

**V(A). Planned Program (Summary)**

**Program # 4**

**1. Name of the Planned Program**

Obesity, Nutrition and Community

**V(B). Program Knowledge Area(s)**

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
608	Community Resource Planning and Development	9%		10%	
702	Requirements and Function of Nutrients and Other Food Components	0%		35%	
703	Nutrition Education and Behavior	11%		5%	
724	Healthy Lifestyle	2%		5%	
801	Individual and Family Resource Management	13%		10%	
802	Human Development and Family Well-Being	6%		5%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	0%		25%	
806	Youth Development	59%		5%	
	<b>Total</b>	100%		100%	

**V(C). Planned Program (Inputs)**

1. Actual amount of FTE/SYs expended this Program

Year: 2011	Extension		Research	
	1862	1890	1862	1890
Plan	59.0	0.0	2.5	0.0
Actual Paid Professional	56.0	0.0	11.5	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
814947	0	154849	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
814947	0	154849	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	3260099	0

## V(D). Planned Program (Activity)

### 1. Brief description of the Activity

1. Conduct research with respect to human nutrition, family finances, bankruptcy, and community development.
2. Publish studies and make presentations related to individuals, family finances, and community well-being.
3. Conduct workshops and meetings, deliver activities, develop new curricula, write newsletters and news releases and post Internet fact sheets.
4. Provide training in a variety of mediums-face-to-face, satellite, group discussions, demonstrations, conferences and workshops, via DVDs, CDs, fact sheets, newsletters, and other media.
5. Include the following materials or media sources in training sessions: Take Charge of Your Money, Power Pay and Power Saves, Utah Saves Education and Outreach, Individual Development Account, First Time Homebuyer Assistance, Financial Education for Bankruptcy Filers (USU is certified by the Department of Justice to offer debtor education classes), Living Well on Less, Money Sense for Your Children, and Earned Income Credit assistance.
6. Utilize different teaching methods of The Utah Food Stamp Nutrition Education including individual, group classes, DVD video series, and an on-line course. FSNE Nutrition Education Assistants will provide other nutrition education opportunities to FSNE participants
7. Use the "Give Your Body the Best" curriculum developed in 2005 by USU to teach individuals or groups of low income persons regarding chronic diseases; on food allergies, intolerance, and poisoning; and lessons on getting to know foods and enjoy them.
8. Increase the capacity among other extension personnel to participate in or lead community self-assessments (SWOT analyses, asset mapping, search conferencing, surveys, etc.) that lay the groundwork for subsequent project activities.
9. Conduct research experiments and/or develop theories that can be used to explain (a) causes for public land conflicts and potential solutions, (b) solutions to the urban expansion into rural areas and open space, and (c) conditions for continued rural community economic viability.
10. Publish studies and make presentations related to these areas of concern.
11. Conduct workshops and meetings to educate local, state, and regional stakeholders concerning these issues.
12. Deliver educational and informational services through various media.
13. Develop educational resources related to rural economic viability for community leaders and other stakeholders
14. Provide for local training in principles developed that are related to this area of study.
15. Conduct design activities (for a park, a Main Street revitalization, etc.) that will typically yield a design of variable specificity (some might be conceptual drawings, others might be more extensive).
16. Provide consultations regarding land use planning policies and their implications on growth.

## 2. Brief description of the target audience

The target group is the general population of Utah (including youth), with a special emphasis on Native Americans, Latinos, African Americans, Asians/Pacific Islanders, and low income families with children at or below poverty levels, food stamp program eligible individuals, and individuals facing bankruptcy. A subgroup of the audience targets is pregnant teens and teen mothers.

Elected officials, appointed officials, general population (including youth), and at-large community opinion leaders and influential people are targeted for community development.

## 3. How was eXtension used?

There is a link from USU Extension's webpage to eXtension's "Ask an Expert."

## V(E). Planned Program (Outputs)

### 1. Standard output measures

2011	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	236502	872246	491244	1811764

### 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
<b>Actual</b>	0	24	24

## V(F). State Defined Outputs

### Output Target

#### Output #1

##### Output Measure

- Number of Graduate Students/Post Docs Trained

<b>Year</b>	<b>Actual</b>
2011	33

**Output #2**

**Output Measure**

- Contract/Grant Dollars Generated

<b>Year</b>	<b>Actual</b>
2011	2407010

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Number of clientele who gain knowledge about nutrition education and behavior.
2	Number of clientele who implement practices of nutrition education and behavior.
3	Number of clientele who gain knowledge about individual and family resource management.
4	Number of clientele who implement individual and family resource management.

## **Outcome #1**

### **1. Outcome Measures**

Number of clientele who gain knowledge about nutrition education and behavior.

### **2. Associated Institution Types**

- 1862 Extension
- 1862 Research

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2011	4955

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

**Issue (Who cares and Why)**

**What has been done**

**Results**

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
608	Community Resource Planning and Development
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

## **Outcome #2**

### **1. Outcome Measures**

Number of clientele who implement practices of nutrition education and behavior.

### **2. Associated Institution Types**

- 1862 Extension
- 1862 Research

### **3a. Outcome Type:**

Change in Action Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2011	4677

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

#### **Issue (Who cares and Why)**

There has been a crises of nutrition in the U.S. even though there have also been large food surpluses. There is a need to provide much better nutrition information on various types of food to enable consumers to make wise choices. As the relationships among diet, health, and disease prevention have become clearer, nutrition and the promotion of healthy eating behaviors and lifestyles have received increased attention. Many teenage mothers are found in the low income brackets and they can benefit from participating in various nutrition programs as well as those eligible for the USDA Supplemental Nutrition Assistance Program (SNAP). More work is needed to allow all people in the U.S. the opportunity share in the abundance of food items.

#### **What has been done**

USU Extension and Utah Agricultural Experiment Station conducted research with respect to human nutrition. They held workshops and meetings, developed curricula, wrote newsletters and news releases and posted internet fact sheets pertaining to nutrition. USU's Food Sense program utilized different teaching methods including individual, group classes, DVD video series, and an on-line course to teach participants. In 2011 there were 8,338 adults and 27,870 youth for a total of 36,208 people enrolled in USU Food Sense programs. Supplemental Nutrition Assistance Program (SNAP) assistants provided other nutrition education opportunities to SNAP participants.

#### **Results**

After participating in 4 or more lessons, 239 Food Sense participants completed the Post/Pre Evaluation. The evaluation showed positive increases in the following behaviors: washing hands, keeping raw foods separate from ready to eat foods, thaw frozen foods and meat properly, refrigerate meats, grocery shop with a list, plan menus, compare prices while shopping, and have enough food to last through the month. Participants also gained knowledge about being more physically active, choosing to take stairs or walk, and making healthy food choices. Gains also

occurred with families eating together at the table, preparing meals at home, eating at least 2.5 servings of vegetables, 2 servings of fruit, and 2 serving of dairy each day, eating breakfast, reading food labels, replacing unhealthy fats with heart healthy fats, and reducing sodium in food preparation.

#### 4. Associated Knowledge Areas

<b>KA Code</b>	<b>Knowledge Area</b>
608	Community Resource Planning and Development
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

#### Outcome #3

##### 1. Outcome Measures

Number of clientele who gain knowledge about individual and family resource management.

##### 2. Associated Institution Types

- 1862 Extension
- 1862 Research

##### 3a. Outcome Type:

Change in Knowledge Outcome Measure

##### 3b. Quantitative Outcome

<b>Year</b>	<b>Actual</b>
2011	1169

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

**Issue (Who cares and Why)**

**What has been done**

**Results**



#### 4. Associated Knowledge Areas

<b>KA Code</b>	<b>Knowledge Area</b>
608	Community Resource Planning and Development
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

#### Outcome #4

##### 1. Outcome Measures

Number of clientele who implement individual and family resource management.

##### 2. Associated Institution Types

- 1862 Extension
- 1862 Research

##### 3a. Outcome Type:

Change in Action Outcome Measure

##### 3b. Quantitative Outcome

<b>Year</b>	<b>Actual</b>
2011	1169

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

###### **Issue (Who cares and Why)**

Americans carry more unsecured debt than ever before and lack of basic financial literacy is often cited as one of the key reasons. Utah residents file for bankruptcy more often than citizens nationwide and need education and assistance to improve family financial stability. Extension is in a position to become an integral part of many programs designed especially for low and moderate income families. Extension and the Experiment Station play a role in expanding and enhancing, not only the educational aspects of these programs, but also their impact on families and the breadth of the outreach. This role will address local, statewide and national concerns.

###### **What has been done**

With research support from the Experiment Station, Extension provides assistance with, given research support of the Experiment Station, include Volunteer Income Tax Assistance (VITA) and the Earned Income Tax Credit; Utah Saves; Home Buyer Education and Individual Development Accounts. Additional development of the PowerPay debt management and financial education website and associated desktop software is also included in this effort. The Experiment Station also continues to conduct research into the development of food products that are low in fat and have additional health benefits.

### **Results**

During 2011 the VITA remote file process was used in Moab, Nephi, Heber City, Kamas and Coleville. Extension assisted 131 households with their tax returns (up 26%). These filers received a total of \$169,405 in federal and state refunds. This included \$46,883 in earned income tax credits and \$23,739 in child tax credits. More than 36% of the filers received a refund greater than one month's income. The Earned Income Credit is considered by many to be the most significant anti-poverty program in the nation. The work that Extension does with remote file extends that program through Volunteer Income Tax Assistance to rural communities.

## **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
608	Community Resource Planning and Development
702	Requirements and Function of Nutrients and Other Food Components
703	Nutrition Education and Behavior
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

## **V(H). Planned Program (External Factors)**

### **External factors which affected outcomes**

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

### **Brief Explanation**

Every factor checked above has had a negative impact on this planned program area.

## **V(I). Planned Program (Evaluation Studies)**

## **Evaluation Results**

Many of the programs offered through Extension and the experiment station have participant evaluations where results are used to document impacts. Evaluations in 2011 of some programs falling under Obesity, Nutrition and Community included the Supplemental Nutrition Assistance Program (SNAP), food sense program, and diabetic cooking classes.

### **Key Items of Evaluation**

After participating in 4 or more lessons, 239 Food Sense participants completed the Post/Pre Evaluation. The evaluation showed positive increases in the following behaviors: washing hands, keeping raw foods separate from ready to eat foods, thaw frozen foods and meat properly, refrigerate meats, grocery shop with a list, plan menus, compare prices while shopping, and have enough food to last through the month. Participants also gained knowledge about being more physically active, choosing to take stairs or walk, and making healthy food choices. Gains also occurred with families eating together at the table, preparing meals at home, eating at least 2.5 servings of vegetables, 2 servings of fruit, and 2 serving of dairy each day, eating breakfast, reading food labels, replacing unhealthy fats with heart healthy fats, and reducing sodium in food preparation.