

V(A). Planned Program (Summary)

Program # 5

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 |
|---------|---|-----------------|-----------------|----------------|----------------|
| 502 | New and Improved Food Products | 0% | | 13% | |
| 703 | Nutrition Education and Behavior | 50% | | 43% | |
| 704 | Nutrition and Hunger in the Population | 15% | | 32% | |
| 712 | Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins | 10% | | 0% | |
| 724 | Healthy Lifestyle | 25% | | 12% | |
| | 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 | 38.9 | 0.0 | 0.8 | 0.0 |
| Actual Paid Professional | 31.2 | 0.0 | 1.3 | 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 |
| 575 | 0 | 146172 | 0 |
| 1862 Matching | 1890 Matching | 1862 Matching | 1890 Matching |
| 182115 | 0 | 170958 | 0 |
| 1862 All Other | 1890 All Other | 1862 All Other | 1890 All Other |
| 2388993 | 0 | 21965 | 0 |

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Demonstrations
- Displays and Exhibits
- Printed Materials
- Single day workshop, presentation or event
- Workshop series or educational course
- Basic and applied research

2. Brief description of the target audience

Youth and families from limited-resource communities, specifically those who are eligible for federal food assistance (Supplemental Nutrition Assistance Program); school teachers, social service organizations

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

| 2013 | Direct Contacts Adults | Indirect Contacts Adults | Direct Contacts Youth | Indirect Contacts Youth |
|---------------|------------------------|--------------------------|-----------------------|-------------------------|
| Actual | 17656 | 72475 | 27362 | 5851 |

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 | 7 |

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Demonstrations

| Year | Actual |
|-------------|---------------|
| 2013 | 119 |

Output #2

Output Measure

- Displays and Exhibits

| Year | Actual |
|-------------|---------------|
| 2013 | 108 |

Output #3

Output Measure

- Printed Materials

| Year | Actual |
|-------------|---------------|
| 2013 | 1 |

Output #4

Output Measure

- Single day workshop, presentation or event

| Year | Actual |
|-------------|---------------|
| 2013 | 221 |

Output #5

Output Measure

- Workshop series or educational course

| Year | Actual |
|-------------|---------------|
| 2013 | 1611 |

Output #6

Output Measure

- Peer review publications

| Year | Actual |
|-------------|---------------|
|-------------|---------------|

2013 7

Output #7

Output Measure

- Basic and Applied Research Project

| Year | Actual |
|-------------|---------------|
| 2013 | 6 |

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

| O. No. | OUTCOME NAME |
|--------|--|
| 1 | Participants gain knowledge and skill to improve physical activity behaviors |
| 2 | Participants improve physical activity behaviors |
| 3 | Participants gain knowledge and skill to improve dietary behaviors |
| 4 | Participants improve dietary behaviors |
| 5 | Creation and synthesis of knowledge related to childhood obesity |
| 6 | Participants improve food resource management behaviors |

Outcome #1

1. Outcome Measures

Participants gain knowledge and skill to improve physical activity behaviors

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

Participants improve physical activity behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2013 | 301 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|-----------------------|
| 724 | Healthy Lifestyle |

Outcome #3

1. Outcome Measures

Participants gain knowledge and skill to improve dietary behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2013 | 64 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|--|
| 703 | Nutrition Education and Behavior |
| 704 | Nutrition and Hunger in the Population |
| 724 | Healthy Lifestyle |

Outcome #4

1. Outcome Measures

Participants improve dietary behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2013 | 5087 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Childhood obesity is a national epidemic. In Massachusetts, the medical cost for obesity has been estimated at well over one billion dollars per year and affects nearly one out of every three individuals between the ages of 10 and 17. Obesity is associated with increased long-term risk for heart disease, diabetes, stroke, hypertension, and some types of cancer. Many of the chronic health problems associated with obesity are largely preventable.

What has been done

Extension provides nutrition education to eligible SNAP participants to establish healthy eating habits and physically active lifestyles. In FY 2013, Staff reached 30,362 adult and youth participants with direct education. A total of 124,718 individuals were reached through indirect nutrition education methods (displays, farmers' market food demonstrations, leave-behind enrichment activities for school staff to use with children, newsletters, blog, and telephone Tip Line).

Results

Adult participants used a grocery list while shopping more often. Participating youth (grades 3-8) became more physically active and ate fruits and vegetables more often. Participating youth (grades 6-8) drank sweetened drinks less often and choose to eat whole grains foods more often. Participating youth (grades 6-8) consumed nonfat or low-fat milk and milk products more often.

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|--|
| 703 | Nutrition Education and Behavior |
| 704 | Nutrition and Hunger in the Population |

Outcome #5

1. Outcome Measures

Creation and synthesis of knowledge related to childhood obesity

Not Reporting on this Outcome Measure

Outcome #6

1. Outcome Measures

Participants improve food resource management behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2013 | 890 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Rates of obesity and poor nutrition continue to increase for both adults and children in the United States. This is especially prevalent among low-income populations, as parents frequently turn to calorie-dense, but low-nutrient foods when family food resources are limited. Eating habits that are formed during childhood are critically important as they lay the groundwork for future patterns that can affect lifelong health. Families need guidance to get the most nutrition from their limited resources in order for their children to grow and thrive.

What has been done

Extension staff fulfilled EFNEP's mission is to assist limited-resource families to acquire the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being. Professional staff provided supervision and leadership for EFNEP, while 21 paraprofessionals (11.09 FTE) provided nutrition education to low-income adults and youth. A total of 1,764 adults and 1,955 youth were reached in FY 2013.

Results

EFNEP participants demonstrated positive changes in dietary intake and also showed

improvement in food resource management practices related to planning meals that included comparing prices, not running out of food, and using a grocery shopping list.

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|---------|---|
| 704 | Nutrition and Hunger in the Population |
| 712 | Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins |
| 724 | Healthy Lifestyle |

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

From SNAP-Ed Project:

- Pre- and post-surveys showed that 811 youth in grades 3-8 who participated in a series of SNAP-Ed workshops were physically active more often.
- Pre- and post-surveys showed that 767 youth in grades 3-8 who participated in a series of SNAP-Ed workshops ate fruits more often
- Pre- and post-surveys showed that 822 youth in grades 3-8 who participated in a series of SNAP-Ed workshops ate vegetables more often
- Pre- and post-surveys showed that 193 youth in grades 3-8 who participated in a series of SNAP-Ed workshops drink sweetened drinks less often

Key Items of Evaluation