

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
702	Requirements and Function of Nutrients and Other Food Components	0%		100%	
703	Nutrition Education and Behavior	50%		0%	
724	Healthy Lifestyle	50%		0%	
	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
Actual	17.9	0.0	0.5	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
338782	0	73826	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
338782	0	73826	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
1529762	0	189966	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Nutrition education programs targeting youth and their caregivers were conducted. The Smart Bodies Program (a nutrition and physical activity program) was implemented in Louisiana through the 4-H

program and with elementary school students.

2. Brief description of the target audience

Louisiana youth in grades K-5; 4-H'ers, elementary school teachers, and caregivers.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	{NO DATA}	{NO DATA}	{NO DATA}	{NO DATA}
Actual	72364	65523	432393	99656

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

Patent Applications Submitted

Year: 2010

Plan:

Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2010	Extension	Research	Total
Actual	0	8	8

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of Web page views

Year	Target	Actual
2010	{No Data Entered}	95910

Output #2

Output Measure

- Number of Web page visits

Year	Target	Actual
2010	{No Data Entered}	83000

Output #3

Output Measure

- Number of youth reached with Smart Bodies Program

Year	Target	Actual
2010	{No Data Entered}	64667

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Louisiana youth and their caregivers adopt healthy lifestyle behaviors which will lead to reduced incidence of childhood obesity.

Outcome #1

1. Outcome Measures

Louisiana youth and their caregivers adopt healthy lifestyle behaviors which will lead to reduced incidence of childhood obesity.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action 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)

Louisiana ranks 5th (20.7%) in childhood obesity in the nation and 5th in adult obesity (30.6%). Food choices of LA children lead to these individual being overweight which predisposes them to increased rates for many diseases, including diabetes, heart disease, and respiratory diseases. Underpinning these statistics is poverty. Louisiana has the 2nd highest poverty rate nationally (19.6%). Greater than 26% of its children live in poverty, the 2nd highest rate in the nation and highest in the South.

What has been done

Extension agents and specialists received training on the health risks of obesity and the benefits of breastfeeding. To decrease childhood obesity, research emphasized: child preferences for healthy choices, adolescent snacking, omega-3 fat and resistant starch benefits. Extension's Smart Bodies (SB) program, a nutrition education and physical activity program, was put in schools. SNAP-ED piloted Family Nutrition Nights for parents and students. A school garden-based nutrition education program was developed by extension faculty.

Results

Nutrition education targeted youth/teens. With volunteers, SB reached 64,667 K-5th youth and 2,402 teachers. Smart Choices was delivered to 13,763 youth and 6,813 adults resulting in increased consumption of fruits, vegetables, whole grains, increased physical activity and decreased consumption of high fat foods. In a school setting, repeated tastings of unfamiliar fruits/vegetables increased preferences for these. SNAP-ED held 15 Family Nutrition Nights; school garden-based nutrition education programs were at >50 schools. Snacking behaviors of adolescents were associated with reduced risk for overweight. Infants of women who ate omega-3 fatty acids of fish were leaner than infants of women not eating fish. LA has crops that are good sources of starch that is not fully digested; that starch was shown in animals to decrease body fat,

providing a foundation for future human trials.

4. Associated Knowledge Areas

KA Code	Knowledge Area
702	Requirements and Function of Nutrients and Other Food Components
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
- Public Policy changes
- Government Regulations
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

The Gulf oil spill and the state's plummeting economy significantly influenced the LSU AgCenter's program direction during FY2010. Competition for limited resources and competing public priorities resulted in a shifting of programmatic efforts to address the most pressing needs of Louisiana residents.

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

1. Evaluation Studies Planned

- After Only (post program)
- Before-After (before and after program)
- Time series (multiple points before and after program)
- 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

Key Items of Evaluation