V(A). Planned Program (Summary)

Program # 18
1. Name of the Planned Program
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>724</td>
<td>Healthy Lifestyle</td>
<td>100%</td>
<td></td>
<td>100%</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>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1862</td>
<td>1890</td>
</tr>
<tr>
<td>Plan</td>
<td>3.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Actual Paid Professional</td>
<td>1.6</td>
<td>0.0</td>
</tr>
<tr>
<td>Actual Volunteer</td>
<td>0.0</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></th>
<th>Extension</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smith-Lever 3b &amp; 3c</td>
<td>1890</td>
<td>Hatch</td>
</tr>
<tr>
<td></td>
<td>20618</td>
<td>0</td>
</tr>
<tr>
<td>1862 Matching</td>
<td>1890</td>
<td>1862</td>
</tr>
<tr>
<td></td>
<td>20618</td>
<td>0</td>
</tr>
<tr>
<td>1862 All Other</td>
<td>1890</td>
<td>1862</td>
</tr>
<tr>
<td></td>
<td>176420</td>
<td>0</td>
</tr>
</tbody>
</table>

V(D). Planned Program (Activity)
1. Brief description of the Activity

Balancing Food & Play
The curriculum contains four elements: 20 lesson plans, 8 take-home reading assignments, 4 parent
newsletters, and a 41 page journal for each student. Twenty lesson plans address physical activity, My Plate, 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.

In 2012, Texas A&M AgriLife Extension Service agents in 21 counties recruited third grade classroom teachers to participate in this program. They received permission to implement this school enrichment program, and 1,223 students completed the curriculum. To date, 1,215 teacher manuals and 1,041 student journal masters have been downloaded from the website http://balance.tamu.edu.

At the completion of Balancing Food & Play, students were more likely to correctly identify food and physical activity recommendations. Self-reported student behaviors related to physical activity, soda consumption, and screen time - all of which are associated with obesity - improved during the time that Balancing Food & Play was taught. The percentage of students who reported:

- getting at least 60 minutes of physical activity increased from 51 percent to 73 percent;
- drinking soda almost never or never increased from 32 percent to 42 percent; and
- limiting screen time to 2 hours or less increased from 81 percent to 91 percent.

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.

In 2012, 6,192 youth participated in school Walk Across Texas teams for eight weeks. They walked a total of 589,019 miles during the eight weeks or almost 12 miles per week.

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.

2. **Brief description of the target audience**

**Balancing Food & Play**
Third grade students in 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.
3. How was eXtension used?

eXtension was not used in this program

V(E). Planned Program (Outputs)

1. Standard output measures

<table>
<thead>
<tr>
<th></th>
<th>2012</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>Actual</td>
<td>358</td>
<td>3719</td>
<td>13038</td>
<td>0</td>
<td></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></th>
<th>2012</th>
<th>Extension</th>
<th>Research</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actual</td>
<td>0</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- # youth participating in WAT Program.

Not reporting on this Output for this Annual Report

Output #2

Output Measure

- # of educational sessions conducted.

<table>
<thead>
<tr>
<th>Year</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>353</td>
</tr>
</tbody>
</table>
## Output #3

**Output Measure**

- # of research related projects.

<table>
<thead>
<tr>
<th>Year</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>1</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>
<tr>
<td>2</td>
<td>The percent of youth that reported engaging daily in 60 minutes or more of physical activity. (National Indicator Outcome 2,1d)</td>
</tr>
<tr>
<td>3</td>
<td>The percent of youth that reported increasing their physical activity and/or reducing sedentary activity. (National Indicator Outcome 2,1c)</td>
</tr>
<tr>
<td>4</td>
<td>% youth drinking soda almost never or never.</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>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>589019</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

   Issue (Who cares and Why)
   Texas ranks 7th as the state with the highest childhood overweight rates. Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression. Regular physical activity is also associated with fewer physician visits, hospitalizations, and medications.

   What has been done
   Balancing Food and Play was offered to third graders. 1,223 participated. Walk Across Texas was offered in schools. In 2012, 6,192 youth participated in school Walk Across Texas teams for eight weeks. They walked a total of 589,019 miles during the eight weeks or almost 12 miles per week.

   Results
   The percentage of students participating in Balancing Food & Play who reported:
   * getting at least 60 minutes of physical activity increased from 51 percent to 73 percent;
   * drinking soda almost never or never increased from 32 percent to 42 percent; and
   * limiting screen time to 2 hours or less increased from 81 percent to 91 percent

   In 2012, 6,192 youth participated in school Walk Across Texas teams for eight weeks. They walked a total of 589,019 miles during the eight weeks or almost 12 miles per week.

4. Associated Knowledge Areas
Outcome #2

1. Outcome Measures

The percent of youth that reported engaging daily in 60 minutes or more of physical activity. (National Indicator Outcome 2,1d)

2. Associated Institution Types

● 1862 Extension

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>2012</td>
<td>73</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Texas ranks 7th as the state with the highest childhood overweight rates. Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression. Regular physical activity is also associated with fewer physician visits, hospitalizations, and medications.

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In 2012, 6,192 youth participated in school Walk Across Texas teams for eight weeks. They walked a total of 589,019 miles during the eight weeks or almost 12 miles per week.
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>

Outcome #3

1. Outcome Measures

The percent of youth that reported increasing their physical activity and/or reducing sedentary (National Indicator Outcome 2.1c)

2. Associated Institution Types

- 1862 Extension

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>2012</td>
<td>91</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Texas ranks 7th as the state with the highest childhood overweight rates. Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression. Regular physical activity is also associated with fewer physician visits, hospitalizations, and medications.

What has been done
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In 2012, 6,192 youth participated in school Walk Across Texas teams for eight weeks. They
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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>

Outcome #4

1. Outcome Measures

% youth drinking soda almost never or never.

2. Associated Institution Types

● 1862 Extension

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>2012</td>
<td>42</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Texas ranks 7th as the state with the highest childhood overweight rates. Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression. Regular physical activity is also associated with fewer physician visits, hospitalizations, and medications.

What has been done
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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
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

Reduced budgets meant less agents who were able to offer either program. Due to budget cuts, teachers were laid off. Our Texas Education School Health department was closed so there was less encouragement to participate in either Balancing Food and Play or Walk Across Texas.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

The percentage of students participating in Balancing Food & Play who reported
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Key Items of Evaluation

The percentage of students participating in Balancing Food & Play who reported
- getting at least 60 minutes of physical activity increased from 51 percent to 73 percent;
- drinking soda almost never or never increased from 32 percent to 42 percent; and
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