V(A). Planned Program (Summary)

Program # 20

1. Name of the Planned Program

Childhood Obesity

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>724</td>
<td>Healthy Lifestyle</td>
<td>100%</td>
<td>100%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Total</strong> 100%</td>
<td><strong>Total</strong> 100%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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>
<td></td>
<td>1862</td>
<td>1890</td>
</tr>
<tr>
<td>Actual</td>
<td>3.9</td>
<td>0.0</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Extension</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smith-Lever 3b &amp; 3c</td>
<td>Hatch</td>
</tr>
<tr>
<td>56124</td>
<td>130863</td>
</tr>
<tr>
<td>1862 Matching</td>
<td>1890 Matching</td>
</tr>
<tr>
<td>56124</td>
<td>77234</td>
</tr>
<tr>
<td>1862 All Other</td>
<td>1890 All Other</td>
</tr>
<tr>
<td>350822</td>
<td>129918</td>
</tr>
</tbody>
</table>

V(D). Planned Program (Activity)

1. Brief description of the Activity

Balancing Food & Play

The curriculum contains three elements: lesson plans, take-home reading assignments, and student journals.

- Twenty lesson plans address physical activity, MyPyramid, making healthy choices, and goal setting.
- The lessons incorporate higher-level thinking and learning skills (i.e., opportunities to design games, commercials, menus).
- Eight take-home reading assignments and parent letters encourage family engagement by providing the opportunity for shared family discussions.
- The reading assignments follow a fictional family as they learn about nutrition and physical activity, set goals, and learn to make healthy choices.
- Each student receives a 41-page journal. The journal allows opportunities for reflective learning and goal setting.
- The program evaluation includes child surveys regarding knowledge and behavior.
WAT Youth Component
A local coalition will recruit participants and provide leadership to implement Walk Across Texas! Teams of eight or classes of children at schools will be recruited to walk for eight weeks. Teams and classes are challenged to walk regularly for eight weeks, reporting their mileage on http://walkacrosstexas.tamu.edu, to achieve the goal of walking the approximate 830 miles across Texas on a map that allows comparisons of teams and class progress.

AgriLife Research
Research is conducted in collaboration with State and Federal Women, Infant and Children Program leaders to provide data and programs to improve dietary habits of children and their parents or care givers. Research also involves native American populations and the school lunch program.

NOTE: Some information from this planned program is also included in the program for exercise and wellness. FTEs and financial data has been split between the two programs based on an estimate of contribution to youth related content.

2. Brief description of the target audience

Balancing Food & Play
Third grade students in various Texas schools.

WAT Youth Component
Youth in Texas Schools

AgriLife Research
Parents and others who care for children, school lunch program administrators, and native Americans.

V(E). Planned Program (Outputs)

1. Standard output measures

<table>
<thead>
<tr>
<th></th>
<th>Direct Contacts Adults</th>
<th>Indirect Contacts Adults</th>
<th>Direct Contacts Youth</th>
<th>Indirect Contacts Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan</td>
<td>{NO DATA ENTERED}</td>
<td>{NO DATA ENTERED}</td>
<td>{NO DATA ENTERED}</td>
<td>{NO DATA ENTERED}</td>
</tr>
<tr>
<td>Actual</td>
<td>9793</td>
<td>15015</td>
<td>42869</td>
<td>0</td>
</tr>
</tbody>
</table>

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

Patent Applications Submitted

Year: 2009
Plan: 0
Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

<table>
<thead>
<tr>
<th></th>
<th>Extension</th>
<th>Research</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan</td>
<td></td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Actual</td>
<td>0</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

V(F). State Defined Outputs

Output Target
### Output #1

**Output Measure**

- # youth participating in WAT Program.

<table>
<thead>
<tr>
<th>Year</th>
<th>Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>{No Data Entered}</td>
<td>19759</td>
</tr>
</tbody>
</table>

### Output #2

**Output Measure**

- # research related projects.

<table>
<thead>
<tr>
<th>Year</th>
<th>Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>{No Data Entered}</td>
<td>2</td>
</tr>
</tbody>
</table>
## 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>Increased number of miles walked by youth during the WAT Eight Week Program</td>
</tr>
</tbody>
</table>
Outcome #1

1. Outcome Measures

   Increased number of miles walked by youth during the WAT Eight Week Program

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>{No Data Entered}</td>
<td>1315836</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

   Issue (Who cares and Why)

   In Texas, 23 percent of fourth-grade children are obese (95th percentile for BMI by age/sex). Childhood obesity is associated with an increased risk for diabetes, high blood pressure, and adult overweight/obesity. About 1/3 of Texas children do not get the recommended amount of 60 minutes of physical activity each day. Texas 2009 FITNESSGRAM data from the Cooper Institute indicate that children's fitness levels decline with each passing grade.

   What has been done

   Walk Across Texas! is an eight-week program, offered in Texas since 1996, to help people of all ages support one another to establish the habit of regular physical activity. Walk Across Texas! is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services. In 2009, Texas AgriLife Extension Service and Texas Education Agency (TEA) partnered to offer the first annual TEA/Independent School District Walk Across Texas! Challenge. The goal of the challenge was to motivate Texas Education Agency, Independent School District (ISD) employees, students, and their families to move more and have fun!

   Results

   47 Texas counties had schools participate in the TEA/ISD Walk Across Texas! Challenge. 662 school youth logged 573,843 miles. The total number of school age youth participating in Walk Across Texas! for the year, however, was 19,759 logging 1,315,836 miles.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>724</td>
<td>Healthy Lifestyle</td>
</tr>
</tbody>
</table>

V(H). Planned Program (External Factors)

   External factors which affected outcomes

   ● Appropriations changes
   ● Public Policy changes
   ● Competing Public priorities
   ● Competing Programmatic Challenges
   ● Populations changes (immigration, new cultural groupings, etc.)

   Brief Explanation

   Various factors including those listed above can have an impact on this program area.
V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

   ● Before-After (before and after program)

Evaluation Results

Balancing Food & Play
At the completion of the curriculum, behavior changes included:

• The percentage of students who reported "Always or Almost Always" drinking regular (non-diet) soda decreased from 27 percent (451) to 20 percent (343).

• The percentage of students who reported excessive screen time (4 hours or more) usage decreased from 19 percent (330) to 12 percent (196).

• The percentage of students who reported having 60 minutes or more of physical activity increased from 56 percent (954) to 72 percent (1,211).

Key Items of Evaluation

Balancing Food & Play
Student comments regarding Balancing Food & Play include:

• "I'm eating better and exercising more and teaching my little brother about what I've learned."

• "My family has been taking more walks together, and I've invited my neighbor to come play outside with me more."

• "My family has started cooking healthier meals together."

• "I enjoyed learning about how to make a healthy plate."

• "I eat more fruits now and drink more milk instead of soda."

• "The program was active and fun because we got to play outside and do fun activity pages in the journal."

• "Balancing food and play taught me that I need to play more and eat healthier."