

V(A). Planned Program (Summary)

Program # 10

1. Name of the Planned Program

Global Food Security and Hunger: Health & Human Nutrition

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 |
|---------|---|-----------------|-----------------|----------------|----------------|
| 311 | Animal Diseases | 0% | | 5% | |
| 313 | Internal Parasites in Animals | 0% | | 5% | |
| 701 | Nutrient Composition of Food | 15% | | 0% | |
| 703 | Nutrition Education and Behavior | 30% | | 10% | |
| 704 | Nutrition and Hunger in the Population | 15% | | 10% | |
| 712 | Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins | 0% | | 10% | |
| 722 | Zoonotic Diseases and Parasites Affecting Humans | 0% | | 5% | |
| 723 | Hazards to Human Health and Safety | 10% | | 20% | |
| 724 | Healthy Lifestyle | 30% | | 25% | |
| 903 | Communication, Education, and Information Delivery | 0% | | 10% | |
| | 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 | 6.5 | 0.0 | 6.0 | 0.0 |
| Actual Paid Professional | 8.1 | 0.0 | 2.6 | 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 |
| 144019 | 0 | 62116 | 0 |
| 1862 Matching | 1890 Matching | 1862 Matching | 1890 Matching |
| 144019 | 0 | 62116 | 0 |
| 1862 All Other | 1890 All Other | 1862 All Other | 1890 All Other |
| 5537 | 0 | 1404146 | 0 |

V(D). Planned Program (Activity)

1. Brief description of the Activity

The Health and Nutrition logged nearly 1,200 individual teaching events and engagement activities in 2012. In total, these efforts reached more than 67,000 Idaho learners. Activities of this team are grouped into several projects described below.

Health & Nutrition faculty participated in more than 300 classes in nutrition education (exclusive of the SNAP-Ed and EFNEP projects) reaching 9,456 contacts; and faculty reported 240 individual consultations with learners about nutrition topics.

The Low-Income and Underserved Audience projects (EFNEP, SNAP-Ed, and SENP) included approximately 900 educational events (classes and one-on-one teaching) reaching nearly than 50,000 contacts in 35 counties. Approximately 30,000 of these learners were youth contacts made through partnerships with local parks and recreation programs and with schools, both in class and through summer and afterschool programs.

The Nutrition and Chronic Disease project logged 31 educational events in 2012 reaching 271 contacts with an interest in diabetes and diabetes prevention.

In the Healthy Lifestyles/physical activity project, more that 750 classes were delivered, the majority targeting seniors with education about strength or balance training, or for broader age ranges, general activity and fitness training related to weight management and overall health. This project logged 6,338 learner contacts.

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2. Brief description of the target audience

The target audience varies by program. For the program targeting low-income and underserved audience, the UI Extension reaches these individuals in 35 counties through three programs - the Expanded Food and Nutrition Education Program (EFNEP), the Extension Nutrition Program (ENP) and the Senior Extension Nutrition Program (SENP). EFNEP and ENP, funded through USDA, target mainly adults and youth while the SENP, funded through the Area Agency on Aging (AAA), targets seniors at

2012 1

Output #2

Output Measure

- Submit a journal article based on research conducted in either the low-income, underserved population project, healthy lifestyles project or the nutrition and chronic disease project

| Year | Actual |
|-------------|---------------|
| 2012 | 3 |

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

| O. No. | OUTCOME NAME |
|--------|---|
| 1 | O: Improved physical condition of individuals enrolled in a physical activity program. I: Number of individuals who felt physically stronger from the Strong Women classes, Fit and Fall Proof classes, Strength & Balance and Kick Your Boot Camp classes. |
| 2 | O: Adult ENP participants will plan to change a dietary or activity behavior after completing a nutrition or physical activity class. I: Number of adult ENP participants who indicate their intention to improve their diet or physical activity. |
| 3 | O: Adult EFNEP participants will improve their diets after completing 6 core lessons. I: Number of adults that improve their diets by at least one food group (determined through pre/post 24 hour recalls). |
| 4 | O: An increase in the number of trained graduate students prepared to enter the workforce. I: Number of M.S. and Ph.D. candidates relevant to this topic team. |

Outcome #1

1. Outcome Measures

O: Improved physical condition of individuals enrolled in a physical activity program. I: Number of individuals who felt physically stronger from the Strong Women classes, Fit and Fall Proof classes, Strength & Balance and Kick Your Boot Camp classes.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2012 | 1016 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Heart disease is killing more women than men and more Women are living with heart disease than men. Following a lifestyle that includes a healthy diet, weight control, and appropriate levels of activity will reduce the risk of developing heart disease. Women over 40 who work their muscles through a larger range of motion and lift weights will reduce falls and reduce bone loss associated with osteoporosis and osteopenia.

What has been done

Fifteen Strong Women healthy lifestyle classes were taught across the State to women 40 and older. Aerobic exercise and nutrition information was taught to promote healthy lifestyles of moving and eating nutritious foods.

Results

Participants reported an increase in intensity of aerobic exercise and length of time they were able to exercise. An increase from 20 minutes to 30 minutes and more exercise and longer walking from 1/2 mile to 1 mile. Participants also increased the amount of weight that they were able to lift which has been shown to reduce bone loss and increase balance which leads to a reduction in falls.

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|----------------------------------|
| 703 | Nutrition Education and Behavior |
| 724 | Healthy Lifestyle |

Outcome #2

1. Outcome Measures

O: Adult ENP participants will plan to change a dietary or activity behavior after completing a nutrition or physical activity class. I: Number of adult ENP participants who indicate their intention to improve their diet or physical activity.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2012 | 2831 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Nutrition education is critical for limited income individuals that have a poor dietary intake. Poor diet and physical inactivity are associated with an increased risk of a number of chronic health conditions including cardiovascular disease, diabetes, some cancers, high blood pressure as well as overweight and obesity.

What has been done

The SNAP-Ed program targets limited resource adults. The SNAP-Ed program Nutrition Advisors taught classes at Easter Seals/Working Solutions, Food Banks, Low-income housing units to reach this number of adults.

Results

Based on a follow-up survey, participants increase their fruits and vegetable consumption, increased their whole grain consumption and increased their low-fat dairy consumption. A report has been compiled by the Idaho Hunger Task Relief Force in Idaho. The report is titled: Nutrition for all Ages: Strengthening Participation, Collaboration and Program Design for the Idaho Extension Nutrition Program. This is a result of focus groups and evaluation of a series of Nutrition classes taught at the Head Start Center.

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|--|
| 701 | Nutrient Composition of Food |
| 703 | Nutrition Education and Behavior |
| 704 | Nutrition and Hunger in the Population |

724 Healthy Lifestyle

Outcome #3

1. Outcome Measures

O: Adult EFNEP participants will improve their diets after completing 6 core lessons. I: Number of adults that improve their diets by at least one food group (determined through pre/post 24 hour recalls).

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2012 | 288 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Obesity, poor health, and limited physical activity are major health concerns. Past years of data showed that the EFNEP improved the health and well-being of its limited resource families. Research showed that better health was associated with reduced health care costs, less absenteeism from work, less dependence on emergency food assistance, thus leading to public savings.

What has been done

In FY2012 290 low-income adults enrolled in the Southern District EFNEP; 147 graduated. The graduates learned how to: improve their diets, improve their nutrition practices, stretch their food dollars further, and increase their physical activity rates.

Results

From the EFNEP Reporting System (NEERS5) 90% (133 of 147) of the participants showed improvement in one or more of the nutrition practices (i.e. plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels, or has children eat breakfast). Also, at exit 32% had a positive change in physical activity. At exit 54% reported exercising 30 to 60 minutes per day, whereas only 44% did so at entry.

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|----------------------------------|
| 701 | Nutrient Composition of Food |
| 703 | Nutrition Education and Behavior |

704 Nutrition and Hunger in the Population
724 Healthy Lifestyle

Outcome #4

1. Outcome Measures

O: An increase in the number of trained graduate students prepared to enter the workforce. I: Number of M.S. and Ph.D. candidates relevant to this topic team.

2. Associated Institution Types

- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2012 | 0 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

{No Data Entered}

What has been done

{No Data Entered}

Results

{No Data Entered}

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|---|
| 311 | Animal Diseases |
| 313 | Internal Parasites in Animals |
| 701 | Nutrient Composition of Food |
| 712 | Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins |
| 722 | Zoonotic Diseases and Parasites Affecting Humans |
| 723 | Hazards to Human Health and Safety |

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Public Policy changes
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Two hundred forty-four women, in 11 Idaho counties, ages 29-89, participated twice a week in a Strong Women Stay Young Extension Program for six weeks. Participants completed 6 strength training exercises and received nutrition information at each class. They significantly increased their arm and leg strength by 46-80 percent; increased their intake of fruits, vegetables, whole grains, and low-fat dairy products; and improved their ability to complete daily activities.

Women who participated in the six-week Strong Women Stay Young program reported that they were able to get in and out of their chair or car easier and complete gardening activities. Some tried other physical activities because of their increased strength.; these included golfing, kayaking, hiking up a mountain, snow shoeing, and walking more frequently

Key Items of Evaluation