

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

**Program # 20**

**1. Name of the Planned Program**

Childhood Obesity

**V(B). Program Knowledge Area(s)**

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
724	Healthy Lifestyle	100%		100%	
	<b>Total</b>	100%		100%	

**V(C). Planned Program (Inputs)**

1. Actual amount of professional FTE/SYs expended this Program

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Actual	4.7	0.0	1.1	0.0

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

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
68241	0	30541	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
68241	0	95026	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
461177	0	121890	0

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

1. Brief description of the Activity

The Balancing Food & Play curriculum was designed to improve knowledge and behaviors related to:

- snacking on fruits and vegetables,
- drinking milk with meals and water with snacks,
- encouraging at least 60 minutes of physical activity each day, and

- limiting screen time to two hours or less per day.

This enrichment curriculum, focused on nutrition and physical activity, was created to promote a healthy weight for children. In Texas 20% of children are obese. Agents provide the program package to teachers for their use in their third grade classes.

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

Third grade children in Texas schools.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Plan</b>	{NO DATA}	{NO DATA}	{NO DATA}	{NO DATA}
<b>Actual</b>	3596	2183	20526	0

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

**Patent Applications Submitted**

Year: 2010

Plan:

Actual: 0

**Patents listed**

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

**Number of Peer Reviewed Publications**

2010	Extension	Research	Total
<b>Actual</b>	0	13	13

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

**Output Target**

**Output #1**

**Output Measure**

- # of group educational sessions conducted.

Year	Target	Actual
2010	{No Data Entered}	638

**Output #2**

**Output Measure**

- # research-related projects.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2010	{No Data Entered}	2

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

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Improve children's knowledge of healthy eating and activities.

## **Outcome #1**

### **1. Outcome Measures**

Improve children's knowledge of healthy eating and activities.

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2010	{No Data Entered}	70

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

MyPyramid for Kids describes a healthful diet and encourages physical activity for children ages 6 to 11 years. Some research suggests consumption of sweetened beverages may be associated with increased body mass index (BMI). Additionally, most Texas children do not get the recommended amount of 60 minutes of physical activity each day. In Texas, only 1/3 of third grade children can complete all components of the FitnessGram test. Furthermore, children spend 4.5 hours a day in front of a screen, exceeding the Academy of Pediatrics' recommendation to limit screen time to 2 hours or less.

#### **What has been done**

Balancing Food & Play curriculum was designed to improve knowledge and behaviors related to:  
--snacking on fruits and vegetables,  
--drinking milk with meals and water with snacks,  
--encouraging at least 60 minutes of physical activity each day, and  
--limiting screen time to two hours or less per day.

#### **Results**

During 2010, Texas AgriLife Extension Service agents recruited third-grade classroom teachers to participate in the program. A total of 1,589 matched pre/post student surveys from 27 counties were analyzed. Children reported improved physical activity levels, decreased screen time, and consuming less sweetened beverages.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
724	Healthy Lifestyle

## **V(H). Planned Program (External Factors)**

### **External factors which affected outcomes**

- Appropriations changes
- Public Policy changes

### **Brief Explanation**

Increased funding and improved health policies to reduce childhood obesity has made it easier to gain access into schools for this program.

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

### **1. Evaluation Studies Planned**

- Before-After (before and after program)

## **Evaluation Results**

A total of 1,589 matched pre/post student surveys from 27 counties were analyzed. The percentage of students who correctly identified how much of a dinner plate should be covered with vegetables or fruits and vegetables increased from 30% (506) to 62%(993). The percentage of students who correctly identified the number of teaspoons of sugar in a regular (not diet) soda increased from 20% (340) to 64% (1,018). The percentage of students who reported always or almost always drinking regular (non-diet) soda decreased from 22% (371) to 12% (199). The percentage of students who reported having 60 minutes or more of physical activity increased from 54%(906)to 71% (1,115). The percentage of students who reported having 60 minutes or more of physical activity increased from 54%(906) to 71% (1,115). The percentage of students who reported having excessive screen time (3 hours or more) decreased from 20% (349)to 14% (210).

## **Key Items of Evaluation**

The percentage of students who correctly identified how much of a dinner plate should be covered with vegetables or fruits and vegetables increased from 30% (506) to 62%(993). The percentage of students who correctly identified the number of teaspoons of sugar in a regular (not diet) soda increased from 20% (340) to 64% (1,018). The percentage of students who reported always or almost always drinking regular (non-diet) soda decreased from 22% (371) to 12% (199). The percentage of students who reported having 60 minutes or more of physical activity increased from 54%(906)to 71% (1,115). The percentage of students who reported having 60 minutes or more of physical activity increased from 54%(906) to 71% (1,115). The percentage of students who reported having excessive screen time (3 hours or more) decreased from 20% (349)to 14% (210).