

V(A). Planned Program (Summary)

Program # 1

1. Name of the Planned Program

Global Food Security and Hunger - Nutrition Health & Wellness

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		100%		0%
	Total		100%		0%

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	8.0	0.0	0.0
Actual Paid Professional	0.0	8.0	0.0	0.0
Actual Volunteer	0.0	57.0	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
0	567764	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	267528	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

- Provided one-on-one consultations

- Conducted on-site food demonstrations
- Provided train-the-trainer opportunities
- Conducted educational programs and classes
- Taught a series of nutrition classes to special interest groups
- Exhibit educational displays at various sites

2. Brief description of the target audience

- Minority families and individuals
- Senior adults
- Single parents
- Persons coping with and at risk for chronic illnesses

3. How was eXtension used?

Fact Sheets from eXtension site was used to deliver to the clientele.

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	4230	60000	1276	20000

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	4	0	4

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of educational workshop conducted in the area of Nutrition Health and Wellness

Year	Actual
2012	650

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Conduct educational programs on basic nutrition, enroll participants in a series of nutrition educational classes, conduct nutrition workshops and seminars on new dietary guidelines and MyPyramid, disseminate information letters addressing nutrition and health, and conduct on site food demonstrations for adults and youth.

Outcome #1

1. Outcome Measures

Conduct educational programs on basic nutrition, enroll participants in a series of nutrition educational classes, conduct nutrition workshops and seminars on new dietary guidelines and MyPyramid, disseminate information letters addressing nutrition and health, and conduct on site food demonstrations for adults and youth.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	1100

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to the National Institute of Health, 23.6 million Americans -7.8% of the population have diabetes, with nearly a third un-diagnosed. According to the Texas Diabetes Council, diabetes is the sixth leading cause of death in Texas. Within the targeted population of limited resource audience, diabetes is exacerbated by disease of the heart attributing to cause of death. Obesity leads to an increase in diabetes, hypertension and other chronic conditions.

What has been done

Limited resource individuals and families attended six education classes focusing on understanding, coping, controlling, and the complications of diabetes. Individuals attended health fairs, received free screenings, healthy food demonstrations, participated in exercise aerobics, walking, 5-K runs, Line Dancing, and Zumba.

Results

Over 349 pounds were lost by clientele participating in a 6 week fitness challenge, walking exercises, and 5K runs. Individuals enrolled in an Extension modified version of the Biggest Loser a famous television program focusing on consumption of fruits and vegetables and walking exercises. Medical doctors participated in the education sessions and informed participants of diabetes, healthy weight, and hypertension. At one local clinic, over 125 participants indicated that they had diabetes and 58% of those individuals have high blood pressure. Participants lost weight and reduced risks of diabetes through participating in walking, reducing caloric intake, eating more vegetables and fruit, and preparing food with less salt, sugar and fat.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Competing Public priorities
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

- Economy
- Appropriations changes
- Public Policy changes
- Family and Consumer Sciences agents helped in distributing goods (water, blankets etc..) to participants in 4 Texas counties that experienced wild fires.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

- Individuals changed food portion consumption
- More individuals read food labels
- Increase in numbers of home gardens
- Regular monitoring of blood glucose levels
- Increase in physical fitness activities, such as walking, dancing, Zumba and aerobics
- Increase consumption of fruits and vegetables
- Weight loss which led to decrease in prescribed medications.

Key Items of Evaluation

- Increase knowledge and adoption of nutrition education
- Diabetes and obesity management
- Family meal time and food preparation
- Weight Management