

Human Health

Human Health

V(A). Planned Program (Summary)

1. Name of the Planned Program

Human Health

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
724	Healthy Lifestyle	100%		100%	
Total		100%		100%	

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	14.5	0.4	0.0	0.0
Actual	9.4	0.0	4.1	0.0

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

Extension		Research	
Smith-Lever 3b & 3c 266742	1890 Extension	Hatch 1547	Evans-Allen 0
1862 Matching 266742	1890 Matching 0	1862 Matching 19394	1890 Matching 0
1862 All Other 0	1890 All Other 0	1862 All Other 493388	1890 All Other 0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Research in healthy lifestyles education will be complemented by Extension programming, including the following methods:

- Training programs
- Video conferences
- Health fairs
- Workshops
- Partnership development
- Needs assessment
- Leadership training Strategic planning

2. Brief description of the target audience

The audience for this program includes all Mississippians, with a specific focus on those who are overweight and/or have hypertension, and high blood cholesterol.

V(E). Planned Program (Outputs)**1. Standard output measures****Target for the number of persons (contacts) reached through direct and indirect contact methods**

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	137888	34472	0	0
2007	74535	111798	0	0

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

Year Target

Plan: 0

2007: 0

Patents listed**3. Publications (Standard General Output Measure)****Number of Peer Reviewed Publications**

	Extension	Research	Total
Plan			
2007	0	4	4

V(F). State Defined Outputs**Output Target****Output #1****Output Measure**

Number of clientele attending workshops, seminars, and short courses.

Year	Target	Actual
2007	22981	31056

Output #2**Output Measure**

Number of articles/abstracts in journals, proceedings, and edited books.

Year	Target	Actual
2007	2	9

V(G). State Defined Outcomes

O No.	Outcome Name
1	Number of clientele reporting changes in lifestyle to improve health.
2	Number of clientele reporting decreases in at least one indicator (blood pressure, blood cholesterol, body mass index).

Outcome #1

1. Outcome Measures

Not reporting on this Outcome for this Annual Report

2. Associated Institution Types

3a. Outcome Type:

3b. Quantitative Outcome

Year	Quantitative Target	Actual
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3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
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V(H). Planned Program (External Factors)

External factors which affected outcomes

Economy

Other (Cultural traditions)

Brief Explanation

The number of extension direct contacts was overestimated in the plan. Extension agents and specialists are using more technology-based methods, thereby demonstrating an increase in indirect contacts and a decrease in direct contacts. This has been addressed in the 2009-2013 plan of work.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

Before-After (before and after program)

Evaluation Results

Participants in selected health programs were measured on a variety of health factors before and after participation: weight, body mass index, fruits and vegetables consumed, water consumed, amount of daily exercise (in some cases, total cholesterol and/or blood pressure were also measured). On average, almost 80 percent of those participating lost weight, and over 85 percent of those participating improved on at least one health measure.

Key Items of Evaluation

Mississippi in Motion, a program designed to get people to improve their diet and increase their exercise, was successful in helping participants in initial weight-loss and/or improvement in other health factors.