

V(A). Planned Program (Summary)

Program # 4

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	50%		50%	
724	Healthy Lifestyle	50%		50%	
	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	2.0	0.0	0.0	0.0
Actual Paid	1.0	0.0	1.2	0.0
Actual Volunteer	7.0	0.0	7.0	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
64800	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	280000	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

In partnership with University of Hawaii Manoa, University of Alaska Fairbanks, University of Guam, American Samoa Community College, program personnel worked with community groups, Head Start centers, Public School System Food and Nutrition Service, and elementary schools to implement multi-faceted, community planned and driven strategies to improve the health of children in the communities of Kagman and Tanapag, Achugao, San Roque, and As Matuis. Evidence-based and culturally appropriate leadership, motivational interviewing, and facilitation trainings were provided to community members, now known as "role models". The role models took a leadership role in planning and implementing the following activities: school wellness policy adoption, physical activity and academic integration training for all teachers, healthy village stores, youth summer camp, social marketing campaign, enhancements to the built environment to encourage physical activity, and food demonstrations at community events.

Program personnel worked closely with University of Alaska, Fairbanks to refine data collection manual for food cost survey data collection. Food cost survey data was collected, entered, and analyzed. Data will be used to inform food policy in the CNMI.

2. Brief description of the target audience

Children between the ages of 2-8 years old, parents of 2-8 year old children, early childhood teachers, elementary teachers,

3. How was eXtension used?

eXtension was used as a resource to consider extension programs and outcomes that could be adapted for use in CNMI.

V(E). Planned Program (Outputs)

1. Standard output measures

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	700	2000	200	600

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
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Actual	61	7	68
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V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Greater understanding of diet, physical activity, and health
Not reporting on this Output for this Annual Report

Output #2

Output Measure

- Increase opportunities for physical activity
Not reporting on this Output for this Annual Report

Output #3

Output Measure

- Improve nutrient intake of school meals among students at one elementary school
Not reporting on this Output for this Annual Report

Output #4

Output Measure

- Enhance built environment for physical activity

Year	Actual
2014	6

Output #5

Output Measure

- Develop evidence-based healthy stores program for small grocery stores

Year	Actual
2014	1

Output #6

Output Measure

- Enroll two stores in healthy village stores program

Year	Actual
2014	2

Output #7

Output Measure

- Create nutrition and wellness policy for elementary school

Year	Actual
2014	2

Output #8

Output Measure

- Work with school and community leaders to implement school nutrition and wellness policies in two elementary schools

Year	Actual
2014	2

Output #9

Output Measure

- Implement evidence-based social marketing campaign with input from community role models and stakeholders

Year	Actual
2014	2

Output #10

Output Measure

- Provide training to teachers and childcare providers on integrating physical activity into academic teaching

Year	Actual
2014	3

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Pilot "Recess Before Lunch" at one public elementary school
2	Lighting system will be turned on and available for use by the general public one night a week.
3	Social marketing/awareness campaign on the burden of non-communicable diseases/lifestyle diseases and role of diet and physical activity
4	Quantify progress in schools that participate in Youth Engaged in Advancing Health Project.
5	Increase the number of community members empowered to lead and carry-out actions that improve health at the village level in two communities
6	Increase physical activity among 2-10 year olds
7	Decrease overweight and obesity among 2-10 year olds in two communities
8	Increase integration of physical activity into the school day among teachers and childcare providers who teach 2-10 year olds.
9	Increase access to fruits and vegetables in two villages

Outcome #1

1. Outcome Measures

Pilot "Recess Before Lunch" at one public elementary school

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

Lighting system will be turned on and available for use by the general public one night a week.

Not Reporting on this Outcome Measure

Outcome #3

1. Outcome Measures

Social marketing/awareness campaign on the burden of non-communicable diseases/lifestyle diseases and role of diet and physical activity

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

Quantify progress in schools that participate in Youth Engaged in Advancing Health Project.

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Increase the number of community members empowered to lead and carry-out actions that improve health at the village level in two communities

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	20

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Through the facilitation of community meetings and trainings use the Children's Healthy Living Programs Role Model Guide, two groups of community members (volunteers) have been formed to lead projects and activities in the communities of Kagman and Tanapag, Achugao, San Roque, and As Matuis (TASA).

What has been done

TASA role models have established themselves as a non-profit group. To date, they have influenced the passage of one elementary school-level nutrition and wellness policy, approached store to join the healthy village stores programs, painted physical activity prompts (ie hopscotches) at three public places that previously did not have physical activity equipment/prompts for young children

Kagman role models have

Results

4. Associated Knowledge Areas

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

Outcome #6

1. Outcome Measures

Increase physical activity among 2-10 year olds

Not Reporting on this Outcome Measure

Outcome #7

1. Outcome Measures

Decrease overweight and obesity among 2-10 year olds in two communities

Not Reporting on this Outcome Measure

Outcome #8

1. Outcome Measures

Increase integration of physical activity into the school day among teachers and childcare providers who teach 2-10 year olds.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	20

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Students spend a significant part of the day in school. Teachers face increasing pressure to ensure student learning and to ensure satisfactory performance on standardized tests. In some cases, 60 minutes of moderate-intensity physical activity a day is not always prioritized.

What has been done

Three workshops were provided to child care providers, early childhood educators, and elementary teachers from child development centers that focused on age and developmentally appropriate physical activity based on the SPARK curriculum. SPARK is a research-based approach to increasing physical activity among children through teacher training.

Results

Teachers at one elementary school have reported significant use of training concepts and strategies to increase physical activity and learning. The school has made a significant change in how holidays and events are celebrated. Water and physical activities are now used for

celebrations as opposed to previous practices of candy and sugar-sweetened beverages. Teachers are now using more physical activity to reinforce Common Core-related academic lessons.

4. Associated Knowledge Areas

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

Outcome #9

1. Outcome Measures

Increase access to fruits and vegetables in two villages

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The food environment, specifically the availability of food, influences purchasing and consumption.

What has been done

Program personnel and village role models were able to engage one store. The store, a popular shopping destination for village residents, previously did not carry any fresh fruits or vegetables.

Results

The store now has an entire section of local and imported fruits and vegetables. The store manager has reported increased profits as a result of the newly established produce section.

4. Associated Knowledge Areas

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

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 (lack of collaboration)

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

We are currently collecting post-programming/intervention data on physical activity, fruit and vegetable consumption, and BMI among other measures. The quantitative data analysis comparing pre and post behavioral and anthropometric measures will be ready for the next accomplishment report.

Key Items of Evaluation

Working with motivated community members (role models) at the village level has proven effective in implementing programming. Empowering role models to take the lead in improving the health of the village(s) and people in those villages has proven effective as evidenced by improvements to the built and food environments. This program received a "Best Practice" award from the World Health Organization for the work and outcomes accomplished in collaboration with TASA role models.