

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

**Program # 6**

**1. Name of the Planned Program**

Childhood Obesity

- Reporting on this Program

Reason for not reporting

University of Delaware and Delaware State adopted the New England Consortium Planning and Reporting software. The new plan was built into the system to collect data during 2014 and beyond.

**V(B). Program Knowledge Area(s)**

1. Program Knowledge Areas and Percentage

**V(C). Planned Program (Inputs)**

**1. Actual amount of FTE/SYs expended this Program**

Year: 2014	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	17.2	2.2	0.0	0.1
<b>Actual Paid</b>	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}
<b>Actual Volunteer</b>	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}

**2. Actual dollars expended in this Program (includes Carryover Funds from previous years)**

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}
<b>1862 Matching</b>	<b>1890 Matching</b>	<b>1862 Matching</b>	<b>1890 Matching</b>
{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}
<b>1862 All Other</b>	<b>1890 All Other</b>	<b>1862 All Other</b>	<b>1890 All Other</b>
{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}	{NO DATA ENTERED}

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

**1. Brief description of the Activity**

Extension efforts include, but are not limited to, conducting Healthy Habits, Healthy Start - a 6 hour program on healthy eating and physical activity for child care workers, Family Meals Workshops - a series of three, three-hour programs for families with young children, FoodSkills - an eight part workshop for low-income adults without children; Expanded Food and Nutrition Education Program - a series of eight lessons for low-income adults with children; Expanded Food and Nutrition Education Program for low-income youth; training volunteers including Master Food Educators, 4-H leaders, agency personnel, and teachers; providing Just In Time parenting newsletters; incorporating physical activity and healthy foods/snacks in all 4-H camps and after-school programs; providing special educational programs at the 4-H Military Program; and conducting favorite foods contests and CATCH programs for youth. In addition, using videography and other tools, youth will document both the healthy and unhealthy aspects of their communities. This includes those areas involving food, food choices, food safety, food security and other healthy/unhealthy lifestyle aspects of their communities.

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

Day care workers, parents, low-income adults and youth, 4-H youth, Master Food Educators, 4-H leaders, teachers

**3. How was eXtension used?**

{No Data Entered}

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

**1. Standard output measures**

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	0	0	0	0

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

**Patent Applications Submitted**

Year: 2014

Actual: {No Data Entered}

**Patents listed**

{No Data Entered}

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2014	Extension	Research	Total
Actual	3	0	0

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

**Output Target**

**Output #1**

**Output Measure**

- Number of Competitive Grants Submitted

<b>Year</b>	<b>Actual</b>
2014	0

**Output #2**

**Output Measure**

- Number of Competitive Grants Awarded

<b>Year</b>	<b>Actual</b>
2014	0

**Output #3**

**Output Measure**

- Number of Extension Bulletins and Factsheets

<b>Year</b>	<b>Actual</b>
2014	0

**Output #4**

**Output Measure**

- Number of Invited Presentations

<b>Year</b>	<b>Actual</b>
2014	0

**Output #5**

**Output Measure**

- Number of Volunteered Presentations

<b>Year</b>	<b>Actual</b>
2014	0

**Output #6**

**Output Measure**

- Number of Workshops Conducted

<b>Year</b>	<b>Actual</b>
2014	0

**Output #7**

**Output Measure**

- Number of Research Projects Completed

<b>Year</b>	<b>Actual</b>
2014	0

**Output #8**

**Output Measure**

- Number of Undergraduate Researchers

<b>Year</b>	<b>Actual</b>
2014	0

**Output #9**

**Output Measure**

- Number of M.S. Graduate Students

<b>Year</b>	<b>Actual</b>
2014	0

**Output #10**

**Output Measure**

- Number of Refereed Journal Articles

<b>Year</b>	<b>Actual</b>
2014	0

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

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

O. No.	OUTCOME NAME
1	Statewide educational programs for K-12 youth and teachers focused on nutrition, healthy diets and obesity causing factors that will help reduce the likelihood of food-borne illness, develop good nutritional and dietary habits, avoid obesity, and prevent chronic illnesses related to poor nutrition.
2	Targeted educational programs on understanding the causes of obesity and the means to reduce obesity for low-income communities, youth through after-school programs and childcare workers.
3	Increased number of program participants improving one or more nutrition practices.
4	Increased number of program participants who improve the frequency and quality of family meals.
5	Increased number of program participants engaged in greater levels of physical activity
6	Reducing obesity in Delaware by extension programs that modify individual, family, and community behavior in a manner that promotes healthy lifestyles, physical activity on a regular basis, the consumption of healthy foods in appropriate quantities, and increasing family meals.
7	Greater understanding, particularly in low-income communities and by youth, of the health risks associated with obesity and the options available to prevent or correct obesity problems.

## **Outcome #1**

### **1. Outcome Measures**

Statewide educational programs for K-12 youth and teachers focused on nutrition, healthy diets and obesity causing factors that will help reduce the likelihood of food-borne illness, develop good nutritional and dietary habits, avoid obesity, and prevent chronic illnesses related to poor nutrition.

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

- 1862 Extension
- 1890 Extension

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

Change in Knowledge Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2014	0

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

**Issue (Who cares and Why)**  
{No Data Entered}

**What has been done**  
{No Data Entered}

**Results**  
{No Data Entered}

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

<b>KA Code</b>	<b>Knowledge Area</b>
{No Data}	null

**Outcome #2**

**1. Outcome Measures**

Targeted educational programs on understanding the causes of obesity and the means to reduce obesity for low-income communities, youth through after-school programs and childcare workers.

**2. Associated Institution Types**

- 1862 Extension
- 1890 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	0

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

**Issue (Who cares and Why)**

{No Data Entered}

**What has been done**

{No Data Entered}

**Results**

{No Data Entered}

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
{No Data}	null

### **Outcome #3**

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

Increased number of program participants improving one or more nutrition practices.

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

- 1862 Extension
- 1890 Extension

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

Change in Action Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2014	0

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

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

{No Data Entered}

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

{No Data Entered}

##### **Results**

{No Data Entered}

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

<b>KA Code</b>	<b>Knowledge Area</b>
{No Data}	null

## **Outcome #4**

### **1. Outcome Measures**

Increased number of program participants who improve the frequency and quality of family meals.

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

- 1862 Extension
- 1890 Extension

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

Change in Action Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2014	0

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

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

{No Data Entered}

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

{No Data Entered}

#### **Results**

{No Data Entered}

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

<b>KA Code</b>	<b>Knowledge Area</b>
{No Data}	null

## **Outcome #5**

### **1. Outcome Measures**

Increased number of program participants engaged in greater levels of physical activity

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

- 1862 Extension
- 1890 Extension

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

Change in Knowledge Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2014	0

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

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

{No Data Entered}

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

{No Data Entered}

#### **Results**

{No Data Entered}

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

<b>KA Code</b>	<b>Knowledge Area</b>
{No Data}	null

**Outcome #6**

**1. Outcome Measures**

Reducing obesity in Delaware by extension programs that modify individual, family, and community behavior in a manner that promotes healthy lifestyles, physical activity on a regular basis, the consumption of healthy foods in appropriate quantities, and increasing family meals.

**2. Associated Institution Types**

- 1862 Extension
- 1890 Extension

**3a. Outcome Type:**

Change in Condition Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	0

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

**Issue (Who cares and Why)**  
{No Data Entered}

**What has been done**  
{No Data Entered}

**Results**  
{No Data Entered}

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
{No Data}	null

## **Outcome #7**

### **1. Outcome Measures**

Greater understanding, particularly in low-income communities and by youth, of the health risks associated with obesity and the options available to prevent or correct obesity problems.

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

- 1862 Extension
- 1890 Extension

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

Change in Condition Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2014	0

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

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

{No Data Entered}

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

{No Data Entered}

#### **Results**

{No Data Entered}

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

<b>KA Code</b>	<b>Knowledge Area</b>
{No Data}	null

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

#### **External factors which affected outcomes**

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

#### **Brief Explanation**

{No Data Entered}

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

#### **Evaluation Results**

{No Data Entered}

#### **Key Items of Evaluation**

{No Data Entered}