

V(A). Planned Program (Summary)

Program # 5

1. Name of the Planned Program

Childhood Obesity, Nutrition, and Healthy Lifestyles

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		20%		
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources		20%		
722	Zoonotic Diseases and Parasites Affecting Humans		20%		
723	Hazards to Human Health and Safety		20%		
724	Healthy Lifestyle		20%		
	Total		100%		

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	4.5	0.0	0.0
Actual Paid Professional	0.0	4.6	0.0	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
0	235214	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	128000	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	112816	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Through this program, a range of educational opportunities were offered year-round along with special learning events. These comprised techniques such as group instruction, individual instruction, food demonstrations, health fair exhibits, hands-on-activities, and printed and online materials. Major special events consisted of Senior Olympics for senior citizens and a Summer Health and Fitness Academy (SHAFA) for youth. Specific activities were included in

- Enhancing Head Start on Healthy Start by Kindegarten (HS-HS/K)
- "Skegee Fit" and Focus on Fitness (Let's Move) Program
- Summer Health and Fitness Academy (SHAFA)
- Summer Youth College
- Group classes on obesity management
- Seniors Olympics
- Diabetes Support and Education Group
- School vegetable gardens
- High school greenhouses

2. Brief description of the target audience

The target audience consisted of under-served and under-represented pre-scholers, other youth and adult populations in the twelve Black Belt and surrounding counties of Alabama.

3. How was eXtension used?

Small Steps to Wealth and Health materials on eXtension and from sister land grant institutions were heavily used as references.

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	9552	4534	5392	3905

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

Year: 2013
Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2013	Extension	Research	Total
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- This Program will follow Outcome Evaluation Methods by Green and Kreuter, 1991. This type of evaluation will provide data concerning short-term effects of the program, including increased awareness and knowledge, expressed intentions to make recommended changes, and responses to public service announcements. The measures can be self reported (interviews with the intended audience) evident changes in the number of people being screened for a cardiovascular (CVD) risk factor at a local health fair or a comparative study (comparing CVD knowledge of participating audience and of similar group that did not receive the intervention).

Year	Actual
2013	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	The outcome is to decrease the risk of degenerative diseases, improve the quality of life, maintain reasonable weight by monitoring caloric consumption, control disease through diet, exercise, medication, and stress management. Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.

Outcome #1

1. Outcome Measures

The outcome is to decrease the risk of degenerative diseases, improve the quality of life, maintain reasonable weight by monitoring caloric consumption, control disease through diet, exercise, medication, and stress management. Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The HS/HS-K project offers year-round initiatives regarding nutrition and physical activity training designed for three and four year old preschoolers. This program area focuses on promoting healthy nutrition and lifestyles as a way of preventing childhood obesity and cardio-vascular diseases.

What has been done

Through this program, a range of educational opportunities are offered year-round along with special learning events. These comprise techniques such as group instruction, individual instruction, food demonstrations, health fair exhibits, hands-on-activities, and printed and online materials. Head start teachers, food service staff, and caregivers (parents) were introduced to initial training using the Color Me Healthy Curriculum. Cooking demonstrations used a mobile kitchen and reached 107 parents and staff from Greene and Hale Counties, Alabama. Parents and staff were provided demonstrations on how to prepare cost effective, family friendly, healthy meals. Technology labs were continuously utilized, providing children and staff the ability to effectively navigate supplemental learning opportunities for healthy living.

Results

Physical activity observations were conducted in December 2012 at all participating HS/HS-K sites. From the data collected, it is indicated that kids enjoy their physical activity. Eighty (80) percent of the kids were engaged in physical activity eighty (80) percent of the time allowed for physical activity. Through encouragement by this program, there was a 100 percent increase in participation in the 10-week weight loss competition, Scale Back Alabama, a statewide campaign

held the first of each year to encourage Alabamians to get healthier by losing weight and exercising.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources
722	Zoonotic Diseases and Parasites Affecting Humans
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

V(H). Planned Program (External Factors)

External factors which affected outcomes

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

Brief Explanation

Program outcomes were affected by economic conditions challenges brought forth by new immigration state policies as evidenced by the number of parents who indicated they could not afford to be part of government related programs. Participation rates were slightly lower compared to the previous year.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Youth and adult participants who participated in nutrition and health awareness programs have been educated on the importance of diet and exercise in obesity and chronic diseases prevention. Almost all the participants in these programs have indicated an intended willingness to change their behavior by making more healthy food choices, staying active and being healthy. Follow up evaluations indicate that students are still making wise choices with fast food; parents report students are keeping them conscious of the foods they purchase; and students report using less salt and also preparing more healthier meals and snacks.

Head Start food preparers' have also changed the way they prepare and serve foods to children by reducing unnecessary inclusion of sugar, salts and oils in preparation of foods for preschool children. Parents and adult participants have been exposed to and are more conscious of their dietary and physical activity needs and habits. Through personal testimony it has been noted that parents have changed the ingredients that they use to prepare meals. For example, substituting beef with turkey and using olive oil in lieu of butter. Community partnerships have been established in order to provide assistance in

promoting and sustaining the program across their individual counties.

Key Items of Evaluation

TUCE continues to focus on promoting healthy nutrition and lifestyles as a way of preventing childhood obesity and cardio-vascular diseases through the EFNEP partnership, CYFAR, extended SHAFA, "Skegee Fit", Senior Olympics and Health Awareness Education Programs.