

V(A). Planned Program (Summary)

Program # 6

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
702	Requirements and Function of Nutrients and Other Food Components	10%	10%	10%	10%
703	Nutrition Education and Behavior	20%	20%	20%	20%
724	Healthy Lifestyle	60%	60%	60%	60%
903	Communication, Education, and Information Delivery	10%	10%	10%	10%
	Total	100%	100%	100%	100%

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	17.0	3.0	0.5	1.0
Actual Paid Professional	17.2	2.2	0.0	0.1
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
81342	144016	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
35711	144016	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
841581	156684	8205	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Extension efforts include, but are not limited to, conducting Healthy Habits, Healthy Start - a 6 hour program on healthy eating and physical activity for child care workers, Family Meals Workshops - a series of three, three-hour programs for families with young children, FoodSkills - an eight part workshop for low-income adults without children; Expanded Food and Nutrition Education Program - a series of eight lessons for low-income adults with children; Expanded Food and Nutrition Education Program for low-income youth; training volunteers including Master Food Educators, 4-H leaders, agency personnel, and teachers; providing Just In Time parenting newsletters; incorporating physical activity and healthy foods/snacks in all 4-H camps and after-school programs; providing special educational programs at the 4-H Military Program; and conducting favorite foods contests and CATCH programs for youth. In addition, using videography and other tools, youth will document both the healthy and unhealthy aspects of their communities. This includes those areas involving food, food choices, food safety, food security and other healthy/unhealthy lifestyle aspects of their communities.

2. Brief description of the target audience

Day care workers, parents, low-income adults and youth, 4-H youth, Master Food Educators, 4-H leaders, teachers

3. How was eXtension used?

In 2013 UD and DSU eXtension Institutional Team comprised of faculty and staff from across all planned program areas completed the following:

- Training on how to incorporate eXtension into grants
- Connected the Extension website with eXtension.org
- Implemented Ask an Expert throughout the state. Staff and faculty engaged in the eXtension Learn feature
- Faculty and staff increased participation in the Communities of Practice (COP)-DE is represented by 81 eXtension members in 43 of the 73 approved CoP
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We trained 40 "experts" to use the Ask an Expert system and have fielded over 295 questions in the past 9 months. (84% of those questions were answered by Delaware experts). For Planned Program #6, Delaware eXtension is actively involved with Creating Healthy Communities and Diabetes CoP's informs program development and delivery of program with shared expertise from across the national system.

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	8346	69636	12189	1200

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	1	0	1

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of Competitive Grants Submitted

Year	Actual
2013	7

Output #2

Output Measure

- Number of Competitive Grants Awarded

Year	Actual
2013	4

Output #3

Output Measure

- Number of Extension Bulletins and Factsheets

Year	Actual
2013	30

Output #4

Output Measure

- Number of Invited Presentations

Year	Actual
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2013 35

Output #5

Output Measure

- Number of Volunteered Presentations

Year	Actual
2013	15

Output #6

Output Measure

- Number of Websites Established

Year	Actual
2013	5

Output #7

Output Measure

- Number of Workshops Conducted

Year	Actual
2013	503

Output #8

Output Measure

- Number of Research Projects Completed

Year	Actual
2013	0

Output #9

Output Measure

- Number of Undergraduate Researchers

Year	Actual
2013	2

Output #10

Output Measure

- Number of M.S. Graduate Students

Year	Actual
2013	5

Output #11

Output Measure

- Number of Refereed Journal Articles

Year	Actual
2013	1

Output #12

Output Measure

- Number of Ph.D. Graduate Students

Year	Actual
2013	2

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Statewide educational programs for K-12 youth and teachers focused on nutrition, healthy diets and obesity causing factors that will help reduce the likelihood of food-borne illness, develop good nutritional and dietary habits, avoid obesity, and prevent chronic illnesses related to poor nutrition.
2	Targeted educational programs on understanding the causes of obesity and the means to reduce obesity for low-income communities, youth through after-school programs and childcare workers.
3	Increased number of program participants improving one or more nutrition practices.
4	Increased number of program participants who improve the frequency and quality of family meals.
5	Increased number of program participants engaged in greater levels of physical activity
6	Reducing obesity in Delaware by extension programs that modify individual, family, and community behavior in a manner that promotes healthy lifestyles, physical activity on a regular basis, the consumption of healthy foods in appropriate quantities, and increasing family meals.
7	Greater understanding, particularly in low-income communities and by youth, of the health risks associated with obesity and the options available to prevent or correct obesity problems.
8	Master Food Educators expand extension reach into communities through volunteer development

Outcome #1

1. Outcome Measures

Statewide educational programs for K-12 youth and teachers focused on nutrition, healthy diets and obesity causing factors that will help reduce the likelihood of food-borne illness, develop good nutritional and dietary habits, avoid obesity, and prevent chronic illnesses related to poor nutrition.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Youths may not fully understand the importance of consuming nutritious meals

What has been done

Delaware State University Extension's SNAP educators collaborated with multiple schools throughout Kent and New Castle counties. Underserved youths attending the following schools participated in a series of nutrition education classes on food safety and physical activity.

Fairview Elementary School (Kent County)
East Dover Elementary School (Kent County)
Albert Jones Elementary School (New Castle County)
Carrie Downie Elementary School (New Castle County)
Keene Elementary School (New Castle County)
Anna P. Mote (New Castle County)

Last year, Delaware State University Cooperative Extension utilized curricula from USDA SNAP ED, MYPLATE and TEAM Nutrition to develop a five-week nutrition program for third and fourth grade elementary students. The program introduced the students to the MyPlate food guide, which highlights the importance of eating whole grain foods, fruits and vegetables, and healthy fast foods; practicing food safety; and engaging in physical activity. After each lesson, students received a nutritious snack to reinforce the lesson of the day.

Results

A total of 442 third and fourth graders participated and completed the series. A total of 90 workshops were held during which each student received five fact sheets. Pre and post test results reflected an 85 percent increase in knowledge of fruits and vegetables, an 80 percent knowledge increase of healthy fast food options, a 66 percent knowledge increase of food safety and a 75 percent knowledge increase of the importance of physical activity.

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

Targeted educational programs on understanding the causes of obesity and the means to reduce obesity for low-income communities, youth through after-school programs and childcare workers.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Youths may not fully understand portion control issues relating to the consumption of fruits, vegetables and whole grains. Also, they may not know how to prepare healthy meals and nutritious snacks.

What has been done

The DSU SNAP-Ed program offers students in underserved communities a series of five, 45-50 minute lessons based on the 2010 Dietary Guidelines for Americans and the SNAP-Ed Key Behavior Outcomes listed in the FY 2013 Guidance. Each lesson is accompanied by a relevant nutritious snack and students take home letters for parents that explain the lesson of the day and activities that they can do with their child. The final lesson includes a section on physical activity, which the students perform for 5 ? 10 minutes during the lesson to demonstrate how easy it is to

incorporate exercise into their day.

Results

A total of 1,368 students completed the program and 6,840 factsheets were distributed. By comparing pre- and post-test data, it was clear that students became more aware of safe food handling practices, the importance of eating whole grains and fruits and vegetables, the importance of daily physical activity, and the importance of reducing the intake of high fat, high sugar foods. Additionally, some classrooms prepared thank you cards independently, indicating the things they learned from the classes. A weekly newsletter was sent home with the students to the parents to encourage follow-up activities at home. Anecdotal evidence from several parents indicated that their children asked them to buy more carrots for snacks and to eat less often at fast food restaurants. The parent newsletters were translated into Spanish for the children of Spanish-speaking households.

4. Associated Knowledge Areas

KA Code	Knowledge Area
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
724	Healthy Lifestyle
903	Communication, Education, and Information Delivery

Outcome #3

1. Outcome Measures

Increased number of program participants improving one or more nutrition practices.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Following a careful meal plan is the first step in controlling blood sugar. This is also the most difficult step in diabetes control. This program helps those individuals with diabetes or pre-

diabetes learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control and label reading.

What has been done

Delaware State University Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) educators re-established partnerships with Capitol School District, Dover State Housing Authority, local shelters and faith-based organizations to host the 6-8 week Eating Smart and Being Active curriculum. The nutrition and health activity teaches participants about food safety, physical fitness, nutritious meal planning and food budgeting. Each week, families received great recipes, menu planning ideas, fun physical activities, educational incentives and food demonstrations.

Results

Before the fitness component was added, EFNEP educators reached 54 participants during program year 2011. In 2012, the number of participants grew to 187 participants, with a 90 percent graduation rate. In 2013, DSU EFNEP educators reached 174 participants, with a graduation rate of 92 percent. Pre and post test results suggest that participants increased their knowledge of food safety, fitness activity, food budgeting and meal planning. Eighty percent of participants stated that they increased the amount of activity per day. More than 85 percent of participants said they increased the amount of fruits, vegetables, and water consumed. The results also suggest that 66 percent of participants monitored portion sizes of proteins and whole grains. Adding the fitness exploration to the activity increased participation more than 300 percent.

4. Associated Knowledge Areas

KA Code	Knowledge Area
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
903	Communication, Education, and Information Delivery

Outcome #4

1. Outcome Measures

Increased number of program participants who improve the frequency and quality of family meals.

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Increased number of program participants engaged in greater levels of physical activity

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The number of individuals and households receiving SNAP benefits continues to rise in Delaware. In May of 2013, 153,339 individuals representing 72,523 households received food supplement benefits in Delaware. These numbers represent a substantial increase over January 2012 and May 2011 when 148,854 and 135,131 individuals in 69,730 and 62,310 households were enrolled for these benefits, respectively. These individuals need help stretching their resources to get the most nutrition for their dollar.

What has been done

Two federally funded programs, the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed), provide a minimum of 10 hours of interactive, hands-on education. The focus of both programs is on participants developing skills to make healthy food choices based on their budget, to use their resources wisely, to handle food safely, and to participate in physical activity each day. This program empowers individuals and families participating in the program to expand their horizons and to link diet, physical activity, and health together.

Results

A total of 450 individuals graduated from FoodSkills, a SNAP-Ed program, in 2013. Seventy percent of participants improved one or food resource management skills including more often planning meals in advance (42 percent), more often comparing prices when shopping (38 percent), running out of food less often (36 percent), and using a grocery list (40 percent). Furthermore, 68 percent of participants improved one or more nutrition practices. Specifically, 36 percent more often thought about healthy food choices when deciding what to eat; 30 percent more often prepared foods without added salt; 45 percent more often used the Nutrition Facts on food labels to make food choices, and 44 percent reported eating breakfast more often. Consumption of fruits and vegetables increased with 35 and 42 percent consuming more fruits and vegetables, respectively, at the end of the program as compared to the beginning. EFNEP reached 337 individuals with young children in 2013. Based on data from 24-hour food recalls taken on individuals upon entering and exiting the program, 59, 57, 56, 56, and 51 percent had a positive change in protein, vegetable, grain, dairy, fruit, and dairy consumption, respectively. Additionally, 72 percent of participants improved one or more food resource management skills including more often planning meals in advance (48 percent), more often comparing prices when shopping (41 percent), running out of food less often (38 percent), and

using a grocery list (44 percent). Fifty-seven percent showed improvement in one or more food safety practices.

4. Associated Knowledge Areas

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

Outcome #6

1. Outcome Measures

Reducing obesity in Delaware by extension programs that modify individual, family, and community behavior in a manner that promotes healthy lifestyles, physical activity on a regular basis, the consumption of healthy foods in appropriate quantities, and increasing family meals.

2. Associated Institution Types

- 1862 Extension
- 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)

Parents may not fully understand how to prepare healthful snacks or best practices when coping with picky eaters

What has been done

DSU Extension's Brown Bag for Busy Parents combines efforts of the Delaware Department of Health and Social Services, other social service agencies and family courts in each county to help parents and caregivers improve their childcare skills. The convenient, correspondence parenting education program helps adults improve knowledge and skills of parenting education topics including conflict resolution, resolving sibling rivalry, preparing healthful snacks and coping with picky eaters. Participants receive all lessons by mail, along with corresponding tests, which they then return within a designated timeframe.

Results

A total of 295 participants completed the eight lessons by mail. Once participants returned completed tests, which were scored for accuracy, DSU Extension mailed out Certificates of Completion as validation required by social service agencies. A survey was provided at the end of the program, which has generated new ideas for future program topics. Participants continue to score the convenience of the program very high, since many lack adequate resources (i.e. transportation and childcare, etc.) to attend parenting education in the traditional classroom setting.

4. Associated Knowledge Areas

KA Code	Knowledge Area
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
724	Healthy Lifestyle
903	Communication, Education, and Information Delivery

Outcome #7

1. Outcome Measures

Greater understanding, particularly in low-income communities and by youth, of the health risks associated with obesity and the options available to prevent or correct obesity problems.

2. Associated Institution Types

- 1862 Extension
- 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)

Healthy living is a topic that impacts both adults and youth. According to dosomething.org, "More than one-third of adults and over 12.5 million children and teens in the US are obese. In the last 30 years, obesity in children and teens has nearly tripled." Healthy living issues also include mental & emotional wellness and personal development. Mentalhealth.gov states the following facts from 2011:

- ?One in 10 young people experienced a period of major depression
- ?One in five American adults experienced a mental health issue

?Suicide is the 10th leading cause of death in the United States.

What has been done

The Delaware 4-H Program agreed to host a regional Youth-Adult Conference for 2014 with Healthy Living as the theme. Planning for this event began in early 2013. Fifteen 4-H youth and adult volunteers, along with 4-H staff members, served as the planning committee that developed a program with engaging workshops, two motivational speakers and group activities designed to advance awareness and offer tools toward healthy living goals. Thirteen Northeast states were invited and we were pleased that groups from West Virginia and Massachusetts chose to attend. Yoga, cardio-movement, peer-pressure, developing a positive self-image, Internet safety, distracted driving, dealing with stress and conflict, bullying, personal responsibility, identifying healthy refreshments and making wise consumer choices were a few of the specific activities offered. The youth and adults were trained in ways to brainstorm, plan, and implement healthy living initiatives in their communities.

Results

A total of 125 youth, leaders, and 4-H staff attended the YAP conference on Healthy Living. Some of the issues the 4-H youth identified, and plan to address locally in their communities include school bullying, driving while texting, obesity, sexual health and responsibility, drugs and alcohol abuse prevention.

The conference had a great impact on helping attendees make healthy food choices, eating a balanced diet, and feel more comfortable in meetings with people of different age groups.

4. Associated Knowledge Areas

KA Code	Knowledge Area
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
724	Healthy Lifestyle
903	Communication, Education, and Information Delivery

Outcome #8

1. Outcome Measures

Master Food Educators expand extension reach into communities through volunteer development

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In Delaware over the past 30 years, the prevalence of overweight and obesity has increased sharply for both adults and children. According to the CDC report about Delaware (<http://www.cdc.gov/chronicdisease/states/delaware.htm>), in 2007, 65% of adults in Delaware were overweight or obese and 18% of high schools students were overweight, based on self-reported height and weight. These figures show a great need for the nutrition programs that UD Cooperative Extension has to offer. But with few full-time staff to address the nutrition and wellness concerns of clientele, Cooperative Extension needed to increase its capacity to reach citizens of Delaware.

What has been done

This year's Master Food Educator Training Program was a 42-hour professional development curriculum offered in Kent and New Castle County via Adobe Connect. The program helps volunteers increase knowledge and confidence about nutrition, food science, wellness, food preparation, and food safety.

Results

During the 2014 program year 4 (Kent/Sussex) Master Food Educators volunteered to support workshops and public events giving just over 132 hours to Cooperative Extension's outreach efforts. This has an approximate economic value of \$3037.00 (based on \$23.01/hour 2014 values from Independent Sector.org).

The Master Food Educators conducted a variety of outreach programs including:
?Staffing Displays at 8 Public Events including at 4-H Favorite Foods, Milton Elementary School back to school night, events at Fifer Orchards, Frederica Senior Center, Sussex County Farm Tour.

?Assisting Extension Agents with over programs such as Dining with Diabetes, ServSafe and DineSafe, Food Safety for Entrepreneurs and Food Preservation 101 by conducting demonstrations, preparing food for taste testing and assisting with the program implementation.

?Created factsheets that addressed different fruits providing basic nutrition and handling information as well as 2 low cost simple recipes.

4. Associated Knowledge Areas

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

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

{No Data Entered}

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Evaluation of the Childhood Obesity planned program for FY13 (0.1 Research FTE, 19.4 Extension FTEs) shows a diverse and comprehensive extension effort to address the statewide issues associated with health, nutrition, diets, and families. Some particularly strong areas of extension programming include: (i) an integrated team effort to modify individual, family, and community behavior in a manner that promotes healthy lifestyles, encourages physical activity on a regular basis, promotes the consumption of healthy foods in appropriate quantities, and increases the frequency of family meals and (ii) an extensive set of programs for after-school children and childcare providers on healthy lifestyles and diets. Evaluations of extension programming showed continued excellent success in grants (4 of 7 submitted were awarded), the publication of 30 new fact sheets, 50 invited and volunteered presentations in local communities and at regional and national meetings, and the presentation of more than 500 workshops. Our evaluations have included annual internal administrative reviews and numerous surveys and other evaluation methods conducted with stakeholders participating in workshops and other extension programs. Specific examples of stakeholder evaluation of these programs are provided in the "Outcomes" section of the FY13 annual report. Stakeholder feedback and internal reviews are quite positive and appreciative of the very comprehensive programs our Extension professionals have developed and are implementing widely and successfully today.

Key Items of Evaluation

There are no major items requiring NIFA attention at this time, other than the continued need for more federal funding for research and extension programs that will help build on our current successes and allow us to reach more families and provide them with the skills needed to prevent or correct the serious problem of childhood obesity.