

V(A). Planned Program (Summary)

Program # 6

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
701	Nutrient Composition of Food	15%	0%	0%	
702	Requirements and Function of Nutrients and Other Food Components	15%	0%	0%	
703	Nutrition Education and Behavior	25%	0%	0%	
704	Nutrition and Hunger in the Population	15%	0%	0%	
723	Hazards to Human Health and Safety	15%	0%	0%	
724	Healthy Lifestyle	15%	0%	0%	
	Total	100%	0%	0%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2014	Extension		Research	
	1862	1890	1862	1890
Plan	25.0	2.0	0.0	0.0
Actual Paid	20.6	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
223603	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
223603	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

Educate families and children to make healthier choices related to nutrition and physical activity through a variety of educational methods:

Lifestyle intervention programs to address Childhood Obesity

Information outreach to raise awareness of each of the health issues targeted above. These will include print and broadcast media, Family Album Radio scripts, and articles for the Solutions for Your Life and county Web sites.

2. Brief description of the target audience

Target audiences for chronic disease risk reduction programs include at-risk persons including adults, parents and persons who are obese including youth. Also those who have a family or personal history, or are in a high-risk ethnic group.

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	172401	410286	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	20	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- {No Data Entered}

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Changes in knowledge that will reduce childhood obesity
2	Changes in behavior related to nutrition that will reduce childhood obesity
3	Changes in physical activity that will lead to reduced childhood obesity
4	Weight loss that leads to reduced health issues related to childhood obesity

Outcome #1

1. Outcome Measures

Changes in knowledge that will reduce childhood obesity

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	16365

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population

Outcome #2

1. Outcome Measures

Changes in behavior related to nutrition that will reduce childhood obesity

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	11059

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Some sources cite as many as one in three children in Florida are overweight or obese. Childhood obesity puts kids at risk for health problems like type 2 diabetes, high blood pressure, and heart disease. Children who are overweight are more likely to be obese as adults. Lifestyle practices, particularly diet and physical activity, can have a tremendous impact on health throughout the life cycle.

What has been done

The Northwest Boys and Girls Club of Miami partnered with the FCS agent in that area to provide nutrition education to 52 students attending it's after school program. Nutrition and Healthy Eating workshops along with cooking demonstrations and taste test were developed to encourage the adoption of new and healthy foods at the club and throughout the day. UF/IFAS Extension in Brevard County partnered with Health First to teach 91 teens and their parents about healthy eating.

Results

Follow-up surveys of parents and teachers in the Miami program revealed that at the end of the program, the students ate more fruits and vegetables, selected fruits and vegetables as snacks more often, were more physically active, were more aware of making healthy food choices, and encouraged parents to purchase healthy foods. At the end of the 8-week program in Brevard County, 50% of the teens and parents made healthy changes to their diet such as drinking fewer sodas, eating more fresh fruit and vegetables, and increased physical activity. Studies have shown that for every dollar invested in nutritional education, between \$9 and \$18 are saved in medical costs. In 2014, the UF/IFAS Extension Brevard County Family Nutrition Program educated 5,741 youth and adults. Assuming the low end of \$9, this program saved Brevard County \$51,669 in medical care costs.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
702	Requirements and Function of Nutrients and Other Food Components

703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population

Outcome #3

1. Outcome Measures

Changes in physical activity that will lead to reduced childhood obesity

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

Weight loss that leads to reduced health issues related to childhood obesity

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges

Brief Explanation

Many parts of the state are still struggling due to the economy. This leads to greater numbers of people in need of help. Controversial issues such as climate change and GMOs take additional time and care when building relationships and trust with clientele, partners, and other stakeholders. Cuts to the university budget in year's past continue to have some impact. We are in the process of evaluating our Extension staffing needs statewide to ensure we are using our human resources most efficiently.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

UF and FAMU's key evaluations, both quantitative and qualitative, are reported under the State Defined Outcomes section. Ideally, we would like to have statewide data on more focused, key indicators. UF/IFAS is currently working on an "Extension Toolbox" in Qualtrics that will store common survey instruments and questions for all our major planned programs to be used by UF and FAMU Extension county faculty and state specialists. This will greatly improve our ability to gather statewide data on childhood obesity, including the NIFA preferred indicator for this area: the number of children and youth statewide that reported eating more of healthy foods.

Key Items of Evaluation

No additional information to provide.