

V(A). Planned Program (Summary)

Program # 3

1. Name of the Planned Program

Diet, Nutrition and Healthy Lifestyles

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
502	New and Improved Food Products	0%	0%	23%	0%
503	Quality Maintenance in Storing and Marketing Food Products	0%	0%	8%	0%
701	Nutrient Composition of Food	0%	0%	0%	100%
702	Requirements and Function of Nutrients and Other Food Components	0%	0%	15%	0%
703	Nutrition Education and Behavior	97%	85%	0%	0%
721	Insects and Other Pests Affecting Humans	0%	0%	32%	0%
722	Zoonotic Diseases and Parasites Affecting Humans	0%	0%	7%	0%
723	Hazards to Human Health and Safety	0%	0%	15%	0%
724	Healthy Lifestyle	3%	15%	0%	0%
	Total	100%	100%	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	95.0	2.5	3.0	1.0
Actual Paid	70.0	3.2	6.0	0.1
Actual Volunteer	39308.0	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
1096182	33306	257058	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1212975	17552	1863085	889
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	103637	788508	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Contacts with clientele related to diet and health will include volunteer training, health fairs, Extension Homemaker leader lessons, safe night programs, healthy homes programs, and more.
- Multidisciplinary programs aimed at strengthening local food systems. Examples of programs to be offered will include: 4-H school enrichment, after-school programs and day and/or summer camp programs on 4-H Jump into Foods and Fitness. Weight--the Reality Series - Body Image and Get Moving Kentucky physical activity and weight management programs, LEAP-Literacy, Eating and Activity for Preschool Program and Exploring MyPyramid with Professor Popcorn for elementary school age children. •EFNEP - Expanded Food and Nutrition Educational Program for low income families with children. •Multi-agency activities related to diet and health. •Continued research in the areas of nutrient effects on high-fat diets, antioxidant effects on cancer prevention, environmental effects on nutrient requirements and more.

Major research efforts in this program area include: • Food consumption and physical activity are being examined as indicators of risk for obesity in preschool children. •The combined effects of selected vegetables on bone metabolism are under study as it pertains to osteoporosis. • The nutritional status and health of agricultural workers. • Bioprotective effects of phytochemicals to mediate immunity and antigenotoxic potential

2. Brief description of the target audience

- Extension agents
- Community agencies
- Volunteer leaders
- Parents
- Grandparents
- General public
- Public housing residents
- Scientific community
- Jump into Food and Fitness participants: curriculum designed for youth ages 8-11

3. How was eXtension used?

Print materials, networking with colleagues, participating in webinars

V(E). Planned Program (Outputs)

1. Standard output measures

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	639336	2413862	348556	1189836

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	11	26	37

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Published research journal articles

Year	Actual
2014	24

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of individuals who experienced an increase in knowledge, opinions, skills or aspirations regarding lifestyle changes (diet, exercise, healthy home practices, managing stress, etc.) that improve personal health
2	Number of individuals who made lifestyle changes (diet, exercise, healthy home practices, managing stress, etc.) for the purpose of improving their health
3	Number of individuals implementing personal health protection practices (screening, immunizations, well-baby care, preventive health practices, etc.)
4	Number of individuals who reported practice changes related to safety (use of bicycle helmets, fire extinguishers, tractor roll bars, radon testing, smoke detectors, proper ATV operation, etc.).

Outcome #1

1. Outcome Measures

Number of individuals who experienced an increase in knowledge, opinions, skills or aspirations regarding lifestyle changes (diet, exercise, healthy home practices, managing stress, etc.) that improve personal health

2. Associated Institution Types

- 1862 Extension
- 1890 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	110810

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to the annual State Indicator Report on Fruits and Vegetables by the CDC, over 40% of the adolescents and over 25% of the adults in Kentucky do not consume the recommended amount of fruits and vegetables. Also, a high percentage of youth and adults are not getting enough physical exercise.

What has been done

KSU received a grant from the Wal-mart Foundation and National 4-H Council to promote a healthy lifestyles program (Youth Voice). Also, KSU's Food Security Initiative produced the Thorobred Nutrition Kitchen and subsequently developed a plan for mobile market service. Events promoting physical activity (Second Sunday, 5K runs) have been organized by Extension and local partners.

Results

As a result of KSU's Youth Voice: Youth Choice collaboration, approximately 100 children, youth and families were provided the skills to identify and select healthy food options in their own communities. The students learning about the various origins of food raised their awareness of obesity and its health implications. In addition, the youth were exposed to endless career opportunities that existed in the agri-science industry from both a workforce development and entrepreneur perspective. Also, over the past few years, the number of participants in the KSU EFNEP program has increased from 500 youth to nearly 900 and 90 families per year. In addition, the graduation rate has been over 90% each year. In one county, Extension helped plan fun runs

(5K, 10K & Half Marathon) and raised over \$1,000 to be matched two to one by a grant awarded by the Foundation for a Healthy Kentucky. Over 50 people ran in the 5K, 40 in the 10K and 12 in the half marathon.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

Outcome #2

1. Outcome Measures

Number of individuals who made lifestyle changes (diet, exercise, healthy home practices, managing stress, etc.) for the purpose of improving their health

2. Associated Institution Types

- 1862 Extension
- 1890 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	42411

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Consuming a diet high in fiber, low in fat, cholesterol, sodium and sugar, and reducing serving sizes to avoid overeating is a major health concern among nutrition and health professionals. Less than 20% of the adult population eats the recommended number of fruit and vegetable servings. The number of Kentuckians engaging in exercise is also at an all-time low.

What has been done

The Clinton County Cooperative Extension Service implemented a workplace wellness program (Weight the Reality Series) for employees at a local business. A total of 43 employees registered for the program which included condensed educational lessons, weekly weigh-in, physical activity, recipe sampling, and blood pressure checks. In Henry County, Biggest Loser teams were organized to encourage weight loss.

Results

For the Clinton County program, at the end of the eight week series, 44% of participants experienced a decrease in BMI (body mass index). In Henry County, 70 participants on 16 teams lost a total of 878.6 pounds during the Biggest Loser competition and 19 individuals joined a Community Walking Program.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

Outcome #3

1. Outcome Measures

Number of individuals implementing personal health protection practices (screening, immunizations, well-baby care, preventive health practices, etc.)

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	16965

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In 1995, approximately 3.5% of Kentucky adults (120,000 adults) had been diagnosed with diabetes, by 2010, the prevalence rate for diabetes had increased to 10% or approximately 370,000 adults. Recently, this rate is slightly higher at 10.7% of Kentucky Adults. Diabetes has significant health consequences such kidney disease, diabetic ketoacidosis, heart disease and amputation. In Kentucky, these complications results in over \$353 million in medical costs.

What has been done

The Taking Ownership of Your Diabetes program provided a resource for 475 individuals and families in Kentucky.

Results

Of the participating individuals, 90% were seen by their health professional as a means of managing their diabetes; 72% had their A1C checked; and 85% checked their blood glucose 1 or more times a day, and; over 50% were able to solve daily problems related to managing their diabetes. Because participants have been exposed to proper ways of managing their diabetes, as this program entails, they have demonstrated the ability to make better health choices and experience a higher quality of life.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

Outcome #4

1. Outcome Measures

Number of individuals who reported practice changes related to safety (use of bicycle helmets, fire extinguishers, tractor roll bars, radon testing, smoke detectors, proper ATV operation, etc.).

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	19000

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The chance of falling and being seriously injured in a fall increases with age. Approximately one-third of seniors 65 years and older fall in Kentucky each year. The Kentucky Injury Prevention and Research Center reports that older patients who are hospitalized for falling are six times more likely than younger patients to be discharged into a nursing home. Fall related injuries for seniors cost around \$20 billion a year and if suffering from bone or joint disease one is more likely to take a fall and lose a sense of independence.

What has been done

The Nourish Your Bones and Joints program was conducted by Extension for the Louisville Area Extension Homemakers (a total of 58 lesson leaders who shared the information with over 900 club members).

Results

Participants set 42 goals related to improving bones and joint health following the lesson and when asked what they planned to do as a result of what they learned, participant responses included such goals as exercising more, eating more nutritious meals and snacks, adding calcium supplements, counting daily calcium intakes, having a discussion with their physician, and spreading the information they learned to others. Thirty percent reported implementing some of these lifestyle changes in the month following the program.

4. Associated Knowledge Areas

KA Code	Knowledge Area
723	Hazards to Human Health and Safety

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

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Implementation of key health practices

Key Items of Evaluation

Surveys, focus group discussions, one-on-one interviews