

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		5%		0%
702	Requirements and Function of Nutrients and Other Food Components		5%		0%
703	Nutrition Education and Behavior		80%		0%
724	Healthy Lifestyle		10%		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	0.0	2.0	0.0	2.0
Actual Paid Professional	0.0	3.0	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	59872	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	59872	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

- Conduct Research Experiments.
- Conduct Workshops, meetings.
- Deliver Services.
- Curriculum, Resources.
- Provide Training.
- Provide Counseling.
- Assessments.
- Work with Media.
- Partnering.
- Facilitating.

2. Brief description of the target audience

The target audience is limited-resource families and children.

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	200	75	425	25

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

- Conduct health screening for obesity risk factors in adolescence children.

Year	Actual
2012	3

Output #2

Output Measure

- Conduct educational program and workshops on obesity and obesity related illnesses.
Not reporting on this Output for this Annual Report

Output #3

Output Measure

- Conduct intervention to reduce weight gain and lifestyle changes in overweight children.

Year	Actual
2012	6

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Increase in the number of participants who are aware of the BMI and their weight status using the IBM scale.
2	Increase the number of participants with blood pressure at baseline whose blood pressure is under control because of weight loss.
3	Lower the proportion of participants with high blood cholesterol because they now engage in regular physical activity and practice healthy eating habits.
4	Decrease the body weight by 7-10% of overweight children.
5	Decrease the Body Mass Index (BMI) from baseline for overweight children.

Outcome #1

1. Outcome Measures

Increase in the number of participants who are aware of the BMI and their weight status using the IBM scale.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	200

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Childhood obesity in the United States has more than tripled in the past 30 years. Approximately, 40% of Mississippi children are obese or overweight. According to the Center for Disease Control (CDC), an individual is obese if that person has a body mass index (BMI) greater than 30 percent. Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. Overweight children tend to (a) miss more school days, (b) have an increased chance of becoming obese adults, and (c) an increased risk for Type II diabetes, heart disease, hypertension, osteoarthritis, sleep apnea, gall bladder disease, and stroke.

What has been done

The Alcorn State University Extension Program (ASUEP) partnered with the ASU Department of Human Sciences, Delta Obesity Initiative and implemented an obesity prevention program focusing on modifying dietary behaviors. Alcorn Extension staff and Human Sciences faculty trained participants in Adams, Claiborne, Jefferson Counties on how to utilize the three components to reduce childhood obesity.

Results

A question and answer format was used to evaluate the sessions. All participants indicated an increase in knowledge regarding modifying, dietary behaviors, physical activity, and community gardening. Participants' blood pressure, BMI, cholesterol, and weight will be measured in three month intervals to determine if the program is helping reduce obesity. As a result 250 participants received knowledge regarding modifying eating habits.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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703 Nutrition Education and Behavior

Outcome #2

1. Outcome Measures

Increase the number of participants with blood pressure at baseline whose blood pressure is under control because of weight loss.

2. Associated Institution Types

- 1890 Extension
- 1890 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	560

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Childhood obesity in the United States has more than tripled in the past 30 years. Approximately, 40% of Mississippi children are obese or overweight. According to the Center for Disease Control (CDC), an individual is obese if that person has a body mass index (BMI) greater than 30 percent. Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. Overweight children tend to (a) miss more school days, (b) have an increased chance of becoming obese adults, and (c) an increased risk for Type II diabetes, heart disease, hypertension, osteoarthritis, sleep apnea, gall bladder disease, and stroke.

What has been done

The Alcorn State University Extension Program (ASUEP) partnered with the ASU Department of Human Sciences and implemented an obesity prevention program focusing on modifying dietary behaviors, physical activity, and community gardening. Alcorn Extension staff and Human Sciences faculty train teachers in Adams and Jefferson Counties on how to utilize the three components to reduce childhood obesity. Approximately 200 youth have participated in the training.

Results

The partnership resulted in developing raised bed vegetable gardening for preschool children. ASUEP conducted container garden workshops at the two sites (Adams and Fayette) for teachers. Children were introduced to this concept in the class rooms. Then they were introduced

to the raised beds where children participated in various related activities ranging from the planting to the harvesting activities. This initiative was undertaken to reduce childhood obesity by encouraging children to eat healthy through vegetable gardening activities. Children at Fayette are 160 while at Adams are 400.

4. Associated Knowledge Areas

KA Code	Knowledge Area
702	Requirements and Function of Nutrients and Other Food Components
724	Healthy Lifestyle

Outcome #3

1. Outcome Measures

Lower the proportion of participants with high blood cholesterol because they now engage in regular physical activity and practice healthy eating habits.

2. Associated Institution Types

- 1890 Extension
- 1890 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	250

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

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Results

A question and answer format was used to evaluate the sessions. All participants indicated an increase in knowledge regarding modifying, dietary behaviors, physical activity, and community gardening. Participants' blood pressure, BMI, cholesterol, and weight will be measured in three month intervals to determine if the program is helping reduce childhood obesity.

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

Outcome #4

1. Outcome Measures

Decrease the body weight by 7-10% of overweight children.

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Decrease the Body Mass Index (BMI) from baseline for overweight children.

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

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

Brief Explanation

Competing Programmatic Challenges
Other (Staff)

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Youth have increased their knowledge in the areas of modifying dietary behaviors, physical activity, and community gardening. The ASUEP and Human Sciences Department are in the process of modifying the evaluation plan to capture program impact.

Key Items of Evaluation

No key items for evaluation.