

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

**Program # 10**

**1. Name of the Planned Program**

Adult and 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%			
704	Nutrition and Hunger in the Population	20%			
724	Healthy Lifestyle	30%			
	<b>Total</b>	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>	8.5	0.0	0.0	0.0
<b>Actual Paid</b>	10.4	0.0	0.0	0.0
<b>Actual Volunteer</b>	1.0	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
421763	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
207613	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**

- Developed joint action at community level to promote and implement physical activity programs and nutrition education for adults, parents, caregivers and kids.
  - Taught about the importance of healthy practices at work and breakfast, lunch, and snacks in schools and other institutions to comply with communication 2-2007-2008 that rules expenditure and consumption of food and beverages minimum nutritional value.
  - Taught participants about portion size control, adequate meal patterns, supermarket tours, meal planning, shopping lists to ensure healthy food choices within a budget
  - Demonstrated easy, healthy food recipes to encourage the consumption of fruit, vegetables and whole grain foods
  - Encouraged the importance of gardening to increase physical activity and the consumption of fruit, vegetables and healthy foods
  - Demonstrated the importance of reducing refined sugars and saturated fats to prevent obesity and the development of chronic diseases

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

Children/youth and their families, caregivers, and adults.

**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
<b>Actual</b>	20085	6786	9370	1760

**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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<b>Actual</b>	1	0	1
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**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- Number of children and youth that completed non-formal nutrition and physical activity education courses.

<b>Year</b>	<b>Actual</b>
2014	4901

**Output #2**

**Output Measure**

- Number of adults, parents and caregivers that completed non-formal nutrition and physical activity education courses.

<b>Year</b>	<b>Actual</b>
2014	2422

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

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

O. No.	OUTCOME NAME
1	Number of children and youth that reported eating more healthy foods.
2	Number of adults/caregivers that reported eating more of healthy foods.
3	Number of adults, parents, caregivers, children, and youth that reported eating less of foods/food components which are commonly eaten in excess, by reducing enlarged portion sizes.
4	Number of adults, parents, caregivers, children and youth that reported increasing their physical activity.
5	Number of adults, parents, caregivers, children and youth that reported engaging daily in 60 minutes or more of physical activity.
6	Number of adults, parents, caregivers, children, and youth who learned about the importance of gardening to promote physical activity and improve nutrition.
7	Number of adults, parents, caregivers, children, and youth who increased the consumption of 5 or more fruit and vegetables per day.
8	Number of adults, parents, caregivers, children, and youth who ate breakfast.
9	Number of adults, parents, caregivers, children, and youth who made healthy food choices after learning to read the food labels.

**Outcome #1**

**1. Outcome Measures**

Number of children and youth that reported eating more healthy foods.

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	2257

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

**Issue (Who cares and Why)**

Childhood obesity rates triplicated in the last decade in both genders (Pediatric Nutrition Surveillance System-PedNSS, 2008). In Puerto Rico, 30% of children and youth are considered obese; and more than 40% of children and youth are consuming ?junk foods?, sugared drinks, sweets (YBRFSS, 2009), and low consumption of fruits and vegetables. Efforts in nutrition education programs were implemented. Professionals were educated in the areas of portion control, healthy snacks, reading food labels and healthy choices,

**What has been done**

Lessons on the importance of fruits and vegetable were given to children and youth. Knowledge and change on behaviors were reinforced by activities related with recipe demonstration and hands-on recipe preparation using fruits and vegetables. Youth was impacted using the Curriculum ?Moving to a Healthy Eating? that includes nutrition and physical activity education.

**Results**

The participants who took the course and reinforced knowledge with hands-on activities increased the intake of both fruits and vegetables by 40%.

A success story about a mother with two obese children participated on the program and one lost 10 pounds within two months following nutrition education on how to incorporate fruits and vegetables in their meals, through the instruction of healthy recipes.

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
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703 Nutrition Education and Behavior  
724 Healthy Lifestyle

**Outcome #2**

**1. Outcome Measures**

Number of adults/caregivers that reported eating more of healthy foods.

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Actual
2014	1186

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

**Issue (Who cares and Why)**

Issues related with the consumption of unhealthy foods (sugared, salty and high fat foods). Results from the Health Information National Trends Survey, showed that the consumption of fruits and vegetable is low in Puerto Rico. Lack of knowledge and awareness on the health benefits on fruit and vegetable consumption respond to this issue.

**What has been done**

Nutrition education and activities related focused on the importance of consuming healthy foods for weight management and reduction of health risk factors and were given to adults and caregivers.

**Results**

There was a 49% increase in the selection of healthy foods in this group.

**4. Associated Knowledge Areas**

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

**Outcome #3**

**1. Outcome Measures**

Number of adults, parents, caregivers, children, and youth that reported eating less of foods/food components which are commonly eaten in excess, by reducing enlarged portion sizes.

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	1809

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

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

**Outcome #4**

**1. Outcome Measures**

Number of adults, parents, caregivers, children and youth that reported increasing their physical activity.

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	3287

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

**Issue (Who cares and Why)**

The Physical activity recommendations from the 2008 Physical Activity for Americans were not met. Data reported on the YRBSS (2011) showed that 28% of Puerto Rican adolescents (grades 9th through 12th) did not eat fruit and 19.1% did not eat vegetables, however when asked about eating vegetables less than three times per day a higher percent, 88% reported this dietary pattern. In addition, 33% did not participate in at least 60 minutes of physical activity on any day.

**What has been done**

Lessons given using two curriculums, one that emphasizes physical activity and healthy eating for families (Taking Control of Healthy Eating), and the second emphasizing the importance of nutrition knowledge and physical activity through games in nutrition competitions (Moving to Healthy Eating) were given to parents, caregivers, children and youth.

**Results**

The addition of physical activities within the curriculum (Zumba lessons, dancing, power walking) and the nutrition and physical activity competitions increased physical activity in 60% of the participants.

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle



**Outcome #5**

**1. Outcome Measures**

Number of adults, parents, caregivers, children and youth that reported engaging daily in 60 minutes or more of physical activity.

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	1316

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

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

**Outcome #6**

**1. Outcome Measures**

Number of adults, parents, caregivers, children, and youth who learned about the importance of gardening to promote physical activity and improve nutrition.

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	2937

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

**Issue (Who cares and Why)**

A meta-analysis published in the Journal of the Academy of Nutrition and Dietetics (2009, OBrien et al.) demonstrated that garden-based nutrition intervention programs may have the potential to promote increased fruit and vegetable intake among youth and increased willingness to taste fruits and vegetables among younger children. The importance of gardening to promote the consumption of healthy foods and fiber, as well as a way to increase physical activity was needed in Puerto Rico.

**What has been done**

Nutrition education on the importance of gardening to obtain the healthy foods and nutrients needed for weight management for adults and growth and development of children was given. Posters and flyers were designed to reinforce the importance of the good nutrition through gardening activities. An exercise program encouraging resistance, flexibility and aerobic activities in the garden were given.

This new program also included the preparation of healthy recipes using the foods grown in the community garden was very successful.

**Results**

A 46% of the participants learned about the benefits of gardening for better nutrition and physical activity and were consuming food from their garden.

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
704	Nutrition and Hunger in the Population

**Outcome #7**

**1. Outcome Measures**

Number of adults, parents, caregivers, children, and youth who increased the consumption of 5 or more fruit and vegetables per day.

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	1582

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

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
704	Nutrition and Hunger in the Population

**Outcome #8**

**1. Outcome Measures**

Number of adults, parents, caregivers, children, and youth who ate breakfast.

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	1946

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

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
704	Nutrition and Hunger in the Population

**Outcome #9**

**1. Outcome Measures**

Number of adults, parents, caregivers, children, and youth who made healthy food choices after learning to read the food labels.

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	3004

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

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

**V(H). Planned Program (External Factors)**

**External factors which affected outcomes**

- Economy
- Competing Programmatic Challenges

**Brief Explanation**

1. Puerto Rico economic situation is facing a difficult time. Community participants are forced to find extra jobs and attendance to education programs has been reduced. There are limitations in the amount of education materials to be prepared due to reduced funds.
2. Many employees are retiring and the positions are vacant, and it is more difficult to outreach community.

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

**Evaluation Results**

We are developing an evaluation questionnaire that is expected to be validated on Fiscal Year 2015.

**Key Items of Evaluation**