

V(A). Planned Program (Summary)

Program # 14

1. Name of the Planned Program

Childhood Obesity - Hunger / Health / Risky Behaviors / Resilience Issue Teams

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 |
|---------|---|-----------------|-----------------|----------------|----------------|
| 134 | Outdoor Recreation | 10% | | 0% | |
| 703 | Nutrition Education and Behavior | 40% | | 0% | |
| 724 | Healthy Lifestyle | 20% | | 0% | |
| 802 | Human Development and Family Well-Being | 20% | | 0% | |
| 806 | Youth Development | 10% | | 0% | |
| | Total | 100% | | 0% | |

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

| Year: 2014 | Extension | | Research | |
|-------------------------|-----------|------|----------|------|
| | 1862 | 1890 | 1862 | 1890 |
| Plan | 35.0 | 0.0 | 0.0 | 0.0 |
| Actual Paid | 15.0 | 0.0 | 0.0 | 0.0 |
| Actual Volunteer | 9.3 | 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 |
| 210000 | 0 | 0 | 0 |
| 1862 Matching | 1890 Matching | 1862 Matching | 1890 Matching |
| 210000 | 0 | 0 | 0 |
| 1862 All Other | 1890 All Other | 1862 All Other | 1890 All Other |
| 2217600 | 0 | 0 | 0 |

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Development and introduction of new curricula
- Outreach to families, schools, child care providers, direct assistance, demonstrations, and educational opportunities to food, healthy, eating, exercise, diet, etc.
- Development of surveys, evaluation tools
- Delivery through classes, One-on-One, News Releases/TV/Radio, Participation in Events, Displays
- Provide training and other staff development opportunities to county educators

2. Brief description of the target audience

Youth, children; parents; teachers; adult volunteers; middle to low income families; race and ethnicity will also be recognized as an identifier of audiences; caretakers, agencies & service providers, schools, policy makers.

3. How was eXtension used?

- Development and introduction of new curricula
- Outreach to families, schools, child care providers, direct assistance, demonstrations, and educational opportunities to food, healthy, eating, exercise, diet, etc.
- Development of surveys, evaluation tools
- Delivery through classes, One-on-One, News Releases/TV/Radio, Participation in Events, Displays
- Provide training and other staff development opportunities to county educators

V(E). Planned Program (Outputs)

1. Standard output measures

| 2014 | Direct Contacts Adults | Indirect Contacts Adults | Direct Contacts Youth | Indirect Contacts Youth |
|---------------|------------------------|--------------------------|-----------------------|-------------------------|
| Actual | 191306 | 3000000 | 108040 | 1900000 |

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 | 2 | 3 | 5 |

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of OSU Facts published

| Year | Actual |
|-------------|---------------|
| 2014 | 4 |

Output #2

Output Measure

- Number of other publications including but not limited to Bulletins, Technical Manuals, Reports as well as PowerPoint presentation and Spreadsheets, etc. distributed for use by others

| Year | Actual |
|-------------|---------------|
| 2014 | 31 |

Output #3

Output Measure

- Number of in-service training sessions

| Year | Actual |
|-------------|---------------|
| 2014 | 12 |

Output #4

Output Measure

- Number of certification training sessions

| Year | Actual |
|-------------|---------------|
| 2014 | 1 |

Output #5

Output Measure

- Number of other training sessions, workshops, etc. conducted

| Year | Actual |
|-------------|---------------|
| 2014 | 1 |

Output #6

Output Measure

- Number of presentations at Extension organized meetings

| Year | Actual |
|-------------|---------------|
| 2014 | 3 |

Output #7

Output Measure

- Number of presentations at other meetings and events (professional meetings, invitations to speak to community groups, etc.)

| Year | Actual |
|-------------|---------------|
| 2014 | 7 |

Output #8

Output Measure

- Number of workshops, conferences, etc. organized

| Year | Actual |
|-------------|---------------|
| 2014 | 0 |

Output #9

Output Measure

- Number of posters or displays

| Year | Actual |
|-------------|---------------|
| 2014 | 2 |

Output #10

Output Measure

- Number of other demonstrations, displays, exhibits, and models

| Year | Actual |
|-------------|---------------|
| 2014 | 3 |

Output #11

Output Measure

- Number of newsletters

| Year | Actual |
|-------------|---------------|
| 2014 | 2 |

Output #12

Output Measure

- Number of website hits

| Year | Actual |
|-------------|---------------|
| 2014 | 21090 |

Output #13

Output Measure

- Number of radio and television presentations

| Year | Actual |
|-------------|---------------|
| 2014 | 0 |

Output #14

Output Measure

- Number of newspaper, and magazine articles written

| Year | Actual |
|-------------|---------------|
| 2014 | 5 |

Output #15

Output Measure

- Average number of phone calls and/or email requests responded to on a weekly basis

| Year | Actual |
|-------------|---------------|
| 2014 | 16 |

Output #16

Output Measure

- Number of websites

| Year | Actual |
|-------------|---------------|
| 2014 | 4 |

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

| O. No. | OUTCOME NAME |
|--------|---|
| 1 | Percentage increase in consumption of fruits |
| 2 | Percentage increase in the consumption of vegetables |
| 3 | Percentage increase in the consumption of whole grains |
| 4 | Percentage increase in the consumption of dairy foods |
| 5 | Percentage decrease in consumption of foods high in fat, sugar and salt |
| 6 | Percentage decrease in the consumption of sugar-sweetened beverages |
| 7 | Percentage increase in physical activity |
| 8 | Percentage increase in safe food handling practices |
| 9 | Percentage increase in positive parenting skills |
| 10 | Percentage increase in youth positive peer involvement |
| 11 | Percentage increase in parenting competence |
| 12 | Percentage increase in child competent behaviors |
| 13 | Percentage increase in access to affordable, healthy foods |
| 14 | Percentage increase in opportunities for physical activity |

Outcome #1

1. Outcome Measures

Percentage increase in consumption of fruits

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2014 | 135 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Oklahoma ranks as the 6th most obese state in the nation, with 27% of Oklahoma youth considered overweight or obese. This ranking reflects the state's high density of fast food establishments and low fruit consumption. Oklahoma ranks 50th for fruit consumption nationally; 44% of Oklahoma youth reported they did not eat at least one piece of fruit each day.

What has been done

Oklahoma Cooperative Extension Service programs are committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into and throughout adulthood. In order to advance the socio-economic development of the state, and have an impact on issues that address childhood obesity, educational programs have been created and implemented to educate Oklahomans on how to attain a better quality of life related to the critical areas of food, nutrition, and health.

Results

In 2014, 460 programs were presented to 22,927 participants. Oklahoma youth attended programs through 15 different curriculums. Programs presented include:

OrganWise Guys program. Based on 582 pre-post tests, improvements were reported among participating Oklahoman youth in the areas of increasing servings of fruit and vegetables, skim milk and physically activity. Youth also reported decreased consumption of sweets, fat eaten and less screen time which can play a role in reducing overweight and risk of related chronic diseases.

Growing Strong Bodies and Minds aims to promote the development of healthful food preferences, physically active lifestyles and literacy skills in young children. Specific goals include: use of pre-reading and reading strategies to teach nutrition and health messages; promote consumption of whole grains, fruits, vegetables, low-fat dairy foods, and increase time spent in active play; and support parents of young children in offering economical, nutrient dense foods to their children and increasing time spent in active play. 2,148 youth across the state participated in this program. In addition to increasing their knowledge of healthy foods, the students are discussing the foods they eat during lunch and talking to their families about the new foods they try.

The Farm to You exhibit was experienced by over 11,500 students in 20 counties in Oklahoma. It has also been featured at summer camps, county fairs and community events. This brings the five year total to over 41,000 youth in 167 schools. The exhibit, when combined with the classroom-based nutrition program, enhanced nutrition behavior change for upper-elementary grade students beyond that achieved with only the classroom-based program.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Percentage increase in the consumption of vegetables

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2014 | 74 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Oklahoma ranks as the 6th most obese state in the nation, with 27% of Oklahoma youth considered overweight or obese. This ranking reflects the state's high density of fast food

establishments and low fruit vegetable consumption. Oklahoma ranks 44th for vegetable consumption nationally; 40% of Oklahoma youth reported they did not eat at least one vegetable every day.

What has been done

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Results

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Growing Strong Bodies and Minds aims to promote the development of healthful food preferences, physically active lifestyles and literacy skills in young children. Specific goals include: use of pre-reading and reading strategies to teach nutrition and health messages; promote consumption of whole grains, fruits, vegetables, low-fat dairy foods, and increase time spent in active play; and support parents of young children in offering economical, nutrient dense foods to their children and increasing time spent in active play. 2,148 youth across the state participated in this program. In addition to increasing their knowledge of healthy foods, the students are discussing the foods they eat during lunch and talking to their families about the new foods they try.

The Farm to You exhibit was experienced by over 11,500 students in 20 counties in Oklahoma. It has also been featured at summer camps, county fairs and community events. This brings the five year total to over 41,000 youth in 167 schools. The exhibit, when combined with the classroom-based nutrition program, enhanced nutrition behavior change for upper-elementary grade students beyond that achieved with only the classroom-based program.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Percentage increase in the consumption of whole grains

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2014 | 94 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Oklahoma ranks as the 6th most obese state in the nation, with 27% of Oklahoma youth considered overweight or obese. This ranking reflects the state's high density of fast food establishments and poor food choices of its residents.

What has been done

Oklahoma Cooperative Extension Service programs are committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into and throughout adulthood. In order to advance the socio-economic development of the state, and have an impact on issues that address childhood obesity, educational programs have been created and implemented to educate Oklahomans on how to attain a better quality of life related to the critical areas of food, nutrition, and health.

Results

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Growing Strong Bodies and Minds aims to promote the development of healthful food preferences, physically active lifestyles and literacy skills in young children. Specific goals include: use of pre-reading and reading strategies to teach nutrition and health messages;

promote consumption of whole grains, fruits, vegetables, low-fat dairy foods, and increase time spent in active play; and support parents of young children in offering economical, nutrient dense foods to their children and increasing time spent in active play. 2,148 youth across the state participated in this program. In addition to increasing their knowledge of healthy foods, the students are discussing the foods they eat during lunch and talking to their families about the new foods they try.

The Farm to You exhibit was experienced by over 11,500 students in 20 counties in Oklahoma. It has also been featured at summer camps, county fairs and community events. This brings the five year total to over 41,000 youth in 167 schools. The exhibit, when combined with the classroom-based nutrition program, enhanced nutrition behavior change for upper-elementary grade students beyond that achieved with only the classroom-based program.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Percentage increase in the consumption of dairy foods

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2014 | 39 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

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What has been done

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4. Associated Knowledge Areas

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

Outcome #5

1. Outcome Measures

Percentage decrease in consumption of foods high in fat, sugar and salt

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2014 | 39 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Oklahoma ranks as the 6th most obese state in the nation, with 27% of Oklahoma youth considered overweight or obese. This ranking reflects the state's high density of fast food establishments and poor food choices of its residents.

What has been done

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4. Associated Knowledge Areas

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

Outcome #6

1. Outcome Measures

Percentage decrease in the consumption of sugar-sweetened beverages

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2014 | 24 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Oklahoma ranks as the 6th most obese state in the nation, with 27% of Oklahoma youth considered overweight or obese. This ranking reflects the state's high density of fast food establishments and poor food choices of its residents.

What has been done

Oklahoma Cooperative Extension Service programs are committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into and throughout adulthood. In order to advance the socio-economic development of the state, and have an impact on issues that address childhood obesity, educational programs have been created and implemented to educate Oklahomans on how to attain a better quality of life related to the critical areas of food, nutrition, and health.

Results

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4. Associated Knowledge Areas

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

Outcome #7

1. Outcome Measures

Percentage increase in physical activity

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2014 | 36 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Oklahoma ranks as the 6th most obese state in the nation, with 27% of Oklahoma youth considered overweight or obese. This ranking reflects the state's low levels of physical activity. Only 37% of Oklahoma high school students had a physical education class at least once per week, and only 31% had daily physical education.

What has been done

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Results

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4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|---------|--------------------|
| 134 | Outdoor Recreation |
| 724 | Healthy Lifestyle |

Outcome #8

1. Outcome Measures

Percentage increase in safe food handling practices

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2014 | 33 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Oklahoma ranks as the 6th most obese state in the nation, with 27% of Oklahoma youth considered overweight or obese. This ranking reflects the state's high density of fast food

establishments and poor food choices by its residents.

What has been done

Oklahoma Cooperative Extension Service programs are committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into and throughout adulthood. In order to advance the socio-economic development of the state, and have an impact on issues that address childhood obesity, educational programs have been created and implemented to educate Oklahomans on how to attain a better quality of life related to the critical areas of food, nutrition, and health.

Results

In 2014, 460 programs were presented to 22,927 participants. Oklahoma youth attended programs through 15 different curriculums. Programs presented include:

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4. Associated Knowledge Areas

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

Outcome #9

1. Outcome Measures

Percentage increase in positive parenting skills

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)

It is critical to address not only the prevention of childhood obesity but also the social and emotional impacts obesity can have on youth who are already obese.

While obese teens engage in high-risk behaviors at the same rate as their healthy weight peers, they do so in more dangerous ways, such as earlier onset of smoking, and engaging in sexual activity while under the influence of drugs or alcohol before the age of 13. Obese girls are also at increased risk of earlier onset of sex, having more sexual partners, and less consistent use of contraception. These increased risks compound their already elevated health risks due to obesity with recent publications by the Centers for Disease Control and Prevention suggesting that overweight and obesity may be indicators of increased risk for sexually transmitted diseases including HIV. In Oklahoma every year on average: close to 6,400 babies are born to school-age teens, the state has the second highest teen birth rate in the nation for 15-to-19-year-olds; and more teens engage in smoking, sexual activity than the national average.

Obese teens also are more likely to drop out of school due to health problems, bullying, and social withdrawal related to poor body image, and poor self-esteem. For the previous year in Oklahoma, 3,911 youth statewide dropped out of high school; there were 16,357 arrests for violent crimes involved children or adolescents between 10-17 years, and more teens engaged in weapon carrying than the national average.

Oklahoma ranks among the top 5 in all states for number of divorces. Divorce has negative impacts on parents and youth and increases the risk of negative outcomes in youth. Youth whose parents divorce have a 25-30% increased risk of suffering a mental health condition.

What has been done

Oklahoma Cooperative Extension Service programs are committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into and

throughout adulthood. In order to advance the socio-economic development of the state, and have an impact on issues that address the critical areas of risky behaviors of youth and family resilience, educational programs have been created and implemented to educate Oklahomans on how to attain a better quality of life.

Results

In 2014, 92 parenting and youth resilience programs were presented to 6,059 participants through 10 different curricula. Programs presented include:

512 Oklahoma parents participated in resilience programs including curricula such as Active Parenting Now/Active Parenting Now in 3, Active Parenting for Teens, and Conscious Discipline. These curricula are part of the parenting skills and parent-child relationship program for Oklahoma families. Outcomes improved by these programs include: parental attitudes and beliefs, parent-child relationship problems, and positive and negative child behaviors.

Programs such as Character Critters and Character Counts provided lessons on topics such as respect, fairness, and responsibility to 4,757 Oklahoma youth.

Bullying prevention programs which include Take a Stand and Bully Proof were presented to 707 Oklahoma youth.

Oklahoma Cooperative Extension conducted the award-winning Co-Parenting for Resilience classes in 30 counties to over 1,020 parents.

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|---|
| 802 | Human Development and Family Well-Being |

Outcome #10

1. Outcome Measures

Percentage increase in youth positive peer involvement

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)

It is critical to address not only the prevention of childhood obesity but also the social and emotional impacts obesity can have on youth who are already obese. While obese teens engage in high-risk behaviors at the same rate as their healthy weight peers, they do so in more dangerous ways, such as earlier onset of smoking, and engaging in sexual activity while under the influence of drugs or alcohol before the age of 13. Obese girls are also at increased risk of earlier onset of sex, having more sexual partners, and less consistent use of contraception.

These increased risks compound their already elevated health risks due to obesity with recent publications by the Centers for Disease Control and Prevention suggesting that overweight and obesity may be indicators of increased risk for sexually transmitted diseases including HIV. In Oklahoma every year on average: close to 6,400 babies are born to school-age teens, the state has the second highest teen birth rate in the nation for 15-to-19-year-olds; and more teens engage in smoking, sexual activity than the national average.

Obese teens also are more likely to drop out of school due to health problems, bullying, and social withdrawal related to poor body image, and poor self-esteem. For the previous year in Oklahoma, 3,911 youth statewide dropped out of high school; there were 16,357 arrests for violent crimes involved children or adolescents between 10-17 years, and more teens engaged in weapon carrying than the national average.

Oklahoma ranks among the top 5 in all states for number of divorces. Divorce has negative impacts on parents and youth and increases the risk of negative outcomes in youth. Youth whose parents divorce have a 25-30% increased risk of suffering a mental health condition.

What has been done

Oklahoma Cooperative Extension Service programs are committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into and throughout adulthood. In order to advance the socio-economic development of the state, and have an impact on issues that address the critical areas of risky behaviors of youth and family resilience, educational programs have been created and implemented to educate Oklahomans on how to attain a better quality of life.

Results

In 2014, 92 parenting and youth resilience programs were presented to 6,059 participants through 10 different curricula. Programs presented include:

512 Oklahoma parents participated in resilience programs including curricula such as Active Parenting Now/Active Parenting Now in 3, Active Parenting for Teens, and Conscious Discipline. These curricula are part of the parenting skills and parent-child relationship program for Oklahoma families. Outcomes improved by these programs include: parental attitudes and beliefs, parent-child relationship problems, and positive and negative child behaviors.

Programs such as Character Critters and Character Counts provided lessons on topics such as respect, fairness, and responsibility to 4,757 Oklahoma youth.

Bullying prevention programs which include Take a Stand and Bully Proof were presented to 707

Oklahoma youth.

Oklahoma Cooperative Extension conducted the award-winning Co-Parenting for Resilience classes in 30 counties to over 1,020 parents.

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|---------|---|
| 802 | Human Development and Family Well-Being |
| 806 | Youth Development |

Outcome #11

1. Outcome Measures

Percentage increase in parenting competence

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2014 | 400 |

3c. Qualitative Outcome or Impact Statement

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4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|---|
| 802 | Human Development and Family Well-Being |

Outcome #12

1. Outcome Measures

Percentage increase in child competent behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2014 | 114 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

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While obese teens engage in high-risk behaviors at the same rate as their healthy weight peers, they do so in more dangerous ways, such as earlier onset of smoking, and engaging in sexual activity while under the influence of drugs or alcohol before the age of 13. Obese girls are also at increased risk of earlier onset of sex, having more sexual partners, and less consistent use of contraception. These increased risks compound their already elevated health risks due to obesity with recent publications by the Centers for Disease Control and Prevention suggesting that overweight and obesity may be indicators of increased risk for sexually transmitted diseases including HIV. In Oklahoma every year on average: close to 6,400 babies are born to school-age teens, the state has the second highest teen birth rate in the nation for 15-to-19-year-olds; and more teens engage in smoking, sexual activity than the national average.

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4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|---|
| 802 | Human Development and Family Well-Being |
| 806 | Youth Development |

Outcome #13

1. Outcome Measures

Percentage increase in access to affordable, healthy foods

Not Reporting on this Outcome Measure

Outcome #14

1. Outcome Measures

Percentage increase in opportunities for physical activity

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Public Policy changes

Brief Explanation

Statewide issue team format has changed educator focus and reduced activity in some planned programs.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Issue team evaluation items for the above outcomes include:

251 youth respondents to health issue team evaluations reported the following planned behavior changes after participating in the program:

- 135% increase in those who plan to eat a serving of fruit 2 or more times each day
- 74% increase in those who plan to eat a serving of vegetables 3 or more times each day
- 94% increase in those who plan to eat a whole grain food 3 or more times each day
- 39% increase in those who plan to eat or drink a serving of calcium-rich food 2 or 3 times each day
- 39% decrease in those who plan to eat snack foods (chips, cookies, candy, etc.) 1 or more times a day
- 24% decrease in those who plan to drink 1 or more sugar-sweetened drinks each day
- 36% increase in those who plan to be physically active at least 60 minutes throughout the day
- 33% increase in those who plan to use safe food handling practices

28 adult respondents to family resilience issue team evaluations reported the following changes after participating in the programs:

- 69% increase in belief that children need encouragement as much as they need discipline
- 54% increase in belief that parents should monitor their children's activities
- 82% increase in disagreement with the belief that sometimes yelling at children is the only way to get them to do what you want
- 200% increase in disagreement with the belief that parents should control their children
- 80% increase in child's sharing readily with other children, for example toys, treats, pencils
- 400% increase in feeling sure of self as a mother/father
- 300% increase in knowing they are doing a good job as a mother/father
- 214%% increase in persistence in trying to solve problems between their child and themselves
- 114% increase in child being considerate of other people's feelings

Based on 582 pre-post tests for the OrganWise Guys program, improvements were reported among participating Oklahoman youth in the areas of increasing servings of fruit and vegetables, skim milk and physically activity.

836 participants in the Co-Parenting for Resilience program completed program evaluations. Of this group, a subset of 120 participants completed follow-up interviews; when compared with their initial responses the following changes were reported:

- 36% increase in parents setting clear rules for their child and enforcing them consistently
- 15% increase in parents explaining to their children why the rules they make are

important

- 9% increase in child being helpful if someone is hurt, upset, or feeling ill
- 26% increase in child having at least one good friend
- 25% increase in child having a good attention span, seeing work through to the end

Key Items of Evaluation

In 2014, Issue Team-specific Evaluation Questionnaires were collected after planned program curriculum delivery. These questions utilized a retrospective approach.