

**V(A). Planned Program (Summary)**

**Program # 14**

**1. Name of the Planned Program**

Childhood Obesity - Hunger / Health / Risky Behaviors / Resilience Issue Teams

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
134	Outdoor Recreation	15%		0%	
703	Nutrition Education and Behavior	15%		0%	
724	Healthy Lifestyle	25%		0%	
802	Human Development and Family Well-Being	20%		0%	
806	Youth Development	25%		0%	
	<b>Total</b>	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	35.0	0.0	0.0	0.0
Actual Paid Professional	26.0	0.0	0.0	0.0
Actual Volunteer	18.5	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
445000	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
445000	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
945000	0	0	0

**V(D). Planned Program (Activity)**

**1. Brief description of the Activity**

- Development and introduction of new curricula
- Outreach to families, schools, child care providers, direct assistance, demonstrations, and educational opportunities to food, healthy, eating, exercise, diet, etc.
- Development of surveys, evaluation tools
- Delivery through classes, One-on-One, News Releases/TV/Radio, Participation in Events, Displays
- Provided training and other staff development opportunities to county educators

**2. Brief description of the target audience**

Youth, children; parents; teachers; adult volunteers; middle to low income families; race and ethnicity will also be recognized as an identifier of audiences; caretakers, agencies & service providers, schools, policy makers.

**3. How was eXtension used?**

eXtension is provided as an educator resource.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	126900	800000	100083	775000

**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**

<b>2013</b>	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Actual</b>	0	4	4

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- Number of OSU Fact s published

<b>Year</b>	<b>Actual</b>
2013	5

**Output #2**

**Output Measure**

- Number of other publications including but not limited to Bulletins, Technical Manuals, Reports as well as PowerPoint presentation and Spreadsheets, etc. distributed for use by others

<b>Year</b>	<b>Actual</b>
2013	29

**Output #3**

**Output Measure**

- Number of in-service training sessions

<b>Year</b>	<b>Actual</b>
2013	15

**Output #4**

**Output Measure**

- Number of certification Training sessions

<b>Year</b>	<b>Actual</b>
2013	2

**Output #5**

**Output Measure**

- Number of other training sessions, workshops, etc. conducted

<b>Year</b>	<b>Actual</b>
2013	8

**Output #6**

**Output Measure**

- Number of presentations at Extension organized meetings

<b>Year</b>	<b>Actual</b>
2013	5

**Output #7**

**Output Measure**

- Number of presentations at other meetings and events (professional meetings, invitations to speak to community groups, etc.)

<b>Year</b>	<b>Actual</b>
2013	26

**Output #8**

**Output Measure**

- Number of workshops, conferences, etc. organized

<b>Year</b>	<b>Actual</b>
2013	1

**Output #9**

**Output Measure**

- Number of posters or displays

<b>Year</b>	<b>Actual</b>
2013	4

**Output #10**

**Output Measure**

- Number of other demonstrations, displays, exhibits, and models

<b>Year</b>	<b>Actual</b>
2013	0

**Output #11**

**Output Measure**

- Number of newsletters

<b>Year</b>	<b>Actual</b>
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2013 3

**Output #12**

**Output Measure**

- Number of website hits

<b>Year</b>	<b>Actual</b>
2013	0

**Output #13**

**Output Measure**

- Number of radio and television presentations

<b>Year</b>	<b>Actual</b>
2013	0

**Output #14**

**Output Measure**

- Number of newspaper, and magazine articles written

<b>Year</b>	<b>Actual</b>
2013	10

**Output #15**

**Output Measure**

- Average number of phone calls and/or email requests responded to on a weekly basis

<b>Year</b>	<b>Actual</b>
2013	9

**Output #16**

**Output Measure**

- Number of websites

<b>Year</b>	<b>Actual</b>
2013	3

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Percentage increase in consumption of fruits
2	Percentage increase in the consumption of vegetables
3	Percentage increase in the consumption of whole grains
4	Percentage increase in the consumption of dairy foods
5	Percentage decrease in consumption of foods high in fat, sugar and salt
6	Percentage decrease in the consumption of sugar-sweetened beverages
7	Percentage increase in physical activity
8	Percentage decrease of time in front of television, computers, etc.
9	Percentage increase of meals prepared at home
10	Percentage increase in safe food handling practices
11	Percentage increase in positive parenting skills
12	Percentage increase in youth positive peer involvement
13	Percentage increase in parenting competence
14	Percentage increase in child competent behaviors
15	Percentage increase in access to affordable, healthy foods such as community gardens and farmers' markets
16	Percentage increase in opportunities for physical activity
17	Percentage increase in deliberative forums on issues related to high risk behaviors to develop solutions that encourage broad community support

18	Percentage increase in task forces to promote positive activities for youth and increase personal awareness and involvement
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**Outcome #1**

**1. Outcome Measures**

Percentage increase in consumption of fruits

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Actual
2013	30

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

Oklahoma ranks as the 5th most obese state in the nation, with 17% of Oklahoma youth considered obese. This ranking reflects the state's high density of fast food establishments, low fruit and vegetable consumption (72% did not meet fruit recommendations and 86% did not meet vegetable recommendations) and low levels of physical activity, (30% of Oklahoma high school students reported watching three or more hours of television every day).

**What has been done**

Oklahoma Cooperative Extension Service programs are committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into and throughout adulthood. In order to advance the socio-economic development of the state, and have an impact on issues that address childhood obesity, educational programs have been created and implemented to educate Oklahomans on how to attain a better quality of life related to the critical areas of food, nutrition, and health.

**Results**

In 2013, 463 programs were presented to 21,907 participants. Oklahoma youth attended programs through 23 different curricula. Programs presented include:

OrganWise Guys program. Based on 1,385 pre-post tests, improvements were reported among participating Oklahoman youth in the areas of increasing servings of fruit and vegetables, skim milk and physically activity. Youth also reported decreased consumption of sweets, fat eaten and less screen time which can play a role in reducing overweight and risk of related chronic diseases.

Growing Strong Bodies and Minds aims to promote the development of healthful food preferences, physically active lifestyles and literacy skills in young children. Specific goals include: use of pre-reading and reading strategies to teach nutrition and health messages; promote consumption of whole grains, fruits, vegetables, low-fat dairy foods, and increase time spent in active play; and support parents of young children in offering economical, nutrient dense foods to their children and increasing time spent in active play. 3,336 youth across that state participated in this program. In addition to increasing their knowledge of healthy foods, the students are discussing the foods they eat during lunch and talking to their families about the new foods they try.

The Farm to You exhibit was experienced by 14,375 students at 50 schools in 29 counties in Oklahoma. This brings the five year total to over 37,000 youth in 140 schools. The exhibit, when combined with the classroom-based nutrition program, enhanced nutrition behavior change for upper-elementary grade students beyond that achieved with only the classroom-based program.

#### 4. Associated Knowledge Areas

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

#### Outcome #2

##### 1. Outcome Measures

Percentage increase in the consumption of vegetables

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Action Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2013	10

##### 3c. Qualitative Outcome or Impact Statement

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vegetable recommendations) and low levels of physical activity, (30% of Oklahoma high school students reported watching three or more hours of television every day).

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#### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

### **Outcome #3**

#### **1. Outcome Measures**

Percentage increase in the consumption of whole grains

#### **2. Associated Institution Types**

- 1862 Extension

#### **3a. Outcome Type:**

Change in Action Outcome Measure

#### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2013	20

#### **3c. Qualitative Outcome or Impact Statement**

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#### 4. Associated Knowledge Areas

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

#### Outcome #4

##### 1. Outcome Measures

Percentage increase in the consumption of dairy foods

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Action Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2013	50

##### 3c. Qualitative Outcome or Impact Statement

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## **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

### **Outcome #5**

#### **1. Outcome Measures**

Percentage decrease in consumption of foods high in fat, sugar and salt

#### **2. Associated Institution Types**

- 1862 Extension

### 3a. Outcome Type:

Change in Action Outcome Measure

### 3b. Quantitative Outcome

Year	Actual
2013	10

### 3c. Qualitative Outcome or Impact Statement

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#### 4. Associated Knowledge Areas

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

#### Outcome #6

##### 1. Outcome Measures

Percentage decrease in the consumption of sugar-sweetened beverages

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Action Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2013	10

##### 3c. Qualitative Outcome or Impact Statement

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#### 4. Associated Knowledge Areas

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

#### Outcome #7

##### 1. Outcome Measures

Percentage increase in physical activity

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Action Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
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2013

40

### 3c. Qualitative Outcome or Impact Statement

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### 4. Associated Knowledge Areas

KA Code	Knowledge Area
134	Outdoor Recreation
724	Healthy Lifestyle

**Outcome #8**

**1. Outcome Measures**

Percentage decrease of time in front of television, computers, etc.

Not Reporting on this Outcome Measure

**Outcome #9**

**1. Outcome Measures**

Percentage increase of meals prepared at home

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2013	0

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

**Outcome #10**

**1. Outcome Measures**

Percentage increase in safe food handling practices

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2013	10

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

**Outcome #11**

**1. Outcome Measures**

Percentage increase in positive parenting skills

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2013	60

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

It is critical to address not only the prevention of childhood obesity but also the social and emotional impacts obesity can have on youth who are already obese. While obese teens engage in high-risk behaviors at the same rate as their healthy weight peers, they do so in more dangerous ways, such as earlier onset of smoking, and engaging in sexual activity while under the influence of drugs or alcohol before the age of 13. Obese girls are also at increased risk of earlier onset of sex, having more sexual partners, and less consistent use of contraception. These increased risks compound their already elevated health risks due to obesity. In Oklahoma every year on average: 1,800 babies are born to school-age teens, and more teens engage in smoking, alcohol use, sexual activity than the national average. Obese teens also are more likely to drop out of school due to health problems, bullying, and social withdrawal related to poor body image, and poor self-esteem. In Oklahoma every year on average: 5,800 youth under age 19 drop out of high school; 16,000 arrests involve children or adolescents under age 18, and more teens engage in weapon carrying than the national average.

**What has been done**

Oklahoma Cooperative Extension Service programs are committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into and throughout adulthood. In order to advance the socio-economic development of the state, and have an impact on issues that address the critical areas of risky behaviors of youth and family resilience, educational programs have been created and implemented to educate Oklahomans on how to attain a better quality of life.

**Results**

In 2013, 225 Oklahomans participated in resilience programs including curricula such as Active Parenting Now/Active Parenting Now in 3 and Active Parenting for Teens. These curricula are part of the parenting skills and parent-child relationship program for Oklahoma families. Outcomes improved by these programs include: parental attitudes and beliefs, parent-child relationship problems, and positive and negative child behaviors. In one group of Active Parenting Now participants who were drug court clientele, over half of the parents now have some type of visitation with their children.

- 15% increase in belief that parents should play or do something fun with their children every day
- 21% increase in belief that children need to have daily responsibilities around the house
- 75% increase in belief that parents should give their children choices instead of telling them what to do
- 63% increase in belief that parents should let children solve their own problems
- 45% increase in belief that it is better to ?give? a little on smaller, less important things than to

always stand firm and provoke a fight

#### 4. Associated Knowledge Areas

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

#### Outcome #12

##### 1. Outcome Measures

Percentage increase in youth positive peer involvement

Not Reporting on this Outcome Measure

#### Outcome #13

##### 1. Outcome Measures

Percentage increase in parenting competence

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Knowledge Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2013	66

##### 3c. Qualitative Outcome or Impact Statement

###### **Issue (Who cares and Why)**

It is critical to address not only the prevention of childhood obesity but also the social and emotional impacts obesity can have on youth who are already obese.

While obese teens engage in high-risk behaviors at the same rate as their healthy weight peers, they do so in more dangerous ways, such as earlier onset of smoking, and engaging in sexual activity while under the influence of drugs or alcohol before the age of 13. Obese girls are also at increased risk of earlier onset of sex, having more sexual partners, and less consistent use of contraception. These increased risks compound their already elevated health risks due to obesity. In Oklahoma every year on average: 1,800 babies are born to school-age teens, and more teens engage in smoking, alcohol use, sexual activity than the national average.

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social withdrawal related to poor body image, and poor self-esteem. In Oklahoma every year on average: 5,800 youth under age 19 drop out of high school; 16,000 arrests involve children or adolescents under age 18, and more teens engage in weapon carrying than the national average.

#### **What has been done**

Oklahoma Cooperative Extension Service programs are committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into and throughout adulthood. In order to advance the socio-economic development of the state, and have an impact on issues that address the critical areas of risky behaviors of youth and family resilience, educational programs have been created and implemented to educate Oklahomans on how to attain a better quality of life.

#### **Results**

In 2013, 225 Oklahomans participated in resilience programs including curricula such as Active Parenting Now/Active Parenting Now in 3 and Active Parenting for Teens. These curricula are part of the parenting skills and parent-child relationship program for Oklahoma families. Outcomes improved by these programs include: parental attitudes and beliefs, parent-child relationship problems, and positive and negative child behaviors. In one group of Active Parenting Now participants who were drug court clientele, over half of the parents now have some type of visitation with their children.

55% increase in feeling sure of self as a mother/father

80% increase in knowing they are doing a good job as a mother/father

66% increase in persistence in trying to solve problems between their child and themselves

#### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
802	Human Development and Family Well-Being

#### **Outcome #14**

##### **1. Outcome Measures**

Percentage increase in child competent behaviors

##### **2. Associated Institution Types**

- 1862 Extension

##### **3a. Outcome Type:**

Change in Action Outcome Measure

##### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
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2013

40

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

It is critical to address not only the prevention of childhood obesity but also the social and emotional impacts obesity can have on youth who are already obese.

While obese teens engage in high-risk behaviors at the same rate as their healthy weight peers, they do so in more dangerous ways, such as earlier onset of smoking, and engaging in sexual activity while under the influence of drugs or alcohol before the age of 13. Obese girls are also at increased risk of earlier onset of sex, having more sexual partners, and less consistent use of contraception. These increased risks compound their already elevated health risks due to obesity. In Oklahoma every year on average: 1,800 babies are born to school-age teens, and more teens engage in smoking, alcohol use, sexual activity than the national average.

Obese teens also are more likely to drop out of school due to health problems, bullying, and social withdrawal related to poor body image, and poor self-esteem. In Oklahoma every year on average: 5,800 youth under age 19 drop out of high school; 16,000 arrests involve children or adolescents under age 18, and more teens engage in weapon carrying than the national average.

#### What has been done

Oklahoma Cooperative Extension Service programs are committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into and throughout adulthood. In order to advance the socio-economic development of the state, and have an impact on issues that address the critical areas of risky behaviors of youth and family resilience, educational programs have been created and implemented to educate Oklahomans on how to attain a better quality of life.

#### Results

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71% increase in child being considerate of other people's feelings

40% increase in child's sharing readily with other children

37% increase in child having at least one good friend

16% increase in child being kind to younger children

### 4. Associated Knowledge Areas

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

**Outcome #15**

**1. Outcome Measures**

Percentage increase in access to affordable, healthy foods such as community gardens and farmers' markets

Not Reporting on this Outcome Measure

**Outcome #16**

**1. Outcome Measures**

Percentage increase in opportunities for physical activity

Not Reporting on this Outcome Measure

**Outcome #17**

**1. Outcome Measures**

Percentage increase in deliberative forums on issues related to high risk behaviors to develop solutions that encourage broad community support

Not Reporting on this Outcome Measure

**Outcome #18**

**1. Outcome Measures**

Percentage increase in task forces to promote positive activities for youth and increase personal awareness and involvement

Not Reporting on this Outcome Measure

**V(H). Planned Program (External Factors)**

**External factors which affected outcomes**

- Economy
- Appropriations changes
- Public Policy changes

**Brief Explanation**

Statewide issue team format has changed educator focus and reduced activity in some planned programs.

**V(I). Planned Program (Evaluation Studies)**

## Evaluation Results

Issue team evaluation items for the above outcomes include:

10 youth respondents to health issue team evaluations reported the following planned behavior changes after participating in the program:

- 30% increase in those who plan to eat a serving of fruit 2 or more times each day
- 20% increase in those who plan to eat a whole grain food 3 or more times each day
- 50% increase in those who plan to eat or drink a serving of calcium-rich food 2 or 3 times each day
- 40% increase in those who plan to be physically active at least 60 minutes throughout the day
- 10% increase in those who plan to use safe food handling practices

31 adult respondents to family resilience issue team evaluations reported the following changes after participating in the programs:

- 15% increase in belief that parents should play or do something fun with their children every day
- 21% increase in belief that children need to have daily responsibilities around the house
- 75% increase in belief that parents should give their children choices instead of telling them what to do
- 63% increase in belief that parents should let children solve their own problems
- 45% increase in belief that it is better to "give" a little on smaller, less important things than to always stand firm and provoke a fight
- 16% increase in belief that parents should give their full attention to children when children are talking
- 55% increase in feeling sure of self as a mother/father
- 80% increase in knowing they are doing a good job as a mother/father
- 66% increase in persistence in trying to solve problems between their child and themselves
- 71% increase in child being considerate of other people's feelings
- 40% increase in child's sharing readily with other children
- 37% increase in child having at least one good friend
- 16% increase in child being kind to younger children

Based on 1,385 pre-post tests for the OrganWise Guys program, improvements were reported among participating Oklahoman youth in the areas of increasing servings of fruit and vegetables, skim milk and physically activity. Youth also reported decreased consumption of sweets, fat eaten and less screen time which can play a role in reducing overweight and risk of related chronic diseases.

## Key Items of Evaluation

In 2013, Issue Team-specific Evaluation Questionnaires were collected after planned program curriculum delivery. These questions utilized a retrospective approach. In 2013

educators were still adapting to new evaluation and reporting process, resulting in lower evaluation numbers.