

V(A). Planned Program (Summary)

Program # 4

1. Name of the Planned Program

Childhood Obesity: Healthy Eating and Physical Activity through the Lifespan

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	5%		35%	
703	Nutrition Education and Behavior	70%		55%	
724	Healthy Lifestyle	20%		0%	
802	Human Development and Family Well-Being	5%		10%	
	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	49.0	0.0	5.0	0.0
Actual Paid	45.0	0.0	18.0	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
27189	0	395100	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
206415	0	2253204	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
3988641	0	505638	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Educational programs about making healthy food choices and increasing physical activity

2. Brief description of the target audience

* Families and individuals of all ages living in Kansas, including populations with limited resources; low literacy skills; varying ethnicities; disabilities, diseases, or impairments; and documented or identifiable health disparities; * Economic stakeholders, and policy and funding agencies; * Health care, education, and nutrition professionals; KSRE faculty and staff with responsibilities for food and/or nutrition; * Consumer groups (i.e., STOP)

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	68000	0	20000	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	3	6	9

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of workshop series conducted

Year	Actual
2014	20

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Children and youth increase their physical activity and/or reduce sedentary time. (Measured by percentage of number reached)
2	Youths increase fruit and vegetable consumption (Measured by number reporting increase)
3	Adolescents reporting healthier lifestyle habits (e.g., eating meals from a variety of food groups; increased frequency and/or time spent participating in physical activity per day) (Measured by increased percentage of those reached)
4	School-aged youth become more physically active (i.e., 60 minutes of moderate activity each day) and decrease screen time (e.g., tv, computer, video games) to less than 2 hours each day
5	Children and youth increase consumption of foods as recommended by the U.S. Dietary Guidelines for Americans, such as increasing vegetables, fruits (Measured by percentage of those reached)
6	Families/caregivers adopt healthy eating patterns, such as eating breakfast, eating as a family, healthier snack choices (Measured by percentage of those reached)
7	Children and youth increase consumption of foods as recommended by the U.S. Dietary Guidelines for Americans, such as increasing whole grains (Measured by percentage of those reached)
8	Kansans of all ages engage in increased physical activity.

Outcome #1

1. Outcome Measures

Children and youth increase their physical activity and/or reduce sedentary time. (Measured by percentage of number reached)

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

Youths increase fruit and vegetable consumption (Measured by number reporting increase)

Not Reporting on this Outcome Measure

Outcome #3

1. Outcome Measures

Adolescents reporting healthier lifestyle habits (e.g., eating meals from a variety of food groups; increased frequency and/or time spent participating in physical activity per day) (Measured by increased percentage of those reached)

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	5

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

School and community gardens are increasing across Shawnee County (Topeka), however, an old ordinance was still in effect that allowed only grass to be grown on vacant lots.

What has been done

A group of community volunteers, including EFNEP staff, worked with the city to update the ordinance so that gardens could be planted on the vacant lots, and temporary food sales could be held to increase access to fresh produce, especially in food deserts.

Results

The new community garden ordinance passed, and the volunteer group is now working on forming a community network to support and educate the public on school and community gardens.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
802	Human Development and Family Well-Being

Outcome #4

1. Outcome Measures

School-aged youth become more physically active (i.e., 60 minutes of moderate activity each day) and decrease screen time (e.g., tv, computer, video games) to less than 2 hours each day

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Children and youth increase consumption of foods as recommended by the U.S. Dietary Guidelines for Americans, such as increasing vegetables, fruits (Measured by percentage of those reached)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	5

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Families struggling to prepare regular meals may resort to fast food or prepared meals most nights of the week. It is an expensive solution that may contribute to obesity and chronic health conditions. Preparing and sharing meals at home can be faster and easier, and children whose families have meals together are shown to have improved grades, higher vocabulary, and reduced at-risk behaviors.

What has been done

KSRE Family and Consumer Sciences agents and nutrition educators taught meal planning, food safety, and kitchen skills through hands-on classes. Kitchen Skills for Kids reached more than 100 students with practical cooking lessons.

Results

Students in Kitchen Skills for Kids learned meal preparation and utensil use skills, food safety practices, and nutrition knowledge. Three months after her children completed the classes, one mother of two in the Kitchen Skills for Kids program stated that they continue to help her prepare healthful food every night.

4. Associated Knowledge Areas

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

Outcome #6

1. Outcome Measures

Families/caregivers adopt healthy eating patterns, such as eating breakfast, eating as a family, healthier snack choices (Measured by percentage of those reached)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	5

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Effective and positive parental and professional caregiving greatly enhance a child's health throughout life. A caregiver's skill level determines whether children in care are safe and have the early learning experiences they need to succeed in school. Yet most child care providers and many parents lack the training and understanding needed to provide quality nurturing environments. Well-prepared parents and trained child care workers are needed statewide.

What has been done

To increase the quality of child care in Kansas, K-State Research and Extension educators formed partnerships with early childhood networks. The partnerships offer professional development to center-based and in-home child care providers and education to parents of young children in locations across the state.

Results

Agents partnered with Child Care Aware staff, and two agents were approved as trainers for Kansas Child Care Training Opportunities, a state child care training center. Fifty-nine child care providers were trained, using evidence-based programs to maintain their child care licenses. Forty-four parents (many following court orders) participated in parent education for childhood development, early learning, and emergent literacy.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
802	Human Development and Family Well-Being

Outcome #7

1. Outcome Measures

Children and youth increase consumption of foods as recommended by the U.S. Dietary Guidelines for Americans, such as increasing whole grains (Measured by percentage of those reached)

Not Reporting on this Outcome Measure

Outcome #8

1. Outcome Measures

Kansans of all ages engage in increased physical activity.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	16200

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Thirty percent of Kansas adults are obese, and 19% of Kansas children live in poverty. Targeting the diversity of Kansans, our programs address quality of life, healthy development, and health behaviors across life stages for all socioeconomic groups.

What has been done

KSRE Family and Consumer Sciences professionals work to improve the health and vitality of individuals and communities. Along with local partners, extension educators offered programs such as Strong People and Walk Kansas. These programs are evidence-based and reflect current physical activity and healthful eating guidelines to improve the health and fitness of all Kansans.

Results

(Measured by # Walk Kansas participants), in 2014, Walk Kansas reached 16,200 participants. Evaluation surveys revealed the following outcomes as a result of the eight-week program. 85% were more physically active; 81% met activity goals. 79% were confident they would continue the activity and 91% their improved dietary habits during the next six months. 81% were more aware of healthy eating recommendations. 84% increased fruit and vegetable consumption.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
802	Human Development and Family Well-Being

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Programmatic Challenges

Brief Explanation

{No Data Entered}

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Evaluation Questions:

- Three to six months after a program:
- What changes do participants report regarding more healthful eating, meal planning, food preparation, budgeting for food and physical activity habits?
- What changes do participants report regarding use of food assistance programs, gardening, home food preservation, low cost meal preparation and other strategies that increase their access to high quality, abundant and safe food?
- Do participants who are new mothers report initiating breastfeeding, exclusively breastfeeding for a long time, and still breastfeeding at 6 months?
- What changes have staff and volunteers taken to support healthier food choices and physical activity in schools and public venues?
- What changes have staff and volunteers taken to support increased access to high-quality, abundant and safe food (e.g., promoting private and community gardens, increasing local food production for food insecure persons, donations to food pantries, CSAs, electronic benefit transfer devices at Farmer Markets, SNAP outreach)?

Key Items of Evaluation