

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

**Program # 4**

**1. Name of the Planned Program**

Childhood Obesity, Nutrition and Community

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
608	Community Resource Planning and Development	9%		10%	
702	Requirements and Function of Nutrients and Other Food Components	0%		35%	
703	Nutrition Education and Behavior	11%		5%	
724	Healthy Lifestyle	2%		5%	
801	Individual and Family Resource Management	13%		10%	
802	Human Development and Family Well-Being	6%		5%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	0%		25%	
806	Youth Development	59%		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	67.0	0.0	4.5	0.0
Actual Paid Professional	61.0	0.0	16.2	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
1004768	0	121830	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1004768	0	122004	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	1441119	0

## V(D). Planned Program (Activity)

### 1. Brief description of the Activity

1. Conduct research with respect to human nutrition, family finances, bankruptcy, and community development.
2. Publish studies and make presentations related to individuals, family finances, and community well-being.
3. Conduct workshops and meetings, deliver activities, develop new curricula, write newsletters and news releases and post Internet fact sheets.
4. Provide training in a variety of mediums-face-to-face, satellite, group discussions, demonstrations, conferences and workshops, via DVDs, CDs, fact sheets, newsletters, and other media.
5. Include the following materials or media sources in training sessions: Take Charge of Your Money, Power Pay and Power Saves, Utah Saves Education and Outreach, Individual Development Account, First Time Homebuyer Assistance, Financial Education for Bankruptcy Filers (USU is certified by the Department of Justice to offer debtor education classes), Living Well on Less, Money Sense for Your Children, and Earned Income Credit assistance.
6. Utilize different teaching methods of The Utah Food Stamp Nutrition Education including individual, group classes, DVD video series, and an on-line course. FSNE Nutrition Education Assistants will provide other nutrition education opportunities to FSNE participants
7. Use the "Give Your Body the Best" curriculum developed in 2005 by USU to teach individuals or groups of low income persons regarding chronic diseases; on food allergies, intolerance, and poisoning; and lessons on getting to know foods and enjoy them.
8. Increase the capacity among other extension personnel to participate in or lead community self-assessments (SWOT analyses, asset mapping, search conferencing, surveys, etc.) that lay the groundwork for subsequent project activities.
9. Conduct research experiments and/or develop theories that can be used to explain (a) causes for public land conflicts and potential solutions, (b) solutions to the urban expansion into rural areas and open space, and (c) conditions for continued rural community economic viability.
10. Publish studies and make presentations related to these areas of concern.
11. Conduct workshops and meetings to educate local, state, and regional stakeholders concerning these issues.
12. Deliver educational and informational services through various media.
13. Develop educational resources related to rural economic viability for community leaders and other stakeholders
14. Provide for local training in principles developed that are related to this area of study.
15. Conduct design activities (for a park, a Main Street revitalization, etc.) that will typically yield a design of variable specificity (some might be conceptual drawings, others might be more extensive).
16. Provide consultations regarding land use planning policies and their implications on growth.

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

The target group is the general population of Utah (including youth), with a special emphasis on Native Americans, Latinos, African Americans, Asians/Pacific Islanders, and low income families with children at or below poverty levels, food stamp program eligible individuals, and individuals facing bankruptcy. A subgroup of the audience targets is pregnant teens and teen mothers.

Elected officials, appointed officials, general population (including youth), and at-large community opinion leaders and influential people are targeted for community development.

**3. How was eXtension used?**

Regional and National Extension Initiatives including Western Rural Development Center Small Business Management Resources; eXtension Entrepreneurs and their Communities providing on-line business assistance to entrepreneurs and communities throughout the country; and USDA Rural Development sponsored national initiative "Stronger Economies Together" now including 36 participating states.

There is a link to eXtension's "Ask an Expert" feature from the USU Extension webpage

**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>	189364	759693	397672	1595385

**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
<b>Actual</b>	0	40	40

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

**Output Target**

**Output #1**

**Output Measure**

- Number of Graduate Students/Post Docs Trained

<b>Year</b>	<b>Actual</b>
2012	43

**Output #2**

**Output Measure**

- Contract/Grant Dollars Generated

<b>Year</b>	<b>Actual</b>
2012	1430801

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

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

O. No.	OUTCOME NAME
1	Number of clientele who gain knowledge about nutrition education and behavior.
2	Number of clientele who implement practices of nutrition education and behavior.
3	Number of clientele who gain knowledge about individual and family resource management.
4	Number of clientele who implement individual and family resource management.

## **Outcome #1**

### **1. Outcome Measures**

Number of clientele who gain knowledge about nutrition education and behavior.

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

- 1862 Extension
- 1862 Research

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

Change in Knowledge Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2012	78433

### **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>
608	Community Resource Planning and Development
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
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
806	Youth Development

## **Outcome #2**

### **1. Outcome Measures**

Number of clientele who implement practices of nutrition education and behavior.

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

- 1862 Extension
- 1862 Research

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

Change in Action Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2012	15919

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

#### **Issue (Who cares and Why)**

The benefits of fruit and vegetable consumption are documented extensively, yet more than 75 percent of Americans do not eat the recommended servings advised by the current Dietary Guidelines for Americans and MyPlate.

#### **What has been done**

The Utah State University Supplemental Nutrition Assistance Program -Education (SNAP-ed) teaches low-income audiences, specifically targeting those on the Supplemental Nutrition Assistance Program (SNAP). Lessons focused on the current dietary guidelines and experiential learning activities reinforced nutrition concepts and taught needed skills to eat healthy on a limited budget.

#### **Results**

Participants in the Utah SNAP-Ed program increased their daily vegetable and fruit intake following at least four curricula in the SNAP-Ed program. This increase in intake was significant across all five years (2007-2011) of behavioral data.

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

<b>KA Code</b>	<b>Knowledge Area</b>
608	Community Resource Planning and Development
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
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
806	Youth Development

**Outcome #3**

**1. Outcome Measures**

Number of clientele who gain knowledge about individual and family resource management.

**2. Associated Institution Types**

- 1862 Extension
- 1862 Research

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	55317

**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>
608	Community Resource Planning and Development
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
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
806	Youth Development

## **Outcome #4**

### **1. Outcome Measures**

Number of clientele who implement individual and family resource management.

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

- 1862 Extension
- 1862 Research

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

Change in Action Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2012	19255

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

#### **Issue (Who cares and Why)**

Many entrepreneurs and new business owners lack the knowledge, experience and technical management skills to survive the difficult and competitive process of starting and maintaining a new business venture. This is especially true of rural businesses and entrepreneurs where the decline in traditional agriculture and natural resource based income has led to increased rates of poverty and fewer opportunities for non-farm jobs in rural areas.

#### **What has been done**

A regional county based Business Outreach Support Services (BOSS) team was created and supported by a coalition of Extension specialists with assignment in entrepreneurship and business development. Extension Small Business Development Centers provide small business management training and one-on-one counseling to local entrepreneurs and small business owners. Business Resource Centers (BRC) providing one-stop business services have been developed with RCDE to help leverage entrepreneurial and economic development opportunities in rural Utah.

Regional and National Extension Initiatives including Western Rural Development Center Small Business Management Resources; eXtension Entrepreneurs and their Communities providing on-line business assistance to entrepreneurs and communities throughout the country; and USDA Rural Development sponsored national initiative "Stronger Economies Together".

#### **Results**

These activities resulted in 234 jobs created, 115 existing jobs were retained and 96 new business start-ups; \$2.9 million in increased sales and \$4.6 million in total capital formation reported. Overall, 3661 Utah residents received training, counseling or other services as a result of Extension Business, Entrepreneurship and Rural Development activities statewide.

#### 4. Associated Knowledge Areas

<b>KA Code</b>	<b>Knowledge Area</b>
608	Community Resource Planning and Development
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
724	Healthy Lifestyle
801	Individual and Family Resource Management
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#### V(H). Planned Program (External Factors)

##### External factors which affected outcomes

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

##### Brief Explanation

Everyone of the above checked factors have had a negative impact on this program area!

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

##### Evaluation Results

In the Food Sense program, evaluations showed that participants increased the number of times they have enough food to last through the end of the month; plan meals and make a grocery list before shopping; refrigerate meat, dairy, and other perishables within two hours of shopping; prepare raw meats, poultry, and eggs separately from other foods; wash hands and surfaces before and after preparing food; use a thermometer when cooking; and cook foods thoroughly using USDA time/temperature recommendations.

As a result of participating in the SNAP-Ed program participants increased the number of times they were physically active for at least 30 minutes, 5 days a week; made food choices based on healthy choices and by using the nutrition facts label; children and adults in household ate something within two hours of waking; ate meals together as a family at least three times a week; prepared meals at home at least three times per week; ate at least 2 1/2 cups of vegetables, 2 cups of fruit, 3 cups or equivalent of dairy, and two servings of lean protein a day. The number of times participants choose low fat

foods and replaced saturated and trans fats with heart healthy fats, and prepared foods without adding salt also increased.

**Key Items of Evaluation**