

Youth/Adult Obesity

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Youth/Adult Obesity

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
701	Nutrient Composition of Food	10%		10%	
702	Requirements and Function of Nutrients and Other Food Components	25%		25%	
703	Nutrition Education and Behavior	25%		25%	
724	Healthy Lifestyle	40%		40%	
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	4.9	0.0	5.0	0.0
Actual	24.0	0.0	4.7	0.0

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

Extension		Research	
Smith-Lever 3b & 3c 100287	1890 Extension	Hatch 100946	Evans-Allen
	0		0
1862 Matching 797080	1890 Matching	1862 Matching	1890 Matching
	0	203725	0
1862 All Other 4216284	1890 All Other	1862 All Other	1890 All Other
	0	128863	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- To identify the factors that promote excessive weight gain as well as protect against childhood obesity
- Measure how children born small for age are different with respect to body composition and risk for diabetes prior to developing diabetes or obesity.
- Investigate how perilipin A works in adipocytes to control fat storage and fat breakdown.
- Collect and analyze data on obesity-related measures (i.e., BMI) in adults and children
- Examine how weight loss affects calcium absorption and bone mass
- Create a multidisciplinary program comprising of faculty, staff, the medical community, industry partners and government officials
- Conduct adult/youth education and deliver targeted messages on healthy food choices and increased physical activity education using the following strategies:

Direct Methods:

- Educate Youth
- Educate Parents
- Educate Volunteers
- Food and Fitness Ambassadors
- Educate Professionals
-Child Health Summit
- Educate Teachers/School Nurses
- Educate Communities

Indirect Methods:

- Website

2. Brief description of the target audience

•Clinicians and Physicians Nurses School •Health Care Professionals •Hospitals (including teaching hospitals) •Staff and students who gain valuable scientific experience •Industry partners that benefit from fundamental and applied research in obesity and related chronic diseases •Communities that benefit from increased knowledge about the mechanisms involved in obesity •Other faculty and staff working on similar research •Health-related organizations and foundations interested in obesity/nutrition issues •School Age Youth •Teens •Teachers •After School Providers •Parents •Volunteers •Extension Professionals
State and County Agencies and Organizations

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	3000	20000	1000	1000
2007	6200	10778	10	500

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	19	17	36

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

Short Term Individuals gain awareness, knowledge, skills related to:

- Attitudes about healthy eating for adults/youth
- Healthy food choices for adults/youth
- Selection of healthy foods for adults/youth
- Benefits of physical activity, (reduced overweight and obesity, reduced risk of diabetes, heart disease and cancer)
- Physical activity recommendations for health for adults/youth
- RCRE
- Identify factors that promote excessive weight gain as well as protect against childhood obesity
- Understand the molecular mechanisms of lipid transport in the intestinal cell
- Demonstrate the affects on calcium absorption and bone mass by weight loss.

Year	Target	Actual
2007	12500	8440

Output #2

Output Measure

Medium Term Individuals incorporate skills/Change behaviors related to: Increased adoption of healthy food practices Increased consumption of fruits, vegetables, whole grains and low-fat dairy Increased participation in family meals Increased participation in physical activity Increased participation in family-related physical activity Increased use of new "campaign" website. Improved understanding of the relationship between early nutrition and later risk for chronic disease. Understand the process by which perilipins at the surface of lipid droplets control how much energy is released from the adipocyte at times of need. Understanding how the intestines and body uptake and process dietary fat Identify genes, their protein product and how the proteins influences the way the body processes fat.

Year	Target	Actual
2007	13000	6182

Output #3

Output Measure

Newsletters, Health Summits, news articles, 24 radio programs, 737 office visits, 375 educational programs, trained volunteers, 74 extention publications, 56 professional presentations, 2 books, 4 articles in non-refereed journals, 6 poster presentations, 2 TV programs aired, 1 computer based program developed, 82 newspaper articles, 88 trained volunteers, and 30 students supervised.

Year	Target	Actual
2007	{No Data Entered}	0

V(G). State Defined Outcomes

O No.	Outcome Name
1	Long Term Individuals experience: Decreased overweight and obesity for youth/adults Decreased risk factors for nutrition-related health problems and chronic diseases that are affected by diet and physical activity for youth/adults A clear and comprehensive understanding of the genetic and physiological mechanisms of obesity and related chronic diseases Pharmacological and/or medical treatments to alleviate the effects of obesity and related diseases
2	Short Term - Individuals gain awareness, knowledge, skills related to: - Attitudes about healthy eating for adults/youth - Healthy food choices for adults/youth - Selection of healthy foods for adults/youth -Benefits of physical activity, (reduced overweight and obesity, reduced risk of diabetes, heart disease and cancer) -Physical activity recommendations for health for adults/youth -RCRE -Identify factors that promote excessive weight gain as well as protect against childhood obesity -Understand the molecular mechanisms of lipid transport in the intestinal cell - Demonstrate the affects of calcium absorption and bone mass by weight loss.
3	Short Term - Individuals gain awareness, knowledge, skills related to: - Attitudes about healthy eating for adults/youth - Healthy food choices for adults/youth - Selection of healthy foods for adults/youth -Benefits of physical activity, (reduced overweight and obesity, reduced risk of diabetes, heart disease and cancer) -Physical activity recommendations for health for adults/youth -RCRE -Identify factors that promote excessive weight gain as well as protect against childhood obesity -Understand the molecular mechanisms of lipid transport in the intestinal cell - Demonstrate the affects of calcium absorption and bone mass by weight loss
4	Short Term: Individuals gain awareness, knowledge, skills related to: - Attitudes about healthy eating for adults/youth - Healthy food choices for adults/youth - Selection of healthy foods for adults/youth -Benefits of physical activity, (reduced overweight and obesity, reduced risk of diabetes, heart disease and cancer) -Physical activity recommendations for health for adults/youth -RCRE -Identify factors that promote excessive weight gain as well as protect against childhood obesity -Understand the molecular mechanisms of lipid transport in the intestinal cell - Demonstrate the affects of calcium absorption and bone mass by weight loss
5	Short Term- Individuals gain awareness, knowledge, skills related to: - Attitudes about healthy eating for adults/youth - Healthy food choices for adults/youth - Selection of healthy foods for adults/youth -Benefits of physical activity, (reduced overweight and obesity, reduced risk of diabetes, heart disease and cancer) -Physical activity recommendations for health for adults/youth -RCRE -Identify factors that promote excessive weight gain as well as protect against childhood obesity -Understand the molecular mechanisms of lipid transport in the intestinal cell - Demonstrate the affects of calcium absorption and bone mass by weight loss
6	Short Term--Individuals gain awareness, knowledge, skills related to: - Attitudes about healthy eating for adults/youth - Healthy food choices for adults/youth - Selection of healthy foods for adults/youth -Benefits of physical activity, (reduced overweight and obesity, reduced risk of diabetes, heart disease and cancer) -Physical activity recommendations for health for adults/youth -RCRE -Identify factors that promote excessive weight gain as well as protect against childhood obesity -Understand the molecular mechanisms of lipid transport in the intestinal cell - Demonstrate the affects of calcium absorption and bone mass by weight loss
7	Short Term: Individuals gain awareness, knowledge, skills related to: - Attitudes about healthy eating for adults/youth - Healthy food choices for adults/youth - Selection of healthy foods for adults/youth -Benefits of physical activity, (reduced overweight and obesity, reduced risk of diabetes, heart disease and cancer) -Physical activity recommendations for health for adults/youth -RCRE -Identify factors that promote excessive weight gain as well as protect against childhood obesity -Understand the molecular mechanisms of lipid transport in the intestinal cell - Demonstrate the affects of calcium absorption and bone mass by weight loss.

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

- 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

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

1. Evaluation Studies Planned

- After Only (post program)
- Retrospective (post program)
- Before-After (before and after program)
- Time series (multiple points before and after program)
- Comparisons between program participants (individuals,group,organizations) and non-participants
- Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.
- Comparison between locales where the program operates and sites without program intervention

Evaluation Results

Evaluation results are unique to each program. See Qualitative Outcome Statements.

Key Items of Evaluation