

V(A). Planned Program (Summary)

Program # 5

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
502	New and Improved Food Products	0%		7%	
703	Nutrition Education and Behavior	50%		76%	
704	Nutrition and Hunger in the Population	15%		0%	
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	10%		0%	
724	Healthy Lifestyle	25%		17%	
	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	39.0	0.0	0.7	0.0
Actual Paid	2.4	0.0	0.8	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
5837	0	129352	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
185137	0	114228	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
2707034	0	187155	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Demonstrations
- Displays and Exhibits
- Printed Materials
- Single day workshop, presentation or event
- Workshop series or educational course
- Basic and applied research

2. Brief description of the target audience

Youth and families from limited-resource communities, specifically those who are eligible for federal food assistance (Supplemental Nutrition Assistance Program); school teachers, social service organizations

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	14999	90148	42401	37731

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	4	2	6

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Demonstrations

Year	Actual
2014	128

Output #2

Output Measure

- Displays and Exhibits

Year	Actual
2014	247

Output #3

Output Measure

- Printed Materials
- Not reporting on this Output for this Annual Report

Output #4

Output Measure

- Single day workshop, presentation or event

Year	Actual
2014	298

Output #5

Output Measure

- Workshop series or educational course

Year	Actual
2014	2100

Output #6

Output Measure

- Peer review publications

Year	Actual
2014	6

Output #7

Output Measure

- Academic Poster or Presentation

Year	Actual
2014	4

Output #8

Output Measure

- Curricula/Instructional Materials

Year	Actual
2014	4

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Participants gain knowledge and skill to improve physical activity behaviors
2	Participants improve physical activity behaviors
3	Participants gain knowledge and skill to improve dietary behaviors
4	Participants improve dietary behaviors
5	Creation and synthesis of knowledge related to childhood obesity
6	Participants improve food resource management behaviors

Outcome #1

1. Outcome Measures

Participants gain knowledge and skill to improve physical activity behaviors

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

Participants improve physical activity behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	263

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Rates of obesity and poor nutrition continue to increase for both adults and children in the United States. This is especially prevalent among low-income populations. Families need guidance to get the most nutrition from their limited resources in order for their children to grow and thrive. Our Expanded Food and Nutrition Education Program's assists limited-resource families to acquire the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets, and physical well-being.

What has been done

Four Professional staff and 15 paraprofessionals provided nutrition education programming to low-income adults and youth. A total of 1,691 adults and 1,425 youth were reached in FY 2014.

Results

Two hundred sixty-three EFNEP participants showed an increase in their level of physical activity.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #3

1. Outcome Measures

Participants gain knowledge and skill to improve dietary behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	59

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population

Outcome #4

1. Outcome Measures

Participants improve dietary behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	11046

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In Massachusetts, the medical cost for obesity is estimated at over 1 billion dollars per year and affects nearly 1 out of every 3 individuals ages 10 - 17. Obesity is associated with increased long-term risk for many chronic diseases, yet many of the most dangerous health problems associated with obesity are largely preventable. UMass Extension SNAP-Ed is part of a national nutrition education effort funded to provide nutrition education programs and activities that help adults and youth establish healthy eating habits.

What has been done

Staff in five field offices (Boston, Lawrence, Raynham, Springfield, and Worcester) and one subcontractor site (Barnstable County) reached 43,387 adult and youth participants with direct education, making a total of 156,251 direct nutrition education contacts in FY 2014. A total of 191,865 individuals were reached through indirect nutrition education methods (displays, farmers' market food demonstrations, leave-behind enrichment activities for school staff to use with children, newsletters, blog, and telephone Tip Line) in FY 2014.

Results

As a result of our efforts:

Approximately 500 grade 3-8 youth participating in a series of SNAP-Ed workshops ate fruit more often.

Approximately 550 grade 3-8 youth participating in a series of SNAP-Ed workshops ate vegetables more often.

Approximately 150 grade 6-8 youth participating in a series of SNAP-Ed workshops drank sweetened drinks less often.

Approximately 180 grade 6-8 youth participating in a series of SNAP-Ed workshops chose foods made with whole grain more often

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population

Outcome #5

1. Outcome Measures

Creation and synthesis of knowledge related to childhood obesity

Not Reporting on this Outcome Measure

Outcome #6

1. Outcome Measures

Participants improve food resource management behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1092

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population

V(H). Planned Program (External Factors)

External factors which affected outcomes

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

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Two hundred sixty-three EFNEP participants showed an increase in their level of physical activity. As a result of our UMass Extension SNAP-Ed program:

- Approximately 500 grade 3-8 youth participating in a series of SNAP-Ed workshops ate fruit more often.
- Approximately 550 grade 3-8 youth participating in a series of SNAP-Ed workshops ate vegetables more often.
- Approximately 150 grade 6-8 youth participating in a series of SNAP-Ed workshops drank sweetened drinks less often
- Approximately 180 grade 6-8 youth participating in a series of SNAP-Ed workshops chose foods made with whole grain more often

Key Items of Evaluation