V(A). Planned Program (Summary)

Program # 8

1. Name of the Planned Program

Health - NOT ACTIVE - DELETE

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
<th>%1862 Extension</th>
<th>%1890 Extension</th>
<th>%1862 Research</th>
<th>%1890 Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>501</td>
<td>New and Improved Food Processing Technologies</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>502</td>
<td>New and Improved Food Products</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>503</td>
<td>Quality Maintenance in Storing and Marketing Food Products</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>511</td>
<td>New and Improved Non-Food Products and Processes</td>
<td></td>
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<tr>
<td>512</td>
<td>Quality Maintenance in Storing and Marketing Non-Food Products</td>
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<td></td>
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<tr>
<td>607</td>
<td>Consumer Economics</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>704</td>
<td>Nutrition and Hunger in the Population</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>711</td>
<td>Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>712</td>
<td>Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

<table>
<thead>
<tr>
<th>Year: 2009</th>
<th>Extension</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
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<td>1890</td>
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<tr>
<td>Plan</td>
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<tr>
<td>Actual</td>
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<td>(NO DATA ENTERED)</td>
</tr>
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</table>

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

<table>
<thead>
<tr>
<th></th>
<th>Extension</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1890 Extension</td>
<td>Hatch</td>
</tr>
<tr>
<td>Smith-Lever 3b &amp; 3c</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1862 Matching</td>
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<td>0</td>
</tr>
<tr>
<td>1862 All Other</td>
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<td>0</td>
</tr>
<tr>
<td>1890 Matching</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1890 All Other</td>
<td>0</td>
<td>0</td>
</tr>
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</table>
V(D). Planned Program (Activity)

1. Brief description of the Activity

Program efforts in this planned program fit in various other planned programs and have been respectively reported in other planned programs.

2. Brief description of the target audience

V(E). Planned Program (Outputs)

1. Standard output measures

<table>
<thead>
<tr>
<th></th>
<th>2009 Direct Contacts Adults</th>
<th>2009 Indirect Contacts Adults</th>
<th>2009 Direct Contacts Youth</th>
<th>2009 Indirect Contacts Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan</td>
<td>1000</td>
<td>0</td>
<td>100</td>
<td>0</td>
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<tr>
<td>Actual</td>
<td>{NO DATA ENTERED}</td>
<td>{NO DATA ENTERED}</td>
<td>{NO DATA ENTERED}</td>
<td>{NO DATA ENTERED}</td>
</tr>
</tbody>
</table>

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

- Year: 2009
- Plan: 3
- Actual: {No Data Entered}

Patents listed

{No Data Entered}

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

<table>
<thead>
<tr>
<th></th>
<th>2009 Extension</th>
<th>2009 Research</th>
<th>2009 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan</td>
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<td></td>
</tr>
<tr>
<td>Actual</td>
<td>{No Data Entered}</td>
<td>{No Data Entered}</td>
<td>{No Data Entered}</td>
</tr>
</tbody>
</table>

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Class/course
  - Not reporting on this Output for this Annual Report

Output #2

Output Measure

- Consultations
  - Not reporting on this Output for this Annual Report

Output #3

Output Measure

- Consumer Publication
Not reporting on this Output for this Annual Report

Output #4

Output Measure

● Educational/evaluation instrument
Not reporting on this Output for this Annual Report

Output #5

Output Measure

● Field day/fair
Not reporting on this Output for this Annual Report

Output #6

Output Measure

● Field site visit
Not reporting on this Output for this Annual Report

Output #7

Output Measure

● Funding request
Not reporting on this Output for this Annual Report

Output #8

Output Measure

● Presentations
Not reporting on this Output for this Annual Report

Output #9

Output Measure

● Publication - curriculum
Not reporting on this Output for this Annual Report

Output #10

Output Measure

● Publication - newsprint article
Not reporting on this Output for this Annual Report

Output #11

Output Measure

● Radio Spots/program (educational)
Not reporting on this Output for this Annual Report

Output #12

Output Measure

● Train the Trainer
Not reporting on this Output for this Annual Report

Output #13

Output Measure

● Trainee delivered programming
Not reporting on this Output for this Annual Report
Output #14

Output Measure

- Workshop - series
  Not reporting on this Output for this Annual Report

Output #15

Output Measure

- Workshop - single session
  Not reporting on this Output for this Annual Report
**V(G). State Defined Outcomes**

### V. State Defined Outcomes Table of Content

<table>
<thead>
<tr>
<th>O. No.</th>
<th>OUTCOME NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Increase the number of participants who increase the quality and/or quantity or fruits and vegetables</td>
</tr>
<tr>
<td>2</td>
<td>Increase in number of people who expand or change their preferences for or attitudes about healthy foods</td>
</tr>
<tr>
<td>3</td>
<td>Increase in number of people who improve food planning and shopping behaviors.</td>
</tr>
<tr>
<td>4</td>
<td>Increase in number of food managers certified in food safety and sanitation (Action)</td>
</tr>
<tr>
<td>5</td>
<td>Increase in number of school food service workers using food safety 'best practices' when receiving, storing, handling, preparing and serving food</td>
</tr>
<tr>
<td>6</td>
<td>Increase in number of schools implementing Hazard Analysis Critical Control Point based food safety programs</td>
</tr>
<tr>
<td>7</td>
<td>Increase in number of people who show an improvement in healthful eating practices.</td>
</tr>
<tr>
<td>8</td>
<td>Increase the number of people who show improvement in food safety and preservation practices.</td>
</tr>
<tr>
<td>9</td>
<td>A greater variety of produce available at home.</td>
</tr>
<tr>
<td>10</td>
<td>An increased preference for at least one fruit or vegetable</td>
</tr>
<tr>
<td>11</td>
<td>Increase the number of home gardeners who implement one or more good agricultural practices to minimize microbial food safety hazards such as using potable water and composted manure. (Action)</td>
</tr>
<tr>
<td>12</td>
<td>Increase the number of parents undergoing family transition through parentage, divorce or separation who understand the impact of these changes on their children.</td>
</tr>
<tr>
<td>13</td>
<td>Increase the number of parents who intend to apply knowledge and skills learned to influence their behavior with their children.</td>
</tr>
<tr>
<td>14</td>
<td>Increase in number of food service workers using food safety 'best practices' when receiving, storing, handling, preparing and serving food</td>
</tr>
<tr>
<td>15</td>
<td>Increase in number of food managers certified in food safety and sanitation</td>
</tr>
<tr>
<td>16</td>
<td>Number of parents/caregivers who have more positive feelings about feeding their toddlers than they did prior to the intervention.</td>
</tr>
</tbody>
</table>
Outcome #1

1. Outcome Measures

   Increase the number of participants who increase the quality and/or quantity or fruits and vegetables

2. Associated Institution Types

   ● 1862 Extension

3a. Outcome Type:

   Change in Action Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>560</td>
<td>370</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

   Issue (Who cares and Why)

   What has been done

   Results

4. Associated Knowledge Areas

   KA Code | Knowledge Area
   ----------- | ----------------|
   703      | Nutrition Education and Behavior
   704      | Nutrition and Hunger in the Population

Outcome #2

1. Outcome Measures

   Increase in number of people who expand or change their preferences for or attitudes about healthy foods

2. Associated Institution Types

   ● 1862 Extension

3a. Outcome Type:

   Change in Action Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>50</td>
<td>6</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

   Issue (Who cares and Why)
What has been done

Results

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
<tr>
<td>704</td>
<td>Nutrition and Hunger in the Population</td>
</tr>
</tbody>
</table>

Outcome #3

1. Outcome Measures

Increase in number of people who improve food planning and shopping behaviors.

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

Increase in number of food managers certified in food safety and sanitation (Action)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
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</thead>
<tbody>
<tr>
<td>2009</td>
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</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

{No Data Entered}

What has been done

{No Data Entered}

Results

{No Data Entered}

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
<tr>
<td>712</td>
<td>Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins</td>
</tr>
</tbody>
</table>
**Outcome #5**

1. **Outcome Measures**

   Increase in number of school food service workers using food safety 'best practices' when receiving, storing, handling, preparing and serving food

   Not Reporting on this Outcome Measure

**Outcome #6**

1. **Outcome Measures**

   Increase in number of schools implementing Hazard Analysis Critical Control Point based food safety programs

   Not Reporting on this Outcome Measure

**Outcome #7**

1. **Outcome Measures**

   Increase in number of people who show an improvement in healthful eating practices.

2. **Associated Institution Types**

   ● 1862 Extension

3a. **Outcome Type:**

   Change in Action Outcome Measure

3b. **Quantitative Outcome**

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>299</td>
<td>31</td>
</tr>
</tbody>
</table>

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

   **Issue (Who cares and Why)**
   Diabetes prevalence is increasing nationally and in Vermont. By comparing Behavioral Risk Factor Surveillance System (BRFSS) average data from 2006-2008 with data from 1999-2001 for Vermont adults over age 65, the total diagnosed diabetes prevalence has increased from 24.9 to 28.3 percent in this short time frame. As the population ages and experiences the effects from overweight and obesity, diabetes prevalence is expected to rise. Due to limited resources other modes of delivery to reach audiences are needed.

   **What has been done**
   As a pilot we offered our Dining with Diabetes program (DWD) over Vermont Interactive Television (VIT) for 4 sessions and targeted caregivers of people with diabetes. We adapted program materials, produced food demonstration videos instead of cooking on site, and created various learning activities. Out of 121 participants at 11 VIT sites, approximately 87% of our attendees were caregivers, and 13% were people living with diabetes. Sixty participants completed both pre and post surveys distributed during the first and last class sessions.

   **Results**
   Responses show that the pilot done over VIT was considered quite favorably. Attending a course taught over VIT was rated equally to attending a face-to-face class. Of the 60 caregivers who completed the survey they indicated they planned meals for a total of 149 people, shopped for a total of 163, and prepared meals for a total of 189 people. 31 of the caregivers indicated on the post survey they had already changed behaviors using the information learned. One participant shared that after surgery he was self monitoring what he could eat, his doctor was impressed. When a dietary staff person asked if he didn't want carrot cake he told her "no, just bring..."
me a piece of fresh fruit." In the future, we plan on using VIT and possibly other methods to deliver this important Diabetes education program.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
<tr>
<td>704</td>
<td>Nutrition and Hunger in the Population</td>
</tr>
</tbody>
</table>

Outcome #8

1. Outcome Measures

Increase the number of people who show improvement in food safety and preservation practices.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>139</td>
<td>14</td>
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</table>

3c. Qualitative Outcome or Impact Statement

**Issue (Who cares and Why)**

What has been done

**Results**

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
<tr>
<td>712</td>
<td>Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occuring Toxins</td>
</tr>
</tbody>
</table>

Outcome #9

1. Outcome Measures

A greater variety of produce available at home.

2. Associated Institution Types

- 1862 Extension
3a. **Outcome Type:**

Change in Action Outcome Measure

3b. **Quantitative Outcome**

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
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<td>940</td>
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</tbody>
</table>

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

**Issue (Who cares and Why)**

**What has been done**

**Results**

4. **Associated Knowledge Areas**

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
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<tr>
<td>704</td>
<td>Nutrition and Hunger in the Population</td>
</tr>
</tbody>
</table>

**Outcome #10**

1. **Outcome Measures**

An increased preference for at least one fruit or vegetable

Not Reporting on this Outcome Measure

**Outcome #11**

1. **Outcome Measures**

Increase the number of home gardeners who implement one or more good agricultural practices to minimize microbial food safety hazards such as using potable water and composted manure. (Action)

Not Reporting on this Outcome Measure

**Outcome #12**

1. **Outcome Measures**

Increase the number of parents undergoing family transition through parentage, divorce or separation who understand the impact of these changes on their children.

Not Reporting on this Outcome Measure

**Outcome #13**

1. **Outcome Measures**

Increase the number of parents who intend to apply knowledge and skills learned to influence their behavior with their children.

Not Reporting on this Outcome Measure
Outcome #14

1. Outcome Measures

increase in number of food service workers using food safety 'best practices' when receiving, storing, handling, preparing and serving food

Not Reporting on this Outcome Measure

Outcome #15

1. Outcome Measures

increase in number of food managers certified in food safety and sanitation

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
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<tbody>
<tr>
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3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>503</td>
<td>Quality Maintenance in Storing and Marketing Food Products</td>
</tr>
<tr>
<td>711</td>
<td>Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources</td>
</tr>
<tr>
<td>712</td>
<td>Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins</td>
</tr>
</tbody>
</table>

Outcome #16

1. Outcome Measures

Number of parents/caregivers who have more positive feelings about feeding their toddlers than they did prior to the intervention.

2. Associated Institution Types
3a. **Outcome Type:**

Change in Action Outcome Measure

3b. **Quantitative Outcome**

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
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</thead>
<tbody>
<tr>
<td>2009</td>
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</tr>
</tbody>
</table>

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

**Issue (Who cares and Why)**
Poverty, hunger, and food insecurity are all factors that can contribute to poor health and poor nutrition. Often times it is the quality of food that is sacrificed in an effort to make ends meet. Research has shown the consumption of fruits and vegetables consumed by infants and toddlers typically decreases as they transition from their first foods into family meals.

**What has been done**
Partnering with the Vermont WIC Program parents with six month old babies were enrolled in this intervention over a six month time period in 2006, and then followed until the children reached their second birthdays. The Theory of Planned Behavior provided the theoretical framework. Trainings, targeted support materials, as well as S.M.A.R.T. goal setting were developed and implemented for WIC staff. A cohort design was used while keeping the fruit and vegetable message content similar, was used with program delivery to participants.

**Results**
An analysis of parent data (750 surveys) showed an overall increase in parental use of strategies to feed fruits and vegetables to their toddlers, and an intention to do even better in the future. 120 parents/caregivers have more positive feelings about feeding their toddlers than prior to the intervention. Although WIC families continued to experience barriers to increasing the amount of fruits and vegetables offered to toddlers, including cost, participating parents, as a group, significantly increased the number of servings of vegetables offered to their toddlers as part of a meal or snack. We conclude that there may be real benefits to providing nutrition counseling/education focused on one topic, in this case fruits and vegetables, for an extended time.

4. **Associated Knowledge Areas**

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
</tbody>
</table>

V(H). Planned Program (External Factors)

**External factors which affected outcomes**
- Economy
- Appropriations changes
- Competing Public priorities
- Populations changes (immigration, new cultural groupings, etc.)

**Brief Explanation**

(No Data Entered)

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned
   - Retrospective (post program)
● Before-After (before and after program)
● Time series (multiple points before and after program)
● Comparisons between program participants (individuals, group, organizations) and non-participants
● Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.

Evaluation Results

{No Data Entered}

Key Items of Evaluation

{No Data Entered}