

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
703	Nutrition Education and Behavior			100%	
	Total			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	0.0	1.2	0.0
Actual Paid Professional	0.0	0.0	0.3	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
0	0	27373	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	0	33294	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

Conduct scientific research projects. Publish peer-reviewed journal articles and other publications. Present findings at professional and public meetings and at other venues. Educate undergraduate and

graduate students.

2. Brief description of the target audience

Other scientists, nutritionists, Cooperative Extension staff, state and federal policymakers, regulators, and legislators, classroom teachers, young adults

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	0	0	0	0

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	1	1

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of other publications

Year

Actual

2013 13

Output #2

Output Measure

- Number of completed research projects
Not reporting on this Output for this Annual Report

Output #3

Output Measure

- Total \$ amount of extramural funding received

Year	Actual
2013	497023

Output #4

Output Measure

- Six 2-hour lesson curriculum was developed as the central component of the iCook intervention.

Year	Actual
2013	0

Output #5

Output Measure

- The website for the iCook 4-H project was developed to meet the priority areas of the lessons. Sections were created for goal setting and recipe, video, and photo sharing. During the pilot, the website was used by all participants. Researchers gathered feedback from participants, and through analysis of Google Analytics. Changes are being made to include features that are similar to large social media sites (Facebook, Twitter, YouTube). These changes are being made from the feedback gathered.

Year	Actual
2013	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Better understanding of the usefulness of community based participatory research (CBPR) with a vulnerable population group--young adult college students,
2	Determine the usefulness of a new approach to preventing weight gain--the non-calorically restrictive, weight gain prevention intervention--with young adult college students
3	Improved weight-gain-prevention programs

Outcome #1

1. Outcome Measures

Better understanding of the usefulness of community based participatory research (CBPR) with a vulnerable population group--young adult college students,

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

Determine the usefulness of a new approach to preventing weight gain--the non-calorically restrictive, weight gain prevention intervention--with young adult college students

2. Associated Institution Types

- 1862 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)

Excessive weight gain is associated with increased risk of developing many serious diseases, including cardiovascular disease, hypertension, and type 2 diabetes. Young adults are at a uniquely increased risk for weight gain because of rapidly changing social situations that influence eating and exercise behaviors. Despite extensive efforts to promote weight management, these efforts only reach a small proportion of the population at risk and even effective programs promoting individual behavior change may have limited effectiveness in environments that promote weight gain.

What has been done

Maine led a multistate team in refining and testing the Campus Dining Environmental Audit Tool which will be part of the Healthy Campus Index tool, the focus of the five-year project NC1193. In Maine the Green Eating Survey was implemented with 206 college students and the Food Environment Tool was used to audit all campus dining facilities.

Results

Based on the GE Survey, 75% of respondents self-identified in the pre-action (precontemplation, contemplation, preparation) stages of change for GE behavior, while the remaining 25% self-

identified in either action or maintenance (post action). Participants in post-action stages of change were significantly more likely to participate in GE behavior and to consider environmental issues important. Participants who were in the post-action group also associated with higher dietary quality, namely lower intakes of fast food among both genders ($p=0.003$), fewer servings of red meat per week among females, and more servings of fruits and vegetables per day among females. Based on the audit, dining halls and the student union had more variety of healthful and Green foods. The high-scoring facilities had more main dishes that qualified as "healthful," and provided more facilitators to Green Eating through signage and promotions. Students who regularly practiced GE behavior were more likely to have higher dietary quality and to place importance on environmentally responsible behavior. Dining facilities generally provided many facilitators for students to eat Green, healthful diets.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #3

1. Outcome Measures

Improved weight-gain-prevention programs

Not Reporting on this Outcome Measure

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
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

This program area has been eliminated because of its small size. Research has been incorporated into another program area.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Nothing to report because program area has been eliminated.

Key Items of Evaluation

