

V(A). Planned Program (Summary)

Program # 4

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
701	Nutrient Composition of Food		10%		10%
702	Requirements and Function of Nutrients and Other Food Components		30%		30%
703	Nutrition Education and Behavior		10%		10%
724	Healthy Lifestyle		50%		50%
	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	0.0	5.0	0.0	2.0
Actual Paid Professional	0.0	4.5	0.0	4.9
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	240500	0	241652
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	230530	0	276727
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	4000

V(D). Planned Program (Activity)

1. Brief description of the Activity

1. Conducted obesity prevention research and disseminated research-based information to youth, parents, headstart and elementary school teachers, schools administrators, and other citizens/organizations.

2. Research findings and other useful information were communicated to youth through extension personnel in the form of publications, conferences, workshops, field days, home/office visits, demonstrations and other educational resources.

3. PSA'S, fact sheets, etc. were developed. Meetings/workshops, mentoring programs and peer counseling were also conducted.

4. Encouraged physical activities, youth gardening, and collaborate, cooperate and partnered with local, state and federal agencies, institutions, groups, private organizations/associations in seeking and delivering services to youth and other citizens.

5. Focused on the learning experience of children, youth, and families in communities with at risk environments to increase healthy eating habits.

6. Trained program staff and volunteers to ensure effective and efficient delivery of educational information.

2. Brief description of the target audience

The program targeted youth (K-College) and their families, teachers, faith-based groups, and community organizations. There is a large number of low income and limited resource families in Louisiana that are found in target areas which SUAREC serves. Most of these families live below the poverty level. They lack knowledge, information, and skills to utilize existing resources to improve their diet, nutrition, health, and quality of life. Children and adolescents who are placed at risk and those that are potentially at risk were also beneficiaries. Parents and/or guardians of these children were also targeted. Additionally, teachers, and other school officials who work with children and adolescents who may be at risk of overweight and obesity were targeted.

3. How was eXtension used?

eXtension was used through faculty and staff contribution to information, review and answer to questions, and referral of clients to "Ask an Expert".

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: {No Data Entered}

Patents listed

{No Data Entered}

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

- 1. Number of educational program activities

Year	Actual
2013	0

Output #2

Output Measure

- 2. Number of educational contacts

Year	Actual
2013	0

Output #3

Output Measure

- 3. Number of published materials distributed

Year	Actual
2013	0

Output #4

Output Measure

- 4. Number of research & extension outreach publications developed (in-house)

Year	Actual
2013	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	National Outcome #1: Children practice healthy eating
2	National Outcome #2: Children engage in healthy levels of physical activity
3	National Outcome #3: Families, children, and youth have access to healthy foods

Outcome #1

1. Outcome Measures

National Outcome #1: Children practice healthy eating

2. Associated Institution Types

- 1890 Extension
- 1890 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)

The prevalence of obesity has steadily increased over the past 35-40 years among children and youth in the U.S. Louisiana youth are among the unhealthiest in the nation; 36 percent of 10-17 year olds are overweight and 53 percent don't exercise regularly. (Louisiana Report Card on Physical Activity and Health for Children and Youth, 2010). A total of 9 bills have been passed since 2004 in the Louisiana Legislature relevant to physical activity or the prevention of obesity among children and youth. In 2005, Senate Bill No. 146/Act 331 of the Louisiana Legislature enacted a vending bill which limited certain food items sold during elementary and secondary schools in Louisiana. While there were also restrictions on beverages offered during the school day, House Bill No. 767/Act No. 306 of the 2009 Legislative Session amended Act 331 to further restrict beverages offered in public high schools.

At the national level, the issue of childhood obesity has been publicized and various positive preventive measures suggested and implemented by the First Lady, Mrs. Michele Obama. An example is the gardening project which provides opportunity for youth to participate in outdoors activity while exercising and to select, grow, maintain, harvest, prepare and eat healthy foods

What has been done

SU Ag Center's Nutrition and Health Program and the Youth Program collaborated to implement activities to reduce childhood obesity. Four research projects initiated previously continued; such as: "Childhood Obesity Risk Reduction Risk Initiative for Children in Louisiana"; "Expanding Nutritional Knowledge and Food Label Use Among College Students in Louisiana"; and "Acceptability of Value-added Goat Products by School-age Children- a Strategy to Combat Obesity".

In the first study, participants were exposed to nutritional strategies that incorporated the federal

government's Dietary Guidelines for Americans to teach them to incorporate healthier eating & activities into their daily life styles. They received nutritional instructions aimed at reducing obesity including: a) Aiming for Healthy Weight, b) Becoming Physically Active each day, c) Eating a Variety of Grains daily, especially Whole Grain, d) Eating a Variety of Fruit and Vegetables Daily, e) Keeping Food Safe to Eat, f) Choosing a Diet Low in Fat, Saturated Fat, and Cholesterol, g) Choosing Beverages and food to Moderate Sugar Intake, and h) Choosing and Preparing Food with Less Salt.

In the second project, survey and quizzes were given to 402 students to measure their use and knowledge of the food labels and basic nutritional information. The pre and Post test method was used to measure knowledge of how to read & interpret food labeling information and to determine whether participants improved their nutritional knowledge. Additional 164 students received training on how to use the Nutritional Facts panels to make healthier food choices.

Recipes for the last project have been collected, sorted, developed and tested according to the menu group.

Fact sheets were developed and disseminated to youth through schools, communities, faith-based organizations, and other related entities. Early nutrition intervention materials (brochures, newsletters, etc.) were developed and used to teach school teachers, volunteers, and children how to make healthy food choices, and the importance of incorporating daily physical activities into each day to achieve optimum health status.

A total of 18 undergraduate students gained knowledge of obesity prevention research and information dissemination through their involvement in the project.

Results

The results showed that participants in the nutritional knowledge and food label use study had a good grasp of how consumption of calcium (89%), dietary fiber (85%), fats (77%), cholesterol (77%), and sodium (81%) affect the body. However, awareness of the roles played by carbohydrate (31%), protein (42%), and the selected vitamins (A-51%, B-55%, C53%, and D-64%) was low or marginal.

A total of 23,170 participants gained knowledge about the USDA's food guidance MyPlate, dietary guidelines, selecting, preparing, and eating healthy fruits and vegetables, steps necessary to reduce obesity, reading nutrition labels, and the importance of incorporating physical activities into their daily lifestyles. Post-test results suggest that youth can actually read nutrition label, especially about sodium, cholesterol, carbohydrate, etc., however, we have to teach them and assist them in including these principles in their dietary routines. The results also indicated that participants need more help on how to read and interpret labels about the daily recommended vitamins.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

National Outcome #2: Children engage in healthy levels of physical activity

2. Associated Institution Types

- 1890 Extension
- 1890 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)

The prevalence of obesity has steadily increased over the past 35-40 years among children and youth in the U.S. Louisiana youth are among the unhealthiest in the nation; 36 percent of 10-17 year olds are overweight and 53 percent don't exercise regularly. (Louisiana Report Card on Physical Activity and Health for Children and Youth, 2010). A total of 9 bills have been passed since 2004 in the Louisiana Legislature relevant to physical activity or the prevention of obesity among children and youth. In 2005, Senate Bill No. 146/Act 331 of the Louisiana Legislature enacted a vending bill which limited certain food items sold during elementary and secondary schools in Louisiana. While there were also restrictions on beverages offered during the school day, House Bill No. 767/Act No. 306 of the 2009 Legislative Session amended Act 331 to further restrict beverages offered in public high schools.

At the national level, the issue of childhood obesity has been publicized and various positive preventive measures suggested and implemented by the First Lady, Mrs. Michele Obama. An example is the gardening project which provides opportunity for youth to participate in outdoors activity while exercising and to select, grow, maintain, harvest, prepare and eat healthy foods.

What has been done

SU Ag Center's Youth Program and the Nutrition and Health Program collaborated to implement activities aimed at empowering youth to take personal responsibilities in reducing obesity. This project combined physical activity through gardening with exposing youth to healthy food selection.

SU Ag Center Faculty and staff were successful in receiving three extension grants for \$747,623 to address these issues. The grants were as follows: Eradicating Food Deserts in Neighborhoods through the Development of School Gardens, Using Agriculture as a Fast Track Vehicle for

Change through Experiential Learning and Development of Learning Modules for Assuring Enrichment Support for Youth in Selected Areas of Louisiana. Two hundred and sixty-five (265) youth participated in these programs.

In addition, the Creating Healthy Enjoyable Foods (C.H.E.F.) program which had two sessions engaged youth in experiential learning process of selecting, preparing and eating good healthy meals while exercising as ways of empowering and giving them responsibility for their healthy living. In FY 2013, 29 youth participants ages 12-14 learned how to prepare healthy, low salt, low sugar, low calorie, and low cholesterol meals for themselves and their family members. Findings of obesity reduction studies and First Lady Michele Obama's obesity reduction initiatives were shared with the participants in the form of video, fact sheets, oral presentations, demonstrations, etc.

Results

- The SU Ag Center initiated two collaborations, one with a mega private company, EXXON MOBIL and the other with a public broadcasting company, Louisiana Public Broadcasting (LPB).
- A video was professionally produced and presented by LPB and also placed on Youtube.com: http://www.youtube.com/results?search_query=Plant+It%2C+Grow+It%2C+Try+It+and+Like+It&ism=3
- or
- <http://www.youtube.com/watch?v=OTurPf9-RX4&feature=youtu.be>
- Through the help of SU Ag Center staff, youth in the Jetson Correctional Center for Youth (JCCY) established a vegetable garden gained knowledge while incarcerated in the state correctional facility located in rural Baker, Louisiana. Some of these youth made presentations about their project to other youth during the annual Youth Expo.
- 90% of youth participants increased agricultural and nutritional awareness by demonstrating a change in nutrition choices, which are deemed healthier.
- 100 percent of youth participants increased the frequency of physical activity due to participation in the gardening programs.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

National Outcome #3: Families, children, and youth have access to healthy foods

2. Associated Institution Types

- 1890 Extension
- 1890 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The prevalence of obesity has steadily increased over the past 35-40 years among children and youth in the U.S. Louisiana youth are among the unhealthiest in the nation; 36 percent of 10-17 year olds are overweight and 53 percent don't exercise regularly. (Louisiana Report Card on Physical Activity and Health for Children and Youth, 2010). A total of 9 bills have been passed since 2004 in the Louisiana Legislature relevant to physical activity or the prevention of obesity among children and youth. In 2005, Senate Bill No. 146/Act 331 of the Louisiana Legislature enacted a vending bill which limited certain food items sold during elementary and secondary schools in Louisiana. While there were also restrictions on beverages offered during the school day, House Bill No. 767/Act No. 306 of the 2009 Legislative Session amended Act 331 to further restrict beverages offered in public high schools.

At the national level, the issue of childhood obesity has been publicized and various positive preventive measures suggested and implemented by the First Lady, Mrs. Michele Obama. An example is the gardening project which provides opportunity for youth to participate in outdoors activity while exercising and to select, grow, maintain, harvest, prepare and eat healthy foods.

What has been done

SU Ag Center's Nutrition and Health Program collaborated with the Family and Human Development Program, to receive a \$300,000 grant to conduct research in "Combating Childhood Obesity with Caregivers as Change Agents". Twenty six individuals were recruited to participate in the experimental program. Fifteen (15) participants in the treatment group had "Whey To Go shakes while 11 in the control group consumed placebo shakes made with wheat starch results have varied. This trial lasted for 24 weeks and the goal was to determine the health benefits of whey protein and resistant starch. Whey is a milk-derived substance consisting of protein, lactose, small amounts of fat and assorted minerals. It is usually a by-product from making cheese. During FY 2013, the project staff published and distributed two issues of the 'Whey 2 Go Newsletter', a new initiative to inform the public about the project and to educate citizens on healthy food choices. These newsletters are available in both electronic and printed formats. The PI and post doctoral fellow have attended several national conferences where the results of the project were shared with the scientific community. Information has also been shared with the extension community within and outside the state.

Results

Participants in this 24-week program gained new knowledge about eating healthy to reduce weight. They also gained skills in selecting healthy food for themselves and their family members. All participants experienced weight loss ranging from 5-60 pounds. A total of 190 pounds were

lost by 15 individuals (an average of about 13 pounds each). Some of these individuals have also seen a reduction in the prescription medication that they were taking. The success of this trial was carried by a widely read newspaper in the state and also available online at:

<http://theadvocate.com/csp/mediapool/sites/Advocate/assets/templates/FullStoryPrint.csp...>

Several persons who have read the articles in the newspaper ? The Advocate and the Whey 2 Go Newsletter have enquired and received educational information about reducing obesity.

The post doctoral fellow and undergraduate students working on the project are experiencing hands on activities with this type of research. The post doc was been trained to utilize the DEXA machine and she has trained the students and other faculty and staff in nutrition and health program.

Extension agents and other stakeholders have accessed information and results from this study mainly through the SU Ag Center web site, newsletters, fact sheets, handouts, presentations (posters) and media.

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
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

Ongoing economic struggle caused serious setback on the availability of funds. In FY 2013, state appropriations were increased for the first time in almost six years. Federal Sequestration caused reduction in appropriations thus resulting in budget problems. Government priority changes caused the relocation of some program participants resulting in decline in number of citizens impacted. Additionally, Louisiana rural population continued to lag behind other 1890 states which resulted in the SU Ag Center receiving less federal formula funds. Furthermore, the continuing recovery from previous hurricanes (2005 and 2008) and the 2010 oil spill caused problems in the state and impacted outcomes.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

{No Data Entered}

Key Items of Evaluation

{No Data Entered}