

# Healthy Patterns of Eating & Physical Activity

Healthy Patterns of Eating & Physical Activity

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

### 1. Name of the Planned Program

Healthy Patterns of Eating & Physical Activity

## 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	75%		0%	
806	Youth Development	25%		0%	
<b>Total</b>		100%		0%	

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

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

Year: 2007	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	8.0	0.0	0.0	0.0
<b>Actual</b>	8.0	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 224000	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 336000	1890 Matching	1862 Matching	1890 Matching
	0	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

- Identify emerging issues
- Translate scientific data
- Develop lessons and curricula
- Develop public campaigns
- Promote changes in public policy
- Train extension agents
- Develop evaluation methodology
- Analyze/report impacts

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

Youth - schools, afterschool, 4-H

Adults - homes, worksites, communities, people with chronic disease

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

**1. Standard output measures**

**Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	7000	400000	6000	20000
2007	33950	500000	6500	220000

**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**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>			
2007	2	0	2

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

{No Data Entered}

*Not reporting on this Output in this Annual Report*

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2007	{No Data Entered}	{No Data Entered}

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

O No.	Outcome Name
1	Based on follow-up surveys of adult participants in walking programs, 50 percent will report increased number of steps or minutes of walking
2	Based on follow-up surveys of adult participants in nutrition education programs, 25percent will report a change in behavior to be more consistent with current nutrition recommendations based on MyPyramid
3	Based on follow-up surveys of parents of children participating in nutrition education programs, 25 percent of parents will report a family behavior change to be consistent with current recommendations
4	Based on post-surveys of children involved in multi-session nutrition/fitness classes, 25 percent of participants will report a change in nutrition or fitness behavior to be consistent with current MyPyramid recommendations

**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
- Appropriations changes
- Public Policy changes
- Government Regulations

**Brief Explanation**

New guidelines for nutrition were released, with a phasing out of previous nutrition campaigns (e.g. "5 a day"). This has prompted a revamping of both of the curricula used in these programs. This led to a slight delay in implementing the planned nutrition education programs.

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

**1. Evaluation Studies Planned**

- Retrospective (post program)
- During (during program)

**Evaluation Results**

- During (during program)
  - Idquo;On the Move to Better Health" and "Banking on Strong Bones" are ongoing evaluated programs. New data gathering surveys have been designed and are being tested.
  - Results will be reported next year.

**Key Items of Evaluation**

Items being evaluated are self-reported intake based on MyPyramid guidelines, family meals and number of steps based on pedometer recordings.