

Chronic Disease Prevention / Healthy Lifestyles

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Chronic Disease Prevention / Healthy Lifestyles

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	40%	40%	40%	40%
724	Healthy Lifestyle	35%	35%	35%	35%
806	Youth Development	25%	25%	25%	25%
Total		100%	100%	100%	100%

V(C). Planned Program (Inputs)

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

Year: 2008	Extension		Research	
	1862	1890	1862	1890
Plan	2.0	0.0	4.0	0.0
Actual	4.2	0.0	3.7	0.0

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

Extension		Research	
Smith-Lever 3b & 3c 361245	1890 Extension	Hatch 372006	Evans-Allen
	0		0
1862 Matching 361245	1890 Matching	1862 Matching	1890 Matching
	0	372006	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

Walk-a-Weigh Program, our weight control program was updated and distributed to agents for their use via Weight Control Web page. Walk Georgia program, an on-line fitness program was developed and offered statewide during 2-8 week sessions. Updated Cooking for a Life Time Cancer Prevention Cooking School was released. Agents trained to use all of these curricula and were provided media releases to promote and disseminate the information contained in the curricula.

Reducing body fat by removing adipocytes through apoptosis has been demonstrated in several experimental paradigms. Decreasing adiposity through this mechanism can result in long-lasting maintenance of weight loss, in contrast to that which occurs after caloric restriction. Because over 90% of people who have lost weight by dieting will subsequently regain at least as much weight as they lost, a therapy that can help maintain weight loss will have tremendous importance in the treatment of obesity, diabetes, and related disorders in both humans and companion animals. In addition to developing in vitro and in vivo screening assays for measuring adipose tissue and bone marrow apoptosis and adipogenesis and determining changes in body fat content and bone growth, our goal is to develop a set of criteria for selection of natural compounds to be tested.

Develop neural assays.

Sections of Fall Forum include Healthy Lifestyles. Additionally, the Food Product Development team contest was held and healthy lifestyles were offered as a fifth grade curriculum club meeting track. The Ambassador program included Health Rocks and each camper this summer attending a Healthy Lifestyles class. During this year's Junior Conference, each participant had a Health Rocks class was well.

2. Brief description of the target audience

Specialists will direct efforts primarily to county agents. These agents will then disseminate this information to adults and youth at risk for chronic diseases or who have already developed them.

Other target audience includes: scientific, producers, industry, school age (grades 4-12) youth and 4-H youth leaders.

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	600	2000	2025	10000
2008	354	0	2025	12565

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

Patent Applications Submitted

Year	Target
Plan:	0
2008:	3

Patents listed

Patents were related to stem cells.

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

	Extension	Research	Total
Plan	0	0	
2008	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

Number of significant publications including referred journals articles, bulletins and extension publications.

Year	Target	Actual
2008	20	19

Output #2

Output Measure

Number of educational contact hours generated from formal educational programs or presentations for county extension agents

Year	Target	Actual
2008	260	223

Output #3

Output Measure

Number of educational contact hours generated from formal educational programs or presentations conducted for clientele.

Year	Target	Actual
2008	105	869

V(G). State Defined Outcomes

O No.	Outcome Name
1	Number of additional direct extension contacts made by county faculty not receiving federal funds, staff or volunteers as a direct outcome of the work of faculty receiving federal fund within this planned program.
2	Percent of people affected by diabetes that chose a lower fat, lower sodium or lower sugar food ingredient.
3	Percent of people at risk for cancer who chose a lower fat or lower sodium food item.
4	Amount of additional resources leveraged because of program success.
5	Number of invited presentations by faculty as a direct result of the success of this program.

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
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

Funding sources have been decreasing at both the federal, state and private levels. This could impact how many new materials, trainings and programs specialists and agents can provide. Also Medicare, Medicaid and private healthy insurance benefits have been fluctuating so access to care may prevent some individuals from implementing self-care and lifestyle recommendations. Also more funds and efforts may need to be directed toward the Hispanic/Latino population. Changes in the regulation of natural products could impact the use of these products by consumers. The federal funding levels will affect the amount and number of extramural grants obtained.

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)
- Case Study

Evaluation Results

During the Spring session of Walk Georgia 4,407 Georgians enrolled and 3,036 were still participating at the end of eight weeks. During the Fall session, 4,583 enrolled and 3,204 were still participating after 8 weeks. Participants logged the equivalent of 1,061,803 miles. Seventy-four percent of participants in the first session reported that after Walk Georgia they were either a little or a lot more active than before the program started. During the second session, 69% reported said they were more active. Of the 482 participants (22% of the total) who responded to the 3 month follow-up survey for the Spring session, 93% reported they were still active at least three days a week for an average of 85 minutes per day. Using DHR statistics on how inactivity increases hospitalization costs for Georgia citizens, if these participants continue being active, potentially \$210,000 - \$245,000 in hospital costs could be saved annually. Since July 1, 2006, agents presenting our Cooking for a Life Time Cancer Prevention Cooking School, have referred 429 women to BreastTest and More and 83 got clinical breast exams and 81 got mammograms. Two cases of breast cancer were also identified and the women received treatment. Also 59% of participants who are not already following the recommended nutrition and physical activity guidelines plan to use the New American Plate from the American Institute for Cancer Research to plan meals, 51% plan to control portions, 49% plan to be physically active, 58% intend to eat fruit and vegetables at lunch and supper, 57% will start reading nutrition labels, 51% plan to eat whole grains, 62% intend to eat fruit for dessert, and 57% plan to limited saturated and trans fats.

The program success will be measured by the commercial value of the treatments developed by project. Sampling of in vitro culture systems will provide materials for a range of assays. Animal tests will follow the completion of the in vitro tests.

We will review the effectiveness of the neural cells in detecting disease and toxins. Different experimental conditions are applied to biological cells and data collected.

Evaluation following Ambassador program performed by participations and case studies evaluated. Healthy Lifestyles class also completed.

Key Items of Evaluation