

V(A). Planned Program (Summary)

Program # 10

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
703	Nutrition Education and Behavior	59%	85%	0%	100%
704	Nutrition and Hunger in the Population	0%	4%	0%	0%
724	Healthy Lifestyle	41%	11%	100%	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	30.0	1.0	0.5	0.5
Actual Paid	16.0	3.6	0.1	0.1
Actual Volunteer	12233.0	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
252965	26645	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
279917	11419	3630	874
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	103637	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- conducting educational programs for children
- training extension agents
- developing educational materials
- conducting programs with parents
- evaluating the impact of the Expanded Food and Nutrition Education Program

2. Brief description of the target audience

- children
- youth
- extension agents
- teachers
- parents

3. How was eXtension used?

Specialists collaborating with colleagues (communities of practice), hosting and 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	143259	538449	172755	584990

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	1	4

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Published research journal articles.

Year	Actual
2014	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Total number of children and youth reached through Extension programming related to eating healthy foods
2	Total number of children and youth who gained knowledge about eating more healthy foods
3	Total number of children and youth who reported eating more healthy foods
4	Number of environmental changes implemented to support physical activity (e.g., walking trails opened, bike paths built)

Outcome #1

1. Outcome Measures

Total number of children and youth reached through Extension programming related to eating healthy foods

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	165496

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Kentucky has the second highest rate of childhood obesity in the country. There is a need to mobilize underserved children and youth and empower them to take action around nutrition, healthy food choices, and physical activity. More partnerships need to be established between Extension and other organizations strategically situated to reach these communities.

What has been done

Kentucky State University Cooperative Extension Program worked collaboratively with Early Childhood Programs in Louisville, Kentucky and the Lexington Police Activities League (PAL) in Lexington, Kentucky to address childhood obesity.

Jefferson County (Louisville, KY) Cooperative Extension agents and program assistants completed 1,127 Snap-Education hours, reaching 7,908 people with nutrition education through various delivery sites such as pre-schools, schools and senior citizen centers.

Kentucky Extension offered the Literacy Eating and Activity for Preschool (LEAP) program.

Results

Over 300 students and their families were targeted through their Early Head Start, Preschool and Head Start Programs. Staff worked with the local Health Clinic to promote healthy eating and fitness through the Louisville Training Center On the Go program. Over the course of 12 weeks, students received information about healthy eating and engaged weekly in physical activities. In Lexington, approximately 200 youth were engaged on a regular basis in some type of physical

activity and/or organized sport.

Over 56,000 youth participated in the LEAP program.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Total number of children and youth who gained knowledge about eating more healthy foods

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	132871

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Childhood obesity continues to be a serious health concern in America among preschool youth (ages 2-5) Obesity continues to rise. Kentucky ranks consistently in the top ten states for obesity and obesity related diseases such as diabetes and cardiovascular disease. The risk factors of poor nutrition and physical inactivity is a direct correlation with cardiovascular disease and begins early in life.

What has been done

Kentucky State University worked with the afterschool coordinators in Lexington to promote the Healthy Enhancement Life Skills/Let's Move Program. An array of workshops and activities that were provided weekly focused on: physical fitness, healthy eating, community gardening, cooking, sports/physical fitness, self-esteem and youth and leadership development.

The Campbell County Cooperative Extension Service collaborated with community partners on an

8-session program for 65 children.

Woodford County Cooperative Extension Service assisted in providing nutrition education to students through afterschool programming.

Results

As a result of KSUs Youth Voice: Youth Choice collaboration, approximately 100 youth have been educated about healthy eating and the importance of physical fitness. In a similar program, for approximately 10 weeks, youth participated in learning activities to demonstrate how they can play a vital role in their community's access to healthy food and help raise awareness about obesity and the physical fitness of their community.

At the end of the Campbell County program, 97% of the children could identify spinach as a vegetable, 100% could identify blueberries as a fruit, 100% knew that exercising and being physically active was important.

Youth in Woodford County reported taking the skills they learned in the after school lessons to prepare foods at home. Many youth reported that this was the first time they had ever prepared meals using fresh food.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Total number of children and youth who reported eating more healthy foods

2. Associated Institution Types

- 1862 Extension
- 1890 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	65372

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to the Kentucky Cabinet for Health and Family Services Report, there were 135,171 Supplemental Nutrition Assistance Program (SNAP) recipients in Jefferson County. There is also a gap between providing access to nutritious foods and the lack of education about how to prepare healthier foods.

What has been done

Extension has offered programs that promote healthy eating/living in several counties. The Campbell County Extension Service teamed up with the Dayton Family Resource Center to coach Girls on the Run to 8 middle school girls. Girls on the Run is a 12 week program that focuses on physical activity, nutrition, and self-esteem. The Campbell County Cooperative Extension Service also collaborated with Basic Trust Childcare Center Preschool, Campbell Ridge Preschool, and Main Street Baptist Church Preschool on an 8-session curriculum called Leap (Literacy, Eating, and Activity for Preschoolers) for Health to 65 children.

Oldham County and Owsley County Extension Services hosted Kids Cooking camps.

Results

The Campbell County Extension Service also collaborated with the Dayton Family Resource Coordinator on a four part series healthy cooking class (taught twice) for 11 middle/high students. The students were taught proper food safety, nutrition, and cooking skills. At the end of the series, participants received a "Living Well-More than a Cookbook" resource guide. End of the program results showed that 73% were making healthier food choices, 73% had tried a new food item in class, 83% said their knife skills improved, and 83% said they became more comfortable using and making a recipe.

Of the 25 participants in Oldham County, an exit survey indicated initial results that showed 86% of the youth could demonstrate proper measuring techniques and 90% understood the MyPlate recommendations. Intermediate outcomes revealed 86% of youth understood the importance of safe food handling practices, especially the handling of poultry products.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Number of environmental changes implemented to support physical activity (e.g., walking trails opened, bike paths built)

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Appropriate food intake and an active lifestyle are required to maintain health. Healthy habits developed as children translate into healthy habits as adults. Kentucky youth are in need of additional opportunities that encourage health and wellness.

What has been done

Kenton County Extension presented a program on healthy eating and physical activity called Get Fit with 4-H to 260 youth in 4-H school clubs and after-school programs.

McCreary County Extension offered a hiking program, with a total of 9 hikes for a total of 32 miles with an average of 25 students per hike.

Results

Of the Kenton County youth reporting, 80% claim to have increased their physical activity as a result of the 4-H program.

Of the McCreary County participants reporting, 100% reported they made some new friends through the program, 100% reported that they learned hiking skills, 96% reported that hiking made them feel better about themselves, 92% felt that the hiking program had improved their body and physical condition, 92% reported that they feel healthier since being in the hiking program, 92% reported that they had increased their daily physical activity, and 88% felt like they are in better physical condition since participating in the program.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Government Regulations
- Competing Programmatic Challenges

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Knowledge gained, skills developed, practice/behavior change

Key Items of Evaluation

Pre-post surveys, focus group discussions, observations.