

V(A). Planned Program (Summary)

Program # 4

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
701	Nutrient Composition of Food		30%		0%
724	Healthy Lifestyle		20%		0%
802	Human Development and Family Well-Being		30%		0%
806	Youth Development		20%		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	0.0	6.0	0.0	1.0
Actual Paid	0.0	1.0	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
0	51266	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	38549	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

Through various programs, WVSU Extension Service personnel will target the aspects of personal behavior and environmental barriers that hinder personal healthy lifestyles.

1. Youth will be educated on proper serving sizes, healthy food selection and preparation, and monitoring intake

2. WVSU Extension Service will work with partners to revitalize community parks and greenspace and conduct walkability and bikeability audits to ensure safe access to and from the parks.

3. Engage schools and students attending during the school day in lessons that will let them gain knowledge of fresh fruits and vegetables and how to grow them.

4. WVSU Extension Service faculty and staff will instruct lessons about kitchen and food safety, food preparation, healthy food selection, economical ways to practice healthy and nutrition, and engage in physical activities.

5. Parental involvement will be encouraged and requested throughout the program in order to educate the caregivers on the issues being addressed with their youth during the implementation of the program.

2. Brief description of the target audience

The target audience for the programs are West Virginia's large municipalities where there is a higher minority population (17% vs 3% for the state), food deserts, higher crime rates, extreme poverty, and higher rates of childhood obesity.

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	0	0	75	113

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	1	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of youth will participate in various workshops.

Year	Actual
2014	75

Output #2

Output Measure

- News articles will be generated around childhood obesity and specific to these efforts.

Year	Actual
2014	1

Output #3

Output Measure

- Number of adults will participate in educational sessions.

Year	Actual
2014	6

Output #4

Output Measure

- New shopping venues will be available in food desserts.

Not reporting on this Output for this Annual Report

Output #5

Output Measure

- Safe new green spaces will be created to encourage community active lifestyle activities.
- Not reporting on this Output for this Annual Report

Output #6

Output Measure

- Number of youth will participate in the Fast Track health and nutrition program.

Year	Actual
2014	75

Output #7

Output Measure

- Middle School youth in the Fast Track program will demonstrate improved safety and food preparation skills.

Year	Actual
2014	75

Output #8

Output Measure

- Fast Track participants will report an increased knowledge and practice of healthier food consumption.

Year	Actual
2014	75

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Youth and Families will increase knowledge and awareness of nutrition
2	Youth and Families will increase knowledge of physical fitness activities
3	Youth, Families and Communities will increase social competency through community sustainable gardening
4	Youth Families and communities will increase demand for healthy food options in their communities
5	Youth will make positive health choices including selection of healthy foods and increasing active lifestyle activities
6	Families will make positive health choices including selection of healthy foods and increasing active lifestyle activities

Outcome #1

1. Outcome Measures

Youth and Families will increase knowledge and awareness of nutrition

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The CDC (2010) cites the need for better youth health education to address problems related to childhood obesity in West Virginia. It is also a priority of the programs to educate the parents and caregivers of youth in order to assist them in making healthier decisions for our children.

What has been done

The Fast Track program provided lessons on key issues in childhood obesity such as lack of knowledge, interest, and skill to incorporate health and nutrition practices in daily life activity. Fast Track participants learned about kitchen and food safety, food preparation, healthy food selection, economical ways to practice healthy and nutrition, and engaged in physical activities. Community organizations such as local recreation centers assisted in the engagement of physical activity. Parental involvement was encouraged and requested throughout the program in order to educate the caregivers on the issues being addressed with their youth during the implementation of the program.

Results

Students have shown an increase in healthy eating and snacking. They are now more likely to incorporate fresh fruits and vegetables into their diets and meal planning with their families. Students have also shown they are making better choices in choosing drinks that accompany their meals. They are choosing milk, water and fruit juices instead of sodas. Snacking on items like potato chips and candy is now giving way to fruits and vegetables.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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701	Nutrient Composition of Food
724	Healthy Lifestyle
802	Human Development and Family Well-Being
806	Youth Development

Outcome #2

1. Outcome Measures

Youth and Families will increase knowledge of physical fitness activities

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The CDC (2010) cites the need for better youth health education to address problems related to childhood obesity in West Virginia. It is also a priority of the programs to educate the parents and caregivers of youth in order to assist them in making healthier decisions for our children. Furthermore, the physical education program in schools has decreased in frequency and entertainment that encourages little mobility, which opens the door to more youth leading increased sedentary lifestyles.

What has been done

The Children Youth and Families at Risk funded WVSU Fast Track program aimed to improve awareness in these areas, reducing the rate of obesity amongst our youth. Middle school youth in the Charleston area were targeted for this program. Afterschool and summer day camps were provided. As an afterschool setting, six week 2-hour a day sessions were offered to the schools and neighborhood center. Two one week day camps, 7 hours a day, were offered during the summer. Lessons on food safety, food preparation, physical fitness, and financial literacy were offered. As youth participated in the program, they were provided examples of healthier, yet cost effective snacks, breakfast, lunch, and dinner options.

Results

Our results show that students spare time sedentary activities, such as video games and

watching television, increased to larger episodes of physical activity. Students are now being active for at least one hour a day and burning more calories during that time. We have also seen an increase in the type of physical activities, such as, team sports, walking biking, etc. Along with this, we also see a greater awareness in the students of how important exercise and physical activity is for the body and healthy development.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Youth, Families and Communities will increase social competency through community sustainable gardening

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

Youth Families and communities will increase demand for healthy food options in their communities

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Youth will make positive health choices including selection of healthy foods and increasing active lifestyle activities

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The CDC (2010) cites the need for better youth health education to address problems related to childhood obesity in West Virginia. It is also a priority of the programs to educate the parents and caregivers of youth in order to assist them in making healthier decisions for our children. Furthermore, the physical education program in schools has decreased in frequency and entertainment that encourages little mobility, which opens the door to more youth leading increased sedentary lifestyles.

What has been done

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Results

Our results show that students spare time sedentary activities, such as video games and watching television, decreased and there was an increase in physical activity. Students are now being active for at least one hour a day and burning more calories during that time. We have also seen an increase in the type of physical activities, such as, team sports, walking biking, etc. Along with this, we also see a greater awareness in the students of how important exercise and physical activity is for the body and healthy development. There has also been an increase in the choice of healthier food options.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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724 Healthy Lifestyle

Outcome #6

1. Outcome Measures

Families will make positive health choices including selection of healthy foods and increasing active lifestyle activities

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes

Brief Explanation

School and other site location schedules, weather conditions, changes in economy, appropriations changes all affected the program implementation. It was difficult to keep a consistent schedule due to changes in site location schedules, and funding cuts caused us to change some of the program deliverables.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

The Fast Track program used four evaluation tools as pre and post surveys including the Student Background Questionnaire, Student Survey, 14-Item Resilience Scale (RS-14), and YAR-PET (Youth at Risk - Program Effectiveness Tool). From our pre and post surveys, we found that the Fast Track participants have reported an increased knowledge and interest in consuming healthier foods in home and while dining out, an increase in the amount of physical activity as well as an increase in the belief of the importance of physical activity, a decrease in consumption of drinks high in sugar and high calorie fast food items.

Key Items of Evaluation