

V(A). Planned Program (Summary)

Program # 1

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
702	Requirements and Function of Nutrients and Other Food Components	10%			
703	Nutrition Education and Behavior	30%			
724	Healthy Lifestyle	30%			
801	Individual and Family Resource Management	10%			
802	Human Development and Family Well-Being	10%			
806	Youth Development	10%			
	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	17.0	0.0	0.0	0.0
Actual Paid Professional	16.0	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
400000	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
797660	0	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

In 2013, the childhood obesity planned program at West Virginia University Extension worked towards increasing the capacity of youth, adults, and families to make informed, science-based decisions which prevent chronic disease and maintain healthy weight status through physical activity and intake of nutrient-dense foods.

There were # reported activities for 2013 in the Childhood Obesity and Healthy Lifestyle planned program this year. These activities can be grouped in the following categories:

Nutrition, Food Selection, and Preparation - The largest program in this category is the Family Nutrition Program for both low-come adults and youths. The program teaches food and nutrition by using the USDA's MyPyramid. Other activities in this category include nutrition classes, food preparation classes, and classes on food selection/shopping resources and techniques.

Healthy Lifestyles Skills and Practice- The largest programs in this category include the Health Motivator Program, the Wild Wonderful Wellness Health Challenge, Choose to Change Project, Family Nutrition Program Dental Tips for Parents, Love Your Heart, Health Rocks, and ATV Safety. The Choose to Change Project is a collaborative program with two school systems and WVU's Davis College, School of Medicine, and Regional Research Institute).

Chronic Diseases and Associated Risk Factors- Two initiatives, Dining with Diabetes, a cooking school for persons with diabetes and their caregivers and the Diabetes Symposium, a national professional conference enhance the capacity of Extension educators and healthcare partners to impart diabetes education and prevention initiatives. Other initiatives address heart disease prevention such as Women's Heart Health and the CARDIAC program: Coronary Artery Risk Detection in Appalachian Communities. It is in the CARDIAC program where we have reached 14,239 youths. Additional programs target the special needs of older adults such as the prevention of bone loss and falls.

2. Brief description of the target audience

The primary target audiences include: 1) low-resource West Virginia adults and youth; 2) adult West

Virginians who have diabetes and their caregivers; 3) older adults, and 4) health care professionals and Extension educators.

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	29925	88415	48055	144165

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	4	2	6

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of educational activities

Year	Actual
2013	587

Output #2

Output Measure

- Number of educational materials created or updated

Year	Actual
2013	4

Output #3

Output Measure

- Number of educational materials distributed

Year	Actual
2013	77980

Output #4

Output Measure

- Number of professional presentations

Year	Actual
2013	14

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of youth who gained knowledge about eating more healthy foods.
2	Number of participants who change a behavior or use a new skill
3	Number of participants who train others
4	Number of delivery systems/access points that change their procedures and/or policies with regard to expanding or improving their offering healthy foods or healthy activities
5	Number of participants who advance to higher knowledge and skill level in healthy lifestyle professional areas
6	Number of adults that gained knowledge about eating more healthy foods.
7	Number of participants that gained knowledge of how to access and produce healthy foods.

Outcome #1

1. Outcome Measures

Number of youth who gained knowledge about eating more healthy foods.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	48055

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In West Virginia, youths need to learn skills to assist them in living healthy lifestyles. These skills lead to changes in behavior related to selecting and preparing healthy foods, shopping for the healthiest choices and best prices, choosing physical activities, and improving food safety behaviors.

What has been done

The Family Nutrition Program (SNAPed and EFNEP) in West Virginia enrolls 17,294 youths in its programs which include classroom, after-school programs, and camping activities for youth.

Results

84% of youths in the SNAPed program improved their ability to choose foods according to Federal Dietary Recommendations

39% of youths in the SNAPed program improved their use of safe food handling practices

33% of youths in the SNAPed program improved their physical activity practices

85% of the youths in the EFNEP program improved their abilities to choose foods according to the Federal Dietary Recommendations

43% of the youths in the EFNEP program increased their use of safe handling practices

37% of the youths in the EFNEP program improved their physical activity practices

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
801	Individual and Family Resource Management
806	Youth Development

Outcome #2

1. Outcome Measures

Number of participants who change a behavior or use a new skill

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	17294

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In West Virginia, adults need to learn skills to assist them in living healthy lifestyles. These skills lead to changes in behavior related to selecting and preparing healthy foods, shopping for the healthiest choices and best prices, choosing physical activities, and improving food safety behaviors.

What has been done

The Family Nutrition Program (SNAPed and EFNEP) in West Virginia enrolls 1,101 adults in its programs which include training workshops for adults at community centers, public school, churches, elderly service centers, adult education and job training centers, and health fairs.

Results

80% of adults in the EFNEP program showed improvement in one or more food resource management practices

73% of adults in the EFNEP program showed improvement on one or more nutrition practice

62% of adults in the EFNEP program showed improvement in one or more food safety practice

79% of adults in the SNAPed program showed improvement in one or more food resource management practice

76% of adults in the SNAPed program showed improvement in one or more nutrition practice

56% of adults in the SNAPed program showed improvement in one or more food safety practice

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
801	Individual and Family Resource Management
806	Youth Development

Outcome #3

1. Outcome Measures

Number of participants who train others

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	28

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Oral health is essential to general health and well-being throughout the lifespan. These diseases can affect economic productivity and compromise our ability to work at home, at school, or on the job. West Virginia's oral health status is ranked among the poorest in the nation on several measures:

What has been done

A 3-hour professional development training was held with Nutrition Outreach Instructors (NOI). Following each training, NOIs used FNP Dental Tips for Parents with their scheduled classes. The activities have been used in FNP adult classes from April 2012 to the present.

Results

In 2013, 524 participant surveys were collected. Participants reported that as a result of the Family Nutrition Program, they made the following changes:

61% talk to their family more often about caring for their teeth

64% more often choose foods that are healthy for their teeth

67% decreased the amount of sugar-sweetened beverages they drink

54% floss their teeth more often

59% brush their teeth more often

When asked, "As a result of FNP did you visit a dental health professional?" 33% (170 individuals) responded "yes." When asked, "As a result of FNP did you take your child to a dental health professional?" 22% responded "yes." This was 115 children who may not otherwise have received dental care. It is also noteworthy that due to increased NOI efforts this year, participants were exposed to an average of 4.9 dental activities, up from last year's average of 3.8.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
806	Youth Development

Outcome #4

1. Outcome Measures

Number of delivery systems/access points that change their procedures and/or policies with regard to expanding or improving their offering healthy foods or healthy activities

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	2

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In West Virginia, adults and youths need to learn skills to assist them in living healthy lifestyles. These skills lead to changes in behavior related to selecting and preparing healthy foods, shopping for the healthiest choices and best prices, choosing physical activities, and improving food safety.

What has been done

An Extension agent taught FIT camp at the Larry Joe Harless Center that included nutrition education and a healthy snack.

In Logan County the diabetes coalition led the project to Walk 100 Miles in 100 Days.

Results

The Harless Center Café Restaurant adopted one of her healthy snack recipes to serve during the after-school program and added a healthy chicken stir fry recipe from FNP to the menu.

The principal of the local elementary school in Logan County adapted the Walk 100 Miles program to increase physical activity at the school (change in policy).

4. Associated Knowledge Areas

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

Outcome #5

1. Outcome Measures

Number of participants who advance to higher knowledge and skill level in healthy lifestyle professional areas

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	49

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Children are involved in about one-third of all ATV-related deaths and hospital emergency room injuries. Most of these deaths and injuries occur when a child is driving or riding on an adult ATV. Children under 16 on adult ATVs are twice as likely to be injured as those riding youth ATVs. There have been 63 deaths recorded in WV since 1982 for children under 16 who are riding ATVs. In total, there were 546 deaths from ATV accidents in WV for the same time period.

What has been done

WVU Extension faculty conducted Instructor's preparation classes to certify ASI RiderCourse instructors to teach ASI RiderCourse to youth in the state. The ASI ATV RiderCourse was conducted for youth in four locations: Cabell County, Jackson's Mill State 4-H Camp, and Mingo County.

Results

Forty-one youths in West Virginia were certified after successfully completing the ASI ATV Rider Course. In addition, eight Extension staff and volunteers were certified to teach the ASI RiderCourse to youth in West Virginia.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
806	Youth Development

Outcome #6

1. Outcome Measures

Number of adults that gained knowledge about eating more healthy foods.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	127

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

It is critical that West Virginia women understand the symptoms and modifiable risk factors in order to make the best decisions about their health and lifestyle, as well as those of their family members. Women are especially at risk of heart disease for these reasons: 1) half of women do not know that heart disease is the major cause of death among women; 2) women's heart disease symptoms often differ from those of men's, so women may ignore them; 3) women typically do not seek out or receive immediate care in response to their symptoms; and 4) women are often physically inactive and overweight.

What has been done

A grant from the Foundations of the National Institutes of Health funded "The Love Your Heart Movement" for \$67,922 in 2013. Up-to-date materials from reliable sources assembled into a volunteer-friendly kit. Additional materials were developed. Training was held for campus faculty, staff, and students. A volunteer webinar will be held in 2014.

Results

Self-reported survey results from trained volunteers show important and statistically significant improvements in targeted knowledge, at least in the short term. Results appear to demonstrate that trained volunteers gained significant knowledge in each of the target areas. The greatest increase in self-reported gain is in the awareness of community resources. They also cited plans to make personal health improvements. Volunteers responded very favorably to the LYHM volunteer kit and resources. The four activities (Love Your Heart Talks, Fun Lunch, Faith-based, and Walking Group) offer volunteers many options and the kind of flexibility they need to spread research-based facts in ways that are culturally appropriate for West Virginia women.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
801	Individual and Family Resource Management

Outcome #7

1. Outcome Measures

Number of participants that gained knowledge of how to access and produce healthy foods.

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
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

We had several vacant NOI positions that we couldn't fill for a long time. First, there was the reversion of EFNEP funds, then the shutdown delayed our SNAP-Ed funding. We also were delayed in filling two county agent positions due to uncertainty about the budget.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Family Fun Event Participation and Post-surveys for Dental Tips for Parents Program

Five Family Fun Events were conducted (2 in Monongalia and 3 in Kanawha) for intervention participants in cohort 2013-2014. Events were held in each county during the month of November. 15 families attended in Monongalia County 26 families attended in Kanawha County

Parents were asked to complete a post-survey at the end of each event. Following are selected highlights:

- 100% agreed that the Family Fun Event ideas will be put to use right away
- 100% (of those who did not do this previously) planned to turn off TV and electronics during family mealtime
- 100% agreed the event helped them gain skills in making positive mealtime experiences

Maintain, Don't Gain Program

Four hundred ninety-eight (498) weighed in before Thanksgiving 2012 and 248 (49.8%) weighed out in January 2013. 181 lost weight or maintained their weight.

Pre/Post Weights: Key Findings (248 Persons)
Lost Weight

153 (61.7%)
Gained Weight
67 (27.0%)
Maintained Weight
28 (11.3%) maintained their weight
Mean Pre-Holiday Weight
184.62 pounds
Mean Post-Holiday Weight
183.00 pounds
Mean Weight Loss
1.62 pounds
Sig. (2-tailed)
.000 which indicates statistical significance

Love Your Heart Program

Table 1 - Love Your Heart Movement Volunteer Pre/Post Survey Mean Scores

Question

Pre-Survey Mean

Post-Survey Mean

Paired Sample Pre/Post Differences in Mean Scores*

Ratings: 1=Strongly Disagree; 2=Disagree; 3=Agree; 4=Strongly Agree

I know the signs of a heart attack in women.

3.03

3.62

.589

I know the personal behaviors that can increase risk for heart disease.

3.19

3.66

.472

I can name 5 ways to reduce my risk for heart disease.

2.87

3.69

.824

I know the questions to ask a doctor about my risk for heart disease and stroke.

2.78

3.59

.814

I am aware of community resources to help women reach their heart health goals.

2.83

3.71

.884

Post-Survey: I gained new information about women's heart health.

3.59

Post-Survey: The training will motivate me to make life changes.

3.71

Key Items of Evaluation