

V(A). Planned Program (Summary)

Program # 4

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
603	Market Economics	0%	0%	25%	
701	Nutrient Composition of Food	5%	5%	15%	
702	Requirements and Function of Nutrients and Other Food Components	0%	0%	10%	
703	Nutrition Education and Behavior	95%	95%	50%	
	Total	100%	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	97.0	9.0	4.0	0.0
Actual Paid Professional	77.0	9.0	11.5	0.0
Actual Volunteer	26.0	3.2	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
1672218	476313	386700	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
5897569	476313	701537	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
5978528	0	426016	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

UT and TSU Extension used the Power U curriculum in Tennessee schools and afterschool programs. Extension personnel and volunteers used the curriculum to teach diet quality to young adolescents. The program was delivered through 10 interactive lessons. Extension obesity prevention programs emphasized the following:

- how to use choosemyplate.gov, follow Dietary Guidelines, and use the Healthy Plate Method.
- decreasing consumption of high-fat foods like fried foods, bologna, hot dogs, etc.
- increasing consumption of fruits, vegetables and whole-grains.

2. Brief description of the target audience

Tennesseans targeted included consumers and youth. Because of the prevalence of obesity in the state, all consumers were potentially members of the target audience. However, the TNCEP and EFNEP programs were targeted to the state's limited resource population. In addition, the TSU Food Nutrition Education Program targeted eligible food stamp recipients.

3. How was eXtension used?

Tennessee is represented by 108 eXtension members in 42 of the 59 approved Communities of Practice (CoP). Tennessee Extension personnel have addressed over 800 Frequently Asked Questions through eXtension.

This Childhood Obesity Planned Program was enhanced through the service of:

- 12 Tennessee Extension personnel on the "Families, Food and Fitness" CoP, and the leader of this CoP is the Associate Dean of Family and Consumer Sciences for UT Extension.
- two Tennessee Extension personnel on the "A,B,C's of Omega 3's" CoP.

Tennessee Extension personnel shared emerging research, implementation strategies, outcome measurement, and evaluation protocols with their CoP colleagues.

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	333857	18369856	549901	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	1	12	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of exhibits displayed to promote program awareness and participation.

Year	Actual
2012	2451

Output #2

Output Measure

- Number of research-based publications distributed as part of this program.

Year	Actual
2012	878271

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Tennessee Shapes Up: Number of participants who decreased consumption of high-fat foods such as chips, fast food, fried foods, sausage, bacon, bologna, hot dogs, etc.
2	Tennessee Shapes Up: Number of participants who decreased consumption of high-sugar foods and sweetened beverages, such as soft drinks, Kool Aide type beverages, sweetened tea, etc.
3	Tennessee Shapes Up: Number of participants who increased consumption of dairy foods.
4	Tennessee Shapes Up: Number of participants who increased consumption of fruits.
5	Tennessee Shapes Up: Number of participants who increased consumption of vegetables.
6	Tennessee Shapes Up: Number of participants increased consumption of whole grains.
7	Tennessee Shapes Up: Number of participants who improved their blood sugar.
8	Tennessee Shapes Up: Number of participants who improved their cholesterol levels.
9	Healthy Steps: Extension Targets Pre-Schoolers for Obesity Prevention

Outcome #1

1. Outcome Measures

Tennessee Shapes Up: Number of participants who decreased consumption of high-fat foods such as chips, fast food, fried foods, sausage, bacon, bologna, hot dogs, etc.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	6443

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

Outcome #2

1. Outcome Measures

Tennessee Shapes Up: Number of participants who decreased consumption of high-sugar foods and sweetened beverages, such as soft drinks, Kool Aide type beverages, sweetened tea, etc.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	6443

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

Outcome #3

1. Outcome Measures

Tennessee Shapes Up: Number of participants who increased consumption of dairy foods.

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

Tennessee Shapes Up: Number of participants who increased consumption of fruits.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	7518

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

Outcome #5

1. Outcome Measures

Tennessee Shapes Up: Number of participants who increased consumption of vegetables.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	7518

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

Outcome #6

1. Outcome Measures

Tennessee Shapes Up: Number of participants increased consumption of whole grains.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	7518

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

Outcome #7

1. Outcome Measures

Tennessee Shapes Up: Number of participants who improved their blood sugar.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	426

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

Outcome #8

1. Outcome Measures

Tennessee Shapes Up: Number of participants who improved their cholesterol levels.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	395

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

Outcome #9

1. Outcome Measures

Healthy Steps: Extension Targets Pre-Schoolers for Obesity Prevention

2. Associated Institution Types

- 1862 Extension
- 1890 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)

Too many young children are gaining unhealthy amounts of weight leading to chronic disease at

increasingly younger ages.

What has been done

Healthy Steps, a nutrition and physical activity curriculum was implemented in 28 Tennessee counties in 2012. 4,677 direct contacts were made in Voluntary Pre-K, Head Start and center-based classrooms; 575,328 indirect contacts were made through exhibits, newspaper articles, publications and television. In addition 17,855 contacts were made by volunteers.

Results

Surveys were completed by teachers at the end of the program to document program outcomes. *521 of 531 teachers reported preschool children in their classes were more actively engaged in physical activity.

*509 of 536 teachers reported preschool children in their classes were more willing to taste fruit.

*486 of 536 teachers reported preschool children in their classes were more willing to taste vegetables.

*479 of 516 teachers reported preschool children in their classes were more willing to taste whole-grain foods.

*275 of 311 teachers reported using physical activities from Healthy Steps at least three times per week.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Programmatic Challenges

Brief Explanation

In FY 2012, state appropriations in Tennessee were reduced across the board for all public agencies. For UT Extension, this was a \$2.5 million reduction from FY 2011 to FY 2012 in operating expenditures. Both UT and TSU Extension made programmatic changes to accommodate reductions. These changes included limiting postage, travel and printing.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Nutrition Education

Nutrition education studies have found cost/benefit ratio of \$1.00/\$10.64. This translates to a return of over \$144 million for the investment in UT Extension's nutrition education programs for the state of Tennessee.

Key Items of Evaluation

Nutrition Education

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