

V(A). Planned Program (Summary)

Program # 16

1. Name of the Planned Program

Human Nutrition

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	100%		0%	
	Total	100%		0%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	14.0	0.0	0.0	0.0
Actual Paid Professional	20.4	0.0	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
547363	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
547363	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

Research and Extension activities will be carried out, including:

- Partner with community groups and organizations to set up educational opportunities,

- Train/Update professional and paraprofessionals on new USDA Food Pyramid and other related materials,
- Conduct educational programs as needed,
- Partner with local school systems to conduct nutrition-based research and provided nutrition education.

2. Brief description of the target audience

The audience for this program consists of all Mississippians. Special emphasis is placed on those who historically have demonstrated poor nutrition behaviors, which includes low-income populations--both parents and children in these families are targeted.

3. How was eXtension used?

The resources provided through eXtension were used to supplement and enhance our public learning experiences provided by MSU Extension agents and specialists. eXtension was also used as a resource in state-based planning processes. Overall, 212 MSU employees are eXtension users, with 15 new registrations during this reporting period. Further, MSU Extension has 64 employees that serve on one or more of the 72 Communities of Practice (COPs); MSU Extension employees are member of 33 COPs. Twelve MSU Extension employees serve as a leader for a COP, leading 9 COPs. MSU Extension was heavily engaged in the Families, Food and Fitness COP with 4 faculty members serving as leaders of the COP and 10 additional employees as members. Extension personnel are also members of the Community Nutrition Education COP and the Community, Local and Regional Food Systems COP.

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	164247	259203	250870	388805

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	3	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of clientele attending workshops, seminars, and short courses.

Year	Actual
2012	177688

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of clientele who learn how to use the food pyramid and nutritional guidelines to make food decisions.
2	Number of clientele who adopt practices to fit their diets within the dietary guidelines.
3	Number of clientele reporting improved health and/or well-being due to changes in diet.

Outcome #1

1. Outcome Measures

Number of clientele who learn how to use the food pyramid and nutritional guidelines to make food decisions.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	35538

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Mississippi has the highest childhood obesity rate in the U.S. at 22%. The number of low-income children that are overweight/obese is disproportionate to higher-income children. This is also true for very young children. According to the Pediatric Nutrition Surveillance System, approximately 15% of MS low-income children ages 2 to 5 years in federally funded programs are obese.

Research indicates that introducing very young children to healthier food choices may impact decisions later life to consume healthier foods.

What has been done

The Snack Pack Project, funded by ConAgra Food Foundation, is a 19-week comprehensive, interactive nutrition education program designed to promote food and nutrition literacy and low-cost healthy snack food selection among 3 to 5 year olds from low-income families and resource-constrained environments. To reach this audience, the program was developed for Head Start preschoolers. Since 2010-2012 MSU Extension has collaborated with 4 Head Start centers in 4 counties: Attala, Holmes, Montgomery and Webster to pilot the program.

Results

Since 2010, 550 preschoolers have participated. Results from 370 pre- and post-tests of preschoolers indicate: 85% recognized different foods from the fruit group; 89% recognized different foods from the grain group; 91% 4 to 5 year-olds and 71% 3 to 4 year-olds understood farm to table concepts; 87% were able to identify the person that grows food for them to eat. Seventy percent of 4 to 5 year-olds could identify that fruit is in the ingredients, and 77% could identify healthier food items that we should eat more of to help the body to be strong.

4. Associated Knowledge Areas

KA Code **Knowledge Area**
703 Nutrition Education and Behavior

Outcome #2

1. Outcome Measures

Number of clientele who adopt practices to fit their diets within the dietary guidelines.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	28430

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In MS, there are many nutritional concerns among the SNAP eligible population. According to the results of the Behavioral Risk Factor Surveillance System (2007), 87.5% of Mississippians with incomes below \$15,000/yr reported consuming less than five fruits and vegetables a day, compared to 81.9% of all Mississippians. Associated dietary issues that impact nutrition behavior include portion control, high fat and sugar intake, food purchasing habits, and food safety.

What has been done

In cooperation with the MS Department of Human Services and the USDA, Extension provides nutrition education to individuals that are SNAP eligible. During FY12, the Family Nutrition Program (FNP) had 138,280 participants. The Body Walk exhibit was also set up at 69 public schools in MS, allowing 15,913 students in kindergarten through 5th grade to participate. Students received short lessons in each area of the exhibit to learn how to take care of their bodies such as choosing to participate in physical activity and to make healthy food choices.

Results

Approximately 300 teachers of pre-K thru 1st grade observed positive changes in their students' nutrition behaviors such as choosing healthier meals and/or snacks, eating breakfast more often, willingness to try new foods. After participating in nutrition education, adults (n=73) reported they would plan meals ahead of time often (41%) or and always (18%) to help improve the overall nutrition of meals. After completion of the Body Walk exhibit, third graders were asked, "To keep all of your OrganWise Guys in tiptop shape, you can (circle all the correct answers): A. eat a low-fat diet B. eat a high-fiber diet C. drink plenty of water D. eat a candy bar with every meal E. get

1 hour of physical activity a day." Of 3339 third graders, 22% selected all 4 correct answers, and 34% selected 3 correct answers.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #3

1. Outcome Measures

Number of clientele reporting improved health and/or well-being due to changes in diet.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	14215

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Mississippi ranks among the highest states in terms of prevalence of diet-related diseases. Cardiovascular disease, cancer, diabetes, and being overweight/obese are leading chronic diseases and conditions that are contributing significantly to higher mortality and morbidity rates. These chronic diseases are particularly concerning due to MS's elevated poverty rate in comparison to the U.S. MS's poverty rate is 21.2%*, while the U.S. poverty rate is 14.3%** (2012*, 2007-2011**).

What has been done

Paraprofessionals work in approximately 61 MS counties with poverty rates at or above the state average. EFNEP nutrition education concentrates on Diet Quality/Physical Activity, Food Safety, Shopping Behavior/Food Resource Management, and Food Security. The target audience is low-income families with young children and low-income children and youth. Schools and Head Start Centers welcome nutrition education. Programs are also conducted with adults to promote dietary changes in the home. This approach supports changes at multiple levels.

Results

During FY12, EFNEP paraprofessionals worked with 801 families in MS, indirectly reaching 2,780 family members. 91% of program participants graduated, meaning they successfully completed 8

nutrition lessons. Of the adults participating (n=683), the following impact data were reported: Food Resource Management Practices - 87% showed improvement in one or more food resource management practices; Nutrition Practices - 91% showed improvement in one or more nutrition practices; Food Safety Practices - 66% showed improvement in one or more of the food safety practices. Paraprofessionals also worked with 39,096 low-income children and youth through school, after-school, summer, and 4-H programs.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Competing Public priorities
- Competing Programmatic Challenges

Brief Explanation

{No Data Entered}

V(I). Planned Program (Evaluation Studies)

Evaluation Results

MSU Extension agents and specialists, as well as MAFES faculty, used a variety of recommended methods to gather needed information. Specific strategies will be initiated and utilized for collecting evaluation information to determine program outputs and outcomes (see impact statements for examples).

In FY 2012, MSU Extension agents and specialists were required to submit four quarterly reports (January, April, July, and September). This quarterly report collects information about the number of contacts, types of contacts, and number of programs conducted in each Priority Planning Area. In addition, two narrative Accomplishment Reports are required from each MSU Extension employee each year. Finally, a specific request for impact statements is also made. The evaluation results are a combination of this quantitative and qualitative data.

Key Items of Evaluation