

V(A). Planned Program (Summary)

Program # 3

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
701	Nutrient Composition of Food	15%			
702	Requirements and Function of Nutrients and Other Food Components	10%			
703	Nutrition Education and Behavior	20%			
704	Nutrition and Hunger in the Population	10%			
724	Healthy Lifestyle	25%			
802	Human Development and Family Well-Being	15%			
805	Community Institutions, Health, and Social Services	5%			
	Total	100%			

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	2.7	0.0	0.0	0.0
Actual Paid Professional	1.5	0.0	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
73471	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
71429	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
32526	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Activities for this program in 2012 included: (1) conducted basic nutrition education classes on topics that relate to nutrition and food which include: 'MyPyramid'; Food Safety (Kitchen & Safe Food Handling); Importance of Exercise; Fruits & Vegetables (Vitamins); Shopping Tips; Budgeting; meal Planning; Reading Food labels; promoting use of herbs and spices to help reduce the intake of salts, fats and sugars; and chronic disease prevention. (2) Conducted nutrition workshops to target population. (3) Developed culturally relevant curriculum for promoting physical activity; education to prevent obesity; localized general nutrition education materials (brochures/pamphlets) and also develop a curriculum on food portion control and over-eating. (4) Developed recipe books that feature favorite local recipes. (5) Created a local recipe book that incorporates healthful modifications of local dishes. (6) Conducted food demonstrations on local dishes that incorporate healthful modifications. (7) Developed booklet and calendar that identifies locally grown fruits and vegetables with high nutritive value and suggest ways to healthful ways to prepare the local produce. (8) Conducted workshops promoting locally grown fruits and vegetables with healthful recipes for both farmers and experienced cooks, and marketing healthful recipes with locally grown produce. (9) Maintained partnerships with local food source businesses to promote a greater variety of healthful foods and education awareness within food source facilities. (10) Developed and disseminated fact sheets of common causes of preventable chronic diseases that are prevalent on Guam and showed how it is related to poor lifestyle choices. (11) Developed and disseminated health and nutrition education curriculum for chronic disease prevention along with educational materials.

2. Brief description of the target audience

The target audiences of the program include: (1) school-aged children (elementary through high school level); (2) families in public assistance programs; (3) families with young children; (4) general consumers; (5) military families; (6) health educators; (7) school teachers; (8) local farmers; (9) working professionals; (10) other groups requesting services.

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	104	746	2880	677

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
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- # of workshops

Year	Actual
2012	33

Output #2

Output Measure

- # of brochures

Year	Actual
2012	1

Output #3

Output Measure

- # of dissemination of research results and new technology and information

Year	Actual
2012	136

Output #4

Output Measure

- # of one to one intervention

Year	Actual
2012	136

Output #5

Output Measure

- # of focus group

Year	Actual
2012	20

Output #6

Output Measure

- # of work with media

Year	Actual
2012	4

Output #7

Output Measure

- # of articles in newsletter, magazines, and newspapers

Year	Actual
2012	5

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	# of participants exposed to nutrition, exercise, and obesity prevention information
2	# of participants gaining an increase in nutrition knowledge and skills, especially for: MyPyramid, food labels, menu planning, smart shopping, healthy food preparation and food safety
3	# of participants gaining an increase in physical activity knowledge and skills, especially as it pertains to maintaining mental and physical well-being, prevention of chronic disease, and improving overall health
4	# of participants who have been exposed to health and nutrition education for chronic disease prevention

Outcome #1

1. Outcome Measures

of participants exposed to nutrition, exercise, and obesity prevention information

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	2000

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The data from the Guam Dept of Public Health and Social Services, Office of Vital Statistics continue to indicate that high numbers of chronic and preventable diseases such as type 2 diabetes, cardiovascular disease and certain types of cancer are the primary causes of death on Guam. We continue to see the need for preventive nutrition education programs and services as they relate to the promotion of healthy diets and lifestyle habits for the whole community of Guam.

What has been done

Nutrition education workshops for: 1) families with young children in public assistance programs; 2) families who may not receive public assistance but fall into the 'low income' category; 3) youths in Guam schools, including after-school programs and other youth related programs; 4) Nutrition, Fitness and Fun Summer Camp; and 5) nutrition education workshops for the elderly in our community. Additional education efforts include: 1) static nutrition and health displays during island health fairs; 2) monthly (in-store) food demonstrations; and 3) distribution of nutrition education materials which provide information on how to stay healthy and prevent chronic diseases.

Results

A total of 2,000 had an increase in nutrition and health knowledge.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components

703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle
802	Human Development and Family Well-Being
805	Community Institutions, Health, and Social Services

Outcome #2

1. Outcome Measures

of participants gaining an increase in nutrition knowledge and skills, especially for: MyPyramid, food labels, menu planning, smart shopping, healthy food preparation and food safety

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	97

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The continuous rise in obesity prevalence and associated complications on Guam is linked to the lack of nutrition and health education. Obviously, there is a need for increased nutrition and health knowledge and skills. Through nutrition education, the people of Guam would be better informed on the many health benefits of proper nutritional intake of foods and the importance of regular exercise as it too links to good health.

What has been done

Nutrition education workshops for: 1) families with young children in public assistance programs; 2) families who may not receive public assistance but fall into the 'low income' category; 3) youths in Guam schools, including after-school programs and other youth related programs; 4) Nutrition, Fitness and Fun Summer Camp; and 5) nutrition education workshops for the elderly in our community. Additional education efforts include: 1) static nutrition and health displays during island health fairs; 2) monthly (in-store) food demonstrations; and 3) distribution of nutrition education materials which provide information on how to stay healthy and prevent chronic diseases.

Results

Pre- and post-tests showed that 93% of participants increased in nutrition skills in one or more lessons.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
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724	Healthy Lifestyle
802	Human Development and Family Well-Being
805	Community Institutions, Health, and Social Services

Outcome #3

1. Outcome Measures

of participants gaining an increase in physical activity knowledge and skills, especially as it pertains to maintaining mental and physical well-being, prevention of chronic disease, and improving overall health

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	84

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

A sedentary lifestyle and poor food choices are linked to the increase number of Guam residents who suffer from chronic and preventable diseases such as obesity, diabetes, cardiovascular diseases, and cancer. Obviously, there is a need for increased physical activity, nutrition and health knowledge and skills. By providing proper health and nutrition education that not only increases knowledge and awareness, but also improves skills associated with increased physical activity and improved lifestyle habits, the number of Guam residents affected by these preventable conditions may be decreased.

What has been done

Nutrition education workshops for: 1) families with young children in public assistance programs; 2) families who may not receive public assistance but fall into the 'low income' category; 3) youths in Guam schools, including after-school programs and other youth related programs;

Fitness and Fun Summer Camp; and 5) nutrition education workshops for the elderly in our community. Additional education efforts include: 1) static nutrition and health displays during island health fairs; 2) monthly (in-store) food demonstrations; and 3) distribution of nutrition education materials which provide information on how to stay healthy and prevent chronic diseases.

Results

Pre- and post test and follow-up surveys indicate that about 93% of participants in one or more education session have adopted skills and knowledge and are leading healthier lives.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle
802	Human Development and Family Well-Being
805	Community Institutions, Health, and Social Services

Outcome #4

1. Outcome Measures

of participants who have been exposed to health and nutrition education for chronic disease prevention

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)
- Other (Nutritionist Specialist at 0.30 FTE)

Brief Explanation

The lack of a nutrition specialist seriously affects our ability to increasing impact in chronic disease education.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

{No Data Entered}

Key Items of Evaluation

{No Data Entered}