

V(A). Planned Program (Summary)

Program # 16

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	80%			
724	Healthy Lifestyle	20%			
	Total	100%			

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2014	Extension		Research	
	1862	1890	1862	1890
Plan	1.0	0.0	0.0	0.0
Actual Paid	1.0	0.0	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
50000	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
50000	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
15000	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Identified new locations to conduct classes.
- Recruited and trained staff and volunteers to deliver child nutrition information to SNAP-ED and EFNEP participants (adults and youth)
 - Developed and obtained culturally sensitive childhood nutrition curriculum appropriate for SNAP-ED and EFNEP participants (adults and youth).
 - Developed and maintained relationships with partners including government agencies, clinics, places of worship, public and private schools, senior citizen centers, and day care centers.

2. Brief description of the target audience

The program targets all U. S. Virgin Islanders but especially low income individuals who are responsible for preparing the family's meals, school age children and youth meals.

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	270	500	506	200

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 6-8 week class series conducted for SNAP-ED and EFNEP participants (adults and youths)

Year	Actual
2014	8

Output #2

Output Measure

- Number of volunteers recruited and trained to deliver nutrition education as related to prevention of childhood obesity

Year	Actual
2014	0

Output #3

Output Measure

- Number of fair-type settings in which nutrition education - prevention of childhood obesity information will be presented

Year	Actual
2014	6

Output #4

Output Measure

- Number of websites developed and maintained

Year	Actual
2014	0

Output #5

Output Measure

- Number of partnerships with agencies and organizations that will assist in improving the eating and physical exercise habits of U.S. Virgin Islands children and youth

Year	Actual
2014	3

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of adults learning information about the prevention of childhood obesity
2	Percentage of adults helping children and youth to practice healthy lifestyles in order to prevent childhood obesity
3	Number of school-age children learning basic nutrition and physical fitness
4	Percentage of children adopting and maintaining at least one healthy eating habit
5	Increase awareness among the SNAP-ED and EFNEP participants about childhood obesity and its prevention and the issues related to poor nutrition, lack of daily physical activity and overeating
6	Increase awareness among the SNAP-ED and EFNEP participants about prevention of childhood obesity issues related to eating away from home (e.g., restaurants, mobile food vans, food booths, fast food establishments, vending machines)

Outcome #1

1. Outcome Measures

Number of adults learning information about the prevention of childhood obesity

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	200

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The incidence of childhood obesity is of great concern for health officials and nutrition educators.

What has been done

Classes have been conducted to show youth and parents how children should be eating to cut down on childhood obesity, more fruits, vegetables, whole grains and exercise - less fat and sugar.

Results

During the fiscal year, over 100 copies of MyPlate were distributed to various individuals and organizations.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Percentage of adults helping children and youth to practice healthy lifestyles in order to prevent childhood obesity

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)

The incidence of childhood obesity is on the rise in the Virgin Islands and health officials and nutrition educators are concerned.

What has been done

Classes in the schools and presentations to Head Start parents are encouraging children to eat more fruits, vegetables, and to exercise more.

Results

There were positive indicators made as related to children and their families' awareness of the need for healthy lifestyles in the prevention of childhood obesity.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Number of school-age children learning basic nutrition and physical fitness

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	506

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Nutrition educators, school officials, health officials and parents are concerned about the obesity problem with our island children.

What has been done

A series of 6 nutrition lessons were presented to the school children on the importance of eating healthy and exercise - using MyPlate.

Results

We are seeing positive changes in the children as related to their knowledge about good nutrition and exercise.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Percentage of children adopting and maintaining at least one healthy eating habit

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)

Health educators, parents, school officials are all concerned about the childhood obesity problem.

What has been done

A series of six nutrition lessons were given to various classrooms throughout the territory. The lessons centered around Choose MyPlate.

Results

During the fiscal year, 1000 copies of Choose MyPlate were distributed to school-age children and to adults.

4. Associated Knowledge Areas

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

Outcome #5

1. Outcome Measures

Increase awareness among the SNAP-ED and EFNEP participants about childhood obesity and its prevention and the issues related to poor nutrition, lack of daily physical activity and overeating

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	506

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Health officials, parents and nutrition educators all care about the obesity problem and what it is doing and can do to the quality of life of our children.

What has been done

Collaborated with local schools to conduct a six-week series of nutrition lessons in the schools.

Results

Participants have shown an increase in awareness of the relationship between food intake, physical activity and childhood obesity.

4. Associated Knowledge Areas

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

Outcome #6

1. Outcome Measures

Increase awareness among the SNAP-ED and EFNEP participants about prevention of childhood obesity issues related to eating away from home (e.g., restaurants, mobile food vans, food booths, fast food establishments, vending machines)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	506

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Health officials, parents, nutrition educators and the general public are all concerned about childhood obesity in the territory and the quality of life that our children have.

What has been done

Nutrition educators discussed how to eat healthy when eating away from home.

Results

Positive results are being expressed by the participants as related to eating away from home and eating healthy.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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.)
- Other (Cultural Environment)

Brief Explanation

The Virgin Islands lies in a hurricane prone area. Natural disasters such as hurricanes disrupt all aspects of life in the territory. The economy is fragile and can affect outcomes because an individual's ability to implement certain health practices is often influenced by their discretionary income. Currently, the VI has one of the highest unemployment rates in the nation. The cultural environment of the VI encourages consumption of high levels of carbohydrates and fat diets. A sedentary lifestyle also compromises health outcomes.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Pre and post tests used.

Key Items of Evaluation

Post tests indicated an increase in nutrition knowledge