V(A). Planned Program (Summary)

Program # 7

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
701	Nutrient Composition of Food		0%		25%
702	Requirements and Function of Nutrients and Other Food Components		0%		25%
703	Nutrition Education and Behavior		0%		25%
704	Nutrition and Hunger in the Population		5%		0%
724	Healthy Lifestyle		15%		25%
801	Individual and Family Resource Management		5%		0%
802	Human Development and Family Well-Being		10%		0%
803	Sociological and Technological Change Affecting Individuals, Families, and Communities		5%		0%
805	Community Institutions, Health, and Social Services		5%		0%
806	Youth Development		30%		0%
901	Program and Project Design, and Statistics		15%		0%
903	Communication, Education, and Information Delivery		10%		0%
	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	0.0	1.0	0.0	2.0
Actual Paid Professional	0.0	1.0	0.0	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**
0	0	0	0
1862 Matching	**1890 Matching**	**1862 Matching**	**1890 Matching**
0	0	0	0
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

Optimal nutrition is important to the health and well-being of all people. Previous studies have shown that diet is a factor in 6 of the 10 leading causes of death in the U.S. Improved nutrition will increase quality of life, productivity, and reduce health care costs in populations throughout the nation. Lincoln University is continuing to focus their efforts on relationships between nutrition and health, and on establishing optimal nutrient requirements for diverse populations. Programs are designed to ensure that nutritious foods are affordable and available, and provide guidance so that individuals and families are able to make informed, science-based decisions about their health and well-being.

Specific areas of focus include the role of diet and exercise on the development of obesity, hypertension and type 2 diabetes and their subsequent contribution to development of cardiovascular diseases. Focus is also placed on education of public for prevention of these chronic diseases by life-style modification (healthy eating and increased physical activity). There are plans to study the biochemical and physiological basis for regulation of body weight and body fat distribution using a diet-induced obese animal model. While this research is relevant for all people, emphasis is primarily on specific subpopulations including African-Americans, low-income populations and other underrepresented groups.

Lincoln University Encore Steppers (LUES) is a teen leadership, team building fitness program designed to teach team skills, good decision making skills, and to stay physically fit. The statewide "Show me the Ropes" obesity reduction /double dutch competition was initiated. This is an 8-week nutrition and fitness program combined with the activity of jumping rope for health. Other workshops, conferences, and after school programs focused on nutrition, staying fit, and making healthy choices.

2. Brief description of the target audience

African-Americans, low-income families and other under represented groups in St. Louis, Kansas City, the Southeast region, and Jefferson City area in the State of Misssouri.

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	0	0	0	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	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of publications, presentations,workshops, and contacts.

Year	Actual
2012	12

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Increase knowledge of good nutrition measured by surveys pre- and post-nutrition education. Increased awareness about relationship between nutrition and physical activity and chronic diseases measured by periodic surveys. increase nutrition knowledge, awareness, and importance of nutrition for prevention of chronic diseases.
2	Number of citations of publications by other scientists in scientific papers. -Use of research results by nutrition extension and health care specialists. I-mprovement of eating behavior and physical activities. -Decrease in percentage of overweight and obesity in research and extension participants. Medium-term: 2010 - measurable weight reduction (1-5%) in overweight and obese subjects and clientel. Utilization of research outcomes by the extension specialist (2-3 good nutrition guides). measurable weight reduction (1-5%) in overweight and obese subjects and clientele 2011 - Utilization of research outcomes by the extension specialist (2-3 good nutrition guides). 2012 - Same as 2011. 2013 - Same as 2012 and number of citations of publications = 10 2014 - Same as 2013 and number of citations of publications = 15
3	Measurable improvements in public health and reduction in health care costs for specific population such as African-Americans, low-income families and other underrepresented groups. Expect 80% positive response of those contacted
4	Short term: Enhanced academic productivity, improved rate of community volunteerism, development of leadership skills, increased knowledge, and increased life skills.
5	Medium Term: Completion of current grade and promotion to the next, increased graduation rates from high school, reduced probability of acts of crime, increases self esteem, better social standards, and better life choices.
6	Long Term: Improved education levels, Increased standard of living, and improved quality of life

Outcome #1

1. Outcome Measures

Increase knowledge of good nutrition measured by surveys pre- and post-nutrition education. Increased awareness about relationship between nutrition and physical activity and chronic diseases measured by periodic surveys. increase nutrition knowledge, awareness, and importance of nutrition for prevention of chronic diseases.

2. Associated Institution Types

- 1890 Extension
- 1890 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)
The prevalence of high blood pressure, diabetes, and obesity in the minority and limited resource audiences (both children and adults) served by LU Extension.

What has been done
Classes were provided for children and parents. Creative methods to increase activity for children were provided. Double Dutch Jumping competitions were held. All competitors were involved in health and nutrition classes.

Results
Over a majority of the people surveyed indicated that they have made at least one positive change in their eating or exercise experience.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle

Outcome #2

1. Outcome Measures

Number of citations of publications by other scientists in scientific papers. -Use of research results by nutrition extension and health care specialists. I-mprovement of eating behavior and physical activities. -Decrease in percentage of overweight and obesity in research and extension participants. Medium-term: 2010 - measurable weight reduction (1-5%) in overweight and obese subjects and clientel. Utilization of research outcomes by the extension specialist (2-3 good nutrition guides). measurable weight reduction (1-5%) in overweight and obese subjects and clientele 2011 - Utilization of research outcomes by the extension specialist (2-3 good nutrition guides). 2012 - Same as 2011. 2013 - Same as 2012 and number of citations of publications = 10 2014 - Same as 2013 and number of citations of publications = 15

Not Reporting on this Outcome Measure

Outcome #3

1. Outcome Measures

Measurable improvements in public health and reduction in health care costs for specific population such as African-Americans, low-income families and other underrepresented groups. Expect 80% positive response of those contacted

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Obesity is a serious nutritional problem in the United States. The prevalence of obesity is currently estimated at over 20% of the population.

What has been done
Numerous workshops and presentations were given to school age children and adults.

Results

The vast majority of the participants recognized the need to live healthier and to eat healthier and to get regular exercise. People are generally very receptive to new ideas on food and exercise.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle

Outcome #4

1. Outcome Measures

Short term: Enhanced academic productivity, improved rate of community volunteerism, development of leadership skills, increased knowledge, and increased life skills.

2. Associated Institution Types

- 1890 Extension

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)
Childhood obesity has become a growing problem in the U.S. Young people continue to face challenges with their overall health and activity levels.

What has been done
The Show Me the Ropes program has cultivated a positive atmosphere where young people are taught the basics of healthy eating choices and nutrition. EFNEP offers individual and family nutrition education, recreational and fitness programs. LUES students are taught healthy lifestyles and leadership skills while being active.

Results
Participants have learned basic and advanced skills in a health activity which promotes longer life by increasing cardio vascular efficiency, muscle tone, endurance, and agility.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
805	Community Institutions, Health, and Social Services
806	Youth Development
901	Program and Project Design, and Statistics
903	Communication, Education, and Information Delivery

Outcome #5

1. Outcome Measures

Medium Term: Completion of current grade and promotion to the next, increased graduation rates from high school, reduced probability of acts of crime, increases self esteem, better social standards, and better life choices.

2. Associated Institution Types

- 1890 Extension

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)
Young people around the State of Missouri continue to face challenges with their overall health and activity levels. Unhealthy lifestyles and behavioral choices have continues to cause an increased mortality rate, propensity toward criminal activity, and addictive/destructive behaviors.

What has been done
Participants have learned basic and advanced skills in a health activity, which promotes long life by increasing cardio vascular efficiency, muscle tone, endurance, and agility.

Results

Most participants were inspired and setting personal goals that would incorporate healthy choices, nutrition, and overall better health. Precise long-term graduation rate increases have not yet been determined.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
805	Community Institutions, Health, and Social Services
806	Youth Development
901	Program and Project Design, and Statistics
903	Communication, Education, and Information Delivery

Outcome #6

1. Outcome Measures

Long Term: Improved education levels, Increased standard of living, and improved quality of life

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes

Brief Explanation

Extreme weather conditions in Southeast Missouri increased the joblessness situation in an already hard hit area. Overall, the economic situation has made it more difficult on families in underserved areas. State budget cuts have had a huge impact in some areas, resulting in more stress and tension in families and communities.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Pre and post program surveys will be utilized to measure educational and change results.

Key Items of Evaluation

Consistency with participants in following through with program events, goals, and plans.