaluation

Childhood obesity
Physical fitness
Chronic illnesses
Lack of health care for limited resource families