

V(A). Planned Program (Summary)

Program # 10

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
609	Economic Theory and Methods	0%	0%	25%	0%
703	Nutrition Education and Behavior	27%	26%	75%	50%
724	Healthy Lifestyle	73%	74%	0%	50%
	Total	100%	100%	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	30.0	0.0	0.5	0.0
Actual Paid Professional	29.0	0.1	1.0	2.3
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
428486	34713	0	155751
1862 Matching	1890 Matching	1862 Matching	1890 Matching
456147	26671	179497	8554
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

- conducting educational programs for children
- training extension agents
- developing educational materials
- conducting programs with parents
- evaluating the impact of the Expanded Food and Nutrition Education Program

2. Brief description of the target audience

- children
- youth
- extension agents
- teachers
- parents

3. How was eXtension used?

Online resources were used to enhance programming

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	167304	13483	282033	22957

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	4	4

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Peer reviewed journal articles

Year	Actual
2012	4

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of children who experience a change in knowledge, opinion, skills, or aspirations regarding lifestyle changes (diet, exercise, etc.) that improve personal health.
2	Number of pre-school children reporting making lifestyle changes for the purpose of improving their health.
3	Number of elementary aged children reporting making lifestyle changes for the purpose of improving their health.

Outcome #1

1. Outcome Measures

Number of children who experience a change in knowledge, opinion, skills, or aspirations regarding lifestyle changes (diet, exercise, etc.) that improve personal health.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	141296

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Nutrition, health, and food safety are important aspects to everyday lives of all age groups. The earlier nutrition habits are established, the longer they will stay with an individual. Several Extension Nutrition programs were offered this past year to youth across the state.

What has been done

KSU, through its EFNEP program, conducted several nutrition workshops.

Lawrence County Extension, as an example, achieved above average results from its EFNEP program.

Results

KSU EFNEP demonstrated that students increased knowledge in areas of nutrition. Currently, 653 students have completed the program at a cost of \$184.97 per student. These numbers account for 5 different organizations including schools, churches, and summer groups. Overall, there were approximately 21 different groups of children who went through 6-10 hours of nutrition education.

Lawrence County has both EFNEP and SNAP-Ed nutrition assistants who not only enroll families into the nutrition education program, but also teach children and youth food, nutrition and health education. A total of 98 families graduated from either EFNEP or SNAP-Ed nutrition programs; 97% reported at least one positive change in diet quality/nutrition. Twenty-four (24) youth groups involving 950 children/youth were taught food, nutrition, and health education. As a result, 90% now eat a variety of foods; 93% increased knowledge of human nutrition; 92% improved food prep/safety practices; and 91% increased the ability to select low-cost foods.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Number of pre-school children reporting making lifestyle changes for the purpose of improving their health.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	6602

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Kentucky ranks in the top 10 out of all 50 states for obesity. In order to combat this epidemic, good nutrition should be taught at a young age. Since nutrition is an important part of a healthy and active lifestyle, educating children on the basics and promoting healthy food choices will allow them to continue on this path as adults.

What has been done

LEAP (Literacy, Eating and Activity for Preschoolers) program is an ongoing initiative across the state of Kentucky.

Results

Participants of the program in two western Kentucky counties completed at least 10 sessions of the curriculum. The program was taught to 102 Head Start Preschoolers and 97 Kindergartners. Post Lesson observations concluded that 176 students tasted a new fruit or vegetable during the program; 186 students demonstrated a willingness to try the fruit or vegetable again at home; and 199 students left the sessions knowing at least one good health habit and benefit of exercise and fruit/vegetable consumption.

In reference to other Kentucky counties reporting on the LEAP program, 80% to 95% of the participants gained knowledge and 65% to 98% were willing to try a different food.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Number of elementary aged children reporting making lifestyle changes for the purpose of improving their health.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	37376

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Obesity, and especially childhood obesity, is a significant yet preventable problem in Kentucky. Obesity and a lack of physical activity are linked to many deadly diseases that are on the rise in the United States, such as diabetes. To expose children and families to the benefits of healthy eating and good nutrition habits early in life, Family and Consumer Sciences Extension Agent, FCS Assistants and EFNEP Assistants have worked on a variety of programs to encourage physical activity, understanding, and making healthy food choices.

What has been done

In one county, the School Food Service Director helped to increase awareness of the need for healthy food choices and trying new foods. The New Food Experiences program With grades Kindergarten through fourth grade at the Wayne County School System allowed a bite sized sample of healthy recipes. Each child received a parent newsletter explaining about the new food, including how it is grown, when it is ripe, harvesting and preparation information, along with the new recipe.

In another county, Extension partnered with the school district to offer a health program to 650 preschool through fifth graders during the spring and summer months. The Extension Agent for Family and Consumer Sciences along with local volunteer leaders read stories which introduced

nutritious foods, concepts of staying healthy, and being physically active.

Results

Teachers reported that as a result of the Health program, students in these counties showed increased participation in physical activity; were more inclined to taste an unfamiliar fruit or vegetable; and to eat fruits and/or vegetables at mealtime. Teachers also reported that students were able to name a least one or more health benefit of physical activity and consuming nutritious foods (fruits and/or vegetables). Parents of the participants also reported the same or similar changes in behavior at home.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
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

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

See outcomes 1-3

Key Items of Evaluation

Observations, follow-up surveys, calls to teachers