

# Health

Health

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

### 1. Name of the Planned Program

Health

## 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	1%		1%	
502	New and Improved Food Products	0%		1%	
503	Quality Maintenance in Storing and Marketing Food Products	0%		3%	
511	New and Improved Non-Food Products and Processes	0%		2%	
512	Quality Maintenance in Storing and Marketing Non-Food Products	0%		1%	
703	Nutrition Education and Behavior	71%		46%	
704	Nutrition and Hunger in the Population	2%		39%	
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources.	3%		1%	
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	8%		1%	
802	Human Development and Family Well-Being	15%		4%	
903	Communication, Education, and Information Delivery	0%		1%	
<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>	8.0	0.0	2.0	0.0
<b>Actual</b>	3.2	0.0	2.6	0.0

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

Extension		Research	
<b>Smith-Lever 3b &amp; 3c</b> 179585	<b>1890 Extension</b> 0	<b>Hatch</b> 386962	<b>Evans-Allen</b> 0
<b>1862 Matching</b> 418830	<b>1890 Matching</b> 0	<b>1862 Matching</b> 479596	<b>1890 Matching</b> 0
<b>1862 All Other</b> 23132	<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

- Brighten my Life w/Fruits and Vegetables: Curriculum for use with WIC families. The primary goal is to increase the number of times fruits and vegetables offered each day to toddlers enrolled in WIC
- Coping with Separation and Divorce (COPE): Parent education for parents of minor children who have filed for separation, divorce, dissolving of a civil union, parentage, changes in rights and responsibilities concerning their children. This is a court mandated program.
- Diabetes Education: Dining with Diabetes (DWD) This class, designed for diabetics or those preparing food for diabetics, provides practical nutrition information and skills development on how to prepare healthy
- Food Preservation, Safety and Sanitation: Food safety and sanitation program targeted at institutional food service managers and workers with the goal to increase knowledge of food safety and improve food handling practices in school foodservice operations. This course is a prerequisite for Hazard Analysis Critical Control Point (HACCP) program implementation.
- Food, Culture, and Reading: A train-the-trainer session for volunteers/teachers to implement the 6 lesson curriculum for pre-kindergarten through grade 2
- GAP: Home owners good agricultural practices
- Growing Connections: A program for youth that teaches nutrition, food safety, and food security issues through gardening.
- Hazard Analysis Critical Control Point System (HACCP)-a mentoring model: Training and Implementation Pilot, for Vermont School Food Service, statewide: Determine "best practices" and implementation strategies for successful HACCP programs used in school foodservice operations.
- Healthy Eating: Nutrition classes designed for a wide range of people, with an emphasis on national Dietary Guidelines. Participants learn the latest information about how to choose a healthy diet, practice food safety and incorporate physical activity into their day
- Local Foods: Project focuses on access, quality, and preference of local foods.
- Senior Farm Share Nutrition Program: Nutrition education for low-income Senior Farm Share participants aimed at increasing their consumption of local, fresh produce by enhancing participants skills to prepare fresh fruits and vegetables and gain nutritional knowledge based on the Dietary Guidelines.

#### AES efforts:

- Internet based and telecommunication methods for weight control
- Development and evaluation of web-based instructional material for college-level teaching and delivery of such for nutritional education/management
- Nutritional management: increasing fruit/vegetable consumption and enhancing understanding of consumer food choices
- Childhood nutrition and obesity control research
- Detection and elimination of *Listeria monocytogenes*, *E. coli* and other pathogens in dairy products including raw milk cheeses
- Production methods to eliminate pathogen risk in raw milk cheeses
- Elimination of lactate crystals and other flaws from cheese production
- Elimination of pathogens in food production systems

## 2. Brief description of the target audience

4-H: Youth

- Adults
- Age 13 - 18 Youth
- Age 25 - 60 Adult
- Age 46 - 65 Adult
- Age 6 - 12 School Age
- Age 60 - Senior
- Age 8 - 18 Youth
- Agriculture: Home Gardeners
- Communities: Community Action Agencies
- Communities: Educators
- Communities: Local Officials/Leaders
- Communities: Non-Governmental Organizations
- Community leaders and citizens
- Extension: Advisors
- Extension: Faculty/Staff
- Food Industry: Food Service Workers
- Food Industry: Handlers
- Master Gardeners
- Public: Age 55+
- Public: Daycare Providers
- Public: Families with Limited Resources
- Public: General
- Public: Nonprofit Organizations
- Public: Parents
- Train-the-Trainer recipients:adults

Health

- USDA personnel
- WIC Staff
- Youth

**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>	1000	1100	900	0
2008	1700	18000	400	0

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

**Patent Applications Submitted**

**Year Target**

**Plan: 1**

2008: 1

**Patents listed**

PCT/US2008/051631

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	1	1	
2008	0	1	0

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

**Output Target**

**Output #1**

**Output Measure**

Bankruptcy ATF TV program

*Not reporting on this Output in this Annual Report*

**Output #2**

**Output Measure**

Bankruptcy article

*Not reporting on this Output in this Annual Report*

**Output #3**

**Output Measure**

Bankruptcy education planning discussion group

*Not reporting on this Output in this Annual Report*

**Output #4**

**Output Measure**

Bankruptcy education: curriculum & application

*Not reporting on this Output in this Annual Report*

**Output #5**

**Output Measure**

Bankruptcy radio

*Not reporting on this Output in this Annual Report*

**Output #6**

**Output Measure**

Bankruptcy web articles

*Not reporting on this Output in this Annual Report*

**Output #7**

**Output Measure**

Dining With Diabetes Workshop Series

*Not reporting on this Output in this Annual Report*

**Output #8**

**Output Measure**

Dining With Diabetes website development

*Not reporting on this Output in this Annual Report*

**Output #9**

**Output Measure**

Diabetes Education news columns

*Not reporting on this Output in this Annual Report*

**Output #10**

**Output Measure**

Diabetes Education news radio shows

*Not reporting on this Output in this Annual Report*

**Output #11**

**Output Measure**

Food, Culture, and Reading curriculum

*Not reporting on this Output in this Annual Report*

**Output #12**

**Output Measure**

Food, Culture, and Reading training

*Not reporting on this Output in this Annual Report*

**Output #13**

**Output Measure**

Five hour food safety and certification training

- Health  
*Not reporting on this Output in this Annual Report*
- Output #14**  
**Output Measure**  
Growing Connections training  
*Not reporting on this Output in this Annual Report*
- Output #15**  
**Output Measure**  
Healthy Eating consultation  
*Not reporting on this Output in this Annual Report*
- Output #16**  
**Output Measure**  
Expanded Food and Nutrition Program (EFNEP) home visits/small groups  
*Not reporting on this Output in this Annual Report*
- Output #17**  
**Output Measure**  
Nutrition and food safety news  
*Not reporting on this Output in this Annual Report*
- Output #18**  
**Output Measure**  
Pre diabetes workshops  
*Not reporting on this Output in this Annual Report*
- Output #19**  
**Output Measure**  
Revise evaluation instruments for certification training  
*Not reporting on this Output in this Annual Report*
- Output #20**  
**Output Measure**  
Senior Farm Share (SFS) workshops  
*Not reporting on this Output in this Annual Report*
- Output #21**  
**Output Measure**  
School preparation and implementation of Hazard Analysis Critical Control Points  
*Not reporting on this Output in this Annual Report*
- Output #22**  
**Output Measure**  
Serve New England newsletter  
*Not reporting on this Output in this Annual Report*
- Output #23**  
**Output Measure**  
Ten hour food safety and sanitation training  
*Not reporting on this Output in this Annual Report*
- Output #24**  
**Output Measure**  
Two hour food safety and sanitation training  
*Not reporting on this Output in this Annual Report*
- Output #25**  
**Output Measure**  
Food Safety Information consultation  
*Not reporting on this Output in this Annual Report*
- Output #26**  
**Output Measure**  
COPE Administrative Meetings  
*Not reporting on this Output in this Annual Report*

Health  
**Output #27**

**Output Measure**

Diabetes news articles  
*Not reporting on this Output in this Annual Report*

**Output #28**

**Output Measure**

Diabetes Education Training for lay leaders  
*Not reporting on this Output in this Annual Report*

**Output #29**

**Output Measure**

Diabetes Education website development  
*Not reporting on this Output in this Annual Report*

**Output #30**

**Output Measure**

Expanded Food and Nutrition Education Program (EFNEP) Administration  
*Not reporting on this Output in this Annual Report*

**Output #31**

**Output Measure**

GAP Master Gardeners train Vermont home gardeners  
*Not reporting on this Output in this Annual Report*

**Output #32**

**Output Measure**

GAP Master Gardeners training workshop series (2-2hr)  
*Not reporting on this Output in this Annual Report*

**Output #33**

**Output Measure**

Healthy Eating news articles  
*Not reporting on this Output in this Annual Report*

**Output #34**

**Output Measure**

Healthy Eating workshops (single session)  
*Not reporting on this Output in this Annual Report*

**Output #35**

**Output Measure**

Overweight Youth Community Engagement  
*Not reporting on this Output in this Annual Report*

**Output #36**

**Output Measure**

Expanded Food and Nutrition Education Program (EFNEP) youth groups  
*Not reporting on this Output in this Annual Report*

**Output #37**

**Output Measure**

Food Stamp Grant - youth groups workshop series  
*Not reporting on this Output in this Annual Report*

**Output #38**

**Output Measure**

Women, Infants & Children (WIC) Program - Analyze surveys by staff and families  
*Not reporting on this Output in this Annual Report*

**Output #39**

**Output Measure**

COPE Program curriculum update  
*Not reporting on this Output in this Annual Report*

Health  
**Output #40**

**Output Measure**

COPE Program instructor observation (field visit)  
*Not reporting on this Output in this Annual Report*

**Output #41**

**Output Measure**

COPE Program instructor trainings  
*Not reporting on this Output in this Annual Report*

**Output #42**

**Output Measure**

Senior Farm Share (SFS) conduct and analyze pre and post evaluations  
*Not reporting on this Output in this Annual Report*

**Output #43**

**Output Measure**

Class/course

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	19

**Output #44**

**Output Measure**

Consultation

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	207

**Output #45**

**Output Measure**

Educational/evaluation instrument

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	5

**Output #46**

**Output Measure**

Field day/fair

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	2

**Output #47**

**Output Measure**

Field site visit

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	14

**Output #48**

**Output Measure**

Funding request

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	6

**Output #49**

**Output Measure**

Presentation

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	2

**Output #50**

**Output Measure**

Newsprint article

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	72

**Output #51**

**Output Measure**

Radio Spots

Health			
	<b>Year</b>	<b>Target</b>	<b>Actual</b>
	2008	{No Data Entered}	2
<b>Output #52</b>			
	<b>Output Measure</b>		
	TV segment/Across the Fence		
	<b>Year</b>	<b>Target</b>	<b>Actual</b>
	2008	{No Data Entered}	1
<b>Output #53</b>			
	<b>Output Measure</b>		
	Train the trainer training		
	<b>Year</b>	<b>Target</b>	<b>Actual</b>
	2008	{No Data Entered}	8
<b>Output #54</b>			
	<b>Output Measure</b>		
	Trainee delivered programming		
	<b>Year</b>	<b>Target</b>	<b>Actual</b>
	2008	{No Data Entered}	156
<b>Output #55</b>			
	<b>Output Measure</b>		
	Web page development or update		
	<b>Year</b>	<b>Target</b>	<b>Actual</b>
	2008	{No Data Entered}	1
<b>Output #56</b>			
	<b>Output Measure</b>		
	Workshop - series		
	<b>Year</b>	<b>Target</b>	<b>Actual</b>
	2008	{No Data Entered}	20
<b>Output #57</b>			
	<b>Output Measure</b>		
	Workshop - single session		
	<b>Year</b>	<b>Target</b>	<b>Actual</b>
	2008	{No Data Entered}	50

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

O No.	Outcome Name
1	number of faculty who have materials to provide bankruptcy education
2	number of media providing information to the public regarding opportunities for bankruptcy education
3	Increase in number of child/adult care center managers passing food safety certification exam
4	Increase in number of participants who adopt at least three new dietary practices from US Dietary Guidelines. (Action)
5	Increase in number of participants who have blood sugar tested. (Action)
6	Increase the number of participants who increase the quality and/or quantity of fruits and vegetables
7	Increase in number of people who expand or change their preferences for or attitudes about healthy foods
8	number of people who follow recommended portion size and number of servings
9	Increase in number of people who improve food planning and shopping behaviors. (Action)
10	Increase in number of people who increase their knowledge about the US Dietary Guidelines. (Action)
11	Increase in number of people who increase their physical activity. (Action)
12	number of people with knowledge and skills to read labels and select good food
13	Increase in number of school food managers certified in food safety and sanitation (Action)
14	Increase in number of school food service workers using food safety 'best practices' when receiving, storing, handling, preparing and serving food
15	Increase in number of schools implementing Hazard Analysis Critical Control Point based food safety programs
16	Increase in number of people who show an improvement in healthful eating practices. (Action)
17	Increase the number of people who show improvement in food safety and preservation practices. (Action)
18	number of previously food-insecure people who eat adequate and balanced meals on a regular basis
19	Increase in number of people who develop a plan to improve dietary practices. (Action)
20	A greater variety of produce available at home. (Action)
21	Adopt at least one new practice related to a family meals approach. (Action)
22	An increased preference for at least one fruit or vegetable, (Action)
23	Increase in number of parents/caregivers who have more positive feelings about feeding their toddlers than they did prior to the intervention. (Action)
24	Increase the number of home gardeners who implement one or more good agricultural practices to minimize microbial food safety hazards such as using potable water and composted manure. (Action)
25	Increase the number of parents undergoing family transition through parentage, divorce or separation who understand the impact of these changes on their children. (Action)
26	Increase the number of parents who intend to apply knowledge and skills learned to influence their behavior with their children. (Action)

Health  
**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
- Competing Public priorities
- 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)
- Time series (multiple points before and after program)
- Comparisons between program participants (individuals,group,organizations) and non-participants
- Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.

### **Evaluation Results**

Toddlers in families enrolled in the Special Supplemental Nutrition Program for Women, Infants, and Children ("WIC") consistently eat fewer fruits and vegetables than recommended. The Vermont Department of Health and UVM Extension partnered to pilot an intervention aimed at increasing the fruits and vegetables offered to WIC toddlers. The "Brighten My Life with Fruits and Vegetables" project incorporated staff training and development of new resources to address this need, followed by staff counseling with WIC parents. WIC staff recently completed a reflective (before-after) survey designed to capture their professional growth over the 18 months of the intervention. Survey results show significant improvements in the staff's ability to:

Ø Encourage parents to talk about child's eating behaviors;

Ø Dialogue with parents about the importance of family meals;

Ø Use reflective listening and summarizing techniques to bring together what a parents says about family feeding issues;

Ø Provide nutrition counseling that is engaging, convincing, motivating, and culturally appropriate; and

Ø Help WIC parents make positive changes around the offering of fruits and vegetables and/or using family meals practices.

With the upcoming shift in the WIC food package to include fresh fruits and vegetables, and our knowledge of the negative relationship between fruit and vegetable consumption and overweight/obesity, it is critical that WIC families receive appropriate guidance regarding feeding toddlers fruits and vegetables.

### **Key Items of Evaluation**