

V(A). Planned Program (Summary)

Program # 18

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
724	Healthy Lifestyle	100%		100%	
	Total	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	3.0	0.0	1.0	0.0
Actual Paid Professional	1.6	0.0	0.2	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
20618	0	61482	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
20618	0	11895	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
176420	0	37552	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Balancing Food & Play

The curriculum contains four elements: 20 lesson plans, 8 take-home reading assignments, 4 parent

newsletters, and a 41 page journal for each student. Twenty lesson plans address physical activity, My Plate, making healthy choices, and goal setting. The lessons incorporate higher-level thinking and learning skills (i.e., opportunities to design games, commercials, menus). Eight take-home reading assignments and parent letters encourage family engagement by providing the opportunity for shared family discussions. The reading assignments follow a fictional family as they learn about nutrition and physical activity, set goals, and learn to make healthy choices. Each student receives a 41-page journal. The journal allows opportunities for reflective learning and goal setting. The program evaluation includes child surveys regarding knowledge and behavior.

In 2012, Texas A&M AgriLife Extension Service agents in 21 counties recruited third grade classroom teachers to participate in this program. They received permission to implement this school enrichment program, and 1,223 students completed the curriculum. To date, 1,215 teacher manuals and 1,041 student journal masters have been downloaded from the website <http://balance.tamu.edu>.

At the completion of Balancing Food & Play, students were more likely to correctly identify food and physical activity recommendations. Self-reported student behaviors related to physical activity, soda consumption, and screen time - all of which are associated with obesity - improved during the time that Balancing Food & Play was taught. The percentage of students who reported:

- getting at least 60 minutes of physical activity increased from 51 percent to 73 percent;
- drinking soda almost never or never increased from 32 percent to 42 percent; and
- limiting screen time to 2 hours or less increased from 81 percent to 91 percent.

WAT Youth Component

A local coalition will recruit participants and provide leadership to implement Walk Across Texas! Teams of eight or classes of children at schools will be recruited to walk for eight weeks. Teams and classes are challenged to walk regularly for eight weeks, reporting their mileage on <http://walkacrosstexas.tamu.edu>, to achieve the goal of walking the approximate 830 miles across Texas on a map that allows comparisons of teams and class progress.

In 2012, 6,192 youth participated in school Walk Across Texas teams for eight weeks. They walked a total of 589,019 miles during the eight weeks or almost 12 miles per week.

AgriLife Research

Research is conducted in collaboration with State and Federal Women, Infant and Children Program leaders to provide data and programs to improve dietary habits of children and their parents or care givers. Research also involves native American populations and the school lunch program.

2. Brief description of the target audience

Balancing Food & Play

Third grade students in Texas schools.

WAT Youth Component

Youth in Texas schools.

AgriLife Research

Parents and others who care for children, school lunch program administrators, and native Americans.

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	358	3719	13038	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	2	2

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- # youth participating in WAT Program.
Not reporting on this Output for this Annual Report

Output #2

Output Measure

- # of educational sessions conducted.

Year	Actual
2012	353

Output #3

Output Measure

- # of research related projects.

Year	Actual
2012	1

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Increased number of miles walked by youth during the WAT Eight Week Program
2	The percent of youth that reported engaging daily in 60 minutes or more of physical activity. (National Indicator Outcome 2,1d)
3	The percent of youth that reported increasing their physical activity and/or reducing sedentary (National Indicator Outcome 2,1c)
4	% youth drinking soda almost never or never.

Outcome #1

1. Outcome Measures

Increased number of miles walked by youth during the WAT Eight Week Program

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	589019

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Texas ranks 7th as the state with the highest childhood overweight rates. Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression. Regular physical activity is also associated with fewer physician visits, hospitalizations, and medications.

What has been done

Balancing Food and Play was offered to third graders. 1,223 participated. Walk Across Texas was offered in schools. In 2012, 6,192 youth participated in school Walk Across Texas teams for eight weeks. They walked a total of 589,019 miles during the eight weeks or almost 12 miles per week.

Results

The percentage of students participating in Balancing Food & Play who reported:
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4. Associated Knowledge Areas

KA Code **Knowledge Area**
724 Healthy Lifestyle

Outcome #2

1. Outcome Measures

The percent of youth that reported engaging daily in 60 minutes or more of physical activity.
(National Indicator Outcome 2,1d)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	73

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

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4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #3

1. Outcome Measures

The percent of youth that reported increasing their physical activity and/or reducing sedentary (National Indicator Outcome 2,1c)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	91

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

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4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #4

1. Outcome Measures

% youth drinking soda almost never or never.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	42

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

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4. Associated Knowledge Areas

KA Code	Knowledge Area
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

Reduced budgets meant less agents who were able to offer either program. Due to budget cuts, teachers were laid off. Our Texas Education School Health department was closed so there was less encouragement to participate in either Balancing Food and Play or Walk Across Texas.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

The percentage of students participating in Balancing Food & Play who reported

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Key Items of Evaluation

The percentage of students participating in Balancing Food & Play who reported

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