

V(A). Planned Program (Summary)

Program # 1

1. Name of the Planned Program

Childhood Obesity - Prevention

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
703	Nutrition Education and Behavior	75%		95%	
704	Nutrition and Hunger in the Population	25%		5%	
	Total	100%		100%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	5.0	0.0	1.4	0.0
Actual Paid Professional	1.1	0.0	1.0	0.0
Actual Volunteer	1.4	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
61418	0	71199	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
61418	0	71199	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
387013	0	287132	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Conduct workshops and meetings.
- Develop products, curriculum, and other educational resources.
- Provide training and technical assistance.
- Facilitate community advocacy.

Faculty participate in the relevant multistate research committees NE1039 and W1005.

2. Brief description of the target audience

School aged youth, child care providers, school staff, and other adult mentors of youth.

3. How was eXtension used?

eXtension was used as a training resource (available webinars used for staff training regarding feeding children).

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	3500	48912	13000	10000

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

Patent Applications Submitted

Year: 2012

Actual: 1

Patents listed

Method of Making Fatty Acid N-Acylalkanolamines: Improved and effective methods for synthesis of stearoyl, palmitoyl, and oleoyl ethanolamides as anti-inflammatory and anti-obesity (anorexic effect). Inventors: Wang, Tong; Wang, Xiaosan. Filed 4/25/2012.

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2012	Extension	Research	Total
Actual	6	3	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of youth receiving educational programming related to nutrition, physical activity, and health promotion.

Year	Actual
2012	219679

Output #2

Output Measure

- Number of adults who impact youth receiving educational programming related to nutrition, physical activity and health promotion.

Year	Actual
2012	45707

Output #3

Output Measure

- Number of professionals who impact youth receiving training related to nutrition, physical activity and health promotion for youth.

Year	Actual
2012	2112

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Percent of youth participants reporting increased intake of milk.
2	Percent of youth participants reporting increased intake of fruit.
3	Percent of youth participants reporting increased intake of vegetables.
4	Percent of youth participants reporting increased physical activity.
5	Percent of childcare training participants reporting preparedness to apply or teach health promoting dietary behaviors.

Outcome #1

1. Outcome Measures

Percent of youth participants reporting increased intake of milk.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	11

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The 2010 Dietary Guidelines for Americans recommend that children consume three cups of low-fat or fat-free milk or milk products each day. The Youth Risk Behavior Surveillance System data indicate that, of the youth surveyed in Iowa in 2007, only 25% drank three or more glasses of milk per day during the past seven days. Furthermore, data collected by the National Dairy Council in 2005 indicate that, among children age six to eleven, 71% of girls and 62% of boys do not meet their calcium requirements.

What has been done

A series of six nutrition lessons is provided to youth (Kindergarten through sixth grade) from low-income families by EFNEP and SNAP-Ed. The lessons are taught by trained paraprofessional staff during school enrichment, after school programs, and summer programs. These lessons focus on helping youth develop into healthy adults by empowering them to make good choices related to diet and physical activity. At each grade level, beverages are closely examined and children participate in hands-on activities related to making healthy beverage choices. Nutrition education was provided on healthy food selection including dairy consumption.

Results

Following participation in the six nutrition lessons, 48% of youth in grades 3rd through 6th indicated that they almost always eat foods from the dairy group at least three times a day. This is an 11% increase in the number of students almost always consuming dairy from beginning to end of the program. This shows improvement from FY11 in which 9.9% of youth reported improvement in their dairy consumption.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Percent of youth participants reporting increased intake of fruit.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	5

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The 2010 Dietary Guidelines for Americans recommend that children consume about 1 ½ cups of fruit each day (may be more or less depending on age, gender, and activity level). The Youth Risk Behavior Surveillance System data indicate that, of the youth surveyed in Iowa in 2007, only 20% reported eating five servings of fruits and vegetables each day. The Iowa Nutrition Network surveyed fifth grade students in 2010 and found that 60% of children reported they ate fruit two times each day. In both cases the serving sizes and variety of fruits and vegetables were not examined.

What has been done

A series of six nutrition lessons is provided to youth (Kindergarten through sixth grade) from low-income families by EFNEP and SNAP-Ed. The lessons are taught by trained paraprofessional staff during school enrichment, after school programs, and summer programs. These lessons focus on helping youth develop into healthy adults by empowering them to make good choices related to diet and physical activity. At each grade level, the fruit food group is closely examined and children participate in hands-on activities related to making healthy choices from the fruit group.

Results

Following participation in the six nutrition lessons, 49% of youth in grades 3rd through 6th indicated that they almost always eat different kinds of fruit every day. This is a 5.2% increase in the number of students almost always consuming a variety of fruit from beginning to end of the program. These results are nearly the same as FY11 in which 48% of youth almost always ate different kinds of fruit, a 5.7% increase

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Percent of youth participants reporting increased intake of vegetables.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	6

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The 2010 Dietary Guidelines for Americans recommend that children consume about 2 cups of vegetables each day (may be more or less depending on age, gender, and activity level). The Youth Risk Behavior Surveillance System data indicate that, of the youth surveyed in Iowa in 2007, only 20% reported eating five servings of fruits and vegetables each day. The Iowa Nutrition Network surveyed fifth grade students in 2010 and found that 53% of children reported they ate vegetables two times each day. In both cases the serving sizes and variety of fruits and vegetables were not examined.

What has been done

A series of six nutrition lessons is provided to youth (Kindergarten through sixth grade) from low-income families by EFNEP and SNAP-Ed. The lessons are taught by trained paraprofessional staff during school enrichment, after school programs, and summer programs. These lessons focus on helping youth develop into healthy adults by empowering them to make good choices related to diet and physical activity. At each grade level, the vegetable food group is closely examined and children participate in hands-on activities related to making healthy choices from the vegetable group.

Results

Following participation in the six nutrition lessons, 36% of youth in grades 3rd through 6th indicated that they almost always eat different kinds of vegetables every day. This is a 6.1%

increase in the number of students almost always consuming a variety of vegetables from beginning to end of the program.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Percent of youth participants reporting increased physical activity.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	4

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The Dietary Guidelines for Americans 2010 recommend that children participate in 60 minutes of physical activity daily. The Youth Risk Behavior Surveillance System data indicate that, of the youth surveyed in Iowa in 2009, 57% of males and 50% of females reported they were physically active for a total of 60 minutes or more per day on five of the seven previous days. Among Iowa students in elementary schools surveyed by Iowans Fit for Life in 2009, approximately 55% of girls and 57% of boys were active for 60 minutes or more on five of the last seven days.

What has been done

A series of six nutrition lessons is provided to youth (Kindergarten through sixth grade) from low-income families by EFNEP and SNAP-Ed. The lessons are taught by trained paraprofessional staff during school enrichment, after school programs, and summer programs. These lessons focus on helping youth develop into healthy adults by empowering them to make good choices related to diet and physical activity. At each grade level, physical activity is discussed with almost every lesson and children participate in hands-on activities related to being physically active.

Results

Following participation in the six nutrition lessons, 78% of youth in grades 3rd through 6th indicated that they are almost always physically active every day. This is a 4.4% increase in the

number of students who are almost always physically active from beginning to end of the program. These results are nearly the same as FY11 in which 80% of youth almost always were physically active, a 4% increase.

4. Associated Knowledge Areas

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

Outcome #5

1. Outcome Measures

Percent of childcare training participants reporting preparedness to apply or teach health promoting dietary behaviors.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	70

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Dietary and physical activity behaviors can be established as early as 2-4 years of age. Informing child care providers of appropriate food and physical activity behaviors is essential to early childhood development.

What has been done

Childcare nutrition education training has been provided to more than 1,800 childcare providers in Iowa.

Results

Over 70% of participants reported preparedness to make changes to apply or teach health promoting dietary behaviors in their own childcare settings.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Populations changes (immigration, new cultural groupings, etc.)
- Other (loss of staff)

Brief Explanation

This state plan of work has identified and implemented core programming. Core programming criteria included timeliness, relevance, uniqueness (services not offered by other organizations), sequential, and impact. Sequential programming was prioritized based on the ability to demonstrate impact.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

To evaluate priority programs (i.e. childcare training), online surveys are capturing evaluation/impact data. Childcare training results suggest more than 70% of participants felt prepared to apply or teach health promoting dietary behaviors. Live Healthy Iowa continued to monitor self-reports of health behaviors including dietary intake physical activity; 70% and 47% of participants reported desirable change in dietary intake and physical activity respectively. EFNEP continued to collect required pre/post data for federal reports.

Key Items of Evaluation

Over 70% of childcare providers reported preparedness to make changes to apply or teach health promoting dietary behaviors in their own childcare settings.