

# Diet, Nutrition and Healthy Lifestyles

Diet, Nutrition and Healthy Lifestyles

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

### 1. Name of the Planned Program

Diet, Nutrition and 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
501	New and Improved Food Processing Technologies	0%	0%	22%	10%
502	New and Improved Food Products	0%	0%	14%	10%
503	Quality Maintenance in Storing and Marketing Food Products	0%	10%	3%	0%
504	Home and Commercial Food Service	0%	15%	0%	10%
511	New and Improved Non-Food Products and Processes	0%	0%	4%	0%
512	Quality Maintenance in Storing and Marketing Non-Food Products	0%	0%	4%	0%
702	Requirements and Function of Nutrients and Other Food Components	0%	15%	11%	10%
703	Nutrition Education and Behavior	67%	20%	8%	10%
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources.	0%	0%	4%	0%
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	0%	5%	10%	10%
721	Insects and Other Pests Affecting Humans	0%	5%	10%	10%
722	Zoonotic Diseases and Parasites Affecting Humans	0%	0%	4%	0%
723	Hazards to Human Health and Safety	4%	10%	2%	10%
724	Healthy Lifestyle	29%	20%	4%	10%
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures	0%	0%	0%	10%
<b>Total</b>		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
<b>Plan</b>	100.0	5.5	1.0	10.0
<b>Actual</b>	131.5	7.9	1.0	11.3

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

Extension		Research	
<b>Smith-Lever 3b &amp; 3c</b> 1817543	<b>1890 Extension</b> 687376	<b>Hatch</b> 1049589	<b>Evans-Allen</b> 608007
<b>1862 Matching</b> 15021494	<b>1890 Matching</b> 624611	<b>1862 Matching</b> 3890778	<b>1890 Matching</b> 137270
<b>1862 All Other</b> 0	<b>1890 All Other</b> 0	<b>1862 All Other</b> 0	<b>1890 All Other</b> 0

**V(D). Planned Program (Activity)**

**1. Brief description of the Activity**

## Diet, Nutrition and Healthy Lifestyles

Extension conducted programs with and for clientele related to diet, health and food safety. Programs included volunteer training, health fairs, Extension Homemaker leader lessons, safe night programs, and healthy homes programs.

Programs focused on the nutrition and fitness of children such as 4 H school enrichment, after school programs, day camps, summer camps, The Longest Day of Play, and Get Moving Kentucky.

Partnering with 2,054 coalitions to address issues impacting the lives of Kentuckians.

Research on the nutrient effects of high fat diets, antioxidant effects on cancer prevention, environmental effects on nutrient requirements

UK researchers determining the influence of dietary and environmental factors on nutrient requirements

Cooperative Extension's LEAP program (Literacy, Eating, and Activity for Primary Youth Health) reached over 22,000 youth with nutrition and physical activity information

KSU researchers examining food consumption and physical activity as they relate to childhood obesity, and the effects of vegetables on osteoporosis

KSU's "Ready 101: A Kentucky Approach to Preparing Communities for an Infectious Disease Outbreak" emphasized individual and community awareness for pandemic influenza and other widespread emergency situations.

UK researchers studied the economic, environmental, safety, and health impacts of nanotechnology in agricultural, food, and biological systems

Extension agents partnered with local schools, agencies, and businesses to offer Get Moving KY, a wellness education program reaching over 15,000 Kentuckians

UK studies confirmed that enzyme hydrolyzed proteins can also function as antioxidants.

"Second Sunday," an Extension led effort, closed off streets so people could increase their physical activity by walking, biking, and skateboarding in 71 counties

UK researchers used sensors to explore acoustic emissions generated by bacteria to fingerprint different strains of bacteria

Researchers found that shoppers desire more local food in the marketplace

UK studies found that PCBs likely do not exert their tumor promoting activities in the liver by activating PPAR alpha or by increasing Kupffer cell activity.

"Weight: The Reality Series" an Extension weight reduction program, was offered in 51 counties with 2,048 participants.

EFNEP taught nutrition to 6,043 low-income families

KSU coordinated a Community Garden Project that provided Hispanic families with produce and the opportunity to preserve food for the winter months.

Fruit and vegetable consumption of the Food Stamp Family Nutrition Education Program participants increased from 3.2 to 4.5 servings per day.

The Rural Price Project examines geographic differences in the cost of living

Small Steps to Health and Wellness Program focuses on the similarities of problems of health and finances

UK researchers use the BOD POD to assess body composition of individuals in weight-loss programs. The 4-H Jump Into Foods and Fitness program addressed nutrition and physical fitness

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

Extension agents  
 Community agencies  
 Volunteer leaders  
 Parents  
 Grandparents  
 General public  
 Public housing residents  
 ChildrenTeens

**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>	1007000	0	123000	0
2008	815758	194247	532378	76670

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

**Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2008:	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>	0	10	
2008	13	15	28

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

**Output Target**

**Output #1**

**Output Measure**

Published research journal articles

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	10	15

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

O No.	Outcome Name
1	Number of individuals who experience a change in knowledge, opinion, skills, or aspirations regarding lifestyle changes (diet, exercise, etc.) that improve personal health.
2	Number of citizens reporting making lifestyle changes for the purpose of improving their health.
3	Number of individuals implementing personal health protection practices appropriate for their life stage (preventive health practices, participation in screening and detection opportunities, immunizations, etc.).
4	Number of individuals adopting at least one new safety practice (bicycle helmet, smoke detector, radon detector, fire extinguisher, farm safety devices, ATV safety, etc.).
5	Number of individuals indicating they gained knowledge related to safe food storage, handling, and preparation.

**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
- Competing Public priorities
- Competing Programmatic Challenges

**Brief Explanation**

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

**1. Evaluation Studies Planned**

- After Only (post program)
- Before-After (before and after program)
- During (during program)
- Comparisons between program participants (individuals,group,organizations) and non-participants

**Evaluation Results**

**Key Items of Evaluation**