

**V(A). Planned Program (Summary)**

**Program # 6**

**1. Name of the Planned Program**

Human Nutrition, Food Safety, and Human Health and Well-Being

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
205	Plant Management Systems		20%		20%
703	Nutrition Education and Behavior		15%		15%
724	Healthy Lifestyle		20%		25%
801	Individual and Family Resource Management		15%		0%
802	Human Development and Family Well-Being		15%		20%
806	Youth Development		15%		20%
	<b>Total</b>		100%		100%

**V(C). Planned Program (Inputs)**

**1. Actual amount of FTE/SYs expended this Program**

Year: 2014	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	0.0	6.2	0.0	0.0
<b>Actual Paid</b>	0.0	1.0	0.0	3.0
<b>Actual Volunteer</b>	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
0	228818	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	228818	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**

The Health and Wellness teams conducted educational sessions in local schools and communities using educational programs, events and activities, along with research to address the nutrition, health fitness wellness and obesity issues facing limited-resources families and youth in communities located within Jefferson and Claiborne counties. Educational programs and workshops were conducted to promote nutrition and other factors contributing to healthy lifestyles. Activities were implemented that focused on behavior changes needed for proper weight management. Educational programs were implemented focusing on recipe modification, portion control, food safety and calorie reduction. The educational program in this area of the planned program provided participants with adequate knowledge and information to make wise decisions concerning nutrition, health and their lifestyles to decrease weight gain and delay the onset of chronic diseases such as: heart disease, diabetes and hypertension. Activities also included the collection of primary data from participants, gathering and collation of relevant secondary statistical data; development of models of effective strategies; dissemination of results. The establishment of community gardens, physical fitness exercises, and nutrition education for program participants were also included.

**2. Brief description of the target audience**

The target audiences were at-risk youth age 5 to 19, adults, volunteers, limited-resource families, and limited resource and socially disadvantaged communities.

**3. How was eXtension used?**

eXtension was used to gather information that is related to the outcomes that are being addressed with our Health & Wellness Program.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	368	0	0	0

**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
<b>Actual</b>	0	0	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- Conduct educational programs, events and activities on risky behaviors affecting youth.  
 Not reporting on this Output for this Annual Report

**Output #2**

**Output Measure**

- Conduct career/workforce educational sessions in local schools and communities  
 Not reporting on this Output for this Annual Report

**Output #3**

**Output Measure**

- Conduct leadership development educational programs, events and activities to provide opportunities at the county, regional, state, and national levels (e.g., Youth Leadership Academy, 4-H Achievement Day, State Club Congress, MS State Fair, National 4-H Conference, and National 4-H Congress).  
 Not reporting on this Output for this Annual Report

**Output #4**

**Output Measure**

- Conduct science, engineering, and technology programs events and activities to attract the interest of youth in educational fields.  
Not reporting on this Output for this Annual Report

**Output #5**

**Output Measure**

- Conduct educational programs, events and activities on family financial resource management.  
Not reporting on this Output for this Annual Report

**Output #6**

**Output Measure**

- Conduct educational programs, events and activities on effective parenting practices.  
Not reporting on this Output for this Annual Report

**Output #7**

**Output Measure**

- Conduct research on nutrition, health, wellness, obesity and opportunities for physical fitness on youth and adult.  
Not reporting on this Output for this Annual Report

**Output #8**

**Output Measure**

- Conduct educational programs on nutrition, health, physical fitness and wellness for limited-resource youth.  
Not reporting on this Output for this Annual Report

**Output #9**

**Output Measure**

- Disseminate information about nutrition, chronic diseases and weight management.

<b>Year</b>	<b>Actual</b>
2014	7

**Output #10**

**Output Measure**

- Conduct educational programs on nutrition, health, physical fitness and wellness for limited-resource adults.

<b>Year</b>	<b>Actual</b>
2014	25

**Output #11**

**Output Measure**

- Conduct educational programs, events and activities on food safety practices to preserve food quality and food sanitation.  
Not reporting on this Output for this Annual Report

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Ten percent of clientele (limited access to fresh fruit and vegetables) is expected to benefit from the research and participate in training workshops, technical assistance offered by extension service personnel.
2	Ten percent of clientele (that consume limited amount of fresh fruits and vegetables) is expected to benefit from the research and participate in training workshops, technical assistance offered by extension service personnel.
3	Ten percent of clientele (limited access to exercise equipment and facilities) is expected to benefit from the research and participate in training workshops, technical assistance offered by extension service personnel.

## **Outcome #1**

### **1. Outcome Measures**

Ten percent of clientele (limited access to fresh fruit and vegetables) is expected to benefit from the research and participate in training workshops, technical assistance offered by extension service personnel.

### **2. Associated Institution Types**

- 1890 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	18

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

In Mississippi, 32.5% of adults and children were found to be obese and 44.4% of children ages 10 to 17 to be classified as overweight or obese. The fattest county is definitely one of the poorest areas in the United States. Jefferson County, population 7,000, and Claiborne County, population 10,755, have very low average incomes and high unemployment rates. The obesity-related problems are largely due to poor diets and many residents see being overweight/obese as normal and healthy.

#### **What has been done**

Extension program implemented the 6 week program that promotes physical activity, proper nutrition, and gardening. The physical activity education was taught certified primary group exercise staff that allowed participants to learn. The nutrition education taught participants the basics on reading food labels, how to increase fruit and vegetable consumption, and food safety. The garden education taught participants the basics to starting and maintains a garden.

#### **Results**

Program participants indicated through surveys at the end of the 6 week program that they increased their existing knowledge of physical activity, nutrition, and gardening during that period.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
205	Plant Management Systems
724	Healthy Lifestyle

806 Youth Development

**Outcome #2**

**1. Outcome Measures**

Ten percent of clientele (that consume limited amount of fresh fruits and vegetables) is expected to benefit from the research and participate in training workshops, technical assistance offered by extension service personnel.

**2. Associated Institution Types**

- 1890 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	18

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

In Mississippi, 32.5% of adults and children were found to be obese and 44.4% of children ages 10 to 17 to be classified as overweight or obese. The fattest county is definitely one of the poorest areas in the United States. Jefferson County, population 7,000, and Claiborne County, population 10,755, have very low average incomes and high unemployment rates. The obesity-related problems are largely due to poor diets and many residents see being overweight/obese as normal and healthy.

**What has been done**

Extension program implemented the 6 week program that promotes physical activity, proper nutrition, and gardening. The physical activity education was taught certified primary group exercise staff that allowed participants to learn. The nutrition education taught participants the basics on reading food labels, how to increase fruit and vegetable consumption, and food safety. The garden education taught participants the basics to starting and maintains a garden.

**Results**

Program participants indicated that they have used their knowledge gained from nutrition education lessons to make meal plans, food modifications, reduce in sodium intake, increase water consumption, and incorporate more fruits and vegetables into their daily diets. Program participants have indicated they have used their knowledge gained from gardening education to start container or conventional gardens at home to have immediate access to fresh vegetables, which are used in their daily meals.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

#### Outcome #3

##### 1. Outcome Measures

Ten percent of clientele (limited access to exercise equipment and facilities) is expected to benefit from the research and participate in training workshops, technical assistance offered by extension service personnel.

##### 2. Associated Institution Types

- 1890 Extension

##### 3a. Outcome Type:

Change in Condition Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2014	18

##### 3c. Qualitative Outcome or Impact Statement

###### Issue (Who cares and Why)

In Mississippi, 32.5% of adults and children were found to be obese and 44.4% of children ages 10 to 17 to be classified as overweight or obese. The fattest county is definitely one of the poorest areas in the United States. Jefferson County, population 7,000, and Claiborne County, population 10,755, have very low average incomes and high unemployment rates. The obesity-related problems are largely due to poor diets and many residents see being overweight/obese as normal and healthy.

###### What has been done

Extension program implemented the 6 week program that promotes physical activity, proper nutrition, and gardening. The physical activity education was taught certified primary group exercise staff that allowed participants to learn. The nutrition education taught participants the basics on reading food labels, how to increase fruit and vegetable consumption, and food safety. The garden education taught participants the basics to starting and maintains a garden.

###### Results

Program participants indicated through follow-up surveys that they have decreased their weight by approximately 6%. Program participants have indicated that they have decreased their BMI's by 3%. Program participants indicated that they have been able to reduce the amount of medications prescribed by their general physician.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

#### 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 Programmatic Challenges

##### Brief Explanation

#### V(I). Planned Program (Evaluation Studies)

##### Evaluation Results

Through the health and wellness program, participants have been able to learn the basics of human nutrition, gardening, and physical activity. This knowledge allows them to make changes within their home with preparing healthier meals, using fewer processed foods, more fruits and vegetables, some of which are grown at home. Participants also engage in regular physical activity to maintain the progress that was made during the initial 6 week program period.

##### Key Items of Evaluation

Participants have indicated that there is a need for the health and wellness program to address the obesity crisis. This program has made it possible for limited-resource individuals to address the health issues within the homes and communities. The program demand has grown in limited-resource communities, an indication that families are seeking ways to improving their overall health status.