

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

**Program # 5**

**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
501	New and Improved Food Processing Technologies	0%		45%	
502	New and Improved Food Products	0%		23%	
703	Nutrition Education and Behavior	50%		32%	
704	Nutrition and Hunger in the Population	15%		0%	
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	10%		0%	
724	Healthy Lifestyle	25%		0%	
	<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	42.0	0.0	1.0	0.0
Actual Paid Professional	44.3	0.0	0.7	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
3000	0	36519	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
150903	0	84110	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
3516723	0	48879	0

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

**1. Brief description of the Activity**

- Demonstrations
- Displays and Exhibits
- Printed Materials
- Single day workshop, presentation or event
- Workshop series or educational course
- Basic and Applied Research Projects

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

Youth and families from limited-resource communities, specifically those who are eligible for federal food assistance (Supplemental Nutrition Assistance Program); school teachers, social service organizations

**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
<b>Actual</b>	18485	145499	53992	36354

**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**

<b>2012</b>	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Actual</b>	1	3	0

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

**Output Target**

**Output #1**

**Output Measure**

- Demonstrations

<b>Year</b>	<b>Actual</b>
2012	117

**Output #2**

**Output Measure**

- Displays and Exhibits

<b>Year</b>	<b>Actual</b>
2012	401

**Output #3**

**Output Measure**

- Printed Materials

<b>Year</b>	<b>Actual</b>
2012	7

**Output #4**

**Output Measure**

- Single day workshop, presentation or event

<b>Year</b>	<b>Actual</b>
2012	1100

**Output #5**

**Output Measure**

- Workshop series or educational course

<b>Year</b>	<b>Actual</b>
2012	4994

**Output #6**

**Output Measure**

- Basic Research Projects

<b>Year</b>	<b>Actual</b>
2012	3

**Output #7**

**Output Measure**

- Applied Research Projects

<b>Year</b>	<b>Actual</b>
2012	1

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Participants gain knowledge and skill to improve physical activity behaviors
2	Participants improve physical activity behaviors
3	Participants gain knowledge and skill to improve dietary behaviors
4	Participants improve dietary behaviors
5	Accurate research on bioprocessed soy phenolics
6	Accurate research on Food Security, Food Practices, and Health Risks among pregnant and postpartum Cambodian women living in MA
7	Accurate research on Sensory, nutrition, education promoting locally grown fruits and vegetables among western MA headstart children
8	Participants improve food resource management behaviors
9	Participants gain knowledge and skills to improve food resource management behaviors

### **Outcome #1**

#### **1. Outcome Measures**

Participants gain knowledge and skill to improve physical activity behaviors

Not Reporting on this Outcome Measure

### **Outcome #2**

#### **1. Outcome Measures**

Participants improve physical activity behaviors

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

- 1862 Extension

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

Change in Action Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2012	441

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

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

Childhood obesity is a national epidemic. In Massachusetts, the medical cost for obesity has been estimated at \$1.8 billion per year and affects nearly one out of every three individuals between the ages of 10 and 17. Obesity is associated with increased long-term risk for heart disease, diabetes, stroke, hypertension, and some types of cancer. Many of the chronic health problems associated with obesity are largely preventable.

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

Staff in seven field offices (Boston, Brockton, Fall River, Lawrence, South Hadley, Springfield, and Worcester) reached adults and youth through workshops and workshop series. Many additional individuals were reached through indirect nutrition education methods (displays, farmers' market food demonstrations, leave-behind enrichment activities for school staff to use with children, newsletters, blog, and telephone Tip Line).

##### **Results**

Youth made healthy changes and improvements in their food choices and dietary behaviors. These included: increased consumption of fruits and vegetables, increased willingness to try new healthy foods, improved grain food choices (whole grain vs. refined grain choices), switching to

fat-free or low-fat milk or equivalent milk products.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

#### Outcome #3

##### 1. Outcome Measures

Participants gain knowledge and skill to improve dietary behaviors

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Knowledge Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2012	1033

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

**Issue (Who cares and Why)**

**What has been done**

**Results**

#### 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**

Participants improve dietary behaviors

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	7467

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

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population

**Outcome #5**

**1. Outcome Measures**

Accurate research on bioprocessed soy phenolics

Not Reporting on this Outcome Measure

**Outcome #6**

**1. Outcome Measures**

Accurate research on Food Security, Food Practices, and Health Risks among pregnant and postpartum Cambodian women living in MA

Not Reporting on this Outcome Measure

**Outcome #7**

**1. Outcome Measures**

Accurate research on Sensory, nutrition, education promoting locally grown fruits and vegetables among western MA headstart children

Not Reporting on this Outcome Measure

**Outcome #8**

**1. Outcome Measures**

Participants improve food resource management behaviors

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	1218

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

**Issue (Who cares and Why)**

Rates of obesity and poor nutrition continue to increase for both adults and children in the United States. This is especially prevalent among low-income populations, as parents frequently turn to calorie-dense, but low-nutrient foods when family food resources are limited. Families need guidance to get the most nutrition from their limited resources in order for their children to grow and thrive.

**What has been done**

Sixteen EFNEP paraprofessional nutrition educators reached adults and youth with nutrition education activities designed to assist limited-resource families to acquire the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

**Results**

Participants showed improvement in one or more of the following food resource management practices related to planning meals: comparing prices, not running out of food, and using a grocery shopping list.

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population

**Outcome #9**

**1. Outcome Measures**

Participants gain knowledge and skills to improve food resource management behaviors

Not Reporting on this Outcome Measure

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

**External factors which affected outcomes**

- Economy
- Appropriations changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges

**Brief Explanation**

{No Data Entered}

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

**Evaluation Results**

Snap-Ed evaluations assessed key adults for their observations of youth. A majority of classroom teachers of SNAP-Ed youth reported improvements in their students' eating behaviors. In addition, more than 75% of parents/caretakers of SNAP-Ed students observed changes in youth food consumption patterns and levels of physical activity.

Additional data was obtained was obtained using the standard assessment tools associated with the National Expanded Food and Nutrition Education Program (EFNEP). According to these assessments, a large proportion of program participants made

improvements in the following areas:

- increase in the level of physical activity
- positive change in dietary intake for at least one food group
- improvement in one or more food resource management practices related to planning meals
- improvement in one or more safe food handling practices related to storing meat and dairy foods and thawing frozen foods
- improvement in one or more nutrition practices related to making healthy food choices, preparing foods without added salt, reading nutrition labels, and having children in the family eat breakfast
- increase in the level of physical activity

### **Key Items of Evaluation**