

V(A). Planned Program (Summary)

Program # 5

1. Name of the Planned Program

Childhood Obesity, Nutrition, and Healthy Lifestyles

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%		
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources		20%		
722	Zoonotic Diseases and Parasites Affecting Humans		20%		
723	Hazards to Human Health and Safety		20%		
724	Healthy Lifestyle		20%		
	Total		100%		

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2011	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	4.0	0.0	0.0
Actual Paid Professional	0.0	4.0	0.0	0.0
Actual Volunteer	0.0	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
0	251861	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	234786	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	329136	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

TUCEP established the Summer Health and Fitness Academy (SHAFA), a five-day camp that targets youth in grades 5-9 with a curriculum of hands-on learning activities on healthy diets and lifestyles. The program was expanded to educate kids on career choices, money management, basic social etiquettes, and the importance of physical exercise through dance or other sporting activities. Ninety-eight (98) kids from seven black-belt counties were registered for the 2011 camp (Macon 10, Bullock 19, Lowndes and Wilcox 29, Green and Hale 26, and Sumter 14). Participants gained knowledge in the areas of nutritious diets, to include fruits and vegetables, whole grain, calcium and the importance of reducing fat and added sugar intakes. The youth participants were able to develop and practice strategies for making healthful food choices in real-life settings and to enhance daily physical activity and understand the importance of continued healthy physical activity.

TUCEP recognizes the continuing need for programs to increase understanding and knowledge among citizens on the prevalence and prevention of cancer, heart disease, high blood pressure, and high cholesterol. The Fourth Annual Nutrition, Health and Physical Activity (NHPAF) Fair themed "Eat Smart, Be Active, Live Well" was an effort to promote awareness and education in the prevention of chronic diseases. The event included nutrition screenings, food preparation demonstrations, availability of Farmer's market fresh fruit and vegetable produce, fun types of physical activity, free nutritious food and clinical health screenings. Clinical screenings covered blood pressure, blood glucose, cholesterol, body fat percentages, hydration level, weight, vision, foot health, hearing, waist and hip measurements and breast self exams.

TUCEP EFNEP also reached 535 adults and 750 youth in 2011. Data reported through diet recalls show that EFNEP graduates eat more closely to My Pyramid recommendations. More than 90 percent of the adults have improved their diets, including consuming an extra cup of fruit and vegetables, improving their nutrition practices, better managing food resources, and food safety practices.

TUCEP provided two hundred and ninety eight seniors (298) from Greene and Hale County with USDA recommended nutritional educational information and demonstration of training in fitness, sports, and social involvement at the 2011 Senior Olympics event. The participants gained knowledge in motivation, movement and how to maintain physical fitness along with healthy nutrition and eating behaviors. Similar events were held for seniors in Lowndes, Macon, and Sumter Counties to help seniors adapt and maintain a moderately active lifestyle by engaging in age appropriate physical activity which can provide significant health benefits.

"Skegee Fit" was also initiated as a wellness education initiative that uses social media to target Cooperative Extension Cooperative personnel, other Tuskegee University faculty and staff, as well as close family members and friends. A closed Facebook group was developed under the Extension main page and has 42 members, including six county agents and other field staff in our service area. An additional email list of 52 has elected to participate in the initiative outside of the Facebook medium. About 100 individuals have thus received health and fitness challenges and tips as posted weekly online. Bi-monthly fact sheets have been posted as well on nutrition, fitness, and wellness. A "Line Dance Kick-off to Fitness and Healthy Living" was held on campus where approximately forty-five participants actively engaged in energetic and fun dances, while simultaneously being provided relevant science-based information

2. Brief description of the target audience

The target audience will consist of under-served and under-represented youth and adult populations in the twelve Black Belt counties of Alabama.

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

2011	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	1200	2300	970	3400

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

Patent Applications Submitted

Year: 2011

Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2011	Extension	Research	Total
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Measures will include: Participants will incorporate skills and change behaviors; the number of people who follow exercise guidelines on most days 60-minutes, 5 days a week; the percent of participants using food guide pyramids and dietary guidelines and the percent of participants reporting improved quality of life will increase.

Year	Actual
2011	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.

Outcome #1

1. Outcome Measures

Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2011	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Obesity, poor nutrition, and limited physical activity are significant health concerns particularly for minority and low-income populations. TUCEP is involved in alleviating this problem through the EFNEP partnership, Head Start/Healthy Start By Kindergarten, and the Summer Health and Fitness Academy (SHAFA) to target low-income families with young children and low-income youth.

What has been done

Through a series of assessments (of behavior, of the environment, and then of specific local factors), an ecological approach helps to diagnose the underlying causes of excessive weight gain in children. An intervention based on this approach is more likely to be effective because it focuses on changes needed at the local level to support healthy eating and active living.

Results

Head Start Staff and Center food preparers cooperate to offer preschoolers, their families, and their communities? opportunities for healthier eating, appropriate portion sizes, more physical activity, and community integration of gardening activities. SHAFA participants also gained knowledge in the areas of nutritious diets, to include fruits and vegetables, whole grain, calcium and the importance of reducing fat and added sugar intakes and were able to develop and practice strategies for making healthful food choices.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources
722	Zoonotic Diseases and Parasites Affecting Humans
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Government Regulations
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

Program outcomes were affected by economic conditions as many parents who indicated they could not afford the registration fees. Participation rates were thus significantly lower compared to the previous year.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

TUCEP EFNEP reached 535 adults and 750 youth in 2011. Data reported through diet recalls show that EFNEP graduates eat more closely to My Pyramid recommendations. More than 90 percent of the adults have improved their diets, including consuming an extra cup of fruit and vegetables, improving their nutrition practices, better managing food resources, and food safety practices. Head Start Staff and Center food preparers now offer preschoolers, their families, and their communities' opportunities for healthier eating, appropriate portion sizes, more physical activity, and community integration of gardening activities. The program has successfully implemented technology that has also allowed for teachers to reinforce preschooler's nutrition concepts in the classroom, develop critical skills in coordination, and use of computer technology. Ninety-eight (98) SHAFAs camp participants also gained knowledge in the areas of nutritious diets, to include fruits and vegetables, whole grain, calcium and the importance of reducing fat and added sugar intakes.

Key Items of Evaluation

Senior Olympics is evolving into a yearlong approach to promote increased physical activity and increased maintenance of healthy lifestyles for our Senior Citizens. Yearlong activities include home gardening, creating value added products in the home environment, fitness for the weather, tips, and field trips to area attractions. Over 500 Seniors representing ten of Alabama's Black Belt and adjacent counties have received valuable instruction from topics presented during the Senior Olympics events. Preliminary feedback received from the "Skegee fit" kick-off event also indicated an increasing number of "likes" from Facebook participants, and a clear sign and evidence that health information is acting as a catalyst toward healthier lifestyle pursuit. County offices have been calling for

inclusion of Skegee Fit in their regularly scheduled workshops, and campus-based personnel have demanded for weekly guided sessions on aerobics and line dances