

Nutrition Education for Guam

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Nutrition Education for Guam

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	15%			
702	Requirements and Function of Nutrients and Other Food Components	20%			
703	Nutrition Education and Behavior	20%			
704	Nutrition and Hunger in the Population	5%			
724	Healthy Lifestyle	20%			
802	Human Development and Family Well-Being	15%			
805	Community Institutions, Health, and Social Services	5%			
Total		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	5.0	0.0	0.0	0.0
Actual	1.6	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 53832	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 34780	1890 Matching	1862 Matching	1890 Matching
	0	0	0
1862 All Other 12849	1890 All Other	1862 All Other	1890 All Other
	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Activities this year focused on providing basic nutrition education classes for adults and youths on topics that relate to nutrition and food such as 'MyPyramid', food safety (Kitchen & Safe Food handling), importance of exercise, fruits & vegetables (Vitamins), shopping tips, budgeting, meal planning, reading food labels and promoting the use of herbs and spices to help reduce the intake of salts, fats, and sugars. In addition, the following activities were conducted: nutrition workshops for target populations, food demonstrations on local dishes that incorporated healthful modifications, workshops promoting locally grown fruits and vegetables with healthful recipes (marketing healthy recipes with local produce), and established partnerships with local food source businesses to promote a greater variety of healthy foods.

2. Brief description of the target audience

The target audiences in the program include: school-aged children (elementary through high school), families receiving public assistance, families with young children, general consumers, military families, health educators, school teachers, local farmers, and other audiences.

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	300	3000	2000	1000
2008	330	1393	1726	359

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

Patent Applications Submitted

Year	Target
Plan:	0
2008:	0

Patents listed

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

of workshops

Year	Target	Actual
2008	50	45

Output #2

Output Measure

of brochures

Year	Target	Actual
2008	1	1

Output #3

Output Measure

of dissemination of research results and new technology and information

Year	Target	Actual
2008	200	655

Output #4

Output Measure

of one to one intervention

Year	Target	Actual
2008	10	76

Output #5

Output Measure

of focus group

Year	Target	Actual
2008	0	0

Output #6

Output Measure

of work with media

Year	Target	Actual
2008	5	1

Output #7

Output Measure

of articles in newsletter, magazines, and newspapers

Year	Target	Actual
2008	1	1

V(G). State Defined Outcomes

O No.	Outcome Name
1	# of participants in the community who have been expose to nutrition education
2	% increase of nutrition skills
3	% increase of participants leading Healthier Life Styles
4	% increase knowledge and understanding for being a cost efficient Community in relation to healthy food shopping
5	# of participants gaining increased knowledge and understanding on nutrition and exercise
6	# of participants to be introduced to the new "MyPyramid"
7	# of participants identifying knowledge for reading and understanding food lables
8	# of participants gaining enhanced understanding of menu planning and smart shopping
9	# of participants gaining skills for food preparation and food safety practices
10	# of participants adopting increased practice of proper nutrition habits through-out the community
11	# of participants possessing increase knowledge and understanding for: physical activity; food labels; smart shopping; and menu planning skills

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

- 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

- Before-After (before and after program)
- During (during program)
- Time series (multiple points before and after program)
- Comparisons between program participants (individuals,group,organizations) and non-participants
- Other (Study Assessments)

Evaluation Results

Key Items of Evaluation