

V(A). Planned Program (Summary)

Program # 11

1. Name of the Planned Program

Human Nutrition, Diet and Health

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	40%	20%		
703	Nutrition Education and Behavior	50%	40%		
724	Healthy Lifestyle	5%	30%		
903	Communication, Education, and Information Delivery	5%	10%		
	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	72.2	16.9	0.0	0.0
Actual Paid	42.0	6.5	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
446823	342456	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
846372	375089	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
5476331	1127382	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Expanded Food and Nutrition Education Program (EFNEP) assisted limited-resource audiences in acquiring knowledge, skills, and changed behavior necessary for nutritionally sound diets, and contribute to personal development and improvement of family diet and nutritional wellbeing. EFNEP provided audiences with opportunities for informed dietary choices, lifestyle changes, reduction in health care costs, and healthier lives. EFNEP was leveraged by Smith-Lever and 1890 Extension funds.

Urban Expanded Food and Nutrition Education Program (UEFNEP) Nutrition education classes are provided for Alabamians with limited resources to empower people to make better nutrition choices and health decisions. Research studies reveal families receiving nutrition and health education through

EFNEP programs exhibits healthier children, positive youth development, and better food management skills. In addition, families were healthier and spent less money on junk food and healthcare. UEFNEP was leveraged by Smith-Lever and 1890 Extension funds.

The Eat Healthy, Be Active Community Workshop Series is based on the 2010 Dietary Guidelines for Americans and the 2008 Physical Activity Guidelines. In this program, the information is packaged into six easy to conduct, interactive workshops. Each 60-minute workshop contains learning objectives, icebreaker activities, talking points, instructions for stretch breaks, and hands-on learning activities, and provides opportunities to implement new practices that will lead to lasting lifestyle changes.

Community Health Aerobic Motivational Program Initiating Optimal Nutrition (CHAMPION) curriculum is a series of six lessons; activities include nutrition, health and physical activity classes, and food demonstrations and pre/post weight assessments.

Special Nutrition Assistance Program-Education (SNAP-Ed): Goals of SNAP-Ed are to improve the likelihood that individuals eligible for SNAP will improve dietary quality and physical activity. SNAP-Ed was leveraged by Smith-Lever and 1890 Extension funds.

Urban Supplemental Nutrition Assistance Program-Education (Urban SNAP-Ed): Goals of Urban SNAP-Ed are to provide nutrition education that enhances the capacity of limited resource individuals and their families to make healthy food choices, to use proper food handling and storage techniques, and to eat nutrient-dense foods. Snap-Ed was leveraged by Smith-Lever and 1890 Extension funds.

2. Brief description of the target audience

EFNEP: Target audience is limited-resource expectant mothers and limited-resource families with young children.

UEFNEP Program: is targeted towards Hispanic families with limited-resources. The program is conducted in four urban counties, Madison, Limestone, Marshall and Morgan.

Eat Healthy, Be Active: The workshops and corresponding materials are suitable for groups of adults, including those with low health literacy. The workshops were conducted in 42 of Alabama's 67 counties. 717 Adults participated in EHBA. Participants were 55.8% male, 86% White, 13% High

School Education or less and 36.7% were 60 years of age or older.

CHAMPION: Adults and elderly (18 and above). 245 adults participated. The demographics consisted of females (56%) and males (43%), with the majority being between the ages of 60-69 (27%). African American (49%) and Caucasian (48%).

SNAP-Ed Program: Through Auburn University SNAP-Ed, the target population eligible to receive nutrition education and obesity prevention services continues to focus on SNAP participants and low-income individuals eligible to participate in SNAP or other means-tested Federal assistance programs. SNAP-Ed efforts will target women and children in households participating in SNAP. Demographic characteristics of the targeted SNAP-Ed audience will parallel those of statewide food assistance clientele.

Urban Supplemental Nutrition Assistance Program (Urban SNAP-Ed) target audience is limited resource individuals and families in Alabama's Metropolitan Statistical Area (MSAs). Program implemented in 20 counties resulting in: 1327 adults participating- the majorities were non-Hispanic (90%), African American (55%), females (80%) aged 60+ years old (82%).

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	36581	519266	1153	7664

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	5	0	5

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- ACES will reach families and individuals in rural and urban populations through participation in workshops, targeted PPT programs, enrichment meetings, faith-based organizations, 4-H Club meetings, health fairs, conferences, social networking, media exposure, websites, partnerships, and curricula.

Not reporting on this Output for this Annual Report

Output #2

Output Measure

- EFNEP: Number of participants

Year	Actual
2014	2885

Output #3

Output Measure

- Number of peer reviewed publications

Year	Actual
2014	5

Output #4

Output Measure

- UEFNEP: Number of participants

Year	Actual
2014	88

Output #5

Output Measure

- UEFNEP: Number of In-service trainings

Year	Actual
2014	3

Output #6

Output Measure

- UEFNEP: Number of Health Fairs

Year	Actual
2014	6

Output #7

Output Measure

- UEFNEP: Number of PTA Presentations

Year	Actual
2014	2

Output #8

Output Measure

- UEFNEP: Number of Catholic Churches presentations

Year	Actual
2014	4

Output #9

Output Measure

- UEFNEP: Number of Hispanic Organization presentation

Year	Actual
2014	3

Output #10

Output Measure

- UEFNEP Food Demonstrations

Year	Actual
2014	15

Output #11

Output Measure

- UEFNEP Distributed materials with nutritional education message

Year	Actual
2014	250

Output #12

Output Measure

- Eat Healthy, Be Active Community: Number of participants

Year	Actual
2014	2995

Output #13

Output Measure

- Eat Healthy Be Active: Number of Adults Completing surveys

Year	Actual
2014	717

Output #14

Output Measure

- Eat Healthy Be Active: Number of Counties implemented program

Year	Actual
2014	42

Output #15

Output Measure

- CHAMPION :Number of participants

Year	Actual
2014	245

Output #16

Output Measure

- Number of CHAMPION adult classes conducted

Year	Actual
2014	324

Output #17

Output Measure

- Number of CHAMPION 30 minute exercise classes conducted

Year	Actual
2014	144

Output #18

Output Measure

- CHAMPION: Number of Public Housing partnerships

Year	Actual
2014	5

Output #19

Output Measure

- CHAMPION: Number of Women Shelters partnerships

Year	Actual
2014	5

Output #20

Output Measure

- CHAMPION: Number of Senior Center partnerships

Year	Actual
2014	6

Output #21

Output Measure

- CHAMPION: Number of Daycare partnerships

Year	Actual
2014	1

Output #22

Output Measure

- CHAMPION: Number of YMCA partnerships

Year	Actual
2014	1

Output #23

Output Measure

- CHAMPION: Number of Exercise Center partnerships

Year	Actual
2014	2

Output #24

Output Measure

- CHAMPION: Number of Prison partnerships

Year	Actual
2014	2

Output #25

Output Measure

- SNAP Ed: Number of nutrition classes conducted

Year	Actual
2014	4434

Output #26

Output Measure

- SNAP-Ed: Number of participants to one-time classes

Year	Actual
2014	23688

Output #27

Output Measure

- SNAP-Ed: Health Fairs

Year	Actual
2014	23

Output #28

Output Measure

- SNAP-Ed: Number of PSAs on radio/tv

Year	Actual
2014	12

Output #29

Output Measure

- SNAP-Ed: Number of adult participants

Year	Actual
2014	23688

Output #30

Output Measure

- Urban SNAP-Ed :Number of participants

Year	Actual
2014	1327

Output #31

Output Measure

- Urban SNAP-Ed number of food demonstrations

Year	Actual
2014	176

Output #32

Output Measure

- Urban SNAP-Ed: In-service Trainings

Year	Actual
2014	1

Output #33

Output Measure

- Urban SNAP- Ed: Resources Updated

Year	Actual
2014	1

Output #34

Output Measure

- Urban Snap-Ed: Health Fairs

Year	Actual
2014	7

Output #35

Output Measure

- Urban Snap-Ed Delivery sites for adults: Elderly Centers

Year	Actual
2014	31

Output #36

Output Measure

- Urban Snap-Ed Delivery sites for adults: Community Centers

Year	Actual
2014	9

Output #37

Output Measure

- Urban Snap-Ed Delivery sites for adults: Number of DHR

Year	Actual
2014	2

Output #38

Output Measure

- Urban Snap-Ed Delivery sites for adults: Number of Health Departments

Year	Actual
2014	1

Output #39

Output Measure

- Urban Snap-Ed Delivery sites for adults: Number of Libraries

Year	Actual
2014	1

Output #40

Output Measure

- Urban Snap-Ed Delivery sites for adults: Number of Public Housing Authorities

Year	Actual
2014	18

Output #41

Output Measure

- Rite Bite: Number of participants

Year	Actual
2014	130

Output #42

Output Measure

- Battled-Pink and Teal Cancer Awareness: Number of Counties implementing the program

Year	Actual
2014	3

Output #43

Output Measure

- Battled-Pink and Teal Cancer Awareness: Number of participants in breast self-examination training

Year	Actual
2014	20

Output #44

Output Measure

- Battled-Pink and Teal Cancer Awareness: Number of participants in seminar/health fair

Year	Actual
2014	120

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	This program area will include numerous output activities and methods which are described/explained in the logic model. The success of many of these outcomes will be formal evaluations/measured by using individual activity evaluation forms designed specifically for each activit. The success of other activities and methods will be measured by the level of participation in the activity. In the target boxes below for each year, we are indicating the number of individual activities for this program area that will be formally evaluated using the evaluation instrument designed specifically for that activity
2	CHAMPION Pre and Post Tests and Weight Management Observation
3	CHAMPION: the number of participants who maintained healthy behaviors
4	The number of participants who increased health wellbeing- EFNEP
5	EFNEP: The number of participant who increased healthy behaviors
6	Urban EFNEP: Increase in #/% of Hispanic adults nutrition knowledge
7	Urban EFNEP: Hispanic adults #/% of nutrition practices improved.
8	Urban EFNEP: Hispanic adults #/% of food safety practices improved.
9	Urban EFNEP: Hispanic adults #/% of food resource management practices improved.
10	Urban SNAP-Ed: Number of adults with increased understanding of basic nutrition concepts.
11	Urban SNAP-Ed: The number of adults with increased understanding of the six major nutrients and their functions
12	Urban SNAP-Ed: Number of adults who follow the MyPlate/Dietary Guidelines recommendations.
13	Urban SNAP-Ed: The number of of adults who are physically active each day
14	Urban SNAP-Ed: The number of adults who separate foods that are raw, cooked, or ready-to-eat to avoid cross contamination.
15	Urban SNAP-Ed: Increase % of adults who read food labels when purchasing foods.

16	Urban SNAP-Ed: Increase % of adults who utilize a personal budget
17	Urban SNAP-Ed: Increase % of adults who plan meals based on what's on hand, on sale, and in season.
18	Urban SNAP-Ed: Increase % of adults who modify recipes to make them healthier.
19	Eat Healthy Be Active: The number of workshop participants who increased healthy behaviors
20	SNAP-Ed
21	Number of participants who increased knowledge of breast and ovarian cancer related issues.

Outcome #1

1. Outcome Measures

This program area will include numerous output activities and methods which are described/explained in the logic model. The success of many of these outcomes will be formal evaluations/measured by using individual activity evaluation forms designed specifically for each activity. The success of other activities and methods will be measured by the level of participation in the activity. In the target boxes below for each year, we are indicating the number of individual activities for this program area that will be formally evaluated using the evaluation instrument designed specifically for that activity

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

CHAMPION Pre and Post Tests and Weight Management Observation

Not Reporting on this Outcome Measure

Outcome #3

1. Outcome Measures

CHAMPION: the number of participants who maintained healthy behaviors

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	245

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Alabamians' obesity rate is significantly high in adults (33%) and youth 2-17 years old (28%). This rate has an effect on the increased incidents of obesity-related diseases (Diabetes-14.1%, Hypertension-40.0%, High Cholesterol-34.1 %, Coronary Heart Disease-7.4%). Contributing key factors are unhealthy eating habits- consume under the recommended servings of fruits and vegetables combined (adults-52% and youth-165%) and physical inactivity (adults-31% and youth-22.4%).

What has been done

Nine (9) Urban Regional Extension Agents (UREAs) implemented a 12 week Community Health Aerobic Motivational Program Initiating Optimal Nutrition (CHAMPION) program in nine (9) metropolitan areas. Each agent conducted six (6) lessons and four (4) 30 minutes exercise classes using the iChoose CHAMPION curriculum for adult ages 18 and above. Before and after lessons, the agents collected demographics, behavioral and knowledge data. Behavioral habits were reassessed three (3) months after program completion. There were a total of 245 adult participants

Results

An independent-samples t-test was conducted to compare before (N=243) and after (N=239) knowledge of CHAMPION adult participants. There was a significant higher ($p < 0.05$) score for the posttest ($M=9.81$, $SD=2.57$) than the pretest ($M=6.99$, $SD=2.78$), $t = -11.57$. The results suggest that adult participants' knowledge increased from pretests to posttests. Behavioral habits of adults before (N=196), after (N=154) and three (3) months post-delayed (N=95) were assessed for consumption of fruits, vegetables, whole grains, lean meats, and water and time engaged in physical activity. Results: 1) Fruits were consumed 1-2 times/day: Pre- 68%; Post- 58% and Post-delayed- 66%. 2) Vegetables were consumed 1-2 times/day: Pre- 67%; Post- 55%; Post-delayed- 58%. 3) 8 ounces or more of water was consumed 5 or more times/day: Pre- 32%; Post- 36%; and Post-delayed- 37%. 4) Engagement in physical activity for 3-5 days- Pre- 5-20 minutes (36%); Post- 30-minutes (34%) and Post-delayed- 30 minutes (35%).

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food

703 Nutrition Education and Behavior
724 Healthy Lifestyle

Outcome #4

1. Outcome Measures

The number of participants who increased health wellbeing- EFNEP

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	2885

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Poor nutrition and obesity are significant health concerns which disproportionately affect minorities and limited-resource populations in Alabama. Increasing physical activity helps individuals maintain healthy weight and combat obesity and chronic diseases. As well as an increasing fruits, vegetables, whole grains, protein foods, and dairy while decreasing oils, solid fats, and sugars helps guard against chronic diseases and encourages healthy food choices.

What has been done

To aid clients in making dietary changes and increasing physical activity levels, 41 Extension EFNEP educators taught a series of six nutrition education lessons to the target population in 38 Alabama counties. Goals accomplished through education, food demonstrations/tasting experiences, and hands-on activities.

Results

At program exit, 94% of EFNEP graduates showed a positive change in at least one food group while 33.8% showed a positive change in physical activity.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
703	Nutrition Education and Behavior

Outcome #5

1. Outcome Measures

EFNEP: The number of participant who increased healthy behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	2885

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Food resource management, nutrition practices, and food safety practices include healthy behaviors that Alabama?s limited-resource population should put into practice. Wise food safety practices help reduce the likelihood of foodborne illness while nutrition and cost savings are increased when careful, planned food shopping is exhibited.

What has been done

To aid EFNEP adult participants in exhibiting healthy behaviors, 41 Extension EFNEP educators taught a series of six nutrition education lessons emphasizing food resource management practices, nutrition practices and food safety practices to the target population in 38 Alabama counties. Goals were accomplished through education, food demonstrations/tasting experiences, and hands-on activities.

Results

As a result of participating in EFNEP, seventy-eight percent of adult participants showed improvement in one or more food resource management practices, eighty-four percent of adult participants showed improvement in one or more nutrition practices, and fifty-seven percent of adult participants showed improvement in one or more food safety practices.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food

703	Nutrition Education and Behavior
724	Healthy Lifestyle
903	Communication, Education, and Information Delivery

Outcome #6

1. Outcome Measures

Urban EFNEP: Increase in #/% of Hispanic adults nutrition knowledge

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	88

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Hispanics adults are at risk for obesity and other health-related diseases due to lack of knowledge on healthy eating patterns, proper physical activity, and available resources. This has an impact on shaping the health status, eating habits, and physical activity which will play a significant role on long-term health and health care cost for Hispanic and other disadvantaged populations.

What has been done

Three UEFNEP Agent Assistants delivered programming using the Wise Eating for a Life Time of Health (WEALTH) curriculum. A 10-lessons series on basic nutrition, food safety, food resource management and meal planning was taught. Agent assistants conducted 15 food demonstrations. The Mobile Nutrition Unit was used as an educational and marketing tool at health fairs and church outreach activities

Results

73% (64 of 88) more often thought about healthy food choices when deciding what to feed their families.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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703	Nutrition Education and Behavior
724	Healthy Lifestyle
903	Communication, Education, and Information Delivery

Outcome #7

1. Outcome Measures

Urban EFNEP: Hispanic adults #/% of nutrition practices improved.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	88

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Hispanics adults are at risk for obesity and other health-related diseases due to lack of knowledge on healthy eating patterns, proper physical activity, and available resources. This has an impact on shaping the health status, eating habits, and physical activity which will play a significant role on long-term health and health care cost for Hispanic and other disadvantaged populations.

What has been done

Three UEFNEP Agent Assistants delivered programming using the Wise Eating for a Life Time of Health (WEALTH) curriculum. A 10-lessons series on basic nutrition, food safety, food resource management and meal planning was taught. Agent assistants conducted 15 food demonstrations. The Mobile Nutrition Unit was used as an educational and marketing tool at health fairs and church outreach activities.

Results

77% (68 of 88) more often planned meals in advance; 49% (43 of 88) more often prepared foods without adding salt; 80% (70 of 88) more often used the "Nutrition Facts" on food labels to make food choices; 52% (46 of 88) reported their children ate breakfast more often

4. Associated Knowledge Areas

KA Code	Knowledge Area
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703	Nutrition Education and Behavior
724	Healthy Lifestyle
903	Communication, Education, and Information Delivery

Outcome #8

1. Outcome Measures

Urban EFNEP: Hispanic adults #/% of food safety practices improved.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	88

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Hispanics adults are at risk for obesity and other health-related diseases due to lack of knowledge on healthy eating patterns, proper physical activity, and available resources. This has an impact on shaping the health status, eating habits, and physical activity which will play a significant role on long-term health and health care cost for Hispanic and other disadvantaged populations.

What has been done

Three UEFNEP Agent Assistants delivered programming using the Wise Eating for a Life Time of Health (WEALTH) curriculum. A 10-lessons series on basic nutrition, food safety, food resource management and meal planning was taught. Agent assistants conducted 15 food demonstrations. The Mobile Nutrition Unit was used as an educational and marketing tool at health fairs and church outreach activities

Results

41% (36 of 88) more often followed the recommended practices of not allowing meat and dairy foods to sit out for more than two hours. Furthermore 32% (28 of 88) always follow the recommended practice.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
903	Communication, Education, and Information Delivery

Outcome #9

1. Outcome Measures

Urban EFNEP: Hispanic adults #/% of food resource management practices improved.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	88

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Hispanics adults are at risk for obesity and other health-related diseases due to lack of knowledge on healthy eating patterns, proper physical activity, and available resources. This has an impact on shaping the health status, eating habits, and physical activity which will play a significant role on long-term health and health care cost for Hispanic and other disadvantaged populations.

What has been done

Three UEFNEP Agent Assistants delivered programming using the Wise Eating for a Life Time of Health (WEALTH) curriculum. A 10-lessons series on basic nutrition, food safety, food resource management and meal planning was taught. Agent assistants conducted 15 food demonstrations. The Mobile Nutrition Unit was used as an educational and marketing tool at health fairs and church outreach activities.

Results

77% (68 of 88) more often planned meals in advance; 61% (54 of 88) more often compared prices when shopping; 34% (30 of 88) less often ran out of food before the end of the month; 66% (58 of 88) more often used a list for grocery shopping.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
903	Communication, Education, and Information Delivery

Outcome #10

1. Outcome Measures

Urban SNAP-Ed: Number of adults with increased understanding of basic nutrition concepts.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1327

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Adults are not meeting the requirements for fruits and vegetables, whole grains, and physical activity. They are consuming excessive amounts of sodium, sugar and fat. The results from these poor behavior habits are the increased risks of chronic diseases such as obesity, diabetes, heart disease and some forms of cancer. The benefits of consuming a healthy diet and exercising will improve health status and health cost.

What has been done

Twelve USNAP-Ed Agent Assistants, delivered programming in 20 counties using the Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum. Programming was conducted at 62 adult sites including, WIC/DHR offices, public housing, senior centers, and community centers. Pre, post and 3 month delayed post assessments were collected.

Results

The percentage of adults who responded "very clear" increased; 22% (pre), 47% (post), and 60% (delayed post).

4. Associated Knowledge Areas

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

Outcome #11

1. Outcome Measures

Urban SNAP-Ed: The number of adults with increased understanding of the six major nutrients and their functions

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1327

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Adults are not meeting the requirements for fruits and vegetables, whole grains, and physical activity. They are consuming excessive amounts of sodium, sugar and fat. The results from these poor behavior habits are the increased risks of chronic diseases such as obesity, diabetes, heart disease and some forms of cancer. The benefits of consuming a healthy diet and exercising will improve health status and health cost.

What has been done

Twelve USNAP-Ed Agent Assistants, delivered programming in 20 counties using the Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum. Programming was conducted at 62 adult sites including, WIC/DHR offices, public housing, senior centers, and community centers. Pre, post and 3 month delayed post assessments were collected.

Results

The percentage of adult participants' responses of "very clear" increased; 17% (pre), 45% (post), and 50% (delayed post).

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food

703 Nutrition Education and Behavior
724 Healthy Lifestyle

Outcome #12

1. Outcome Measures

Urban SNAP-Ed: Number of adults who follow the MyPlate/Dietary Guidelines recommendations.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1327

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Adults are not meeting the requirements for fruits and vegetables, whole grains, and physical activity. They are consuming excessive amounts of sodium, sugar and fat. The results from these poor behavior habits are the increased risks of chronic diseases such as obesity, diabetes, heart disease and some forms of cancer. The benefits of consuming a healthy diet and exercising will improve health status and health cost.

What has been done

Twelve USNAP-Ed Agent Assistants, delivered programming in 20 counties using the Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum. Programming was conducted at 62 adult sites including, WIC/DHR offices, public housing, senior centers, and community centers. Pre, post and 3 month delayed post assessments were collected.

Results

The percentage of adults responded "always" and "most of the time" increased; 53% (pre), 77% (post), and 84% (delayed post). The percentage of adults responding "always" and "most of the time" increased; 58% (pre), 82% (post), and 87% (delayed post). The percentage of adults responding "always" and "most of the time" increased; 56% (pre), 83% (post), and 80% (delayed post).

4. Associated Knowledge Areas

KA Code	Knowledge Area
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701	Nutrient Composition of Food
703	Nutrition Education and Behavior
724	Healthy Lifestyle

Outcome #13

1. Outcome Measures

Urban SNAP-Ed: The number of of adults who are physically active each day

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1093

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Adults are not meeting the requirements for fruits and vegetables, whole grains, and physical activity. They are consuming excessive amounts of sodium, sugar and fat. The results from these poor behavior habits are the increased risks of chronic diseases such as obesity, diabetes, heart disease and some forms of cancer. The benefits of consuming a healthy diet and exercising will improve health status and health cost.

What has been done

Twelve USNAP-Ed Agent Assistants, delivered programming in 20 counties using the Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum. Programming was conducted at 62 adult sites including, WIC/DHR offices, public housing, senior centers, and community centers. Pre, post and 3 month delayed post assessments were collected.

Results

The percentage of adults responded "always" or "most of the time" increased; 684 (56% at pre), 1052 (77% at post), and 1093 (80% at delayed post).

4. Associated Knowledge Areas

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

Outcome #14

1. Outcome Measures

Urban SNAP-Ed: The number of adults who separate foods that are raw, cooked, or ready-to-eat to avoid cross contamination.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1194

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Adults are not meeting the requirements for fruits and vegetables, whole grains, and physical activity. They are consuming excessive amounts of sodium, sugar and fat. The results from these poor behavior habits are the increased risks of chronic diseases such as obesity, diabetes, heart disease and some forms of cancer. The benefits of consuming a healthy diet and exercising will improve health status and health cost.

What has been done

Twelve USNAP-Ed Agent Assistants, delivered programming in 20 counties using the Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum. Programming was conducted at 62 adult sites including, WIC/DHR offices, public housing, senior centers, and community centers. Pre, post and 3 month delayed post assessments were collected.

Results

The percentage of adults responded "always" and "most of the time" increased from 70% (pre), 95% (post), and 90% (1194 at delayed post).

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

724 Healthy Lifestyle

Outcome #15

1. Outcome Measures

Urban SNAP-Ed: Increase % of adults who read food labels when purchasing foods.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1327

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Adults are not meeting the requirements for fruits and vegetables, whole grains, and physical activity. They are consuming excessive amounts of sodium, sugar and fat. The results from these poor behavior habits are the increased risks of chronic diseases such as obesity, diabetes, heart disease and some forms of cancer. The benefits of consuming a healthy diet and exercising will improve health status and health cost.

What has been done

Twelve USNAP-Ed Agent Assistants, delivered programming in 20 counties using the Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum. Programming was conducted at 62 adult sites including, WIC/DHR offices, public housing, senior centers, and community centers. Pre, post and 3 month delayed post assessments were collected.

Results

The percentage of adults responded "always" and "most of the time" increased from 50% (pre), 79% (post), and 87% (delayed post).

4. Associated Knowledge Areas

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

Outcome #16

1. Outcome Measures

Urban SNAP-Ed: Increase % of adults who utilize a personal budget

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1327

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Adults are not meeting the requirements for fruits and vegetables, whole grains, and physical activity. They are consuming excessive amounts of sodium, sugar and fat. The results from these poor behavior habits are the increased risks of chronic diseases such as obesity, diabetes, heart disease and some forms of cancer. The benefits of consuming a healthy diet and exercising will improve health status and health cost.

What has been done

Twelve USNAP-Ed Agent Assistants, delivered programming in 20 counties using the Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum. Programming was conducted at 62 adult sites including, WIC/DHR offices, public housing, senior centers, and community centers. Pre, post and 3 month delayed post assessments were collected.

Results

The percentage of adult participant responses of "always" and "most of the time" increased; 57% (pre) to 79% (post), and 88% (delayed post).

4. Associated Knowledge Areas

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

Outcome #17

1. Outcome Measures

Urban SNAP-Ed: Increase % of adults who plan meals based on what's on hand, on sale, and in season.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1327

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Adults are not meeting the requirements for fruits and vegetables, whole grains, and physical activity. They are consuming excessive amounts of sodium, sugar and fat. The results from these poor behavior habits are the increased risks of chronic diseases such as obesity, diabetes, heart disease and some forms of cancer. The benefits of consuming a healthy diet and exercising will improve health status and health cost.

What has been done

Twelve USNAP-Ed Agent Assistants, delivered programming in 20 counties using the Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum. Programming was conducted at 62 adult sites including, WIC/DHR offices, public housing, senior centers, and community centers. Pre, post and 3 month delayed post assessments were collected.

Results

The percentage of adults responded "always" and "most of the time" increased; 58% (pre), 83% (post), and 88% (delayed post).

4. Associated Knowledge Areas

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

Outcome #18

1. Outcome Measures

Urban SNAP-Ed: Increase % of adults who modify recipes to make them healthier.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1327

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Adults are not meeting the requirements for fruits and vegetables, whole grains, and physical activity. They are consuming excessive amounts of sodium, sugar and fat. The results from these poor behavior habits are the increased risks of chronic diseases such as obesity, diabetes, heart disease and some forms of cancer. The benefits of consuming a healthy diet and exercising will improve health status and health cost

What has been done

Twelve USNAP-Ed Agent Assistants, delivered programming in 20 counties using the Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum. Programming was conducted at 62 adult sites including, WIC/DHR offices, public housing, senior centers, and community centers. Pre, post and 3 month delayed post assessments were collected.

Results

The percentage of adult participant responses of "always" and "most of the time" increased;37% (pre), 63% (post), and 62% (delayed post).

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

724 Healthy Lifestyle

Outcome #19

1. Outcome Measures

Eat Healthy Be Active: The number of workshop participants who increased healthy behaviors

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	60

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to America's Health Rankings, Alabama's overall ranking has improved from 48th in 2011 to 45th in 2012 (Alabama has the fifth highest rate of adult obesity in the nation (33%) and the sixth highest rate of overweight youths (ages 10-17 at 36%). Overall, two-thirds of Alabama's adults are either overweight or obese. If obesity rates continue on their current trajectory, by 2030, 13 states, one of which is Alabama, could have adult obesity rates above 60% (Alabama 62.6%) and all 50 states could have rates above 44%. America's Health Ranking lists Alabama's health challenges as; diet-related chronic diseases (obesity, diabetes, heart disease, stroke, and cancer).

What has been done

The workshops were offered in all 67 counties, but were successfully implemented in 42 counties by 8 Regional Extension Agents.

Results

N= 60 32% reported participating in a planned physical activity for more than 6 months, 20% reported less than 6 months, 12% reported to start in the next 30 days, 20% planned to in the next 6 months, and 16% did not plan to in the next 6 months; 2.42% reported eating 5 or more cups of fruit and vegetables a day for more than 6 months, 25% eating for less than 6 months, 17% planned to in the next 30 days, 13% planned to in the next 6 months, and 4% did not plan to in the next 6 months.

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
703	Nutrition Education and Behavior
724	Healthy Lifestyle

Outcome #20

1. Outcome Measures

SNAP-Ed

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	23688

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The Alabama population shows great disparity in terms of obesity rates, obesity-related disease rates, low fruit and vegetable intakes and minimal physical activity levels. The SNAP population is disproportionately affected by these health issues.

What has been done

Twenty-four Extension SNAP-Ed educators provide direct nutrition education in 47 rural Alabama counties to SNAP-Ed eligible recipients. This education is provided in county food assistance offices, emergency food banks and subsidized housing.

Results

Eighty-nine percent of adults reported using food resource management skills to extend the food dollar for their families.

4. Associated Knowledge Areas

KA Code **Knowledge Area**
703 Nutrition Education and Behavior

Outcome #21

1. Outcome Measures

Number of participants who increased knowledge of breast and ovarian cancer related issues.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	126

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Cancer awareness education to citizens about the importance of early detection and the signs and symptoms of breast and ovarian cancer are critical in combating high cancer rates among females in these three counties.

What has been done

Three activities, consisting of seminar, training workshop and health fair, were conducted to provide cancer awareness education to citizens about the importance of early detection and the signs and symptoms of breast and ovarian cancer.

A total of three counties (Clay, Randolph and Talladega) in Region 4 implemented the BATILED program for youth and adults. The BATILED program teaches the importance of preventive measures such as breast self-examination (BSE), early detection and screening. In addition, educates Alabamians on other related forms of cancers associated with breast cancer.

126 youth and adults participated in BATILED. Twenty (20) youth participated in the breast self-examination training for high school students. 106 adults participated in the seminars and health fair. Of the 126 participants, 45% were white, 54% were black and 1% more than one race.

Results

Students learned how to conduct breast self-examination using the mamma care breast models. Using the beads of hope necklaces, students learned how to recognize shapes and sizes of various breast lumps found by breast self-examination. Each bead representing a different dimension and diameter for each lump found.

Students learned how other cancers may be linked to breast and ovarian cancers. Students received understanding on medical terminology associated with breast and ovarian cancer.

Thirty-five (35%) of the students indicated they would perform a monthly breast self-examination. Health fair participants became more aware of the importance of early detection after viewing four different images of lumps in the mamma care models.

A total of 47 participants indicated the health fair increased their knowledge on how to access information and resources regarding breast and ovarian cancer.

Twenty-three (23) participants indicated they would take advantage of the reduced pricing screening opportunities offered by local health care providers and hospitals.

Participants indicated their knowledge about ovarian cancer and its' association with other cancers had increased.

At least 35% of the participants in the seminars indicated having a yearly screening conducted or had one scheduled within the next two months.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
903	Communication, Education, and Information Delivery

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Other (Transportation; time restraints)

Brief Explanation

An external factor faced by the USNAP-Ed program included navigating the schedule changes that arise at some of the sites. An attempt was made to avoid this by meeting with the site directors and plan out all of the meeting times in advance so that it is on the calendar.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

EFNEP:

94% showed a positive change in any food group at exit (fruits, vegetables, grains, protein foods, dairy)

34% showed a positive change in physical activity

78% showed improvement in one or more food resource management practices (plan meals, compare prices, does not run out of food or uses grocery lists)

84% showed improvement in one or more nutrition practices (plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels or has children eat breakfast.

57% of participants showed improvement in one or more food safety practice (thawing and storing foods correctly)

Urban SNAP-Ed: Understanding of basic nutrition concepts increased- 22% (pre), 47% (post), and 60% (delayed post). Adults' action changed: MyPlate/Dietary Guidelines recommendations: Eat Fruit- "always" and "most of the time" 53% (pre), 77% (post), and 84% (delayed post); Eat Vegetables - "always" and "most of the time" 58% (pre), 82% (post), and 87% (delayed post); Be physically active each day- "always" or "most of the time" 56% (pre), 77% (post), and 80% (delayed post).

Urban EFNEP: Adults increased nutrition knowledge 73% (64 of 88); improved nutrition practices on planning meals in advance-77% (68 of 88), using the "Nutrition Facts" on food labels to make food choices- 80% (70 of 88), preparing foods without adding salt- 49% (43 of 88).

CHAMPION: Adults' before (N=243) and after (N=239) knowledge significantly increased ($p<0.05$) posttest ($M=9.81$, $SD=2.57$) than the pretest ($M=6.99$, $SD=2.78$), $t= -11.57$. Adults three (3) months post-delayed (N=95) continued to consume fruits (66%) and vegetables (58%) 1-2 times/day and engaged in physical activity 3-5 days for 30 minutes (35%.)

Cancer Awareness

Thirty-five (35%) of the students indicated they would perform a monthly breast self- examination. A total of 47 participants indicated the health fair increased their knowledge on how to access information and resources regarding breast and ovarian cancer.

Twenty-three (23) participants indicated they would take advantage of the reduced pricing screening opportunities offered by local health care providers and hospitals.

At least 35% of the participants in the seminars indicated having a yearly screening conducted or had one scheduled within the next two months.

Eat Healthy Be Active N= 60 32% reported participating in a planned physical activity for more than 6 months, 20% reported less than 6 months, 12% reported to start in the next 30 days; 2.42% reported eating 5 or more cups of fruit and vegetables a day for more than 6 months, 25% eating for less than 6 months

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Key Items of Evaluation

EFNEP:

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