

V(A). Planned Program (Summary)

Program # 3

1. Name of the Planned Program

Youth, Family, Nutrition and Health, Fitness and Wellness

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		30%		0%
724	Healthy Lifestyle		20%		0%
801	Individual and Family Resource Management		10%		0%
802	Human Development and Family Well-Being		10%		0%
806	Youth Development		30%		0%
	Total		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	0.0	6.0	0.0	0.0
Actual Paid Professional	0.0	7.5	0.0	0.0
Actual Volunteer	0.0	160.0	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	458861	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	458861	0	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

Area Extension educators conduct educational sessions in local schools and communities using educational programs, events and activities to aid youth in resisting risky behaviors. Extension educators, community volunteers, state specialists and other collaborators plan and organize programs, summits and events that will provide additional educational information to youth. Career days/fairs are conducted at local schools and communities. Volunteer leaders organize school and community based clubs. Youth and volunteer leaders participate in the following activities and events: 4-H Project Achievement Day; 4-H State Club Congress; 4-H State Fair Exhibit/4-H Day at Fair; National 4-H Congress; leadership camp and career days/fairs.

Additionally, educational programs, events and activities implement parenting classes and information is disseminated on child development enhancing after school programs childcare. Educational workshops, tours and career days/fairs are conducted at local schools and in communities on financial resource management.

Another aspect of this planned program focuses on the implementation of educational programs, events and activities along with research to address the nutrition, health fitness wellness and obesity issues facing limited-resources families and youth in communities. Educational programs and workshops are conducted to promote nutrition and other factors contributing to healthy lifestyles. Activities are focused on behavior changes needed for proper weight management. Educational programs are implemented and focused on recipe modification, portion control, food safety and calorie reduction. The educational program in this area of the planned program are provide participants adequate knowledge and information to make wise decisions concerning nutrition, health and their lifestyles to decrease weight gain and delay the onset of chronic diseases such as: heart disease, diabetes and hypertension.

2. Brief description of the target audience

The target audiences are at-risk limited-resource youth age 5 to 19, adult volunteers, and families.

3. How was eXtension used?

The Youth Specialist provided frequently answered questions for eXtension Community of Practice for the Youth Leadership Program (TLC).

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	771	1771	23122	4320

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	2	0	2

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Conduct educational programs, events and activities on risky behaviors affecting youth.

Year	Actual
2013	36

Output #2

Output Measure

- Conduct career/workforce educational sessions in local schools and communities.

Year	Actual
2013	40

Output #3

Output Measure

- Conduct leadership development educational programs, events and activities to provide opportunities at the county, regional, state, and national levels (e.g., Youth Leadership Academy, 4-H Achievement Day, State Club Congress, MS State Fair, National 4-H Conference, and National 4-H Congress).

Year	Actual
2013	6

Output #4

Output Measure

- Conduct science, engineering, and technology programs events and activities to attract the interest of youth in educational fields.

Year	Actual
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2013 25

Output #5

Output Measure

- Conduct educational programs, events and activities on family financial resource management.

Year	Actual
2013	14

Output #6

Output Measure

- Conduct educational programs, events and activities on effective parenting practices.

Year	Actual
2013	2

Output #7

Output Measure

- Conduct research on nutrition, health, wellness, obesity and opportunities for physical fitness on youth and adult.

Year	Actual
2013	2

Output #8

Output Measure

- Conduct educational programs on nutrition, health, physical fitness and wellness for limited-resource youth.

Year	Actual
2013	36

Output #9

Output Measure

- Disseminate information about nutrition, chronic diseases and weight management.

Year	Actual
2013	20

Output #10

Output Measure

- Conduct educational programs on nutrition, health, physical fitness and wellness for limited-resource adults.

Year	Actual
2013	24

Output #11

Output Measure

- Conduct educational programs, events and activities on food safety practices to preserve food quality and food sanitation.

Year	Actual
2013	24

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Increase number of youth who resisted risky behavior that impacts their social and educational development.
2	Increase number of minority youth competing in leadership competitions, youth events, activities and community projects.
3	Increase number of trained volunteer leaders to organize and manage school and community youth clubs.
4	Increase number of limited-resource participants to adopt parenting practices to improve parent/child relationships.
5	Increase number of limited-resource families and youth to utilize their skills to analyze their financial well-being and make effective financial management decisions.
6	Increase number of limited-resource families and youth who utilize both healthy eating practices and physical fitness to manage obesity, weight and health related diseases.
7	Increase percentage of participants to utilize knowledge gained and made adjustments in their nutrition and lifestyle behaviors
8	Increase number of youth seeking and gaining employment to improve their financial well-being.
9	Increase the number of youth participating in science, engineering, and technology programs.

Outcome #1

1. Outcome Measures

Increase number of youth who resisted risky behavior that impacts their social and educational development.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	127

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Mississippi has a population of 2,844,658, 20% 571,776 or school-aged children ages 5-18 in Mississippi 43,284 school aged youth are reported victims of bullying. Overall, 9,034 victims and 41,282 are bullied and total of 93,600 are involved in bullying. Many bullying experts and educators believe that these numbers are low, due to the years of violent television, movies and computer games have encouraged and taught more bully techniques.

What has been done

The Alcorn State University Extension Program (ASUEP) conducted 127 Bullying Workshops. The Bullying workshops were conducted in local elementary, middle and high schools in Southwest Mississippi. The workshops focused on the following topics: 1) What is Bullying? 2) Types of Bullying? 3) Why Teens Bully? 4) How Teens Can Avoid Being Bullied? 9,072 youth and adults participated in the workshops.

Results

Of the 9,027 youth and adults who participated in the various Bullying Programs, 55% indicated that they knew what Bullying is and understood the consequences of bullying. Sixty percent can list the various types of bullying. Sixty-two percent know at least one way to avoid being bullied. Approximately (50%) youth stated they would not engage in risky behaviors.

4. Associated Knowledge Areas

KA Code	Knowledge Area
802	Human Development and Family Well-Being

Outcome #2

1. Outcome Measures

Increase number of minority youth competing in leadership competitions, youth events, activities and community projects.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	4

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Mississippi ranks among the highest in the nation for chlamydia and gonorrhea infections, and teens and young adults between the ages of 15-29 years remain the leader in all new cases. African Americans make up over half of all cases of new cases in the state.

What has been done

To address this issue the Alcorn State University Extension Program (ASUEP) conducted educational activities and events to enhance positive development of youth to build strong resistance skills to address issues facing them. Fifteen Pregnancy Prevention/ STD Workshops and events were conducted. These workshops were designed to improve youth decision-making skills. The topics addressed were Distinguishing Fact and Fiction About the Consequences of Becoming Sexually Active; How Sexually Transmitted Diseases (STDs) Affect Your Life; Developing Skills to Cope With Influences of Sexually Active, and Using Refusal Skills to Avoid Sexual Pressure. Approximately 2,411 youth participated in the various workshops, activities and events.

Results

The program events and activities were assessed using the Prevention Minimum Evaluation Data Set (PMEDS). The results of the post-test showed that of the 2,411 youth participating in the program, 40% reported they gained skills about the consequences of becoming sexually active as a teen. Thirty percent stated they could identify the signs, symptoms and treatment of the eight most common STD's. Fifty percent said they gained knowledge that would help them in making decision about postponing sexual activity until marriage or in a committed relationship.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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806 Youth Development

Outcome #3

1. Outcome Measures

Increase number of trained volunteer leaders to organize and manage school and community youth clubs.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	2

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

It has been increasing difficult to recruit and retain volunteer leaders to recruit minority youth for community and school-based 4-H clubs. Many of the volunteer leaders that are currently working with community and school clubs lack the skills needed to manage, facilitate, and provide educational, cultural, and citizenship opportunities for the youth enrolled in these clubs.

What has been done

Both ASUEP and Mississippi State University Extension Service (MSUES) Youth Specialists conducted the training sessions increase in the number of trained volunteer leaders. The topics addressed were: 4-H 101; Youth and Adult Partnership; Effective Communication; 4-H SET; Nutrition Education and Physical Fitness and Financial Management. A total of 20 volunteer leaders from Claiborne, Jefferson, and Copiah Counties attended and participated in the forum.

Results

As a result of the Volunteer Leader Forum, 4-H volunteer leaders were trained to work with youth in community and school clubs to provide a variety of educational, cultural and citizenship opportunities. The volunteers who attended the forum, also, reported that they felt more confident in organizing, and planning programs for the youth in the community and school clubs.

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #4

1. Outcome Measures

Increase number of limited-resource participants to adopt parenting practices to improve parent/child relationships.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Across the state, and particularly in Jefferson and Claiborne counties, ASU-Extension educators are getting more questions and requests for information and workshops geared toward managing children with challenging personalities and behaviors. In response to the numerous comments and requests, the ASUEP staff developed a series of educational workshops to provide parents knowledge and skills that will help them to be more effective parents.

What has been done

To address this issue, the Alcorn State University Extension Program (ASUEP) staff conducted four (4) educational workshops using the Effective Parenting Curriculum. This evidence-based parenting curriculum focused on teaching parents practical skills and strategies for managing children with more difficult or challenging behaviors. 150 Parents participated in the program.

Results

Ninety-nine of 150 participants completed a post-series evaluation of the program using a survey instrument with open-ended questions to assess knowledge gain, planned and actual behavior change and a retrospective component to document increased understanding.

4. Associated Knowledge Areas

KA Code	Knowledge Area
802	Human Development and Family Well-Being

Outcome #5

1. Outcome Measures

Increase number of limited-resource families and youth to utilize their skills to analyze their financial well-being and make effective financial management decisions.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	3

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Youth are particularly vulnerable when it comes to money management. Many are not prepared to manage money or understand credit and use of a credit card. Financial education avoids debt at an early age, becoming victim of fraud and abuses. Education about money management, saving and investments are teachable moment at an early age or before youth finish high school.

What has been done

Alcorn State University Extension Program (ASUEP) staff implemented a financial management program, The Real World. The program provided information about money and credit management. Four hundred forty-two youth from various school districts participated in a educational workshop, which was designed to prepare youth on managing money, developing a budget and using credit cards wisely.

Results

According to the post evaluation, 50% of the 442 youth participating in the program reported that they understood the terms money management, goods, services and budget. Forty- five percent of the youth that participated reported learning how to develop a budget. Forty-five percent increased their knowledge of credit and credit card usage. Fifty-nine percent demonstrated abilities to identify the uses and abuses of credit cards and report to be able to apply this information.

4. Associated Knowledge Areas

KA Code	Knowledge Area
802	Human Development and Family Well-Being

Outcome #6

1. Outcome Measures

Increase number of limited-resource families and youth who utilize both healthy eating practices and physical fitness to manage obesity, weight and health related diseases.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1100

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The United States Census Bureau statistics reports a high level of overweight/obesity and chronic disease in Mississippi, especially in the Southwest Counties. In addition, the Dietary Guidelines for Americans 2010 indicates that most Americans are not following nutritional guidelines. The cost of medical care for Mississippi residents is staggering due to the high prevalence of overweight/obesity. Multiple overweight/obesity problems stem from unhealthy eating practices and inadequate physical activity.

What has been done

ASU Extension Program conducted nutrition education sessions the Dietary Guidelines for Americans 2010, MyPlate, Physical Activity Guidelines, Food Safety Practices and Food Resource Management for limited-resource families and youth in Southwest Mississippi. Recipes were modified for reduction of fat sugar and salt and an increase in fiber in the diet. Healthy food preparation demonstrations and tasting were conducted. Physical activity sessions were conducted with targeted participants. A total of 121 limited-resource audiences in Southwest Mississippi participated in the nutrition and physical activity sessions.

Results

Of the 1100 participants, 75% demonstrated changes in cooking and eating behaviors and increased physical activity. Participants reduced unhealthy methods of meal preparation, such as frying. Participants baked foods and used other low-fat cooking methods in preparing foods for the meals. Participants were able to modify family recipes and others to promote healthier eating.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #7

1. Outcome Measures

Increase percentage of participants to utilize knowledge gained and made adjustments in their nutrition and lifestyle behaviors

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1100

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

chronic disease in Mississippi, especially in the Southwest Counties. The cost of medical care for Mississippi residents is extremely high due to the high prevalence of overweight/obesity. Multiple overweight/obesity problems stem from unhealthy eating practices and inadequate physical activity. Many of the State residents are not aware of the impact of unhealthy eating and physical activity on their health.

What has been done

ASU Extension Program conducted nutrition education sessions on healthy cooking and eating, appropriate physical activity patterns/levels, and weight control for a total of 121 limited-resource audiences in Southwest Mississippi.

Results

Of the 1100 participants, 75% demonstrated changes in cooking and eating behaviors and increased physical activity. Participants reduced unhealthy methods of meal preparation, such as frying. Participants baked foods and used other low-fat cooking methods in preparing foods for the meals.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #8

1. Outcome Measures

Increase number of youth seeking and gaining employment to improve their financial well-being.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #9

1. Outcome Measures

Increase the number of youth participating in science, engineering, and technology programs.

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Other (Relocation of youth)

Brief Explanation

Competing Programmatic Challenges
Other (Staff)

A major focus of the Youth, Family, Nutrition, and Health, Fitness, and Wellness Planned Program area is to reduce the adult and childhood obesity rates in Mississippi. One external factor that interferes with programmatic efforts is other agencies or community-based organizations offering similar programs to reduce obesity. Also, staff is a second external factor, the ASUEP Family and Consumer Science and Nutrition specialists have a split appointment between Extension and the Department of Human Sciences.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Surveys and direct observations were used to evaluate the Youth, Family, Nutrition, Health, Fitness, and Wellness Planned Program areas. Surveys and questionnaires were used at the conclusion of programs to measure knowledge gained. Direct observations were used to determine if participants were using the skills acquired in the program. The youth component of the planned program implemented educational programs related to risky behaviors, leadership and workforce development, and recruiting volunteers.

As a result, youth participating in leadership development programs indicate participants are able to apply leadership skills (e.g., effective communication and team building skills in 4-H clubs and leadership programs).

Key Items of Evaluation