

V(A). Planned Program (Summary)

Program # 5

1. Name of the Planned Program

Food and Nutrition (Langston University)

- Reporting on this Program
Reason for not reporting
{No Data Entered}

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

| KA Code | Knowledge Area | %1862 Extension | %1890 Extension | %1862 Research | %1890 Research |
|---------|----------------------------------|-----------------|-----------------|----------------|----------------|
| 504 | Home and Commercial Food Service | | 100% | | 100% |
| | 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 | 0.0 | 1.0 | 0.0 | 0.0 |
| Actual Paid | 0.0 | 0.4 | 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 |
| 0 | 31001 | 0 | 0 |
| 1862 Matching | 1890 Matching | 1862 Matching | 1890 Matching |
| 0 | 26360 | 0 | 0 |
| 1862 All Other | 1890 All Other | 1862 All Other | 1890 All Other |
| 0 | 121921 | 0 | 0 |

V(D). Planned Program (Activity)

1. Brief description of the Activity

Extension personnel will conduct classes, seminars, workshops and hold community forums to teach healthy food and nutrition concepts.

2. Brief description of the target audience

Primarily limited resource families, youth and the elderly.

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 | 200 | 50 | 700 | 100 |

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 | 0 | 0 | 0 |

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of Research Projects competed on Food and Nutrition.

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

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

| O. No. | OUTCOME NAME |
|--------|--|
| 1 | Number of participants who learned about food and nutrition. |
| 2 | Number of participants who used knowledge/guidelines presented during food and nutrition sessions. |
| 3 | Number of participants who improve their lifestyles by following food and nutrition guidelines. |

Outcome #1

1. Outcome Measures

Number of participants who learned about food and nutrition.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2014 | 100 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Food and nutrition practices play a key role in the health of a nation. Many common diseases or conditions leading to diseases such as diabetes, hypertension and heart disease are linked to poor food and nutrition choices. This is especially true within minority populations. Oklahoma, and especially rural Oklahoma, ranks high among the states when it comes to overweight and obesity.

What has been done

During 2014, food and nutrition sessions and workshops were conducted at public and private schools, community centers and agencies. Pre-and post-tests were given to participants. Hands-on activities challenged participants to learn by doing. Educational exhibits were displayed at public schools, universities and other sites.

Results

During 2014, program participants made positive nutritional changes in their eating habits. New approaches resulting in healthier eating regiments were taken.

4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|----------------------------------|
| 504 | Home and Commercial Food Service |

Outcome #2

1. Outcome Measures

Number of participants who used knowledge/guidelines presented during food and nutrition sessions.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2014 | 100 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Food and nutrition practices play a key role in the health of a nation. Many common diseases or conditions leading to diseases such as diabetes, hypertension and heart disease are linked to poor food and nutrition choices. This is especially true within minority populations. Oklahoma, and especially rural Oklahoma, ranks high among the states when it comes to overweight and obesity.

What has been done

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Results

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4. Associated Knowledge Areas

| KA Code | Knowledge Area |
|----------------|----------------------------------|
| 504 | Home and Commercial Food Service |

Outcome #3

1. Outcome Measures

Number of participants who improve their lifestyles by following food and nutrition guidelines.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

| Year | Actual |
|-------------|---------------|
| 2014 | 100 |

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Food and nutrition practices play a key role in the health of a nation. Many common diseases or conditions leading to diseases such as diabetes, hypertension and heart disease are linked to poor food and nutrition choices. This is especially true within minority populations. Oklahoma, and especially rural Oklahoma, ranks high among the states when it comes to overweight and obesity.

What has been done

During 2014, food and nutrition sessions and workshops were conducted at public and private schools, community centers and agencies. Pre-and post-tests were given to participants. Hands-on activities challenged participants to learn by doing. Educational exhibits were displayed at public schools, universities and other sites.

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4. Associated Knowledge Areas

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V(H). Planned Program (External Factors)

External factors which affected outcomes

- Government Regulations
- Competing Public priorities

Brief Explanation

External factors did not affect outcomes.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Participants indicated that they are making better decisions and choices related to food, nutrition, budgeting and balanced diets.

Key Items of Evaluation

- Improvement in food selection, preparation and storage skills
- Development of better budgeting skills