

V(A). Planned Program (Summary)

Program # 9

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	75%			
704	Nutrition and Hunger in the Population	25%			
	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	10.0	0.0	0.0	0.0
Actual Paid Professional	10.0	0.0	0.0	0.0
Actual Volunteer	1.7	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
234696	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
234696	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

Nutrition Connections - educational courses to income eligible NH residents - through the Expanded

Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Education Program (SNAP-ed)

4-H Youth Development programs - Healthy Living/Healthy Choices

2. Brief description of the target audience

Youth, ages 0-18

Limited-resource adults

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	3449	0	12830	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 low-income adults participating in Nutrition Connections - educational courses to income eligible New Hampshire residents

Year	Actual
2012	1306

Output #2

Output Measure

- Number of youth participating in nutrition programming through Nutrition Connections

Year	Actual
2012	5932

Output #3

Output Measure

- Number of youth participating in 4-H Healthy Living programs

Year	Actual
2012	6898

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of participants who report an increase in their physical activity
2	Number of youth who learn how to choose foods according to the Pyramid and Dietary Guidelines
3	Number of participants who report eating nearer to the recommended number of cup equivalents from the Fruits and Vegetable Group
4	Nutrition Education - Crosscutting narrative
5	4-H Healty Living

Outcome #1

1. Outcome Measures

Number of participants who report an increase in their physical activity

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	724

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

See crosscutting impact statement

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #2

1. Outcome Measures

Number of youth who learn how to choose foods according to the Pyramid and Dietary Guidelines

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	11000

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 #3

1. Outcome Measures

Number of participants who report eating nearer to the recommended number of cup equivalents from the Fruits and Vegetable Group

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	3000

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

See crosscutting impact statement

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #4

1. Outcome Measures

Nutrition Education - Crosscutting narrative

2. Associated Institution Types

- 1862 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)

With the changing economy, the number of SNAP households and individuals in New Hampshire has risen dramatically. In 2009 there were 28,478 households representing 57,771 individuals. In 2011, the number of households had risen to 54, 634 representing 114,023 individuals, about 1 in 10 people receiving SNAP benefits. In 2012, Nutrition Connections reached 53,226 SNAP households representing 111,775 individuals with nutrition education.

Physical activity and nutrition play vital roles in overall health. Research has found that diet is associated with the leading causes of death, many of which are preventable; heart disease, obesity, diabetes, and several types of cancer. While rates of overweight and obesity continue to escalate, those with lower incomes have the highest rates of overweight and obesity. Among low-income preschool children, 1 in 3 is obese or overweight before their 5th birthday. However, lifestyle choices (along with other environmental factors and genetics) have a power influence on one's health and quality of life. Following the USDA Dietary Guidelines can help.

What has been done

Nutrition Connections consists of two federal nutrition initiatives, EFNEP (Expanded Food and Nutrition Education Program) and SNAP-Ed (Supplemental Nutrition Assistance Program Education), whose key mission is to provide education to low-income audiences in the areas of nutrition, physical activity, food budgeting/shopping, cooking, and food safety. A total of 1306 families participated in one or more nutrition education lessons. EFNEP programming reached 184 individuals in a series of lessons. This last year staff have worked to build stronger relationships with new and existing agencies to recruit more families with children, a shift in our focus from previous years. SNAP-Ed programming reached 1122 individuals with one or two lessons with 487 in a series of lessons. Over 3449 persons in program families were impacted with nutrition education this past year.

A total of 5932 youth, in 328 groups, participated in a series of lessons. Youth from pre-school through high school were reached in school, after-school settings and other youth related organizations. EFNEP programming reached 1313 youth and SNAP-Ed programming reached 4619 youth.

Results

Entry and exit food recalls and survey question evaluation for both programs show that:

- 52.5% of participants eat closer to the USDA recommendation for fruit, in addition, the average serving of fruit increased by 0.3 cups
- 55.8% of participants eat closer to the vegetable recommendation, the average serving of vegetables increased by 0.2 cups
- The mean fiber intake increased by 3.3 grams
- 95.9% of participants eat closer to the general recommendations of the Dietary Guidelines and MyPlate
- 21.5% of participants improved the amount of their daily physical activity
- 64% (236 of 367) of participants more often thought about healthy foods
- 32% (116 of 367) of participants more often did not use salt
- 69% (257 of 370) of participants more often read food labels
- 88% of participants improved at least one nutrition practice: choosing healthy foods, not using salt, reading food labels

Observations of students from teachers hosting a nutrition series include:

- Students are willing to try different foods and I heard some of them say they talked to their parents about the class.
- During snack time students are reading labels
- More students bring water rather than juice boxes for snack

4. Associated Knowledge Areas

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

Outcome #5

1. Outcome Measures

4-H Healty Living

2. Associated Institution Types

- 1862 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)

A major youth issue in NH is 32.8% of the children between 6-12 years of age are obese or over weight and 13% of those 10-17 years of age overweight. This is enhanced by poor nutrition habits, lack of exercise and general wellness habits. New Hampshire is considered a wealthy state but the recent slow-downs in economy shown by the closing of paper mills, laying off of teachers, decreasing in health related services and the rural poor emerging as a target audience. There is a need to increase food preparation skills in family members to decrease the number of processed foods and increase the number of fresh vegetables served daily.

What has been done

Enabled by a grant through National 4-H Council and the Walmart Foundation, 4-H youth development educators, 4-H members and volunteers, nutrition connection staff and master gardeners worked together to address the identified issues. School and community gardens and 4-H gardens were established to raise fresh produce for their families and support community food banks by planting a row for the hungry. Nutrition education and cooking classes were taught through the 4-H clubs, OMK camps, and Cooking matters programming for youth and adults. Nutrition Connection staff taught in the schools and in afterschool programs.

Results

Over 5700 youth and 600 adults participated in some aspect of the project and three extension program areas worked together to address a major issue.

- Over 1500 youth and 109 adults created 12 new school gardens and 2 new community gardens in five counties.
- Twenty Stonyfield Yogurt employees volunteered three times for a total of 240 hours in the 4-H Teaching Garden to help open up, provide routine maintenance and help with harvest and closing the garden while the company donated \$3,000 to support the garden.

- Over 7000 pounds of fresh vegetables were provided to the New Hampshire food bank in Manchester, and at local food pantries in five counties of the state.
- 4-H clubs pledged to increase the amount of physical movement at club activities and to only serve water or fruit juices eliminating drinks with sugar added.
- Over 400 4-H members and 80 adults increased their awareness of hunger in their own communities by working in the soup kitchen or food pantry. They learned hunger is a year round problem not only in the winter. Club and county events have increased the number of ongoing food drives to support the local food pantries and 4-H gardens in 5 counties planted rows for the hungry to provide additional fresh vegetables to the food pantry.
- Five mobile kitchens were established to aide Nutrition connection staff in their teaching the principles of MyPlate and 5-2-1-0 in school and out of school. They reached over 3340 youth with 6+ hours of teaching time.

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
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

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Key Items of Evaluation

nothing new to report