

Healthy People, Healthy Communities

Healthy People, Healthy Communities

V(A). Planned Program (Summary)

1. Name of the Planned Program

Healthy People, Healthy Communities

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	50%			
704	Nutrition and Hunger in the Population	25%			
724	Healthy Lifestyle	25%			
	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	16.5	0.0	0.0	0.0
Actual	9.3	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 295704	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 295704	1890 Matching	1862 Matching	1890 Matching
	0	0	0
1862 All Other 503792	1890 All Other	1862 All Other	1890 All Other
	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Stakeholder input will be acquired from numerous of sources, including state government agencies, the Oregon Food Bank, local funders, consumers, food policy councils, health care provider organizations, and other organizations and consortia. Programs will be delivered based on several factors, including the identification of critical audiences at local levels, working organizational partnerships, and input from OSU researchers. Target audiences will be identified and the most effective programming options will be identified and implemented.

2. Brief description of the target audience

The target audience will consist of low-income and high-risk families, including parents, children, and seniors.

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	11000	85000	95000	5500
2008	10345	234383	278804	8090

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	16	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

Educational Events and Workshops to be Delivered

Year	Target	Actual
2008	300	171

Output #2

Output Measure

Demonstrations to be Conducted

Year	Target	Actual
2008	330	188

Output #3

Output Measure

Newsletters to be Published

Year	Target	Actual
2008	100	57

Output #4

Output Measure

Web Sites to be Developed/Maintained

Year	Target	Actual
2008	3	3

V(G). State Defined Outcomes

O No.	Outcome Name
1	Percentage of participants that will indicate positive change related to nutritional content of food purchases for their family.
2	Percentage of participants that report improved food resource management (meal planning and food budgeting).
3	Percentage of participants that report improved food safety practices such as preparation, thawing and storing procedures.
4	Percentage of participating families that will report increased physical activity among their children.

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
-------------	----------------------------	---------------

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
----------------	-----------------------

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
- Populations changes (immigration,new cultural groupings,etc.)

Brief Explanation

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

1. Evaluation Studies Planned

- Retrospective (post program)
- Before-After (before and after program)

Evaluation Results

78% of adult participants showed improvement in one or more nutrition practices (plans meals, makes healthy food choices, prepares foods without adding salt, reads nutrition labels or has children eat breakfast)

Adults completing a series of nutrition lessons and pre-post 24 hour diet recalls indicated the following: 98.5% showed a positive change in at least one of the food groups; 7.2% showed a positive change in physical activity

68% of adult participants showed improvement in one or more food resource management practices (plans meals compares prices or uses grocery list)

45% of adults participating in a series of classes reported an increase of at least 30 minutes of physical activity per day among their children.

63% of adult participants showed improvement in one or more of food safety practices (i.e. thawing and refrigeration of perishable foods)

Key Items of Evaluation