

**V(A). Planned Program (Summary)**

**Program # 7**

**1. Name of the Planned Program**

Human Nutrition and Food (Adult)

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
501	New and Improved Food Processing Technologies	0%		30%	
502	New and Improved Food Products	0%		20%	
503	Quality Maintenance in Storing and Marketing Food Products	0%		10%	
701	Nutrient Composition of Food	0%		15%	
702	Requirements and Function of Nutrients and Other Food Components	0%		15%	
703	Nutrition Education and Behavior	100%		10%	
	<b>Total</b>	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	2.0	0.0	12.0	0.0
Actual Paid Professional	10.9	0.0	1.1	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
199598	0	55743	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
199598	0	55743	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
702912	0	273656	0

**V(D). Planned Program (Activity)**

**1. Brief description of the Activity**

Extension activities targeting adult audiences using curricula such as Smart Portions, Smart Choices and Diabetes NEWS were conducted to promote the maintenance of a healthy lifestyle by eating well and being physically active. Research was conducted to study the relationship of food habits and choices of youth and college-aged adults as indicators of health/wellness in later adult life.

**2. Brief description of the target audience**

Louisiana adults and college-aged students.

**3. How was eXtension used?**

Resources provided through extension were used to enhance learning.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	33121	2381965	2783	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
Actual	16	14	30

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- Number of Web page views

Year	Actual
2012	569535

**Output #2**

**Output Measure**

- Number of Web page visits

Year	Actual
2012	475952

**Output #3**

**Output Measure**

- Number of individuals completing Smart Portions classes  
Not reporting on this Output for this Annual Report

**Output #4**

**Output Measure**

- Number of individuals completing DEAR classes  
Not reporting on this Output for this Annual Report

**Output #5**

**Output Measure**

- Number of families completing Smart Choices classes  
Not reporting on this Output for this Annual Report

**Output #6**

**Output Measure**

- Number of Master Nutrition Volunteers certified  
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	Participants are knowledgeable about and adopt healthy lifestyle and weight management practices
2	Identify and/or develop familiar foods which are reformulated to deliver higher fiber and anti-inflammatory ingredients to help control obesity and the negative side effects of obesity while minimizing changes in food choices.
3	Identify and evaluate nutrition and associated lifestyle factors related to improved health and well-being for Louisiana adults.

## **Outcome #1**

### **1. Outcome Measures**

Participants are knowledgeable about and adopt healthy lifestyle and weight management practices

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Action Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	0

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Louisiana residents suffer from chronic illnesses such as heart disease, stroke, cancer and diabetes at rates higher than the national average, while fruit and vegetable intake and physical activity is below the national average. Approximately 7% of adults have been diagnosed with diabetes and one in four adults is obese. Louisiana has the fourth highest cardiovascular death rate in the nation, accounting for almost 40 percent of all deaths in the state. Maintaining a healthy lifestyle by eating well and being physically active can significantly impact these startling statistics

#### **What has been done**

Smart Portions, a series of sessions that address nutrition, physical activity and eating habits for a healthy lifestyle was taught in conjunction with local hospitals and as a workplace wellness program. Diabetes NEWS (Nutrition Education Works) classes were provided to Louisiana adults with diabetes or to those who had a family member with diabetes. Classes on Smart Choices, a Community Nutrition Education Program teaching the principles of eating based on the Dietary Guidelines for Americans, as well as money management and food safety were taught in 60 of 64 parishes.

#### **Results**

Populations in the first two parishes that offered the Smart Portions program are beginning to see gradual benefits. Together, three women lost more than 300 pounds and have maintained their new weight for almost three years. Several more have lost 25-40 pounds and maintained the loss over time. Participants have formed walking groups and as a result some have completed 5Ks, half and full marathons. Eighty percent are now choosing grilled, broiled or baked items when eating out, with only 6.7% still choosing fried items. Nearly 100% are eating fewer chips and regular ice cream for snacks replacing those items with fruits and vegetables and nuts most of the time. Eighty-eight percent of participants reported consuming more fruits and vegetables, low-fat

dairy products and whole grains. The Smart Portions Facebook group page was a successful means of providing interaction between the agent and the participants, as well as with each other, especially after the classes were over. Participants are encouraged to come back and sit in on classes when in need of a refresher. Five graduates assist as volunteers with program delivery.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

#### Outcome #2

##### 1. Outcome Measures

Identify and/or develop familiar foods which are reformulated to deliver higher fiber and anti-inflammatory ingredients to help control obesity and the negative side effects of obesity while minimizing changes in food choices.

Not Reporting on this Outcome Measure

#### Outcome #3

##### 1. Outcome Measures

Identify and evaluate nutrition and associated lifestyle factors related to improved health and well-being for Louisiana adults.

##### 2. Associated Institution Types

- 1862 Research

##### 3a. Outcome Type:

Change in Knowledge Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2012	0

##### 3c. Qualitative Outcome or Impact Statement

###### **Issue (Who cares and Why)**

Obesity in the U.S. has dramatically increased over the past 20 years. In 2010 Louisiana ranked among 12 states that had an adult obesity prevalence of 30% or greater. The health risks associated with obesity, such as cardiovascular disease and diabetes with their associated medical costs and threats to quality of life, underline the need to identify multiple approaches, including dietary approaches, to decrease this obesity trend.

###### **What has been done**

Life-long health associated diet-related factors were identified. These include: 1) Dietary habits and patterns of youth and college-aged students; and 2) Dietary fat in an animal model for effect on benefits of dietary prebiotics.

### **Results**

Food habits and choices of youth and college-aged adults are associated with indicators of health/wellness such as obesity/ overweight and protection against macular degeneration. Data on Remote Food Photography demonstrated that it holds promise as an instrument for capturing food intake of youths. The animal model points to dietary fat as a factor that decreases the documented healthy response to dietary prebiotics. These findings underline the importance of intervening early in our efforts to curb overweight and obesity with their associated pathologies and impediments to lifestyle quality.

## **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
501	New and Improved Food Processing Technologies
502	New and Improved Food Products
503	Quality Maintenance in Storing and Marketing Food Products
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior

## **V(H). Planned Program (External Factors)**

### **External factors which affected outcomes**

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Public Policy changes
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

### **Brief Explanation**

{No Data Entered}

## **V(I). Planned Program (Evaluation Studies)**

### **Evaluation Results**

See qualitative impact report results section.

### **Key Items of Evaluation**