

V(A). Planned Program (Summary)

Program # 1

1. Name of the Planned Program

Childhood Obesity

Reporting on this Program

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
305	Animal Physiological Processes	0%	0%	100%	0%
608	Community Resource Planning and Development	0%	7%	0%	0%
724	Healthy Lifestyle	0%	34%	0%	0%
801	Individual and Family Resource Management	10%	3%	0%	0%
802	Human Development and Family Well-Being	45%	15%	0%	0%
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	10%	3%	0%	0%
805	Community Institutions, Health, and Social Services	10%	3%	0%	0%
806	Youth Development	25%	35%	0%	0%
	Total	100%	100%	100%	0%

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	5.1	3.0	3.7	0.0
Actual Paid Professional	4.2	2.0	1.3	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
744512	700948	369843	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	0	0	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

The **Walk-a-Weigh Program**, our weight control program, was distributed to agents for their use via the Weight Control webpage. The **Walk Georgia program**, an online fitness program, was developed and offered statewide during a 12-week session. Weekly newsletters with health tips were written and distributed for the upcoming session.

Agents and American Cancer Society patient navigators were trained in September to present the **Cooking for a Life Time Cancer Prevention Cooking School**, which is funded by the American Cancer Society.

Extension nutrition specialists are now part of a USDA grant to implement an **obesity prevention program** in Colquitt County in the fall of 2013 with researchers from the College of Public Health and the College of Family and Consumer Sciences. Hopefully this research can be translated to other Extension offices in Georgia and throughout the country.

The **family life program** offered several programs on parenting skills. It provided information on nutrition, health, and community services to inmates that will be released within the next 5 years and to young caregivers and daycare providers. It educated youths and senior citizens on health. This program has worked with local, state and federal agencies in providing this information for public usage.

Agents provided news releases, newsletters, publications, and blogs. Other social media posts to relate information on parenting, youth development and childcare topics was disseminated by agents to print, online and broadcast media outlets.

Sections of the 4-H Fall Forum included the theme of **Healthy Lifestyles**. Additionally, the 4-H **Food Product Development team contest** was held, and Healthy Lifestyles was offered as a fifth grade curriculum club meeting track. The Ambassador program included Health Rocks, and each camper this summer attended a Healthy Lifestyles class. During this year's Junior Conference, each participant attended a Health Rocks class was well.

Health and nutrition workshops were held in various locations for parents, senior citizens caregivers and the youth of Georgia. Food demonstrations and interactive learning projects were the main style of teaching for this topic. Health and nutrition brochures were developed to educate the clientele

2. Brief description of the target audience

Specialists direct efforts primarily to educating and preparing county agents. As a result, agents reach parents, guardians, grandparents, childcare providers, and other caregivers of children and youth.

Extension professionals deliver educational programs for a diverse clientele including the rural disadvantaged, working homemakers, small scale family and part time farmers, community leaders, youth, small business operators, and other members of the general public in Georgia.

Parts of this planned program are targeted directly to at-risk individuals and families.

Researchers share findings with the scientific community through invited presentations and publications.

3. How was eXtension used?

Faculty working with this program provided information through the Just in Time Parenting and eXtension Alliance for Better Child Care communities of practice.

The number of individuals with eXtension IDs has continued to grow. Current membership for UGA is 524; State of Georgia membership is 605.

There are 32 active Experts from Georgia on Ask an Expert, with 13 widgets on Georgia sites. There were 558 questions answered by UGA.

There are 150 members of Community of Practice in 46 of the 69 approved communities. (Up from 125 members in 59 communities in 2011)

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	594	49	2100	0

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

Patent Applications Submitted

Year: 2012

Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2012	Extension	Research	Total
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Actual	3	0	0
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V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of significant publications including articles, bulletins and extension publications. (excluding peer reviewed articles)

Year	Actual
2012	44

Output #2

Output Measure

- Number of educational contact hours generated from formal educational programs presented to county extension agents by state faculty directly associated with this planned program.

Year	Actual
2012	1201

Output #3

Output Measure

- Number of educational contact hours generated from formal educational programs presented directly to clientele by state faculty directly associated with this planned program.

Year	Actual
2012	97813

Output #4

Output Measure

- Number of invited presentations by faculty directly resulting from the success of this planned program.

Year	Actual
2012	45

Output #5

Output Measure

- Website hits for diabetes, weight control, and cardiovascular disease.
Not reporting on this Output for this Annual Report

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Percent of people at risk for cancer who chose a lower fat or lower sodium food item.
2	Number of additional direct extension contacts made by volunteers, staff, or county agents not receiving federal funds as a direct outcome of the work of federally funded faculty associated with this planned program.
3	Percentage of program participants reporting increased knowledge after program participation.
4	Total number of youth participants that will enhance decision making skills and develop positive leadership skills, increase knowledge of science education
5	Percentage of participants that lose weight or improve fitness.
6	Number of youth enrolled in the *Health Rocks!* program

Outcome #1

1. Outcome Measures

Percent of people at risk for cancer who chose a lower fat or lower sodium food item.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	80

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The American Institute for Cancer Research states that about a third of cancers could be prevented by weight control, a healthy diet and regular physical activity. This includes eating more whole grains, fruits and vegetables, limiting sugary drinks and alcohol, reducing the intake of processed and red meat and controlling sodium intake.

What has been done

Cooking for a Life Time Cancer Prevention Cooking School

Results

Most participants report that they intend to use healthier fats, season with herbs and spices instead of fat, eat lower fat protein and dairy foods, modify recipes to make them lower in fat and sodium and higher in fiber and begin exercising more. Of those involved in the Cooking for a Life Time Cancer Prevention Cooking School, 97% find the school helpful or very helpful and 38.7%

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
802	Human Development and Family Well-Being
805	Community Institutions, Health, and Social Services
806	Youth Development

Outcome #2

1. Outcome Measures

Number of additional direct extension contacts made by volunteers, staff, or county agents not receiving federal funds as a direct outcome of the work of federally funded faculty associated with this planned program.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	102965

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Georgians are in need of sound, unbiased, research-based information. The specialists and county faculty who conduct research and study in their unique fields of expertise have the knowledge and information that is needed by local clientele. The ratio of state specialists and researchers to the local populations is prohibitive to wide spread knowledge dissemination.

What has been done

Georgia state specialists and provide research based knowledge and training that is then passed along to clientele by county agents.

Results

The county delivery system provides a local expert to deliver the research based information from the specialists to a multitude of clientele, reaching far beyond the scope of the state level specialists. The county level professional is able to localize and interpret the data and information to meet the needs of the specific community member, farmer, parent, homeowner, consumer, etc. The dissemination of information and education based on the terms of the local clientele provides a consumable product that can be put into practice by the layperson. The local delivery system exponentially expands the delivery of the expertise, knowledge, and research of the University to local constituents.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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305	Animal Physiological Processes
608	Community Resource Planning and Development
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
805	Community Institutions, Health, and Social Services
806	Youth Development

Outcome #3

1. Outcome Measures

Percentage of program participants reporting increased knowledge after program participation.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	84

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

About 87% of children under six live in a family where at least one parent is employed full-time, and 33% live in a two-parent family with both parents working full-time. High-quality child care is essential for young children. Young children in high-quality child care programs learn valuable motor, language, cognitive, and social-emotional skills in child care that prepare them for school success, social relationships, and emotional well-being in elementary school and beyond.

Poor parenting skills can place children at risk for abuse and neglect. Extension agents in many counties provide parenting education programs to help parents deal with the specific issues and challenges of parenting young children.

Research suggests that adults who receive ongoing education in child development are better able to provide sensitive, responsive care for children and youth.

What has been done

FACS faculty provided parenting and child care provider education classes on a variety of topics to Extension agents, parents, and child care providers.

Including such curricula as My Healthy Body; Terrific Teeth; and Eat Healthy, Be Active

Results

Eighty percent (80%) of participants reported increased knowledge after program participation.

Positive caregiving skills can be learned. Learning and using positive caregiving skills can help parents and caregivers provide more sensitive, nurturing care for children. Sensitive care, in turn, can decrease the incidence of child abuse and create a high quality learning environment that supports the healthy development of children and youth.

For more information, visit:
<http://www.fcs.uga.edu/ext/families/children.php>

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
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
805	Community Institutions, Health, and Social Services
806	Youth Development

Outcome #4

1. Outcome Measures

Total number of youth participants that will enhance decision making skills and develop positive leadership skills, increase knowledge of science education

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Percentage of participants that lose weight or improve fitness.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	70

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In Georgia, 28% of adults are obese and over 62% are overweight or obese. Thirty two percent have hypertension, 26.9% engage in no leisure time physical activity and 10% have diabetes. Twenty percent Georgia's children are overweight or at risk for becoming overweight.

What has been done

Walk a Weigh Program, our weight control program was distributed to agents for their use via Weight Control Web page. *Walk Georgia* program, an on line fitness program was offered statewide during a 12 week session.

For more information, visit:
<http://www.fcs.uga.edu/ext/food/walk.php>

Results

Walk Georgia continues to have a significant impact on the fitness level of Georgians. During the spring of 2012, 2,099 Walk Georgia participants logged the equivalent of 443,279 miles. The average individual logged 16 miles per week and the average team member logged 18 miles per week. Thirty percent of participants had done Walk Georgia previously, but for 52 percent, this was their first time. The average participant reported weighing 173 when the program began and 166 pounds at the end of the program.

At the beginning of the program, 67% of participants reported that they exercised three or more days per week, but at the end of the program 91.55% did

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

805 Community Institutions, Health, and Social Services
806 Youth Development

Outcome #6

1. Outcome Measures

Number of youth enrolled in the *Health Rocks!* program

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	8735

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In Georgia, nearly 42% of 4th graders are either overweight or at risk of becoming overweight according to a study conducted by Dr. Richard Lewis, UGA College of Family and Consumer Sciences. The study also showed that 38% of eighth graders were also overweight or at risk of being overweight. For eleventh graders, the percentage was nearly 36%.

The Georgia Division of Public Health reports that nearly one in ten deaths in Georgia results from obesity-related health problems. Obesity prevention and education should begin as early as possible, by emphasizing healthful diets, good nutrition, and physical activity in early childhood.

What has been done

Sections of Fall Forum include Healthy Lifestyles. Additionally, the Food Product Development team contest was held and Healthy Lifestyles was offered as a 5th grade curriculum club meeting track. The Ambassador program included Health Rocks and each camper this summer attending a Healthy Lifestyles class. During this year's Junior Conference, each participant had a Health Rocks class as well.

Results

Georgia 4-H exceed its goal of reaching 7,000 youth, by reaching 8735 youth with full-time hours and 8258 youth with part time-hours. In addition, 96 youth and adults were trained as ambassadors to teach the curriculum in their counties and communities.

For more information, visit: <http://www.georgia4h.org/healthrocks/>

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

V(H). Planned Program (External Factors)

External factors which affected outcomes

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

Brief Explanation

Funding sources have been decreasing at federal, state and private levels, which limit the amount of materials, trainings and programs specialists and agents can provide.

Also Medicare, Medicaid and private health insurance benefits have been fluctuating, so access to care may be preventing some individuals from implementing self-care and healthy lifestyle recommendations.

The ongoing downturn in the national and global economy has caused childcare providers to economize on training, which may have reduced attendance at Extension childcare training sessions. The Georgia Department of Early Care and Learning, which handles childcare licensing, regulation, quality improvement, and federal Child Care and Development Block Grant funds, continues to place the highest priority on funds for pre-K, which leaves fewer funds available to fund Extension and other training efforts.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Walk Georgia continues to have a significant impact on the fitness level of Georgians. During the spring of 2012, 2,099 Walk Georgia participants logged the equivalent of 443,279 miles. The average individual logged 16 miles per week and the average team member logged 18 miles per week. Thirty percent of participants had done **Walk Georgia** previously, but for 52%, this was their first time. The average participant reported weighing 173 pounds when the program began and 166 pounds at the end of the program. Over 40%

of the participants reported physical activity during the last week of the program. Forty-eight percent stated that Walk Georgia had helped them to increase their physical activity and that they intended to continue this level of activity once the program ended. At the beginning of the program, 67% of participants reported that they exercised three or more days per week, but at the end of the program 91.55% did. Ninety-four percent of participants were satisfied with the program and 91.4% said they would recommend it to others.

In the **Quality Caregiving for Children and Youth** plan of work, agent knowledge was assessed by evaluation tools specific to the content provided. Evaluations assessed knowledge before and after training, either through pre-post tests or a retrospective measure of perceived knowledge change. Intent to change behavior was also measured at the end of educational programs. Agents assessed changes in parents' and child care providers' knowledge and intent to change behavior through pre-post evaluations or retrospective evaluations designed for the content of specific programs.

Key Items of Evaluation

Assessments indicated that after attending educational programs, parents' and childcare providers' knowledge and intent to change behavior increased.

Walk Georgia continues to have a significant impact on the fitness level of youth and adults in Georgia, with an increase in overall sense of well-being and activity levels. Ninety-four percent of participants were satisfied with the program and 91.4% said they would recommend it to others.