

**V(A). Planned Program (Summary)**

**Program # 5**

**1. Name of the Planned Program**

Health and Wellbeing

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
702	Requirements and Function of Nutrients and Other Food Components	5%		5%	
703	Nutrition Education and Behavior	20%		20%	
704	Nutrition and Hunger in the Population	20%		20%	
724	Healthy Lifestyle	20%		20%	
801	Individual and Family Resource Management	20%		20%	
802	Human Development and Family Well-Being	10%		10%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	5%		5%	
	<b>Total</b>	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	7.0	0.0	1.1	0.0
Actual Paid Professional	2.8	0.0	1.1	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
190807	0	172687	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
190807	0	172687	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

New Mexico Agricultural Experiment Station researchers are measuring the effectiveness of nutrition and fitness programs in New Mexico public schools. The effectiveness of the school-based programs can be measured by differences in fruit and vegetable consumption and plate waste studies are one technique to do this. The school based nutrition and fitness programs in New Mexico have great potential to reverse the trend of childhood overweight and obesity in New Mexico.

Equine assisted psychotherapy (EAP) involves the use of horses in therapeutic sessions with people. The major significant impact that is a direct effect of AES research is that individuals and families who participate in EAP make significant clinical improvements in mental health outcomes. This translates to a healthier family environment in terms of parenting and child interactions.

#### Extension

The Quay County Health Council was awarded a \$15,000.00 grant by the State Health Department. Requirements of this funding are that the hospital has to be a partner in the project and the other is that the project has to address health care access issues. A committee has been working for several years on developing a diabetes education center staffed by a diabetes educator to obtain funding. As the Health Council met to look at options, the diabetes center project became the most doable option because of the short turn-around in providing services. The two committees were merged and began meeting twice a month. The group is known as DAWN (Diabetes and Wellness Network). The grant proposal was written and funded, a time line was developed and a fiscal agent secured. If the objectives are met in time, the funding will be continued for 4 more years.

The program is called "Steps to a Healthy Life with Diabetes." Patients with diabetes are seen for a total of three hours by a diabetes educator over a four to six month period. The grant provides funding for patients without insurance and covers start-up costs, printing, and teaching supplies. The committee has built a business plan and is working on a sustainability plan which will include accreditation and training for a future certified diabetes educator. Agent works with both committees in a variety of areas including research, advertising, and booths at fairs.

The committee is working on developing a method for tracking A1C's over an extended period of time to evaluate the impact of the program.

Kitchen Creations Cooking School offers sessions for people with diabetes. The four meeting class gives participants a hands-on experience of preparing healthy food for themselves and their families along with lessons on Diabetes, the effects of certain foods and how to eat healthier.

Last year individuals participated in the Kitchen Creations Diabetes School classes. Evaluation statistics indicate that the diabetes cooking classes helped participants manage their diabetes by reading food labels to find the amount of carbohydrates in a food; eating at least 2 servings of whole grains per day and 2 servings of non-starchy vegetables at dinner; using the 50/50 method to control the amount of carbohydrates they eat at a meal; measuring food portions, switching to wheat bread, and using more herbs and spices to flavor foods.

Agent presents a program to the Senior Companions and Foster Grandparents titled "Eat Your Breakfast". The program discusses the research around the health benefits of eating breakfast and what a healthy breakfast includes. Handouts are geared toward the diabetic and offer options for a balanced breakfast plate. Handouts are also geared toward parents, and offer options for quick breakfast ideas. Participants learn what food options would be considered healthier and the components of a healthy breakfast.

Agents meet with clients of the Mental Health Resources Drop-in Center and talks about food selection for diabetics. Participants learn which foods are high in carbohydrates and how much of each of those foods they can have at a meal. Participants also learn that they should avoid eating junk food and drinking sodas. These tips will help them lower their blood sugar and help them feel better.

Agents work with the Small Business Development Center and the Southwest Cooperative Development Center to plan a seminar on forming co-ops to assist our struggling Food Co-op and to look at other possible co-ops. This program is incorporated into the annual seminar as a half day event. Speaker fees and lunch for participants are provided by donated funds. Speakers include representatives from the Cibola Art Cooperative and the Sweetgrass. Volunteers at the meeting discuss ways to advertise better and keep their members informed.

Classes on "Tricks the Grocery Store Uses" and "Cooking for One or Two" are combined. Participants learn techniques for reducing recipes and tips for utilizing freezers to preserve prepared food or extra ingredients for later use. Ideas for easy meals and recipes are shared. Participants learn about the research stores conduct to determine how we buy. They learn about packaging and product placement and how to avoid impulse buying target areas. They receive tips for saving money while shopping by avoiding marketing traps.

"Helping Your Doctor Help You" and "Food and Drug Interactions" participants learn tips to help them remember what questions they need to ask their doctors. Participants are provided medical record books to keep their medical information handy for their doctor. Participants learn that it is okay to be assertive and ask for information in writing and to ask the doctor to slow down so they understand the instructions. Participants are provided with a handout on common food/drug interactions and drug/drug interactions prepared by Ohio State Cooperative Extension Service. Participants learn the potential problems caused by these interactions and are cautioned to read everything that comes with prescriptions. They are also encouraged to share the list of supplements and herbal remedies they are taking with their pharmacist before starting a new medication.

Agent presents a program on Meth at the Extension Association Club Meeting. Participants learn what Meth is and some of the common ingredients used to produce it. They learn how the Meth problem is affecting them; from not being able to buy cold medicine, to the cost to the communities of dealing with the aspects of the crime. They learn how dangerous Meth trash is and how to avoid coming in contact with

Meth residue.

**2. Brief description of the target audience**

The target audience includes: teenage mothers, low-income families, families suffering social stress, mal- or undernourished families, diabetics.

**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
<b>Actual</b>	0	0	0	0

**2. Number of Patent Applications Submitted (Standard Research Output)**

**Patent Applications Submitted**

Year: 2012

Actual: {No Data Entered}

**Patents listed**

{No Data Entered}

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2012	Extension	Research	Total
<b>Actual</b>	3	1	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- The specific output measures will vary according to the specific project being monitored. The development of research procedures and technology, training of students, publishing research papers, and disseminating research results via educational workshops, conferences, and Extension media are important outputs for the various projects falling under this planned

program.

<b>Year</b>	<b>Actual</b>
2012	0

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	# of research papers
2	# of Extension publications
3	# of trained professionals
4	% diabetics adopting NMSU recommendations regarding nutrition

## **Outcome #1**

### **1. Outcome Measures**

# of research papers

### **2. Associated Institution Types**

- 1862 Research

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	1

### **3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
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
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

## **Outcome #2**

### **1. Outcome Measures**

# of Extension publications

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	17

### **3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

## **Outcome #3**

### **1. Outcome Measures**

# of trained professionals

### **2. Associated Institution Types**

- 1862 Research

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	0

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

{No Data Entered}

**What has been done**

{No Data Entered}

**Results**

{No Data Entered}

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
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
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #4**

**1. Outcome Measures**

% diabetics adopting NMSU recommendations regarding nutrition

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	0

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

{No Data Entered}

**What has been done**

{No Data Entered}

**Results**

{No Data Entered}

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

**V(H). Planned Program (External Factors)**

**External factors which affected outcomes**

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

**Brief Explanation**

{No Data Entered}

## **V(I). Planned Program (Evaluation Studies)**

### **Evaluation Results**

The majority of adult program evaluations carried out by New Mexico Extension agents and specialists are pre-post and post-program knowledge gain instruments. The majority of youth (primarily 4-H club) program evaluations are demonstrations of knowledge gained and applied in teaching others, competitive events, and climbing 'youth career ladders'. Rarely, if at any time, does an agent or specialist report that participant knowledge attained/gained was less than satisfactory. One can only assume that knowledge gain survey questions are fairly worded, and that audience participation was not mandatory. The only exception to this is with Master Gardener and Integrated Pest Management qualification exams. But again, participation is initially by application and the desire to learn and apply what is learned.

### **Key Items of Evaluation**

What is interesting to note is that most Extension faculty now use goal setting, program objectives, and evaluation instruments in their program plans (as opposed to 10 years ago, when there was a great degree of resistance). The next step in program evaluation is to assist Extension agents and specialists to develop precision evaluation instruments. On-going training, such as the Western Extension Cohort (Evaluation) Training (WECT), needs to be organizationally supported and participation needs to be encouraged by all Extension faculty.

Also, the American Evaluation Association has an Extension group section and should become a legitimate and heavily encouraged professional Extension association. The Association does more than any other organization to encourage evaluation 'best practices.'