

V(A). Planned Program (Summary)

Program # 9

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
703	Nutrition Education and Behavior	50%			
704	Nutrition and Hunger in the Population	50%			
	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
Actual	8.0	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
167578	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
167578	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
1321801	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Nutrition Activities: Nutrition for Children, Nutrition for Teens, 4-H Healthy Living ChallengeThe Nutrition Connections Program (EFNEP) is delivered to youth through in school, after school, and youth-related organizations.

2. Brief description of the target audience

Low income and food stamp-eligible youth 4-H youth development club and after school participants (ages 5 - 18) Parents of low income and food stamp-eligible youth

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	0	0	5823	0

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	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- # of youth who learn how to choose foods according to the Pyramid and Dietary Guidelines

Year	Target	Actual
2010	{No Data Entered}	4823

Output #2

Output Measure

- # of youth participating in New Hampshire's Youth Voice: Youth Choice Challenge

Year	Target	Actual
2010	{No Data Entered}	1000

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	# of youth who learn how to choose foods according to the Pyramid and Dietary Guidelines
2	# of youth gaining understanding of the "5210 plan" for healthy eating, active living

Outcome #1

1. Outcome Measures

of youth who learn how to choose foods according to the Pyramid and Dietary Guidelines

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	{No Data Entered}	4823

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Nutrition Connections consists of two federal nutrition initiatives, EFNEP (Expanded Food and Nutrition Education Program) and SNAP-Ed (Supplemental Nutrition Assistance Program Education), whose key mission is to provide education to low-income audiences in the areas of nutrition, food budgeting/shopping, cooking, and food safety. Because we are able to work with people of all ages, the form and content of our programs vary greatly. We are also able to adapt our programs to accommodate the needs of specific populations using a variety of teaching materials, curricula, and publications. Nutrition Connections focuses on improving short and long term outcomes. Individuals gain awareness and knowledge to apply skills and/or change behaviors.

What has been done

A total of 4823 youth, in 218 groups, participated in a series of lessons. Youth from pre-school through high school were reached in school, after-school settings and other youth related organizations. EFNEP programming reached 1194 youth and SNAP-Ed programming reached 3629 youth.

Three hundred and fifty-three (353) volunteers extended the resources of Nutrition Connections contributing 1.4 FTE for youth programming and 0.5 FTE for adult programs.

Nine staff provided EFNEP and SNAP-Ed programming in eight counties this past year. Staff formed 63 agreements with agencies and organizations and served on 32 coalitions. A total of \$824,211 grant dollars and \$217,929 in funds to enhance programs in local areas were used to compliment the overall programming by Nutrition Connections.

Results

Observations of students from teachers hosting a nutrition series include:

- Eating more fruits and vegetables. Bringing in healthier snacks and having daily conversations about healthier food choices. Trying new foods at lunch time.
- A significant number of children made healthier milk choices as a result of these lessons. Many children switched from whole, 2% and sweetened milks to 1% or skim milk.
- More children are going home and teaching their families what they have learned.
- More kids eat breakfast.

Observations of students from teachers hosting a nutrition series include:

- Spend more of recess playing not just talking.
- Added more physical activity to our school day.
- More students walking the walking path during recess

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population

Outcome #2

1. Outcome Measures

of youth gaining understanding of the "5210 plan" for healthy eating, active living

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	{No Data Entered}	141

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Rising health care costs affect the economic vitality of NH; from government, business, and non-profit agencies to families and individuals. Causes and factors related to these increased costs are complex; long-term and multi-faceted solutions are needed. One action-to slow or reverse sedentary lifestyle and the increasing prevalence of overweight and obesity ? can help reduce costs and enhance the health and well-being of NH citizens.

What has been done

Health has always been a core commitment of 4-H, and is one of the H's in the 4-H pledge. 4-H strives to engage youth and families in a dynamic process of healthy living so they are physically, emotionally, and socially prepared to meet the challenges of the 21st century. 4-H Clubs are spreading the word about healthy choices through the use of their youth voices.

"The Youth Voice ? Youth Choice Healthy Living program sponsored by National 4-H Council with funding from the Wal-Mart Foundation provided \$50,000 grants to 15 grantee sites across the United States and Puerto Rico. Each of the 15 grantees provided programming related to physical activity/fitness, nutrition and healthy eating, and/or personal safety. Many of the programs had an explicit intention to engage teens as teachers and facilitators of programs for younger children.

New Hampshire's Youth Voice: Youth Choice Challenge targeted 1000 youth for participation in one or more of the project goals. Four project goals included:

?4-H clubs, after-school programs, existing forums and 4-H projects emphasize nutrition, physical activity and wellness. Participants learn and understand basic concepts.

?Participants practice and maintain learned wellness practices through personal action plans.

?Participants act locally by identifying community resources and accessibility gaps, joining local wellness projects and initiatives, raising public awareness, and/or leading by example.

?County rodeo round-up events provide a venue for youth to showcase their 4-H healthy living projects, recognize success, increase public awareness and provide recognition of partners including the Walmart Healthy Living Foundation, National 4-H Council and local partners.

Results

This project provided the NH 4-H Youth Development program with tools and resources to establish a focused effort on Health. It generated excitement within the 4-H staff team, and among partnering afterschool programs across the state. It also provided us with a way to establish a base-line of information about where our 4-H youth in terms of understanding and practice of basic nutrition, physical activity and safety practices. Although we don't yet have results of the national survey, our own survey related to the state ?5210? plan provides us with some information to guide future program direction:

4-H participants show an understanding of the ?5210 plan? for healthy eating, active living.

?In a survey completed by a cross-section of 141 4-H youth from five NH counties, 86% (n=124) think that ?healthy living? means making good decisions about what I eat; 63% (n=89) think it means following safety rules; 80% (n=113) think it means being physically active; 77% (n=109) think it means eating more fruits and vegetables each day; 70% (n=109) think it means limiting the time spent watching TV or playing computer games; and 67% (n=95) think it means eating fewer sugary drinks and snacks.

?When asked the meaning of the ?5210 plan?, 53% (n=74) of these same youth correctly identified ?1? in the statement ?get ___ or more hours of physical activity; and 41% (n=58) correctly identified ?2? for the limit of hours watching TV or playing computer games. The youth did better identify ?0? for amount of sugary drinks and snacks (68%, n=96); and ?5? for number of servings of fruits and vegetables (81%, n=115).

There are three identified outcomes that were not expected:

?Parent enthusiasm - Staff report they did not expect the project to be received as enthusiastically as it has been. Seeing parents excited about their child's experiences and reactions, and seeking ways to become more involved themselves was a pleasant surprise. Some parents have asked to be involved in program activities with their children, including the walking program in Merrimack County. Parents in Belknap County requested pedometers to track their

own success after watching their children have fun learning about healthy active choices. As a result, county staff are considering ways to initiate more family outdoor activities, perhaps in partnership with the NH Parks program.

?Community response ? The project has helped community organizations better understand the 4-H program and mission, and recognize new opportunities for collaborative work. One youth serving agency in northern NH read about the program in the paper and has asked to collaborate in the future.

?Staff enthusiasm ?Staff show great appreciation for the tools and resources made available to their county programs through the project. There is a sense of direction in making the H? for Health more prominent in the day-to-day planning and approaches of volunteers and staff. Staff have rallied around the project wherever possible and unanimously agreed to add a category for ?4-H Healthy Living? to the statewide annual poster contest.

In one afterschool program, enrollment was high for a martial arts club, but low for the 4-H Healthy Living. Working with the martial arts instructor, project staff arranged a joint program. The participants loved the combination of healthy eating with physical activity and the instructor was amazed at the positive results. The youth have formed a Tae Kwon Do 4-H Healthy Living team and have brought the message of nutrition, healthy choices and active lifestyle out to the public through performances at their school, malls and public gatherings. We never expected ?youth voices? could be so well expressed and heard through a partnership of such diverse programs.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Appropriations changes
- Competing Public priorities

Brief Explanation

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

1. Evaluation Studies Planned

- After Only (post program)

Evaluation Results

Key Items of Evaluation