

# Nutrition Education and Behavior (Extension)

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

### 1. Name of the Planned Program

Nutrition Education and Behavior (Extension)

## 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	100%		100%	
	<b>Total</b>	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>	52.0	0.0	0.0	0.0
<b>Actual</b>	36.0	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 1491778	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 1491778	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**

Expanded Food and Nutrition Program (EFNEP) • Series of Classes • Newsletter • Youth curriculum and day camps • Training provided for EFNEP staff by state personnel • Collaborations with agencies including Women Infants and Children, Local Health Departments, Help Me Grow and related organizations  
 Family Nutrition Program (FNP) • Series of Classes • Individual Classes • Newsletter • Summer Day Camps in select counties • Training provided for FNP staff by state personnel and regional specialists • Collaborations with agencies to offer programming including Jobs and Family Services, Women Infants and Children, Local Health Departments, Help Me Grow, Food Banks and Pantries, Senior Centers and related organizations

Dining with Diabetes (DWD) • Series of classes offered in participating counties • Newsletter (four issues developed) • Training for program team provided by statewide Dining with Diabetes Team and invited speakers • Curriculum revision and development by DWD Team • Collaborations with agencies to offer programming include Registered Dietitians, Certified Diabetes Educators, Health Professionals and support at the State level from the Ohio Department of Health • Media releases to promote programming • Directory services for individuals with diabetes developed. • Funding received for development of website and marketing materials.

General Nutrition Education • Individual workshops and/or series of classes offered in counties to address needs of local clientele. • Newsletters, press and radio releases • Collaborations with agencies to offer programming include Senior Centers, community clubs and organizations, health departments, schools and other community groups • Youth Nutrition -- writing teams developed new project books, facilitated state fair nutrition judging. Wrote 13 fact sheets / curriculum.

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

The target audience varies by program;

Expanded Food and Nutrition Education and Family Nutrition Programs are targeted to reach low-income audience homemakers with children from birth to 18 years of age and specifically for the Family Nutrition Program food stamp recipients with mothers as the priority target.

The Dining with Diabetes Program targets individuals with diabetes and their caregivers/family support members.

General nutrition programming is specifically designed for the audience. For example school programming is age appropriate whereas programs at Senior Centers are targeted to individuals living alone or with one other person in terms of food preparation. Youth nutrition programming is conducted through the 4-H program; at resident and day / camps and classrooms.

The end result is a program that has the potential to encompass all residents of the county.

**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>	36000	5000	11000	0
2008	49200	78124	23586	350

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

**Patent Applications Submitted**

**Year Target**  
**Plan: 0**

Nutrition Education and Behavior (Extension)

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	0	
2008	10	0	10

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

**Output Target**

**Output #1**

**Output Measure**

Number of participants

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	1600	62389

**Output #2**

**Output Measure**

Number of newsletters for EFNEP, FNP, DWD, and general nutrition programs

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	16	16

**Output #3**

**Output Measure**

Collaborations formed/maintained

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	3	4

**Output #4**

**Output Measure**

Curriculum revised/created for DWD and EFNEP

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	1	2

**Output #5**

**Output Measure**

Number of classes

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	90	90

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

O No.	Outcome Name
1	% of participants who demonstrate the ability to plan menus and choose foods using the Dietary Guidelines and My Pyramid.
2	% of participants who indicate an intent to adopt one or more healthy food/nutrition practices.
3	% of participants who indicate an intent to begin or increase physical activity.
4	% of participants who demonstrate adoption of healthy eating practices by: Improved lifestyle practices based on the Dietary Guidelines and My Pyramid Improved intake of food group servings (increased intake of vegetables, fruits and low calorie dairy items; reduced intake of calories and fat)
5	% of participants who demonstrate adoption of increased time spent in physical activity Implementing regular physical activity Increased participation in games involving physical activity Reduction in sedentary activities such as watching TV and playing video games

**Outcome #1**

**1. Outcome Measures**

*Not reporting on this Outcome for this Annual Report*

**2. Associated Institution Types**

**3a. Outcome Type:**

**3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
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**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
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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

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)

During (during program)

Comparisons between program participants (individuals, group, organizations) and non-participants

**Evaluation Results**

**Key Items of Evaluation**