

V(A). Planned Program (Summary)

Program # 10

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
703	Nutrition Education and Behavior	32%	50%	50%	0%
724	Healthy Lifestyle	68%	50%	50%	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	30.0	1.0	0.5	0.5
Actual Paid Professional	17.0	1.0	1.1	0.0
Actual Volunteer	13535.0	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
269830	27291	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
254073	50895	87308	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

-conducting educational programs for children

- training extension agents
- developing educational materials
- conducting programs with parents
- evaluating the impact of the Expanded Food and Nutrition Education Program

2. Brief description of the target audience

- children
- youth
- extension agents
- teachers
- parents

3. How was eXtension used?

Webinars, publications, communities of practice

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	174359	530657	169785	509847

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	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Published research journal articles.

Year	Actual
2013	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Total number of children and youth reached through Extension programming related to eating healthy foods
2	Total number of children and youth who gained knowledge about eating more healthy foods
3	Total number of children and youth who reported eating more healthy foods
4	Number of environmental changes implemented to support physical activity (e.g., walking trails opened, bike paths built)

Outcome #1

1. Outcome Measures

Total number of children and youth reached through Extension programming related to eating healthy foods

2. Associated Institution Types

- 1862 Extension
- 1890 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	186511

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Nutrition, health, and food safety are important aspects to everyday lives of all age groups. The earlier nutrition habits are established, the longer they will stay with an individual. Several Extension Nutrition programs were offered this past year to youth across the state.

What has been done

Nutrition and food preparation workshops were conducted. Physical Activity School Club lesson plans were presented to 4-H school club members. Extension worked with Health Departments, Family Resource Centers, and the Medical Centers to provide youth health fairs.

Results

Over 6,000 youth gained access to Extension programs related to healthy eating, exercise, and well-being

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle

Outcome #2

1. Outcome Measures

Total number of children and youth who gained knowledge about eating more healthy foods

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	135044

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to the Centers for Disease Control (CDC), 33% of adolescents in Kentucky are overweight or obese. Not surprisingly, 79% of Kentucky's young people do not meet the recommended guidelines for physical activity.

What has been done

KSU EFNEP effectively reached over 1,900 children and adults. KSU studied 376 first-year students attending college to assess metabolic syndrome (MetS) factors.

Results

Participants of the KSU EFNEP program increased their intake of healthy grains, fruits, and vegetables and saw a reduction in their use of unhealthy oils. Findings from the MetS study revealed the need for additional screening of college students so that interventions can be targeted to decrease the risk of MetS and an early onset of coronary heart disease. In various UK and KSU programs, youth learned proper hand washing, food and kitchen safety, and accurate measuring skills as well as freezing and canning skills.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle

Outcome #3

1. Outcome Measures

Total number of children and youth who reported eating more healthy foods

2. Associated Institution Types

- 1862 Extension
- 1890 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	69784

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

A significant number of youth in Kentucky are overweight. A primary factor is due to an excessive intake of processed foods, low physical activity and an inadequate amount of healthy foods.

What has been done

KSU EFNEP programs effectively reached over 1,900 children and adults. University of Kentucky agents administered the "Professor Popcorn" nutrition education program. The Small Steps to Health and Wealth Online Challenge was implemented to encourage healthy eating.

Results

Participants in the EFNEP program increased their intake of healthy grains, fruits, and vegetables and saw a reduction in their use of unhealthy oils. Over 6,000 youth involved in the "Professor Popcorn" program indicated eating a larger variety of fruits and vegetables. Over 840 youth created a plan for healthy eating and physical activity. A total 245 Kentuckians have participated in the Small Steps to Health online program. Participants have reported consuming over 5,000 cups of fruits and vegetables during the challenge and exercised a minimum of 31,230 minutes.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle

Outcome #4

1. Outcome Measures

Number of environmental changes implemented to support physical activity (e.g., walking trails opened, bike paths built)

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	551

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to the Centers for Disease Control (CDC), 33% of adolescents in Kentucky are overweight or obese. Not surprisingly, 79% of Kentucky's young people do not meet the recommended guidelines for physical activity. Physical activity was identified as a priority by the Kentucky 4-H Program. Having flexible muscles is important to prevent injury to the body during physical activity.

What has been done

Physical activity programs have been implemented. Building a positive body-image is another focus of several programs targeting youth and their families. The Get Moving Kentucky initiative remains a viable component to motivating residents to focus on their health.

Results

A total of 397 people who took part in physical activity for 30 or more minutes on five or more days of the week. Over 1000 youth reported playing for at least 60 minutes each day for four days per week. A total of 1892 youth increased their physical activity even outside of the Extension programs that helped them to take exercise seriously. Hart county youth logged over 9000 miles walking.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Government Regulations
- Competing Programmatic Challenges

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Knowledge gained, practice/behavior change

Key Items of Evaluation

Surveys, pre-post assessment, follow-up interviews