

V(A). Planned Program (Summary)

Program # 3

1. Name of the Planned Program

Diet, 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
502	New and Improved Food Products	0%	0%	15%	0%
702	Requirements and Function of Nutrients and Other Food Components	0%	0%	25%	0%
703	Nutrition Education and Behavior	96%	96%	0%	100%
721	Insects and Other Pests Affecting Humans	0%	0%	32%	0%
722	Zoonotic Diseases and Parasites Affecting Humans	0%	0%	6%	0%
723	Hazards to Human Health and Safety	0%	0%	18%	0%
724	Healthy Lifestyle	4%	4%	4%	0%
	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	95.0	2.0	3.0	5.0
Actual Paid Professional	77.0	2.0	7.3	2.0
Actual Volunteer	41334.0	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
1349152	60291	222346	37831
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1270366	48395	1455450	40587
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	1462301	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Contacts with clientele related to diet and health will include volunteer training, health fairs, Extension Homemaker leader lessons, safe night programs, healthy homes programs, and more.
- Multidisciplinary programs aimed at strengthening local food systems. Examples of programs to be offered will include: 4-H school enrichment, after-school programs and dayand/or summer camp programs on 4-H Jump into Foods and Fitness. Weight--the Reality Series - Body Image and Get Moving Kentucky physical activity and weight management programs, LEAP-Literacy, Eating and Activity for Preschool Program and Exploring MyPyramid with Professor Popcorn for elementary school age children.
- EFNEP - Expanded Food and Nutrition Educational Program for low income families with children.
- Multi-agency activities related to diet and health.
- Continued research in the areas of nutrient effects of high-fat diets, antioxidant effects on cancer prevention, environmental effects on nutrient requirements and more.

Major research efforts in this program area include:

- Food consumption and physical activity are being examined as indicators of risk for obesity in preschool children.
- The combined effects of selected vegetables on bone metabolism are under study as it pertains to osteoporosis.
- The nutritional status and health of agricultural workers.
- Bioprotective effects of phytochemicals to mediate immunity and antigenotoxic potential

2. Brief description of the target audience

- Extension agents
- Community agencies
- Volunteer leaders
- Parents
- Grandparents
- General public
- Public housing residents
- Scientific community
- Jump into Food and Fitness participants: curriculum designed for youth ages 8-11

3. How was eXtension used?

Extension professionals accessed materials and participated in webinar trainings

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	697570	2629119	321060	1237233

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	9	20	29

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Published research journal articles

Year	Actual
2013	25

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of individuals who experienced an increase in knowledge, opinions, skills or aspirations regarding lifestyle changes (diet, exercise, healthy home practices, managing stress, etc.) that improve personal health
2	Number of individuals who made lifestyle changes (diet, exercise, healthy home practices, managing stress, etc.) for the purpose of improving their health
3	Number of individuals implementing personal health protection practices (screening, immunizations, well-baby care, preventive health practices, etc.)
4	Number of individuals who reported practice changes related to safety (use of bicycle helmets, fire extinguishers, tractor roll bars, radon testing, smoke detectors, proper ATV operation, etc.).

Outcome #1

1. Outcome Measures

Number of individuals who experienced an increase in knowledge, opinions, skills or aspirations regarding lifestyle changes (diet, exercise, healthy home practices, managing stress, etc.) that improve personal health

2. Associated Institution Types

- 1862 Extension
- 1890 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	133794

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Children need adequate, nutritious food to become healthy adults. Several Kentucky counties have seen the number of children receiving SNAP benefits double in the past ten years (2010 Kentucky KIDS COUNT Data Book). Nutrition Education Programs can help families: gain access to food and stretch food dollars; decrease hunger within their communities, and; educate recipients in local food assistance programs on healthy and safe food preparation methods.

What has been done

Nutrition workshops have been conducted to address cancer, diabetes, and heart disease within families. Youth have been exposed to proper nutrition through school and community based initiatives. A partnership with County School Food Service Directors have helped to increase awareness of the need for healthy food choices and trying new foods among youth.

Results

A total of 133,794 experienced an increase in knowledge, opinions, skills or aspirations regarding lifestyle changes that improve personal health. This has been due to the success of several programs across the state. One has been the Taking Ownership of Your Diabetes programs. In addition to increasing knowledge on ways to improve nutrition, participants have demonstrated the ability to make better health choices and experience a higher quality of life. Moreover, based on similar studies by colleagues in other states, this program has the potential to save \$7,897,600 in healthcare costs.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

Outcome #2

1. Outcome Measures

Number of individuals who made lifestyle changes (diet, exercise, healthy home practices, managing stress, etc.) for the purpose of improving their health

2. Associated Institution Types

- 1862 Extension
- 1890 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	53752

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

A significant percentage of Kentuckians are considered obese according to the Center for Disease Control. This epidemic is largely blamed on the convenience of foods lacking nutrition and instead contain high amounts of fat, salt, sugar, and calories which lead to increased body mass. Living a healthy lifestyle requires knowledge of nutritious foods, ideas for tasteful preparation, and ample physical activity. Extension can fill a void by offering programs that teach citizens how to access nutritious foods.

What has been done

Plate It Up is a new program that partners with the Kentucky Department of Agriculture to educate clientele on the importance of growing and consuming fresh foods. Demonstration kitchens at several Extension offices are resources that enable Extension to provide quality programming to a wide range of audiences. KSU Center for Family Nutrition and Wellness Education reached nearly 5,000 elementary and middle school students to increase nutrition education and physical activity.

Results

Of the 133,000 participants indicating that they experienced an increase in knowledge concerning healthy foods, 40% noted that they actually made lifestyle changes as a result of Extension

program efforts. Students in the KSU program demonstrated an increase in knowledge, by nearly 23%. In Grayson County, Extension hosted a weight lost challenge, in which participants shed 519.5 pounds during the challenge.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

Outcome #3

1. Outcome Measures

Number of individuals implementing personal health protection practices (screening, immunizations, well-baby care, preventive health practices, etc.)

2. Associated Institution Types

- 1862 Extension
- 1890 Extension
- 1890 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	25174

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Statistics show that health-related illnesses are on the rise in Kentucky. This is due in part to more residents not being aware of ways to proactively combat diseases that are preventable.

What has been done

A number of festivals have been organized, programs implemented and curricula used by Extension to promote healthy practices. Individuals and families alike have been targeted. The Boone County Cooperative Extension Service sponsored a Fit to a T program in cooperation with the National Bone and Joint Health Initiative and St. Elizabeth Hospital. In addition, KSU leads the statewide HealthRocks! Program for youth ages 10-15. KSU also conducts research to study metabolic syndrome (MetS) related to heart disease, sweet potato diet related bone loss and estrogen deficiency, and the correlations of individual understanding of body weight and the associated problems.

Results

Of the 186,511 people reached through Extension's programs related to health and safety, 13% implemented personal health protection practices. Several programs are reporting that 90% of their participants are getting more exercise and are now making healthier food choices. Through the efforts of KSU, youth learned how to practice positive health behaviors.

As a result of the Boone County Extension program, 18% (out of 22 people) indicated they had discussed osteoporosis and their heel scan results with their physicians. More than half (64%) started exercising or increased the amount of exercise they do. Almost half (45%) increased their intake of calcium-rich foods.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

Outcome #4

1. Outcome Measures

Number of individuals who reported practice changes related to safety (use of bicycle helmets, fire extinguishers, tractor roll bars, radon testing, smoke detectors, proper ATV operation, etc.).

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	19364

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Safety and healthy practices continue to be a concern for all Kentucky families. Although farmers account for only 2% of the workforce population, the National Safety Council continues to rank agriculture as one of the three most hazardous occupations in the United States. Teaching youth the life skills to take care of themselves is very important in their development. Fall-related hospitalizations for seniors is another issue that must be addressed in the state, as it equates to thousands of dollars in medical expenses each year.

What has been done

Farm safety days were organized around the state. These addressed various safety issues such as fire safety, electric safety, ATV safety, tractor safety, gun safety, kitchen safety, and animal safety. Food safety programs are also very prominent throughout Kentucky

Results

Of the 19,364 participating individuals who reported practice changes related to safety (or similar programs), county agents reported that clientele felt more confident in adopting safety practices after having obtained some basic skills through Extension programs. At least 80% of participants in most counties said they would read the label more closely before applications.. Many Participants also reported they would utilize proper safe food preservation techniques. Farm safety days were organized around the state. These addressed various safety issues such as fire safety, electric safety, ATV safety, tractor safety, gun safety, kitchen safety, and animal safety. 60% of the youth in attendance reported that they intend to follow safety rules at home.

4. Associated Knowledge Areas

KA Code	Knowledge Area
723	Hazards to Human Health and Safety

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

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

See outcomes above

Key Items of Evaluation

Pre Post surveys, observation protocols, focus group discussions