

V(A). Planned Program (Summary)

Program # 8

1. Name of the Planned Program

Health & Nutrition (Healthy Lifestyle & Food Choices)

Reporting on this Program

Reason for not reporting

These programs have been incorporated into Childhood Obesity, one of the five major NIFA-USDA priority areas.

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	2.0	0.0	0.0	0.0
Actual Paid Professional	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}
Actual Volunteer	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}
1862 Matching	1890 Matching	1862 Matching	1890 Matching
{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}
1862 All Other	1890 All Other	1862 All Other	1890 All Other
{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}

V(D). Planned Program (Activity)

1. Brief description of the Activity

A variety of activities will be undertaken to reach at risk individuals, especially minorities, with appropriate information. The various activities of this program are designed to provide health & nutrition educational programs where individuals, families, medical professionals and care givers can learn the

benefits of a healthy lifestyle and proper food habits which promote health and wellbeing. Nutrition education programs will be provided in school classes for older youth, new parents, low income, seniors and other audiences as well as the general public. Newsletters, publications and other informational materials will be distributed through senior centers and to professional health educators as well as to the general public through the UNCE website.

The "train the trainer" model will continue to be emphasized with training provided to health care professionals, child care providers, teachers, etc. Many of the classes and programs are delivered by grant funded positions or volunteers.

The radon education program will encourage and provide testing kits for radon testing, training for the general public as well as those in the building industry.

2. Brief description of the target audience

Targeted audiences are varied. One target audience is those who train or education others about health lifestyles and food choices (medical professionals, professional care givers) as well as individual adults and youth of all ages. A second target audience is children, youth and families at risk as well as minorities. A third target audience is home and business owners for radon education.

3. How was eXtension used?

{No Data Entered}

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: {No Data Entered}

Patents listed

{No Data Entered}

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2012	Extension	Research	Total
Actual	10	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of students reached through programs in school classes about healthy food choices.

Year	Actual
2012	0

Output #2

Output Measure

- Number of health professional and others trained/educated about breastfeeding.

Year	Actual
2012	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of individuals (adults & youth) who will learn knowledge or skills necessary to make healthy lifestyle and food choices for themselves or those they care for (knowledge learned).
2	Number of individuals (adults & youth) who adopt one or more healthy lifestyle practices or food choices (behavior).
3	Number of participants in a diabetes education program (An Ounce of Prevention) improving their knowledge of risk factors for diabetes.
4	Number of students increasing awareness, knowledge and/or skills related to increasing the consumption of calcium rich foods.
5	Number of radon test kits distributed and used in Nevada.
6	Number of homes with high radon levels mitigated to lower radon risks.
7	Changes in attitude, knowledge, and practice of young adults regarding general nutrition and health, specific issues of pregnancy and breastfeeding and parenting guidance ("Nurturing Partners")
8	Number of participants in a diabetes education program (An Ounce of Prevention) making lifestyle or behavior changes to reduce their risks of diabetes.

Outcome #1

1. Outcome Measures

Number of individuals (adults & youth) who will learn knowledge or skills necessary to make healthy lifestyle and food choices for themselves or those they care for (knowledge learned).

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)

{No Data Entered}

What has been done

{No Data Entered}

Results

{No Data Entered}

4. Associated Knowledge Areas

KA Code	Knowledge Area
{No Data}	null

Outcome #2

1. Outcome Measures

Number of individuals (adults & youth) who adopt one or more healthy lifestyle practices or food choices (behavior).

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)
{No Data Entered}

What has been done
{No Data Entered}

Results
{No Data Entered}

4. Associated Knowledge Areas

KA Code	Knowledge Area
{No Data}	null

Outcome #3

1. Outcome Measures

Number of participants in a diabetes education program (An Ounce of Prevention) improving their knowledge of risk factors for diabetes.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
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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

KA Code Knowledge Area

{No Data} null

Outcome #4

1. Outcome Measures

Number of students increasing awareness, knowledge and/or skills related to increasing the consumption of calcium rich foods.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
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2012	0
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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

KA Code	Knowledge Area
{No Data}	null

Outcome #5

1. Outcome Measures

Number of radon test kits distributed and used in Nevada.

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)

{No Data Entered}

What has been done

{No Data Entered}

Results

{No Data Entered}

4. Associated Knowledge Areas

KA Code	Knowledge Area
{No Data}	null

Outcome #6

1. Outcome Measures

Number of homes with high radon levels mitigated to lower radon risks.

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)

{No Data Entered}

What has been done

{No Data Entered}

Results

{No Data Entered}

4. Associated Knowledge Areas

KA Code	Knowledge Area
{No Data}	null

Outcome #7

1. Outcome Measures

Changes in attitude, knowledge, and practice of young adults regarding general nutrition and health, specific issues of pregnancy and breastfeeding and parenting guidance ("Nurturing Partners")

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)

{No Data Entered}

What has been done

{No Data Entered}

Results

{No Data Entered}

4. Associated Knowledge Areas

KA Code	Knowledge Area
{No Data}	null

Outcome #8

1. Outcome Measures

Number of participants in a diabetes education program (An Ounce of Prevention) making lifestyle or behavior changes to reduce their risks of diabetes.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
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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

KA Code	Knowledge Area
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{No Data}	null
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V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Other (Grant Funding)

Brief Explanation

{No Data Entered}

V(I). Planned Program (Evaluation Studies)

Evaluation Results

{No Data Entered}

Key Items of Evaluation

{No Data Entered}