

V(A). Planned Program (Summary)

Program # 15

1. Name of the Planned Program

Nutrition, Health and Physical Activity

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	25%			
724	Healthy Lifestyle	25%			
806	Youth Development	50%			
	Total	100%			

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2014	Extension		Research	
	1862	1890	1862	1890
Plan	15.0	0.0	0.0	0.0
Actual Paid	14.0	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
483446	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
523309	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

Use direct and indirect methods to provide education and targeted messages on nutrition, physical activity, and self-care management. Some specific methods used will include group education, workshops, train-the-trainer strategies, newsletters, web-based education, and media efforts. In addition there will be community level interventions through partnerships that will be developed. This will include working with local coalitions to develop awareness campaigns.

2. Brief description of the target audience

Adults, youth ages 6 through 18, low-income Missourians, pregnant women, adults 55 and older, volunteers, teachers and community members, school teachers and nurses, other adults interested in improving their quality of life.

3. How was eXtension used?

Approximately ten faculty members are involved in eXtension. Most report by answering questions but others have contributed content. When eXtension was first created, MU's frequently asked questions were all uploaded to eXtension's FAQ database.

V(E). Planned Program (Outputs)

1. Standard output measures

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	65360	678410	777450	63905

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	9	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of workshops, conferences, multi-session programs and fairs held.

Year	Actual
2014	46484

Output #2

Output Measure

- Number of in-service opportunities.

Year	Actual
2014	11

Output #3

Output Measure

- Number of partnerships formed.

Year	Actual
2014	23

Output #4

Output Measure

- Number of community campaigns conducted.

Year	Actual
2014	2

Output #5

Output Measure

- Number of website visits.

Year	Actual
2014	872930

Output #6

Output Measure

- Number of volunteers trained.

Year	Actual
2014	38

Output #7

Output Measure

- Number of guide sheets distributed.

Year	Actual
2014	1814154

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Percent of participants reporting improved attitudes about healthy eating and physical activity.
2	Percent of participants who exhibit increased awareness/knowledge of physical activity recommendations for health.
3	Percent of participants who exhibit increased awareness/knowledge of healthy food choices.
4	Percent of participants who exhibit improved skill in selecting healthy foods.
5	Percent of participants reporting increased self-efficacy about managing chronic conditions.
6	Percent of participants who report improved skills in preparation of healthy foods.
7	Percent that adopt one or more healthy food/nutrition practices.
8	Percent that begin or increase physical activity.
9	Percent that tries and accepts new foods.
10	Percent that increase participation in regular physical activity.
11	Percent that improve behavior changes based on MyPyramid and the Dietary Guidelines.

Outcome #1

1. Outcome Measures

Percent of participants reporting improved attitudes about healthy eating and physical activity.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	90

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates increased rates of obesity, type 2 diabetes, decreased physical activity, and low consumption of fruits, vegetables and whole grains among both youth and adults. This is a state and national concern due to the economic burden of obesity and the health consequences of chronic disease such as diabetes. Extension programs must provide adults and youth with the knowledge and skills needed to promote healthful eating and develop a lifelong interest in physical activity.

What has been done

MU Extension provides nutrition, health and physical activity education for adults and youth. These programs provide basic food, nutrition and healthy lifestyle information that promote healthy food choices, physical activity and chronic disease prevention and management.

Results

90% of program participants exhibit increased knowledge and awareness of physical activity recommendations for health at the conclusion of a multi-session program.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Percent of participants who exhibit increased awareness/knowledge of physical activity recommendations for health.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	87

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates increased rates of obesity, type 2 diabetes, decreased physical activity, and low consumption of fruits, vegetables and whole grains among both youth and adults. This is a state and national concern due to the economic burden of obesity and the health consequences of chronic disease such as diabetes. Extension programs must provide adults and youth with the knowledge and skills needed to promote healthful eating and develop a lifelong interest in physical activity.

What has been done

MU Extension provides nutrition, health and physical activity education for adults and youth. These programs provide basic food, nutrition and healthy lifestyle information that promote healthy food choices, physical activity and chronic disease prevention and management.

Results

87% of program participants demonstrate increased knowledge and awareness of healthy food choices.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Percent of participants who exhibit increased awareness/knowledge of healthy food choices.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	77

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates increased rates of obesity, type 2 diabetes, decreased physical activity, and low consumption of fruits, vegetables and whole grains among both youth and adults. This is a state and national concern due to the economic burden of obesity and the health consequences of chronic disease such as diabetes. Extension programs must provide adults and youth with the knowledge and skills needed to promote healthful eating and develop a lifelong interest in physical activity.

What has been done

MU Extension provides nutrition, health and physical activity education for adults and youth. These programs provide basic food, nutrition and healthy lifestyle information that promote healthy food choices, physical activity and chronic disease prevention and management.

Results

77% of program participants demonstrate improved healthy food selection skills on post-program evaluations.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Percent of participants who exhibit improved skill in selecting healthy foods.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	77

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates increased rates of obesity, type 2 diabetes, decreased physical activity, and low consumption of fruits, vegetables and whole grains among both youth and adults. This is a state and national concern due to the economic burden of obesity and the health consequences of chronic disease such as diabetes. Extension programs must provide adults and youth with the knowledge and skills needed to promote healthful eating and develop a lifelong interest in physical activity.

What has been done

MU Extension provides nutrition, health and physical activity education for adults and youth. These programs provide basic food, nutrition and healthy lifestyle information that promote healthy food choices, physical activity and chronic disease prevention and management.

Results

77% of program participants demonstrate improved healthy food selection skills on post-program evaluations.

4. Associated Knowledge Areas

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

Outcome #5

1. Outcome Measures

Percent of participants reporting increased self-efficacy about managing chronic conditions.

Not Reporting on this Outcome Measure

Outcome #6

1. Outcome Measures

Percent of participants who report improved skills in preparation of healthy foods.

Not Reporting on this Outcome Measure

Outcome #7

1. Outcome Measures

Percent that adopt one or more healthy food/nutrition practices.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	90

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates increased rates of obesity, type 2 diabetes, decreased physical activity, and low consumption of fruits, vegetables and whole grains among both youth and adults. This is a state and national concern due to the economic burden of obesity and the health consequences of chronic disease such as diabetes. Extension programs must provide adults and youth with the knowledge and skills needed to promote healthful eating and develop a lifelong interest in physical activity.

What has been done

MU Extension provides nutrition, health and physical activity education for adults and youth. These programs provide basic food, nutrition and healthy lifestyle information that promote healthy food choices, physical activity and chronic disease prevention and management.

Results

90% of program participants improve one or more healthy food/nutrition practices as a result of educational programming.

4. Associated Knowledge Areas

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

Outcome #8

1. Outcome Measures

Percent that begin or increase physical activity.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	69

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates increased rates of obesity, type 2 diabetes, decreased physical activity, and low consumption of fruits, vegetables and whole grains among both youth and adults. This is a state and national concern due to the economic burden of obesity and the health consequences of chronic disease such as diabetes. Extension programs must provide adults and youth with the knowledge and skills needed to promote healthful eating and develop a lifelong interest in physical activity.

What has been done

MU Extension provides nutrition, health and physical activity education for adults and youth. These programs provide basic food, nutrition and healthy lifestyle information that promote healthy food choices, physical activity and chronic disease prevention and management.

Results

69% of program participants begin or increase their level of physical activity.

4. Associated Knowledge Areas

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

Outcome #9

1. Outcome Measures

Percent that tries and accepts new foods.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	80

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates increased rates of obesity, type 2 diabetes, decreased physical activity, and low consumption of fruits, vegetables and whole grains among both youth and adults. This is a state and national concern due to the economic burden of obesity and the health consequences of chronic disease such as diabetes. Extension programs must provide adults and youth with the knowledge and skills needed to promote healthful eating and develop a lifelong interest in physical activity.

What has been done

MU Extension provides nutrition, health and physical activity education for adults and youth. These programs provide basic food, nutrition and healthy lifestyle information that promote

healthy food choices, physical activity and chronic disease prevention and management.

Results

80% of program participants show an increased willingness to try new foods.

4. Associated Knowledge Areas

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

Outcome #10

1. Outcome Measures

Percent that increase participation in regular physical activity.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	69

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates increased rates of obesity, type 2 diabetes, decreased physical activity, and low consumption of fruits, vegetables and whole grains among both youth and adults. This is a state and national concern due to the economic burden of obesity and the health consequences of chronic disease such as diabetes. Extension programs must provide adults and youth with the knowledge and skills needed to promote healthful eating and develop a lifelong interest in physical activity.

What has been done

MU Extension provides nutrition, health and physical activity education for adults and youth. These programs provide basic food, nutrition and healthy lifestyle information that promote healthy food choices, physical activity and chronic disease prevention and management.

Results

69% of program participants increased their level of physical activity.

4. Associated Knowledge Areas

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

Outcome #11

1. Outcome Measures

Percent that improve behavior changes based on MyPyramid and the Dietary Guidelines.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	90

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates increased rates of obesity, type 2 diabetes, decreased physical activity, and low consumption of fruits, vegetables and whole grains among both youth and adults. This is a state and national concern due to the economic burden of obesity and the health consequences of chronic disease such as diabetes. Extension programs must provide adults and youth with the knowledge and skills needed to promote healthful eating and develop a lifelong interest in physical activity.

What has been done

MU Extension provides nutrition, health and physical activity education for adults and youth. These programs provide basic food, nutrition and healthy lifestyle information that promote healthy food choices, physical activity and chronic disease prevention and management.

Results

90% of program participants make positive food behavior changes based on My Pyramid and the Dietary Guidelines.

4. Associated Knowledge Areas

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

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Other (Participant self responsibility)

Brief Explanation

None

V(I). Planned Program (Evaluation Studies)

Evaluation Results

None

Key Items of Evaluation

None