

V(A). Planned Program (Summary)

Program # 4

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
703	Nutrition Education and Behavior	35%			
704	Nutrition and Hunger in the Population	15%			
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	10%			
724	Healthy Lifestyle	10%			
802	Human Development and Family Well-Being	22%			
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	8%			
	Total	100%			

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	5.4	0.0	0.0	0.0
Actual Paid Professional	38.7	0.0	0.0	0.0
Actual Volunteer	2269.0	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
84585	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
651799	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
1856317	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- .. Eat Well (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- .. Eat Well (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- .. General Activities to address Childhood Obesity (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- .. General activities to address Childhood Obesity (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- .. Nutrition Education (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)

2. Brief description of the target audience

- .. 4-H Youth (Youth)
- .. Community Leaders (Adult)
- .. Eat Well Participants (Adult)
- .. Eat Well Participants (Youth)
- .. EFNEP Participants (Adult)
- .. Elders or Seniors (Ault)
- .. Extension - staff (Adult)
- .. Extension Staff (Adult)
- .. Families (Adult)
- .. Families (Youth)
- .. Food Stamp Recipients (Adult)
- .. General Public (Adult)
- .. General Public (Youth)
- .. Teachers (Adult)
- .. Volunteers (Adult)

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
Actual	20323	10944	31691	2948

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	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Direct; Club, Conference, Program, Consultation, Scholarship, or Training

Year	Actual
2012	24358

Output #2

Output Measure

- Indirect; Applied Research, Media, Internet, Publication, Resulting from Training

Year	Actual
2012	77

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Adopt healthy dietary practices (consume nutrient-rich foods, follow current Dietary Guidelines for Americans or DASH, etc)
2	Integrate regular physical activity into daily life
3	Engage positively in their community
4	Demonstrate application of leadership skills
5	Increase consumption of healthful, locally-grown and -produced food (farm to school program, food preservation, etc.)
6	Reduce consumption of highly processed foods (fast foods, convenience foods, etc.)
7	Demonstrate application of subject matter knowledge

Outcome #1

1. Outcome Measures

Adopt healthy dietary practices (consume nutrient-rich foods, follow current Dietary Guidelines for Americans or DASH, etc)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	32083

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Low-Income Nutrition Education Programs: In fiscal year 2012, The UMaine Extension administered both the federal Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program-Education (SNAP-Ed) through the state as the Eat Well Nutrition Education Program. The contradiction between high rate of obesity and food insecurity in Maine demonstrates that poor food choice and lack of nutrient rich food availability have a significant impact on our population.

What has been done

To respond to Maine's need to improve food security while improving health through better diet quality and increasing physical activity, our Eat Well program provided direct education to Maine's most vulnerable populations; low-income youth, individuals, and families. Interactive education is delivered using research-based info on a variety of nutrition topics in homes, community groups, schools, or by mail. This year we provided one-time direct nutrition education to 7,605 adults, and consecutive nutrition education to 2,122 adults and 18,631 youth.

Results

Of the 2,122 adults who participated in consecutive nutrition education, 1,249 completed and graduated from the Eat Well Program. As a result graduates demonstrated improved eating habits and food security after participating in the program:

- 56 percent make healthier choices when deciding what to feed their family.
- 44 percent now prepare food without adding salt.
- 63 percent now use the food labels to make healthier food choices.
- 64 percent now plan their meals in advance.
- 51 percent now compare prices when shopping for food.
- 37 percent no longer ran out of food at the end of the month.

In addition to the above behavior change, Eat Well graduates lowered mean sodium intake by

and average of 335 milligrams, and lowered average calorie intake by 225 calories at time of graduation. If that calorie reduction is sustained for one year, it could result in a 23-pound weight loss for that individual.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle
802	Human Development and Family Well-Being

Outcome #2

1. Outcome Measures

Integrate regular physical activity into daily life

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	8865

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
724	Healthy Lifestyle

- 802 Human Development and Family Well-Being
- 803 Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #3

1. Outcome Measures

Engage positively in their community

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	45

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #4

1. Outcome Measures

Demonstrate application of leadership skills

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	158

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #5

1. Outcome Measures

Increase consumption of healthful, locally-grown and -produced food (farm to school program, food preservation, etc.)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	200

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Short- and Long-term Efforts to Alleviate Hunger: Maine is the most food insecure state in New England. One in five children under the age of 16 live in homes where they're not sure where their next meal is coming from. Forty three percent of people defined as food insecure do not qualify for food stamps or other government programs, and need help. Food insecurity is a problem that's hard to understand in a rural state like Maine, where there is a tradition of farming and subsistence gardening. In the past, Maine produced all of the food it needed; today, Maine imports more food than any other state in the lower forty-eight.

What has been done

UMaine Extension's Harvest for Hunger program provides high quality fruits and vegetables to hungry people in Maine. For the past 10 years, hundreds of volunteers in every County in Maine have grown food in community gardens, school gardens, home gardens, and commercial farms to donate to local food pantries, shelters, soup kitchens, and senior programs. Food recipients are encouraged to actively participate by learning from the program; they receive recipes, cooking, and gardening tips and learn about a healthy diet.

Results

When a problem is visible, it can be addressed. Growing, harvesting, and donating food empowers people to make a difference, a first step in understanding the many facets of hunger. This year school children, employees of businesses, community members, and Master Gardeners volunteered more than 830 hours to grow, glean and donate more than 209,000 pounds of quality food for those in need, and in an effort to stem the tide of need, helped the recipients learn about gardening, cooking and preserving. A survey sample of 61 recipients at one distribution point found that:

- 88 percent have incorporated other healthy foods into their diet
- 82 percent make more homemade meals
- 95 percent eat a wider variety of fruits and vegetables
- 92 percent eat more fruits and vegetables
- 49 percent canned or froze surplus fruits and vegetables
- 77 percent feel that their overall health has improved

4. Associated Knowledge Areas

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

Outcome #6

1. Outcome Measures

Reduce consumption of highly processed foods (fast foods, convenience foods, etc.)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	19915

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
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

Outcome #7

1. Outcome Measures

Demonstrate application of subject matter knowledge

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	4553

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
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

{No Data Entered}

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Evaluation initiatives measured behavioral changes related to improved nutrition and increased physical activity that contribute to decrease incidence of overweight and obesity in children and adults in Maine. Methods included:

- .. Pre and post activity assessments
- .. Surveys

- Observations
- Case Studies

Key Items of Evaluation