

Healthy: No matter what my size or income

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Healthy: No matter what my size or income

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	80%			
704	Nutrition and Hunger in the Population	20%			
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	9.2	0.0	0.0	0.0
Actual	11.4	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 379301	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 189651	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

•Train the home economists regarding basic attitudes, assumptions, and motivations. •Train the home economists in adult teaching methodology so that people decide to make changes. •Initial evaluation before the beginning of the course, of what the people expect from the course/activity. •Courses based on learning tasks. •Exhibits/Community activities which emphasize the new focus on "health, no matter what my size or income".

2. Brief description of the target audience

Extension professionals, parents, the person that plans/buys/prepares food for the family, low-income families.

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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	10000	8000	4000	1500
2008	9946	7010	9448	1005

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	1	0	
2008	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

Number of persons that completed the short course.

Year	Target	Actual
2008	1000	4059

Output #2

Output Measure

Number of volunteers that use the curriculum for a course or project.

Year	Target	Actual
2008	25	9

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V(G). State Defined Outcomes

O No.	Outcome Name
1	Number of people who recognize that they are attractive, no matter what they weigh.
2	Number of people who recognize that they can prepare a meal for their family or for themselves.
3	Number of people who recognize that they can make choices that are more nutritious when they eat out.
4	Number of people who developed the attitude that "It is possible to feed my family with the money that is available."
5	Number of people who can compliment a person without referring to their size.
6	Number of people who increased the consumption of whole grains.
7	Number of people who increased the consumption of fruits.
8	Number of people who increased the consumption of vegetables.
9	Number of people who decreased the consumption of beverages that are basically sugar and water.
10	Number of people who consume milk with their meals.
11	Number of people who consume oils, nuts or avocados frequently.
12	Number of people that grow food for their own use in gardens or flower pots.
13	Number of people who use fruit that grows in their backyard.
14	Number of people who prepare meals for the people living in their household.
15	Number of people who prepare one-dish meals.
16	Number of people who select lower cost alternative foods of the same or increased nutritional value.
17	Number of people who make a shopping list.
18	Number of people who make use of food specials.
19	Number of people who are proud that they can prepare delicious low cost meals.
20	Number of people who plan their meals based on rice and beans or pasta, with one to two ounces of meat or meat substitute per person.
21	Number of people who now use herbs and condiments to enhance the flavor and appeal of foods.
22	Number of people who now eat according to the recommendations of the Food Guide Pyramid for Puerto Rico.
23	Number of people who now have enough food to feed their family the entire month.

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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

Brief Explanation

Changes in the economy have brought changes in people's diets. The high cost of foods has forced people to be more conscious of what they eat and how much. People are eating out less and making more home cooked meals. They are also looking more to PRAES and other educational agencies for alternatives of low budget foods that are also nutritious and are more motivated to follow the recommendations offered. Some are even looking to home gardening as an alternative to provide their families with fresh food products.

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

1. Evaluation Studies Planned

During (during program)

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Evaluation Results

A series of structured interviews as part of a process evaluation, using open-ended questions were conducted with seven home economists of one of the Puerto Rico Agriculture Extension Service regions. These interviews included the use of the indicators developed for the area of Healthy: no Matter What my Size or Income.

Based on the information received, it was found that the current method of planning results in teaching according to the plan, which is not necessarily what the people need. Therefore, it has been recommend that a general planning indicator be made and then other more specific indicators for change at the state level that will be informed according to what occurs during the educational courses. These will also provide more detailed data about changes in the participants that will be used to write an impact statement. Indicators of change will be constructed based on the Interpretative Model of Change (Contents, 2007). This will help the home economists to inform if changes were achieved in the area of attitudes (contemplation/ pre-contemplation) or behavior change (plans to change, and actual changes) as well as the more specific areas in which these changes were achieved. Contento, I. R. (2007). Nutrition Educaiton: Linking Research, Theory and Practice. Jones and Barlett.

Key Items of Evaluation

A process evaluation was conducted to assess how home economists are delivering the educational material and reporting outcome data.