

V(A). Planned Program (Summary)

Program # 11

1. Name of the Planned Program

Human Nutrition, Diet and Health

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
701	Nutrient Composition of Food	40%	20%		
703	Nutrition Education and Behavior	50%	40%		
724	Healthy Lifestyle	5%	30%		
903	Communication, Education, and Information Delivery	5%	10%		
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
Actual Paid Professional	72.2	16.9	0.0	0.0
Actual Volunteer	0.0	3.0	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
537876	679714	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1358726	679714	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
9841148	1653768	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Alabama youth ages 9 - 18 across Alabama participate in the 4-H Junior Master Gardener (JMG) program/curriculum and hands on learning in classrooms, community gardens, outdoor classrooms, and other activities.
- Alabama youth participate in Volley Vitals and Vittles, Jumping for Health, Frisbee Food and Fun, the Just Move Card Deck, and the Just Move Activity Pyramid in day camps, in-school enrichment, after-school, YMCA, Boys & Girls Clubs, and 4-H Clubs.

SPI 401 Families United Through Nutrition (FUN) was designed to equip families with an action plan to achieve a healthy and activity lifestyle. FUN provides family-oriented interactive activities that reinforce healthy behaviors, promote physical fitness and motivate family members to work together to take control of their health. The focus areas of FUN are: general nutrition, food safety, physical activity and disease prevention.

2. Brief description of the target audience

- Youth and adult citizens of Alabama
 SPI 401 Families United Through Nutrition (FUN): Targeted urban and nontraditional audiences including families with one or more children, the head of household a husband/ wife or a mother/grandmother. Participants included 7 Non-Hispanic Black families and 1 Non- Hispanic White family with fifteen adults and thirty five children.

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	4654	75415	39300	670273

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
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Actual	0	0	0
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V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Junior Master Gardener (JMG) and Nutrition From the Garden; 4-H JMG Clubs, youth participating, minigrants. Just Move Alabama; in-school, camps, day camps, special events, boys and girls clubs, churches, and YMCA using Just Move resources.

Year	Actual
2012	0

Output #2

Output Measure

- JMG; Teacher Trainings, workshops, funshops, and open house type events.

Year	Actual
2012	0

Output #3

Output Measure

- 401 SPI Families United Through Nutrition (FUN: Evaluation instruments used: Pre and post tests, 24-Hour Food Recall, Family Profile and a Behavior Checklist. Each instrument were administered before and after intervention.

Year	Actual
2012	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	JMG and Just Move Alabama; teachers will be trained and educational programming will be delivered to youth to increase physical activity and improve eating habits.
2	401 SPI Families United Through Nutrition (FUN: The goal of FUN is to empower families to improve their overall health and well-being through: 1) to increase family meal time together, one meal at least 3-days per week 2) to increase fruit and vegetables consumption by 4 servings per week 3)to increase the families physical activity by 90 minutes per week 4) to increase nutrition, food safety and chronic disease knowledge and skills. Evaluation instruments used: Pre and post tests, 24-Hour Food Recall, Family Profile and a Behavior Checklist. Each instrument were administered before and after intervention.

Outcome #1

1. Outcome Measures

JMG and Just Move Alabama; teachers will be trained and educational programming will be delivered to youth to increase physical activity and improve eating habits.

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)

Alabama society because of increased youth activity and better eating choices relation to decreased youth obesity and increases in healthy living indicators.

What has been done

JMG and Just Move Alabama increase physical activity and improving eating habits among youth; enrichment programming, school gardens, community gardens, partnerships with in-school physical education and partnership with Bonnie Plant Farms to fund 4-H JMG State Coordinator position (see evaluation section for data)

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
903	Communication, Education, and Information Delivery

Outcome #2

1. Outcome Measures

401 SPI Families United Through Nutrition (FUN: The goal of FUN is to empower families to improve their overall health and well-being through: 1) to increase family meal time together, one meal at least 3-days per week 2) to increase fruit and vegetables consumption by 4 servings per week 3) to increase the families physical activity by 90 minutes per week 4) to increase nutrition, food safety and chronic disease knowledge and skills. Evaluation instruments used: Pre and post tests, 24-Hour Food Recall, Family Profile and a Behavior Checklist. Each instrument were administered before and after intervention.

2. Associated Institution Types

- 1890 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)

Increases in the prevalence of obesity and chronic diseases in youth are at epidemic levels. Obesity and early development of chronic diseases, especially in youth, are associated with diets high in calories, sugar, fats and salt/sodium. FUN seeks to help individuals and families become proactive in improving dietary habits, physical activity, and lifestyles. Health issues of the families participating in FUN indicated that 80% of the adults have a history of 2 or more chronic diseases: High blood pressure, Stroke, Heart disease, elevated cholesterol arthritis, diabetes and cancers. Only three adults had no health issues.

What has been done

The Urban Affairs and New Nontraditional Program Unit has designed and implemented FUN. UREAs (9) implemented this project throughout the state in each of the nine Urban Centers.

Results

One of FUN's the key evaluation instrument used was the Pre and Post- test based on the information taught in each session. Pre- tests were administered before any educational session were conducted and the post-test at the end of all sessions. Twenty four participants completed the instruments.

Data collected indicated that the 24 participants' average knowledge score of 55% increased to 89.5% after participating in the FUN program.

After participating in the FUN program, 60% (N=14) of the participants indicated that they exercised most of the time with their family members compared to only 27% (N=7) indicating such before starting the program.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
703	Nutrition Education and Behavior
724	Healthy Lifestyle

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

V(I). Planned Program (Evaluation Studies)

Evaluation Results

- 89.2% of 455 youth surveyed reported that because of JMG they understand how they can produce nutritious food for themselves and their community.
- 91.4% of 455 youth surveyed reported that because of JMG they know that fruits and vegetables contain important vitamins and minerals for healthy living.
- 88.1% of 455 youth surveyed reported that because of JMG they understand that snacks can be both tasty and healthy.
- 77.7 % of 881 youth surveyed reported that because of 4-H Just Move, they are more active every day.
- 76.5% of 881 youth surveyed reported that because of 4-H Just Move, they make healthy food choices.

SPI 401 Families United Through Nutrition (FUN)

- For the 24 participants, knowledge scores increased from 55% to 89.5% after participating in the FUN program.

- 60% (N=14) of the FUN participants exercised most of the time with their family members compared to only 27% (N=7) before starting the program.

Key Items of Evaluation

- 4-H programming helps youth understand the relationships between daily choices and their health and where food comes from and what food choices are more important to their wellbeing.
SPI 401 Families United Through Nutrition (FUN)
- Knowledge scores increased from 55% to 89.5% after participating in the FUN program.
- 60% (N=14) of the participants exercised most of the time with their family members compared to only 27% (N=7) before starting the program.