

V(A). Planned Program (Summary)

Program # 3

1. Name of the Planned Program

Youth, Family, Nutrition and Health, Fitness and Wellness

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		20%		0%
724	Healthy Lifestyle		20%		0%
801	Individual and Family Resource Management		20%		0%
802	Human Development and Family Well-Being		20%		0%
806	Youth Development		20%		0%
	Total		100%		0%

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2011	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	6.0	0.0	0.0
Actual Paid Professional	0.0	6.0	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	359231	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	359231	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

Area Extension Educators will conduct educational sessions in local schools and communities using educational programs, events and activities to aid youth in resisting risky behaviors such as tobacco use, alcohol and drug abuse, becoming sexual active, STD's and high school dropouts and juvenile detention, etc . Extension educators, community volunteers, state specialists and other collaborators will plan and organize programs, summits and events that will provide additional educational information to youth. Career days/fairs will be conducted at local schools and communities. The development of skills of volunteer leaders to organize school and community based clubs. Youth and volunteer leaders will participate in the following activities and events: 4 H Project Achievement Day; 4 H State Club Congress; 4 H State Fair Exhibit/4 H Day at Fair; National 4 H Congress; leadership camp and career days/fairs. Additionally, educational programs, events and activities will be implemented to improve parenting practices to improve parent and child relationship. Also, information will be disseminated and programs conducted on child development for developing and enhancing after school programs child care and other learning environments of children. Educational workshops, tours and career days/fairs will be conducted at local schools and in communities on financial resource management. Another aspect of this planned program will focus on the implementation of educational programs, events and activities along with research to address the nutrition, health fitness wellness and obesity issues facing limited resources families and youth in communities. Educational programs and workshops will be conducted to promote nutrition and other factors contributing to healthy lifestyles. Activities will be implemented that focused on behavior changes needed for proper weight management. Educational programs will be implemented focusing on recipe modification, portion control, food safety and calorie reduction. The educational program in this area of the planned program will provide participants adequate knowledge and information to make wise decisions concerning nutrition, health and their lifestyles to decrease weight gain and delay the onset of chronic diseases such as: heart disease, diabetes and hypertension.

2. Brief description of the target audience

The target audiences are at risk resource children and youth age 5 -19, adult volunteers, and limited-resource families.

3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

2011	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	2760	1350	17914	2661

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

Year: 2011

Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2011	Extension	Research	Total
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Conduct educational programs, events and activities on risky behaviors affecting youth

Year	Actual
2011	105

Output #2

Output Measure

- Conduct career/ workforce educational sessions in local schools and communities

Year	Actual
2011	19

Output #3

Output Measure

- Conduct leadership development educational programs, events and activities to provide opportunities at the county and regional levels.

Year	Actual
2011	17

Output #4

Output Measure

- Involvement of minority youth in county, state, district and national 4-H leadership activities and events: Youth leadership Academy; 4 H: Achievement Day, State Club Congress, Mississippi State Fair, National 4-H Conference and National 4-H Congress.

Year	Actual
2011	10

Output #5

Output Measure

- Conduct science, technology and environment programs events and activities to attract the interest of youth in educational fields

Year	Actual
2011	20

Output #6

Output Measure

- Conduct educational programs, events and activities on family financial resource management

Year	Actual
2011	52

Output #7

Output Measure

- Conduct educational programs, events and activities on effective parenting practices

Year	Actual
2011	21

Output #8

Output Measure

- Conduct research on nutrition, health, wellness, obesity and opportunities for physical fitness on youth and adult.
Not reporting on this Output for this Annual Report

Output #9

Output Measure

- Conduct nutrition and health and wellness workshops for limited resource youth and adults

Year	Actual
2011	35

Output #10

Output Measure

- Disseminate information about nutrition, chronic diseases and weight management
Not reporting on this Output for this Annual Report

Output #11

Output Measure

- Conduct educational programs, events and activities on nutrition, and physical fitness to improve health related diseases among limited resource youth and adults

Year	Actual
2011	35

Output #12

Output Measure

- Conduct demonstrations and disseminate information related to physical fitness and weight management
Not reporting on this Output for this Annual Report

Output #13

Output Measure

- Conduct educational programs, events and activities on food safety practices to preserve food quality and food sanitation
Not reporting on this Output for this Annual Report

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Increase the number of youth who resisted risky behavior that impacts their social and educational development.
2	Increase in number of minority youth competing in leadership competitions, youth events, activities and community projects
3	Increase in the number of trained volunteer leaders to organize and manage school and community youth clubs
4	Percent of limited resource participants to adopt parenting practices to improve parent/child relationships
5	Percent of limited resource families and youth to utilize their skills to analyze their financial well-being and make effective financial management decisions
6	Percentage of limited resource families and youth who utilize both healthy eating practices and physical fitness to manage obesity, weight and health related diseases.
7	Percentage of participants to utilize knowledge gained and made adjustments in their nutrition and lifestyle behaviors

Outcome #1

1. Outcome Measures

Increase the number of youth who resisted risky behavior that impacts their social and educational development.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2011	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

School age kids are not fully aware of the risky problems and other issues that affects their social and educational development. This has become a major problem within our schools and communities.

What has been done

The Alcorn State University Extension Program conducted 15 Bullying Workshops. The Bullying Workshops were implemented at Natchez High School and Morgantown Elementary School, Natchez, MS.

Results

As a result of implementing the Risky Behaviors program, 343 youth gained knowledge on bullying that impacts their social and educational development. Approximately 173(50%) youth stated they would not engage in risky behaviors.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Increase in number of minority youth competing in leadership competitions, youth events, activities and community projects

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2011	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

In order to compete for leadership roles youth must acquire adequate leadership skills. These skills include effective communications, critical decisions making skills, and how to create a healthy work environment. Once these skills are secured more effective leaders will be produced.

What has been done

In an effort to improve youth leadership skills two educational workshops were implemented by ASUEP. The workshops were delivered in a two part process. The first part was a lecture style method and the second part was a hands on activities. The skills that were introduced to the participants were effective communications, critical decisions making skills, and how to create a healthy work environment. Forty-two (42) participants attended workshop at Job Corps.

Results

Through observation it was discovered that 100 percent of the youth that participated in the lecture acquired the skills by completing the hands on activities. The group members had to determined a leader themselves, display effective communication, all while maintaining a healthy work environment. By mastering this task indicated they had a much broader understanding of leadership roles. ASUEP will follow-up bi-monthly.

4. Associated Knowledge Areas

KA Code **Knowledge Area**
806 Youth Development

Outcome #3

1. Outcome Measures

Increase in the number of trained volunteer leaders to organize and manage school and community youth clubs

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2011	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

There has been a decrease in active volunteer leaders for community and school-based 4-H clubs because of the slow economy and job market. Also, some leaders lack the skills needed to manage, facilitate, and provide educational, cultural, and citizenship opportunities to youth.

What has been done

The 4-H volunteer leaders attended and participated in the 2011 South 4-H Volunteer Leader Forum/Training in Brookhaven, MS. The training sessions were conducted by both ASUEP and MSUES Youth Specialists. A total of five (5) leaders and youth from Claiborne County attended and participated.

Results

As a result of the Volunteer Leader training, 4-H leaders and youth were trained to work with youth in clubs to provide a variety of educational, cultural and citizenship opportunities.

4. Associated Knowledge Areas

KA Code **Knowledge Area**
806 Youth Development

Outcome #4

1. Outcome Measures

Percent of limited resource participants to adopt parenting practices to improve parent/child relationships

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2011	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The State of Mississippi has informed Jefferson County Elementary School that they are endanger of being taking over by the state because of student performance on end of course exams. Parents must understand their children inappropriate behavior impact learning in a negative manner. Educating parents about the three styles of parenting and family can reduce poor parenting skills and improve students' performance.

What has been done

ASUEP presented a program on the three styles of parenting(e.g., Permissive, Authoritative, and Authoritarian,) Sixty-five participants participated in the program.

Results

Question and answer strategy was used, all participants felt more relax when discussing parenting styles. Parents were more aware of parenting style and how their style affect student learning and behavior. ASUEP plans to follow up in two months intervals by conducting home visits.

4. Associated Knowledge Areas

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

Outcome #5

1. Outcome Measures

Percent of limited resource families and youth to utilize their skills to analyze their financial well-being and make effective financial management decisions

2. Associated Institution Types

- 1890 Extension
- 1890 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2011	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Today's youth are introduced to the complex economic world of credit and credit cards before they exit high school. Some leave high school already in debt. They need to learn to identify the uses as well as the abuses of credit and credit cards, and explore ways to effectively utilize them to be better able to spend, save, invest, and to meet their needs and wants.

What has been done

To address this issue 45 youth participated in a educational workshop that was designed to prepare them with information and skills that help manage their money, develop a budget and use credit cards wisely. The topics presented were: the facts about money management, how to develop a budget, credit card facts and the advantages/disadvantages of credit cards.

Results

According to the post evaluation 50% of the 45 youth participating in the workshop reported that they understood the terms money management, goods, services and budget. They also understood how to budget for the three uses of money: spending, saving, and investing. Forty-five (45) percent increased their knowledge of credit and credit card usage.

Forty-nine (49) percent reported they would be able to identify the pros and cons/uses and abuses of credit cards and apply this information.

4. Associated Knowledge Areas

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

Outcome #6

1. Outcome Measures

Percentage of limited resource families and youth who utilize both healthy eating practices and physical fitness to manage obesity, weight and health related diseases.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2011	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The American population often makes unhealthy decisions concerning physical activity, health, and nutrition. These decisions occur in all communities and people of all ages. The result of these choices is that 67% of the population is overweight. According to the Surgeon General, being overweight is a risk factor for health conditions seen more frequently in children such as increased blood pressure(hypertension), Type II diabetes, increased total cholesterol, insulin resistance, sleep apnea, bowed legs, joint problems, back pain, early puberty,depression, and anxiety.

What has been done

The Alcorn State University Extension Program conducted a one-week Health & Wellness Summer Camp for Military Youthwith parent(s) who have been deployed. Twenty (20) youth participated in the camp. The camp was designed to encourage leadership development, healthy eating, and physical activity. The educationalsessions and activities were: Healthy Eating and Snacking/Health Food Choices, Container Gardening, Cooking School,

and Cook-off.

Results

Of the thirty youth participating in the Health and wellness camp sixty-nine (69) percent youth feel that they are better equip to make healthier food choices and healthy snack. Seventy-five (75) percent stated that they will be able to use the knowledge and skills learned at the cooking school. Eighty (80)percent reported they will make good food choices to improve their lifestyle. Eighty?five (85) percent stated they will include 30 minutes of physical activity to maintain a health lifestyle.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #7

1. Outcome Measures

Percentage of participants to utilize knowledge gained and made adjustments in their nutrition and lifestyle behaviors

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Competing Programmatic Challenges
- Other (Staff)

Brief Explanation

A major focus of the Youth, Family, Nutrition, Health, Fitness, and Wellness planned program area is reducing the adult and childhood obesity rate in Mississippi. One external factor that interferes with programmatic efforts is other agencies or community-based organizations offering similar programs to reduce obesity. Also, staff is a second external factor, the ASUEP Family and Consumer Science specialists have a split appointment between Extension and the Human Science Department.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Surveys and direct observations were used to evaluate the Youth, Family, Nutrition, Health, Fitness, and Wellness planned program areas. Surveys and questionnaires were used at the conclusion of a program to measure knowledge gained. Direct observations were used to determine if participants were using the skills taught in the program. The youth component of the planned program implements educational programs related to

risky behaviors, leadership and workforce development, and recruiting volunteers. Results from risky behavior programs indicates youth are more aware of bullying, the negative effects of bullying, consequences of bullying, and reporting bullying activities to appropriate officials. Results from leadership development programs indicates participants are able to apply leaderships skills (e.g., effective communication and team building skills in 4-H clubs and leadership programs). Results from workforce development programs indicate participants are able to develop a resume, dress for interviews, and participate in a mock interview. There is no concrete data to report on nutrition, health, fitness, and wellness. Future evaluations will consist of pre and post tests, observations, and maintaining journals to track progress.

Key Items of Evaluation

Bullying is a major issues facing today's youth and the ASUEP has addressed the issue in Mississippi. To capture a greater impact, the evaluation instrument must help determine if bullying activities are being reduced in the schools. Individual interviews will be conducted with school administration and counselors to determine if the programs are reducing bullying activities in the school.