V(A). Planned Program (Summary)

Program # 4

1. Name of the Planned Program

Childhood Obesity -- Nutrition and Childhood Obesity

☑ Reporting on this Program

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>502</td>
<td>New and Improved Food Products</td>
<td>5%</td>
<td></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>603</td>
<td>Market Economics</td>
<td>0%</td>
<td></td>
<td>5%</td>
<td></td>
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<tr>
<td>607</td>
<td>Consumer Economics</td>
<td>0%</td>
<td></td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>701</td>
<td>Nutrient Composition of Food</td>
<td>15%</td>
<td></td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>702</td>
<td>Requirements and Function of Nutrients and Other Food Components</td>
<td>15%</td>
<td></td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
<td>40%</td>
<td></td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>724</td>
<td>Healthy Lifestyle</td>
<td>25%</td>
<td></td>
<td>35%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>100%</td>
<td></td>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

<table>
<thead>
<tr>
<th>Year: 2012</th>
<th>Extension</th>
<th></th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1862</td>
<td>1890</td>
<td>1862</td>
</tr>
<tr>
<td>Plan</td>
<td>360.0</td>
<td>0.0</td>
<td>5.0</td>
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<tr>
<td>Actual Paid Professional</td>
<td>260.0</td>
<td>0.0</td>
<td>3.0</td>
</tr>
<tr>
<td>Actual Volunteer</td>
<td>5652.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
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</table>

2. Institution Name: Cornell University

Actual dollars expended in this Program (includes Carryover Funds from previous years)
2. **Institution Name:** NY State Agricultural Experiment Station

**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>Smith-Lever 3b &amp; 3c</td>
<td>1653542</td>
<td>391735</td>
</tr>
<tr>
<td>1890 Extension</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1862 Matching</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1862 All Other</td>
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<td>0</td>
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</table>

V(D). Planned Program (Activity)

1. **Brief description of the Activity**

This is a statewide multi-disciplinary extension program with emphases cutting across many content areas and audiences. Campus-based faculty and extension associates provide leadership and participate in work teams with CCE educators. Programs draw upon Cornell and other academic research. All are involved in designing, implementing and evaluating tailored outreach. Trained Extension nutritionists and parenting and 4-H educators lead local program activities. Researchers in horticulture and agricultural economics and marketing investigate options for improving local production and direct marketing of fresh produce into areas where they are currently lacking.

Programs for children and youth are delivered through a variety of settings: 4-H camps, clubs, fairs and afterschool as well as through child-parent/grandparent involvement projects and in-school student education. Family-focused programs promote a positive parent/care-giver-child feeding relationship and planning for good nutrition and physical activity. Extension staff collaborate with community leaders to improve the local environment for healthy eating and active living. Activities include sequential learning events, "community workshops" and engagement with community and civic leaders to improve the environment for nutrition and wellness and support of the local food system.
2. Brief description of the target audience

 Audiences reached include: moderate and low income families; 4-H youth; children in and out of school; nutrition, health, and family professionals; front-line family workers; school food service staff; community leaders; and government and agency leaders at the local, state, and federal level.

3. How was eXtension used?

 Cornell Cooperative Extension supports and promotes eXtension communities of practice, the eXtension public site and the professional development offered through eXtension.org.
 Staff across the state are encouraged to be involved in appropriate COPs, and the link to eXtension is promoted on the front page of the Cornell Cooperative Extension public staff site. Currently 347 staff are registered users of eXtension. Staff have cited the usefulness of COPs - particularly where there are identified national projects - such as with Financial Security for All COP.

 Examples of participation in COPs in this plan of work area include:

 - Childhood Obesity and Nutrition
 - Families, Food, and Fitness

V(E). Planned Program (Outputs)

1. Standard output measures

<table>
<thead>
<tr>
<th></th>
<th>2012 Direct Contacts Adults</th>
<th>Indirect Contacts Adults</th>
<th>2012 Direct Contacts Youth</th>
<th>Indirect Contacts Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actual</td>
<td>219301</td>
<td>4930824</td>
<td>264452</td>
<td>6026562</td>
</tr>
</tbody>
</table>

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

 Patent Applications Submitted
 Year: 2012
 Actual: 0

 Patents listed

3. Publications (Standard General Output Measure)

 Number of Peer Reviewed Publications

<table>
<thead>
<tr>
<th>2012</th>
<th>Extension</th>
<th>Research</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actual</td>
<td>3</td>
<td>208</td>
<td>211</td>
</tr>
</tbody>
</table>

V(F). State Defined Outputs

Report Date       06/10/2013

Page 3 of 15
Output Target

Output #1

Output Measure

● (4.1a) # children, youth, parents/caregivers and other adults reached via healthy eating and active living programs
  Not reporting on this Output for this Annual Report

Output #2

Output Measure

● (4.1b) # of women and health providers completing education programs addressing healthy weight gain during pregnancy and breastfeeding
  Not reporting on this Output for this Annual Report

Output #3

Output Measure

● (4.1c) # of extension educators and/or volunteers participating in training programs to enhance obesity prevention educational opportunities for children and youth, and adults who care for them
  Not reporting on this Output for this Annual Report

Output #4

Output Measure

● (4.2a) # of program participants reached to improve their food resource management and food security
  Not reporting on this Output for this Annual Report

Output #5

Output Measure

● (4.3a) # of community and/or government/agency members completing educational programs on issues related to childhood obesity prevention programs and policy related to healthy living
  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>(4.1d) # of children, youth, parents/caregivers and other adults who demonstrate knowledge or skill gains related to healthy eating and active living</td>
</tr>
<tr>
<td>2</td>
<td>(4.1e) # of women and health providers demonstrating increased knowledge or skill gains related to healthy weight gain during pregnancy and breastfeeding</td>
</tr>
<tr>
<td>3</td>
<td>(4.1f) # of extension educators or volunteers demonstrating knowledge or skill gains related to healthy eating and active living programs for obesity prevention</td>
</tr>
<tr>
<td>4</td>
<td>(4.1g) # of youth program participants documented to have applied healthy eating and/or active living, recommendations</td>
</tr>
<tr>
<td>5</td>
<td>(4.1h) # of adult program participants documented to have applied healthy eating and/or active living, recommendations</td>
</tr>
<tr>
<td>6</td>
<td>(4.1i) # of extension educators and/or volunteers reporting increased delivery of healthy living-related programs.</td>
</tr>
<tr>
<td>7</td>
<td>(4.1j) # of vulnerable children and youth documented to have reduced incidence of overweight and obesity as a result of participating in relevant educational programs.</td>
</tr>
<tr>
<td>8</td>
<td>(4.1k) # of adult program participants documented to have reduced one or more chronic disease indicators associated with overweight.</td>
</tr>
<tr>
<td>9</td>
<td>(4.2b) # of program participants who demonstrate knowledge or skill gains related to food resource management and food security</td>
</tr>
<tr>
<td>10</td>
<td>(4.2c) # of program participants who adopt food resource management and/or food security practices</td>
</tr>
<tr>
<td>11</td>
<td>(4.2d) # of program participants documented to have improved food resource management and/or food security</td>
</tr>
<tr>
<td>12</td>
<td>(4.3b) # of program participants who demonstrate increased knowledge or skill gains related to childhood obesity prevention programs and policies</td>
</tr>
<tr>
<td>13</td>
<td>(4.3c) # of program participants documented to have increased involvement in public/community childhood obesity prevention actions</td>
</tr>
<tr>
<td>14</td>
<td>(4.3d) # of participating schools and/or communities documented to have made practice and/or policy changes to promote healthy eating and active living</td>
</tr>
<tr>
<td>15</td>
<td>(4.3e) # of participating schools and/or communities reporting decline in incidence of childhood overweight and/or indicators of chronic diseases associated with obesity.</td>
</tr>
<tr>
<td>16</td>
<td>Developing Strategies to Encourage Healthier Food Choice in New York School Cafeterias</td>
</tr>
<tr>
<td>17</td>
<td>Applying an Ecological Approach to Childhood Obesity Prevention at the Community Level Stark</td>
</tr>
</tbody>
</table>
1. Outcome Measures

(4.1d) of children, youth, parents/caregivers and other adults who demonstrate knowledge or skill gains related to healthy eating and active living

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

(4.1e) # of women and health providers demonstrating increased knowledge or skill gains related to healthy weight gain during pregnancy and breastfeeding

Not Reporting on this Outcome Measure

Outcome #3

1. Outcome Measures

(4.1f) # of extension educators or volunteers demonstrating knowledge or skill gains related to healthy eating and active living programs for obesity prevention

Not Reporting on this Outcome Measure

Outcome #4

1. Outcome Measures

(4.1g) # of youth program participants documented to have applied healthy eating and/or active living, recommendations

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

Change in Action Outcome Measure

3b. **Quantitative Outcome**

<table>
<thead>
<tr>
<th>Year</th>
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</thead>
<tbody>
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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>701</td>
<td>Nutrient Composition of Food</td>
</tr>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
<tr>
<td>724</td>
<td>Healthy Lifestyle</td>
</tr>
</tbody>
</table>

**Outcome #5**

1. **Outcome Measures**

(4.1h) # of adult program participants documented to have applied healthy eating and/or active living, recommendations

2. **Associated Institution Types**

- 1862 Extension
- 1862 Research

3a. **Outcome Type:**

Change in Action Outcome Measure

3b. **Quantitative Outcome**

<table>
<thead>
<tr>
<th>Year</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></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>701</td>
<td>Nutrient Composition of Food</td>
</tr>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
<tr>
<td>724</td>
<td>Healthy Lifestyle</td>
</tr>
</tbody>
</table>

Outcome #6

1. Outcome Measures

(4.1i) # of extension educators and/or volunteers reporting increased delivery of healthy living-related programs.

Not Reporting on this Outcome Measure

Outcome #7

1. Outcome Measures

(4.1j) # of vulnerable children and youth documented to have reduced incidence of overweight and obesity as a result of participating in relevant educational programs.

Not Reporting on this Outcome Measure

Outcome #8

1. Outcome Measures

(4.1k) # of adult program participants documented to have reduced one or more chronic disease indicators associated with overweight.

Not Reporting on this Outcome Measure
Outcome #9

1. Outcome Measures

(4.2b) # of program participants who demonstrate knowledge or skill gains related to food resource management and food security

Not Reporting on this Outcome Measure

Outcome #10

1. Outcome Measures

(4.2c) # of program participants who adopt food resource management and/or food security practices

2. Associated Institution Types

● 1862 Extension
● 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Actual</th>
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</thead>
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<td>16786</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>701</td>
<td>Nutrient Composition of Food</td>
</tr>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
</tbody>
</table>
Outcome #11

1. Outcome Measures

(4.2d) # of program participants documented to have improved food resource management and/or food security

2. Associated Institution Types

● 1862 Extension
● 1862 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>14073</td>
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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>701</td>
<td>Nutrient Composition of Food</td>
</tr>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
</tbody>
</table>

Outcome #12

1. Outcome Measures

(4.3b) # of program participants who demonstrate increased knowledge or skill gains related to childhood obesity prevention programs and policies

Not Reporting on this Outcome Measure
Outcome #13

1. Outcome Measures

   (4.3c) # of program participants documented to have increased involvement in public/community childhood obesity prevention actions

2. Associated Institution Types

   ● 1862 Extension
   ● 1862 Research

3a. Outcome Type:

   Change in Action Outcome Measure

3b. Quantitative Outcome

   Year       Actual
   2012       132

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
   724       Healthy Lifestyle

Outcome #14

1. Outcome Measures

   (4.3d) # of participating schools and/or communities documented to have made practice and/or policy changes to promote healthy eating and active living

2. Associated Institution Types
• 1862 Extension
• 1862 Research

3a. **Outcome Type:**
Change in Condition Outcome Measure

3b. **Quantitative Outcome**

<table>
<thead>
<tr>
<th>Year</th>
<th>Actual</th>
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<tr>
<td>2012</td>
<td>76</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>701</td>
<td>Nutrient Composition of Food</td>
</tr>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
<tr>
<td>724</td>
<td>Healthy Lifestyle</td>
</tr>
</tbody>
</table>

**Outcome #15**

1. **Outcome Measures**

(4.3e) # of participating schools and/or communities reporting decline in incidence of childhood overweight and/or indicators of chronic diseases associated with obesity.

Not Reporting on this Outcome Measure

**Outcome #16**

1. **Outcome Measures**

Developing Strategies to Encourage Healthier Food Choice in New York School Cafeterias

Not Reporting on this Outcome Measure
Outcome #17

1. Outcome Measures

Applying an Ecological Approach to Childhood Obesity Prevention at the Community Level  Stark

Not Reporting on this Outcome Measure

Outcome #18

1. Outcome Measures

Adopting Healthy Habits in the North Country

Not Reporting on this Outcome Measure

Outcome #19

1. Outcome Measures

Families Cooking Together

Not Reporting on this Outcome Measure

Outcome #20

1. Outcome Measures

Healthy Children Healthy Families: Parents Making A Difference

Not Reporting on this Outcome Measure

Outcome #21

1. Outcome Measures

People’s Garden Pilot School Garden Project: Healthy Gardens, Healthy Youth

Not Reporting on this Outcome Measure
V(H). Planned Program (External Factors)

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

Brief Explanation

Local governments, an important funder for local extension staff, face diminished revenues and increased mandated costs outside of the non-mandated extension programs. Thus having professionals available to implement new research-based programming is not always possible.

A very slow recovery from the recession and pockets of high unemployment in the state affect how public and private funds are allocated to educational activities. In some instances, family subsistence is a higher priority than improved nutrition and opportunities for physical activity. As an example of the latter, in New York state, cost cuts include closing some public parks and reducing recreational physical activity programs. Some decision-makers and others in the community do not agree with all aspects of an ecological approach to childhood obesity prevention, including disagreeing with community or institutional policy changes such as eliminating non-nutritious snacks from after school activities instead viewing the individual and within the family as responsible for nutrition and health.

It should also be noted that state funding to nutrition programs has stopped and started and been threatened in the last two years, impacting the quality and availability of nutrition programming in New York state.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Some The Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program - Education (SNAP-Ed) are nutrition education programs designed to enhance the quality of life for a low-income (<=185% of poverty) participants and their families. EFNEP is provided to participants who are parenting, pregnant, or influencing the nutritional well-being of children under the age of 19 years, and who meet the income guidelines. SNAP-Ed is provided to any person who meets the income guidelines.
• Participants complete an assessment form at entry into the program and at exit. The question sets used are based on the content of classes delivered. Enrollment in the program is usually limited to 4 - 12 lessons, but may occasionally be longer, depending upon the needs and desires of the individual participant. The assessment form collects demographic information, a maximum of 25 behavior checklist items and a 24-hour dietary recall. These collected data are entered into a web-based electronic database, specifically designed by the USDA to capture these evaluation data.

• The web-based system provides multiple levels of assessment on participant and program outputs. The web-based system provides individual assessment: providing output reports which summarize participant reported behaviors to use with program participants to facilitate awareness of current practices and improved practices, at the conclusion of the sessions. The web-based system provide aggregated reports of program participant data which summarizes output and outcome (reported behavior and diet changes) at the local county level. The web-based system then enables to aggregation of data at the state and federal levels, to facilitate program reporting and evaluation assessment at each of these levels.

• Participants reached through one-time education will complete a form which captures demographic characteristics and an assessment of topic-specific intent to change behavior, e.g. intent to choose water and low-fat milk instead of sweetened beverages. Data will not be linked to participant's name or address. Data on enrolled participants are used to 1) assist staff in establishing goals and objectives with the participants for program delivery and 2) assess outcomes of the program. Aggregated data are shared with the Federal and State funding agencies at the end of each Federal Fiscal Year as required for Cornell University and Cornell Cooperative Extension to receive the Federal funding.

**Key Items of Evaluation**

See cross cutting outcomes in State Defined Outcomes.