

V(A). Planned Program (Summary)

Program # 16

1. Name of the Planned Program

Childhood Obesity--Research

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	0%	0%	50%	
724	Healthy Lifestyle	0%	0%	50%	
	Total	0%	0%	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	0.0	1.0	0.0
Actual Paid Professional	0.0	0.0	2.6	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	0	303739	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	0	303739	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

Projects will relate to finding ways to reduce the incidence of childhood obesity through the study of foods

and nutrient values and ways to improve physical activity. Projects may also relate to managing change that would lead to decreases in obesity.

2. Brief description of the target audience

Florida residents
parents and children

3. How was eXtension used?

{No Data Entered}

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	0	0	0	0

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	5	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- {No Data Entered}

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Identified ways to increase acceptance of sustainable change in eating and exercise

Outcome #1

1. Outcome Measures

Identified ways to increase acceptance of sustainable change in eating and exercise

2. Associated Institution Types

- 1862 Research

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)

Excessive weight gain is associated with increased risk of developing many serious diseases. Young adults are at a uniquely increased risk for weight gain because of rapidly changing social situations that influence eating and exercise behaviors. Despite extensive efforts to promote weight management, these efforts only reach a small proportion of the population at risk and even effective programs promoting individual behavior change may have limited effectiveness in environments that promote weight gain.

What has been done

Research is needed to elucidate the combination of individual and environmental factors associated with unhealthy weight gain among college students. We plan to use CBPR to expand the scope of the web-based intervention to focus on environmental issues that support healthful lifestyles as well as behavioral and quality of life issues, as they relate to college student's health and nutrition needs for obesity prevention.

Results

By recognizing that a myriad of environmental and individualized factors can influence eating behavior and lifestyle choices, tailored intervention strategies that have both an environmental and individual focus can begin to be developed. Identification of the individual factors and the necessary environmental factors to support the individual change is the first step in the development of indexes for comparisons and benchmarking to support policies and programs for behavior change on college campuses and communities. During this next 5 years, we will refine and validate assessment tools and develop a prototype Healthy Campus Index that can be used for planning and evaluation at both the personal and environmental levels of the socio-ecological model. Scores on the Healthy Campus Index will be provided to community partners, campus administrators, and other key stakeholders as the first step in making meaningful changes that address key factors affecting the health and nutrition of young adults.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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

Florida is still being heavily impacted by the economic situation. Public higher education in Florida has lost more than 50% of state funding and research has been impacted by other losses caused indirectly by the economic down turn including a reduction of funding opportunities available at the national level. In some cases faculty who leave or retire are not being replaced because of economic issues. Changes in state, county and federal appropriations can also affect the outcomes related to the Florida research land-grant mission. Because of limited resources in Florida and continuing devolution research projects can always be affected by changing public and governmental priorities policies, regulations and laws.

Natural and national disasters can also affect research field studies and multistate research.

Natural disasters such as tropical storms and hurricanes are common annual occurrences in this state and often cause severe damage to plants and the environment in which active research is taking place.. Severe weather conditions such as droughts frequently led to large-scale fires which can also impact studies. In 2013 we were heavily impacted by severe storms and fires. We also had other weather extremes such as floods leading to large scale damage especially along the coastal regions and the panhandle of the state. All of these can have a direct and indirect impact on research.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Understanding factors that play a part in obesity is important in finding solutions for this growing issue. Along with better research in food impacts on weight and health having any knowledge that shows a better understanding of this growing phenomena is important.

Key Items of Evaluation

Excessive weight gain is associated with increased risk of developing many serious diseases. Young adults are at a uniquely increased risk for weight gain because of rapidly changing social situations that influence eating and exercise behaviors. Despite extensive efforts to promote weight management, these efforts only reach a small proportion of the population at risk and even effective programs promoting individual behavior change may have limited effectiveness in environments that promote weight gain. Research is needed to elucidate the combination of individual and environmental factors associated with unhealthy weight gain among college students. We plan to use CBPR to expand the scope of the web-based intervention to focus on environmental issues that support healthful lifestyles as well as behavioral and quality of life issues, as they relate to college student's health and nutrition needs for obesity prevention. Our expected outputs include the following: Possible outputs include (1) a validated modified BECS instrument, (2) a dietary behavior pattern instrument for young adults; (3) an analysis of the relationship between personality, behavior and effective weight management. The output from this objective will be the finalized environmental audit which will be a component of the Healthy Campus Index. The audit can be used by campus residential life and foodservice administrators, health promotion specialists, and researchers to benchmark the degree the campus environment supports obesity prevention. The output from this objective will be the identification of individualized factors that may, in interaction with specific identified environmental factors, be most important to target when developing weight management intervention strategies. In addition, the simultaneous assessment of environmental and individual factors will provide a database to be used for Objective 4. The output from this objective will be a prototype for a Healthy Campus Index. Future research will further develop and validate this instrument. Our Outcomes or projected Impacts include the following: By recognizing that a myriad of environmental and individualized factors can influence eating behavior and lifestyle choices, tailored intervention strategies that have both an environmental and individual focus can begin to be developed. Identification of the individual factors and the necessary environmental factors to support the individual change is the first step in the development of indexes for comparisons and benchmarking to support policies and programs for behavior change on college campuses and communities. During this next 5 years, we will refine and validate assessment tools and develop a prototype Healthy Campus Index that can be used for planning and evaluation at both the personal and environmental levels of the socio-ecological model. Scores on the Healthy Campus Index will be provided to community partners, campus administrators, and other key stakeholders as the first step in making meaningful changes that address key factors affecting the health and nutrition of young adults.