

V(A). Planned Program (Summary)

Program # 1

1. Name of the Planned Program

Childhood Obesity - Prevention

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	75%		99%	
704	Nutrition and Hunger in the Population	25%		1%	
	Total	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	5.0	0.0	1.4	0.0
Actual Paid Professional	1.3	0.0	0.6	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
82391	0	71468	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
82391	0	71468	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
43670	0	369112	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Conduct workshops and meetings.
- Develop products, curriculum, and other educational resources.
- Provide training and technical assistance.
- Facilitate community advocacy.

2. Brief description of the target audience

School aged youth, child care providers, school staff and other adult mentors of youth.

3. How was eXtension used?

eXtension was used as a training resource (available webinars used for staff training related to nutrition and children).

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	3500	20000	13000	10000

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

Patent Applications Submitted

Year: 2013
 Actual: 1

Patents listed

Method of Making Fatty Acid N-Acylalkanolamines. Inventors: Wang, Tong; Wang, Xiaosan. Filed: 4/24/2013.

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2013	Extension	Research	Total
Actual	0	0	6

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of youth receiving educational programming related to nutrition, physical activity, and health promotion.

Year	Actual
2013	39216

Output #2

Output Measure

- Number of adults who impact youth receiving educational programming related to nutrition, physical activity and health promotion.

Year	Actual
2013	30641

Output #3

Output Measure

- Number of professionals who impact youth receiving training related to nutrition, physical activity and health promotion for youth.

Year	Actual
2013	1771

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Percent of youth participants reporting increased intake of milk.
2	Percent of youth participants reporting increased intake of fruit.
3	Percent of youth participants reporting increased intake of vegetables.
4	Percent of youth participants reporting increased physical activity.
5	Percent of childcare training participants reporting preparedness to apply or teach health promoting dietary behaviors.

Outcome #1

1. Outcome Measures

Percent of youth participants reporting increased intake of milk.

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

Percent of youth participants reporting increased intake of fruit.

Not Reporting on this Outcome Measure

Outcome #3

1. Outcome Measures

Percent of youth participants reporting increased intake of vegetables.

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

Percent of youth participants reporting increased physical activity.

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Percent of childcare training participants reporting preparedness to apply or teach health promoting dietary behaviors.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1386

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Dietary and physical activity behaviors can be established as early as 2-4 years of age. Informing child care providers of appropriate food and physical activity behaviors is essential to early childhood development.

What has been done

Childcare training has been provided to >1300 childcare providers in Iowa.

Results

More than 77.6% of participants reported preparedness to make changes in their own childcare settings.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Populations changes (immigration, new cultural groupings, etc.)
- Other (loss of staff)

Brief Explanation

This state plan of work has identified and implemented priority programming. Priority programming criteria included timeliness, relevance, uniqueness (services not offered by other organizations), sequential, and impact. Sequential programming was prioritized based on the ability to demonstrate impact. To evaluate priority programs (i.e. childcare training), online surveys are capturing evaluation/impact data. Due to EFNEP program evaluation changes during Iowa Fiscal Year 2013, evaluation data were not available. Additionally, enrollment in Live Healthy Iowa Kids decreased greatly due to programming changes. Furthermore, childcare trainings are now being offered by other state agencies as a free online course, which resulted in decreased participation in the Extension-delivered trainings. For those who attended Extension childcare training, results suggest more than

70% of participants felt prepared to apply health promoting dietary behaviors in the childcare settings.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Childcare training evaluation results indicate >70% of attendees are prepared to apply health-promoting dietary behaviors in the childcare settings. Future evaluation may include monitoring childcare center progress via the Environmental Rating System.

This year's report does not include EFNEP program evaluation for youth due to changes in evaluation and programming. Conversation with the Iowa Department of Public Health (IDPH) has led to changes in the youth EFNEP programming in the state of Iowa. While EFNEP youth programming provided in schools has phased out over the past two years, ISU Extension and Outreach is preparing to launch a new program within the next 18 months. ISU Extension and Outreach anticipates partnering with the Summer Food Service program in rural and micropolitan sites beginning in June 2015. This eliminates competition between the SNAP-Ed and EFNEP programs in urban schools during the academic year and provides programming in conjunction with much needed summer meals to a high-risk, rural audience. This summer programming will allow more flexibility in scheduling and providing greater opportunity for richer engagement with food including the potential for integrating a gardening experience. Evaluation data for this EFNEP programming will include monitoring pertinent health behaviors linked to obesity.

Key Items of Evaluation

Childcare training is conducted statewide to improve policies, practices and the environment relative to obesity. Currently ISU Extension and Outreach conducts nine different childcare trainings (i.e. food safety, fruit and vegetable variety, meal planning, food allergies, role modeling, linking literacy with food, MyPlate). Each training is two hours in length and includes experiential learning opportunities. At the completion of each training, an evaluation is conducted to assess achievement of learning objectives and effectiveness of the training. Participants self-report readiness and intent to implement specific policies or practices in their childcare setting. Over three-quarters (77.6%) of participants reported intent to implement policy or practices in their childcare settings.