

V(A). Planned Program (Summary)

Program # 16

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	80%			
724	Healthy Lifestyle	20%			
	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	1.0	0.0	0.0	0.0
Actual Paid Professional	1.0	0.0	0.0	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
25000	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
25000	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
26000	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Identify new locations to conduct classes.
- Recruit and train staff and volunteers to deliver child nutrition information to SNAP-ED and EFNEP participants (adults and youth)
- Develop and/or obtain culturally sensitive childhood nutrition curriculum appropriate for SNAP-ED and EFNEP participants (adults and youth).
- Develop and maintain relationships with partners including government agencies, clinics, places of worship, public and private schools, senior citizen centers, and day care centers.
- Develop a web page that relays information on issues relating to the program.

2. Brief description of the target audience

The program targets all U. S. Virgin Islanders but especially low income individuals who are responsible for preparing the family's meals, school age children and youth meals.

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	1110	656	1571	600

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	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of 6-8 week class series conducted for SNAP-ED and EFNEP participants (adults and youths)

Year	Actual
2013	151

Output #2

Output Measure

- Number of volunteers recruited and trained to deliver nutrition education as related to prevention of childhood obesity

Year	Actual
2013	20

Output #3

Output Measure

- Number of fair-type settings in which nutrition education - prevention of childhood obesity information will be presented

Year	Actual
2013	2

Output #4

Output Measure

- Number of websites developed and maintained

Year	Actual
2013	0

Output #5

Output Measure

- Number of partnerships with agencies and organizations that will assist in improving the eating and physical exercise habits of U.S. Virgin Islands children and youth

Year	Actual
2013	6

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of adults learning information about the prevention of childhood obesity
2	Percentage of adults helping children and youth to practice healthy lifestyles in order to prevent childhood obesity
3	Number of school-age children learning basic nutrition and physical fitness
4	Percentage of children adopting and maintaining at least one healthy eating habit
5	Increase awareness among the SNAP-ED and EFNEP participants about childhood obesity and its prevention and the issues related to poor nutrition, lack of daily physical activity and overeating
6	Increase awareness among the SNAP-ED and EFNEP participants about prevention of childhood obesity issues related to eating away from home (e.g., restaurants, mobile food vans, food booths, fast food establishments, vending machines)

Outcome #1

1. Outcome Measures

Number of adults learning information about the prevention of childhood obesity

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	322

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Childhood obesity affects the entire community because of the associated diseases and related financial burden associated with increased medical costs. Also, there is a synergistic effect related to other diseases rampant in the community.

What has been done

Nutrition workshops were offered to educate the population on the prevention of childhood obesity. A partnership was formed between Cooperative Extension, Dept. of Education and several other groups in this effort.

Results

There were positive indications made as related to the children and their families awareness of healthy lifestyles in the prevention of childhood obesity.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Percentage of adults helping children and youth to practice healthy lifestyles in order to prevent childhood obesity

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1320

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The VI government and the Dept. of Health are concerned because of the high rate of childhood obesity and overweight amongst VI children.

What has been done

Workshops have been conducted on good nutrition with the focus on increased eating of fruits, vegetables and whole grains; and decrease in fats, protein, sugar and appropriate portion sizes.

Results

There were positive indications made as related to children and their families' awareness of the need for healthy lifestyles in the prevention of childhood obesity.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Number of school-age children learning basic nutrition and physical fitness

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1320

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The Virgin Island government and the Department of Health are concerned because of the high rate of childhood obesity and overweight among Virgin Island children.

What has been done

Nutrition lessons were provided to children in Head Start through high school. The focus of the sessions was on eating healthy and getting exercise. There was also a focus on decreasing the amount of food that individuals are consuming.

Results

There are positive indications that children are aware of eating healthy and the importance of physical activity.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Percentage of children adopting and maintaining at least one healthy eating habit

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1320

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Public health organizations and the government are concerned because of the high rate of childhood obesity and overweight among Virgin Islands children and youth.

What has been done

Six to eight week nutrition lessons have been conducted in the schools throughout the territory.

Results

Nutrition educators have been a positive force in the increase in knowledge by children and youth of the territory as related to healthy eating and the importance of physical activity.

4. Associated Knowledge Areas

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

Outcome #5

1. Outcome Measures

Increase awareness among the SNAP-ED and EFNEP participants about childhood obesity and its prevention and the issues related to poor nutrition, lack of daily physical activity and overeating

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1320

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The Virgin Islands government, Departments of Health and Education; and the general public are concerned about the obesity epidemic in the territory's children and youth.

What has been done

Workshops have been conducted as related to the prevention of childhood obesity.

Results

There have been positive indications that EFNEP and SNAP-Ed participants are aware of the issue of childhood obesity and are concerned.

4. Associated Knowledge Areas

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

Outcome #6

1. Outcome Measures

Increase awareness among the SNAP-ED and EFNEP participants about prevention of childhood obesity issues related to eating away from home (e.g., restaurants, mobile food vans, food booths, fast food establishments, vending machines)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1320

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The Department of Health and Department of Human Services are aware of the problem of childhood obesity in the territory.

What has been done

Educational sessions focused on eating healthy and being aware of appropriate portion sizes when eating out.

Results

Clients are more aware of the importance of trying to select healthy foods and beverages and to control the amounts consumed when eating away from home.

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.)
- Other (Cultural Environment)

Brief Explanation

The Virgin Islands lies in a hurricane prone area. Natural disasters such as hurricanes disrupt all aspects of life in the territory.

The economy is fragile and can affect outcomes because an individual's ability to implement certain health practices is often influenced by their discretionary income. Currently, the VI has one of the highest unemployment rates in the nation.

The cultural environment of the VI may affect outcomes because current dietary practices (high carbohydrate and high fat diets) are deeply rooted in the community. In the

past Virgin Islands were physically active; however now the majority of the population lead sedentary lifestyles.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Before and after instrument used.

Key Items of Evaluation

Post evaluation results indicated an increase in nutrition knowledge.