

V(A). Planned Program (Summary)

Program # 1

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
305	Animal Physiological Processes	0%	0%	100%	0%
608	Community Resource Planning and Development	0%	7%	0%	0%
724	Healthy Lifestyle	0%	34%	0%	0%
801	Individual and Family Resource Management	10%	3%	0%	0%
802	Human Development and Family Well-Being	45%	15%	0%	0%
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	10%	3%	0%	0%
805	Community Institutions, Health, and Social Services	10%	3%	0%	0%
806	Youth Development	25%	35%	0%	0%
	Total	100%	100%	100%	0%

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	5.1	3.0	3.7	0.0
Actual Paid Professional	5.0	2.0	3.5	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
519577	624531	358730	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
519577	624531	358730	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
4592921	0	4525057	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

We disseminated parenting publications, information through print and web sources. We provided information through the Just in Time Parenting and eXtension Alliance for Better Child Care communities of practice. We provided parenting and child care provider education classes on a variety of topics to Extension agents, parents, and caregivers. We provided news releases, blog posts and other social media, and related information on parenting, youth development, and child care topics to be disseminated by agents to print, online, and broadcast media outlets.

In the past year, Walk-a-Weigh, Extension's weight control program and Walk Georgia, Extension's on-line fitness program have been offered. Also cooking schools have been presented to help participants make changes in their food selection and preparation and physical activity.

We have also trained agents on methods for working with children to reduce overweight and done inservices for agents on diabetes management.

We conducted in school classes in a majority of Georgia's Counties. We conducted Food Product Development contest and local practice sessions as part of the 4-H program. We conducted statewide youth meetings focused on Healthy Lifestyles. As part of the program, Healthy Lifestyles Ambassadors were trained on research and relevant information. 4-H Summer Camp Healthy Lifestyle classes were also conducted.

Health and nutrition workshops were held in various locations for different types of clientele. Classes/workshops were held in local program areas for parents, senior citizens caregivers and the youth of Georgia. Food demonstrations and interactive learning projects were the main style of teaching education for this topic. Health and nutrition brochures were developed to educate the clientele.

Faculty continued to conduct research on weight control and health.

Sections of Fall Forum include Healthy Lifestyles. Additionally, the Food Product Development team contest was held and healthy lifestyles was offered as a fifth grade curriculum club meeting track. The Ambassador program included Health Rocks and each camper this summer attending a Healthy Lifestyles class. During this year's Junior Conference, each participant had a Health Rocks class as well

2. Brief description of the target audience

Specialists directed efforts primarily to educating and preparing county agents. As a result, agents reach parents, guardians, grandparents, youth, child care providers, and other caregivers of children and youth.

The planned program also target directly limited resources individuals and families.

3. How was eXtension used?

There are currently 2 leaders and 57 active members associated Communities of Practice related to this planned program.

The membership in **eXtension** has continued to grow. Overall, there are currently 195 members in Communities of Practice in 62 approved communities. (Up from 150 members in 59 communities in 2012)

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	435809	227469	173775	90701

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	3	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of significant publications including articles, bulletins and extension publications. (excluding peer reviewed articles)

Year Actual

2013 126

Output #2

Output Measure

- Number of educational contact hours generated from formal educational programs presented to county extension agents by state faculty directly associated with this planned program.

Year	Actual
2013	795

Output #3

Output Measure

- Number of educational contact hours generated from formal educational programs presented directly to clientele by state faculty directly associated with this planned program.

Year	Actual
2013	2385

Output #4

Output Measure

- Number of invited presentations by faculty directly resulting from the success of this planned program.

Year	Actual
2013	47

Output #5

Output Measure

- Website hits for diabetes, weight control, and cardiovascular disease.
Not reporting on this Output for this Annual Report

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Percent of people at risk for cancer who chose a lower fat or lower sodium food item.
2	Number of additional direct extension contacts made by volunteers, staff, or county agents not receiving federal funds as a direct outcome of the work of federally funded faculty associated with this planned program.
3	Percentage of program participants reporting increased knowledge after program participation.
4	Total number of youth participants that will enhance decision making skills and develop positive leadership skills, increase knowledge of science education
5	Percentage of participants that lose weight or improve fitness.
6	Number of youth enrolled in the *Health Rocks!* program

Outcome #1

1. Outcome Measures

Percent of people at risk for cancer who chose a lower fat or lower sodium food item.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	74

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The American Institute for Cancer Research states that about a third of cancers could be prevented by weight control, a healthy diet and regular physical activity. This includes eating more whole grains, fruits and vegetables, limiting sugary drinks and alcohol, reducing the intake of processed and red meat and controlling sodium intake.

What has been done

Cooking for a Life Time Cancer Prevention Cooking School

Results

Most participants report that they intend to use healthier fats, season with herbs and spices instead of fat, eat lower fat protein and dairy foods, modify recipes to make them lower in fat and sodium and higher in fiber and begin exercising more.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
802	Human Development and Family Well-Being
805	Community Institutions, Health, and Social Services
806	Youth Development

Outcome #2

1. Outcome Measures

Number of additional direct extension contacts made by volunteers, staff, or county agents not receiving federal funds as a direct outcome of the work of federally funded faculty associated with this planned program.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	334063

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Faculty associated with federal funds also make indirect contacts to clientele. These federally funded positions provide further impact to the community through county faculty, staff and volunteers not receiving federal funds. This county level programming results in thousands of additional direct Extension contacts.

What has been done

County faculty have presented research based information directly to clientele through presentations, workshops, on-site visits, meetings, and other trainings.

Results

UGA Extension extended lifelong learning to the people of Georgia through unbiased, research-based education.

4. Associated Knowledge Areas

KA Code	Knowledge Area
305	Animal Physiological Processes
608	Community Resource Planning and Development
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
805	Community Institutions, Health, and Social Services
806	Youth Development

Outcome #3

1. Outcome Measures

Percentage of program participants reporting increased knowledge after program participation.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	85

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

About 87% of children under six live in a family where at least one parent is employed full-time, and 33% live in a two-parent family with both parents working full-time. High-quality child care is essential for young children. Young children in high-quality child care programs learn valuable motor, language, cognitive, and social-emotional skills in child care that prepare them for school success, social relationships, and emotional well-being in elementary school and beyond.

Poor parenting skills can place children at risk for abuse and neglect. Extension agents in many counties provide parenting education programs to help parents deal with the specific issues and challenges of parenting young children.

Research suggests that adults who receive ongoing education in child development are better

What has been done

Faculty provided parenting and child care provider education classes on a variety of topics to Extension agents, parents, and child care providers. Including such curricula as My Healthy Body; Terrific Teeth; and Eat Healthy, Be Active.

Results

Eighty-five percent (85%) of participants reported increased knowledge after program

participation.

Positive caregiving skills can be learned. Learning and using positive caregiving skills can help parents and caregivers provide more sensitive, nurturing care for children. Sensitive care, in turn, can decrease the incidence of child abuse and create a high quality learning environment that supports the healthy development of children and youth.

For more information, visit:

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
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
805	Community Institutions, Health, and Social Services
806	Youth Development

Outcome #4

1. Outcome Measures

Total number of youth participants that will enhance decision making skills and develop positive leadership skills, increase knowledge of science education

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	5829

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Childhood obesity is an epidemic Georgia. According to the Center of Disease Control (2007) Georgia Obesity Epidemic Report, 59% of Georgia's population is obese. In Georgia, fourteen thousand (14,000) (14%) children aged 2-4 years in the Women, Infant, and Children (WIC),

program are obese, 28,000 (24%) third grade children are obese, 59,000 (16%) middle school students are obese, 50,000 (12%) high school students are obese.

What has been done

The 4-H staff facilitated 4-H Science Meetings Sessions, Leadership/Citizenship Meetings Sessions, Healthy Living Meeting Sessions and Entrepreneurship/Workforce preparation Meetings Sessions.

Results

These program components focused on initiating success by empowering the minds of our youth to a higher level of thinking through leadership, healthy lifestyles, workforce preparation, entrepreneurship, citizenship, and 4-H SET experiential learning activities to youth between the ages of 6-18.

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
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
805	Community Institutions, Health, and Social Services
806	Youth Development

Outcome #5

1. Outcome Measures

Percentage of participants that lose weight or improve fitness.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	71

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In Georgia, 28% of adults are obese and over 62% are overweight or obese. Thirty two percent have hypertension, 26.9% engage in no leisure time physical activity and 10% have diabetes.

Twenty percent Georgia's children are overweight or at risk for becoming overweight.

What has been done

Walk a Weigh Program, our weight control program was distributed to agents for their use via Weight Control Web page. *Walk Georgia* program, an on line fitness program was offered statewide during a 12 week session.

For more information, visit:

<http://www.fcs.uga.edu/ext/food/walk.php>

Results

Walk Georgia continues to have a significant impact on the fitness level of Georgians.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
805	Community Institutions, Health, and Social Services
806	Youth Development

Outcome #6

1. Outcome Measures

Number of youth enrolled in the *Health Rocks!* program

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	18416

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In Georgia, nearly 42% of 4th graders are either overweight or at risk of becoming overweight according to a study conducted by Dr. Richard Lewis, UGA College of Family and Consumer Sciences. The study also showed that 38% of eighth graders were also overweight or at risk of being overweight. For eleventh graders, the percentage was nearly 36%.

The Georgia Division of Public Health reports that nearly one in ten deaths in Georgia results from obesity-related health problems. Obesity prevention and education should begin as early as possible, by emphasizing healthful diets, good nutrition, and physical activity in early childhood.

What has been done

Sections of Fall Forum include Healthy Lifestyles. Additionally, the Food Product Development team contest was held and Healthy Lifestyles was offered as a 5th grade curriculum club meeting track.

The Ambassador program included Health Rocks and each camper this summer attending a Healthy Lifestyles class. During this year's Junior Conference, each participant had a Health Rocks class as well.

Results

Georgia 4-H exceed its goal of reaching by reaching 18,416 youth.

In addition, youth and adults were trained as ambassadors to teach the curriculum in their counties and communities.

For more information, visit: <http://www.georgia4h.org/healthrocks/>

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
802	Human Development and Family Well-Being
806	Youth Development

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

New federal policy changes in reference to health and nutrition have had a strong impact on programming efforts.

The Georgia Department of Early Care and Learning has begun a new Quality Rated initiative that provides free training and support for child care providers enrolled, which has resulted in a temporary reduction in the demand for community-based child care training provided by Extension (and other sources). Interest from the foster parenting community for education has increased.

People in Georgia live in a toxic environment where it is easier to obtain unhealthy food and to be inactive than it is to be active. The built environment tends to promote use of cars for transportation. Some communities also have food deserts where healthy food is not available. Many communities do not have health educators or diabetes educators to help people make positive changes in their health behaviors. Unfortunately we no longer have Family and Consumer Sciences agents in most of Georgia's counties so we cannot provide health programs and those agents are stretched thin and struggle to do in depth health programming.

External factors which also affected the outcome of participants were clientele that were unable to participate in classes because of the economy or personal obligations.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Funded by the United States Department of Health and Human Services, Administration for Children and Families (Grant: 90CT0151), and through a multi-state Extension partnership, a training curriculum was developed to support professionals in teaching healthy couple relationship skills to individuals in the child welfare system. In 2013, eight 1-day trainings were conducted across Georgia reaching 281 child welfare professionals. Following the training, 67% strongly agreed (versus 48% at pre-test) that relationship education was relevant to the clients they served, 84% felt it would be very helpful (versus 68% at pre-test) for professionals to receive training, and 85% reported that their knowledge and ability improved following the training.

During the spring and fall sessions of the Walk Georgia program, over 731,291 miles were logged by 4348 participants. Due to the past success of this program, the Coca Cola Foundation has awarded UGA Extension a grant for \$1,000,000. The Cooking for a Life Time Cancer Prevention Cooking School reached 400 women through 21 schools. In 2013, the American Cancer Society awarded UGA Extension \$30,000 to support the presentation of the schools and the publication of the first cookbook. In the fall of 2013, an additional \$15,000 was awarded to support schools in 2014.

The FVSU nutrition program has been able to educate clients on nutrition and health concerns. With the encouragement to clients of advancing their diets to alternative meats and fresh fruits and vegetables, local grocery stores now offer more variety of low fat/lean meats than previously offered. With locally grown fruits and vegetables the local farmers market has increased the times and days of being open. For the before and after questions that were asked 84% of the participants were able to verbally identify 2/3 of the workshop goals.

Key Items of Evaluation

- The Walk Georgia program logged over 731,291 miles by 4348 participants
- 84% reported this training was very helpful
- 85% reported an increase in knowledge and ability
- The local farmers market has increased the times and days of being open.