

V(A). Planned Program (Summary)

Program # 2

1. Name of the Planned Program

Health, Nutrition and Childhood Obesity Prevention

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 | 100% | | 50% | |
| 901 | Program and Project Design, and Statistics | 0% | | 50% | |
| | 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 | 12.0 | 0.0 | 3.0 | 0.0 |
| Actual Paid | 2.7 | 0.0 | 3.8 | 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 |
| 112948 | 0 | 221708 | 0 |
| 1862 Matching | 1890 Matching | 1862 Matching | 1890 Matching |
| 112948 | 0 | 196447 | 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

Changing the Health Trajectory for Older Adults through Effective Diet and Activity Modifications:

1. Investigate and compare priorities of high fruit and vegetable consumers with the low fruit and vegetable consumers;
2. Design new and innovative activities through which nutrition education can be effectively rendered; and
3. Collect and modify traditional recipes to improve the nutrition density and to increase the vegetable content and publish the recipe book.

Extension:

- Grocery Store Tours
- Famers Market Education
- Food Demonstrations

2. Brief description of the target audience

- 1) Adult men and women over the age of 65 who live in Metropolitan Washington, DC
- 2) Children 2 -5 years of age
- 3) Researchers/Biologists
- 4) Adults who are responsible for planning and preparing the family's food with emphasis on households with young children
- 5) General public - Youth, individuals, and families

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 | 2773 | 0 | 0 | 0 |

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

- Curriculum developed for various workshops, fact sheets for nutrition education for teachers.
Not reporting on this Output for this Annual Report

Output #2

Output Measure

- Train the Trainer Food Stamp Educational Workshops: 2 hours a week by teacher volunteers; FFNews; Creative Curriculum; Color Me Healthy; Tickle Your Appetite; 5 A Day; DCPS Nutrition Curriculums; and Development of Food Safety and Dietary Quality Lessons
Not reporting on this Output for this Annual Report

Output #3

Output Measure

- Assess four day food diary data for the number of portions of fruits and vegetables for registered participants
Not reporting on this Output for this Annual Report

Output #4

Output Measure

- Establish intervention/focus groups for registered participants consuming less than 5 servings of fruits and vegetables per day and identify the determinants of low consumption of fruits and vegetables.
Not reporting on this Output for this Annual Report

Output #5

Output Measure

- Design and implement educational classes to assist registered participants with improving consumption of fruits and vegetables
Not reporting on this Output for this Annual Report

Output #6

Output Measure

- Youth and adults will receive direct basic nutrition and food safety education

| Year | Actual |
|-------------|---------------|
| 2014 | 7500 |

Output #7

Output Measure

- Youth and adults will receive direct education on health issues and direct education and demonstration on physical activity
Not reporting on this Output for this Annual Report

Output #8

Output Measure

- Development of a manuscript for the publication of data on the mechanisms of action of g-T3 on MCF-7 breast cancer cells.
Not reporting on this Output for this Annual Report

Output #9

Output Measure

- Employ microarray experiments and a range of cellular and molecular biological techniques to determine the molecular basis of the action of y-T3.
Not reporting on this Output for this Annual Report

Output #10

Output Measure

- Design and completion of recipe book for participants, seniors over the age of 60, with original and modified versions

| Year | Actual |
|-------------|---------------|
| 2014 | 1 |

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

| O. No. | OUTCOME NAME |
|--------|--|
| 1 | Percentage of parent participants who make better food choices (fruits/vegetables). |
| 2 | Percentage of participants who improved eating habits. |
| 3 | Development of broad applications for the inhibition of breast cancer cell proliferation and possibly cell transformation |
| 4 | Number of participants who increased physical activity and experienced weightloss |
| 5 | Number of participants who improved their dietary intake, including an increase in fruits and vegetables |
| 6 | Number of participants who improved food resource management practices such as menu planning and food shopping |
| 7 | Percentage of participants, who through information and interactive approaches, have adopted better eating habits thereby increasing their daily intake of fresh fruit and vegetables. |

Outcome #1

1. Outcome Measures

Percentage of parent participants who make better food choices (fruits/vegetables).

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

Percentage of participants who improved eating habits.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2014 | 7500 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to the National Health and Nutrition Examination Survey (NHANES), one in two adults and one in three children are considered overweight or obese. When examining just the 2-5 year olds, about 11% of children ages 2-5 years of age are considered overweight or obese. These numbers reflect the obesity epidemic which affects millions of Americans on a daily basis. By utilizing qualified registered dietitians and nutritionists, the District of Columbia Cooperative Extension Service, Center for Nutrition, Diet and Health is effective in providing ongoing nutrition education to the residents of the District of Columbia.

What has been done

Several programs were implemented: Cooking Matters at the Store teaches different age groups how to better understand what they are eating and make smarter decisions. Grocery Store Tours teaches participants how to shop healthy on a budget. The Fruits and Vegetable Prescription (FVRx) Program is a collaborative and integrative program through the WeCan! initiative where healthcare providers and farmers markets partner together to provide increased access to fresh fruits and vegetables, measuring the impacts of increased consumption among underserved community members.

Results

Approximately 300 individuals participated in the grocery Store Tours. One stakeholder/participant commented: I really like coming to these classes. They are educational but also fun. And, I like learning about food! A retrospective survey revealed that the farmers had a significant increase in sales of fresh fruits and vegetables when the chef conducted the food demonstrations at point of purchase at the markets. The recipes became very popular and market goers purchased the ingredients to prepare the recipes at home. The FVRx program's significant and sustainable impact was made visible by the increased consumption of fresh fruits and vegetables and reduction in BMI seen with patients at the clinics. The FVRx program continues to grow.

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|----------------------------------|
| 703 | Nutrition Education and Behavior |

Outcome #3

1. Outcome Measures

Development of broad applications for the inhibition of breast cancer cell proliferation and possibly cell transformation

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

Number of participants who increased physical activity and experienced weightloss

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Number of participants who improved their dietary intake, including an increase in fruits and vegetables

Not Reporting on this Outcome Measure

Outcome #6

1. Outcome Measures

Number of participants who improved food resource management practices such as menu planning and food shopping

Not Reporting on this Outcome Measure

Outcome #7

1. Outcome Measures

Percentage of participants, who through information and interactive approaches, have adopted better eating habits thereby increasing their daily intake of fresh fruit and vegetables.

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Other (Family and Social Support)

Brief Explanation

The goals of the programs were met. However, a greater number of low-income, limited resource individuals and families need the programs. The programs results are limited by lack of additional financial resources.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Increased consumption of fruits and vegetables.
Increase knowledge in food safety
Reduction in BMI
Greater collaboration through partnerships.
Two research projects under this planned program concluded this fiscal year.

Key Items of Evaluation

Increase in consumption of fruits and vegetables.
Greater interest in healthy cooking.
Interest in fresh local foods.