

V(A). Planned Program (Summary)

Program # 3

1. Name of the Planned Program

Human Health 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	50%		0%	
721	Insects and Other Pests Affecting Humans	15%		50%	
722	Zoonotic Diseases and Parasites Affecting Humans	15%		50%	
724	Healthy Lifestyle	20%		0%	
	Total	100%		100%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2014	Extension		Research	
	1862	1890	1862	1890
Plan	4.0	0.0	3.0	0.0
Actual Paid	5.4	0.0	1.7	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
152820	0	65998	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
152820	0	65998	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

We will select an intervention during 2014 based on consultations with our multi-state partners, local advisory committees, and healthcare professionals. The intervention will be peer reviewed and based on solid scientific evidence to incorporate to children aged 2 to 8, and it will have at least one positive effect on one of four primary outcomes: BMI, food intake, water intake, or physical activity.

Collect mosquitoes from villages in American Samoa and use PCR and sequencing to identify the sources of their blood meals. Concurrently estimate densities of likely vertebrate hosts in the vicinity of the villages. Evaluate mosquito host feeding frequencies in light of host abundances to determine biases in host selection.

2. Brief description of the target audience

Children aged 2 to 8 years. Mothers and grandmothers.

All residents of American Samoa

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	2667	1323	1051	553

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

Year: 2014

Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2014	Extension	Research	Total
Actual	0	1	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of Healthy Food Choices Workshops

Year	Actual
2014	24

Output #2

Output Measure

- Number of Healthy Recipes Food Demonstration Workshops

Year	Actual
2014	30

Output #3

Output Measure

- Number of Exercise and Physical Activity Workshops

Year	Actual
2014	12

Output #4

Output Measure

- Number of mosquitoes tested to detect host

Year	Actual
2014	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of participants eating \geq 1 additional serving of fruits and/or vegetables a day
2	Number of participants that prepared healthier foods utilizing locally grown & harvested food
3	Number of participants that increased participation in physical activities and exercises
4	Mosquito host preferences determined to help guide additional research and management.

Outcome #1

1. Outcome Measures

Number of participants eating ≥ 1 additional serving of fruits and/or vegetables a day

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1037

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Obesity, overweight, poor nutrition, and food safety issues continued to be major problems for both adults and youth in American Samoa. There is a need for more nutritional educational and vegetable garden workshops to educate the community in healthy lifestyle.

What has been done

The FCS program has conducted 24 workshops in Nutrition and Food Safety for 300 plus participants per month. The Ag. Extension conducted 2 workshops on vegetable gardening in the schools.

Results

About 90% of the participants in the workshops were able to prepare and consume healthy food demonstration through activity programs from the FCS and Ag. Extension.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Number of participants that prepared healthier foods utilizing locally grown & harvested food

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	898

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Obesity, overweight, poor nutrition, and food safety issues continued to be major problems for both adults and youth in American Samoa. There is a need for more nutritional educational and vegetable garden workshops to educate the community in healthy lifestyle.

What has been done

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Results

About 90% of the participants in the workshops were able to prepare and consume healthy food demonstration through activity programs from the FCS and Ag. Extension.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Number of participants that increased participation in physical activities and exercises

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	167

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Obesity, overweight, poor nutrition, and food safety issues continued to be major problems for both adults and youth in American Samoa. There is a need for more nutritional educational and vegetable garden workshops to educate the community in healthy lifestyle.

What has been done

90% of the outreach programs includes a physical activity or exercise. The program conducted 12 workshop related to physical activity and exercise, and about an average of 25 participants exercise daily at Wellness Center.

Results

About 90% of the participants are noticing changes in their health due to exercising and change in diet. With assistance from program, participants were able to acquire a nutrition and exercise plan.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Mosquito host preferences determined to help guide additional research and management.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Mosquitoes in American Samoa are known to vector several important human pathogens, including lymphatic filariasis (LF), dengue, and other arboviruses. But the relative importance of the different species as disease vectors is not well understood. A mosquito species' importance as a disease vector depends on a number of factors, including the frequency with which it feeds on human hosts versus other available hosts. This project aimed to use PCR on blood-fed, field-collected mosquitoes to detect the source of their blood meals and estimate relative feeding preferences for hosts available in American Samoa villages.

What has been done

The project could not be completed. Procurement delays prevented the acquisition of critical supplies during the time when personnel were available to implement the project. Those personnel were no longer available once the procurement issues were resolved.

Results

(Project could not be completed.)

4. Associated Knowledge Areas

KA Code	Knowledge Area
721	Insects and Other Pests Affecting Humans
722	Zoonotic Diseases and Parasites Affecting Humans

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Other (Lack of staff, procurement proce)

Brief Explanation

Loss of staff and procurement difficulties limited program capacity.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

According to the surveys and focus groups, about 90% of the participants indicated that they have learned from the workshops and will adopt it.

Key Items of Evaluation