

V(A). Planned Program (Summary)

Program # 10

1. Name of the Planned Program

Childhood Obesity

2. Brief summary about Planned Program

AgriLife Extension

Balancing Food & Play

The Promoting Healthy Weight Initiative was established in 2006 as a way to collectively pool resources within the Texas AgriLife Extension Service to address the rising rates of childhood obesity. A multi-disciplinary team developed an integrated, interactive third-grade enrichment curriculum on nutrition and physical activity. The curriculum is based on the Texas Essential Knowledge and Skills (TEKS).

Extension OnLine Nutrition Training

Online delivery of nutrition and obesity related subject matter is made available to childcare workers and other interested parties. During 2013 a total of 1,687 enrollees completed a one-hour training module. The module 10 Behaviors that Support a Healthy Weight in Preschool Children was completed by 310 enrollees. Other modules included: Mini Talks about Mini Folks completed by 659 enrollees; Snacks and the Preschool Child completed by 403 enrollees; and Family Dinner - It's More Than Meat and Potatoes completed by 315 enrollees.

WAT Youth Component

The mainstay of exercise and wellness programming is Walk Across Texas! Walk Across Texas! is an eight week program to help people of all ages support one another to establish the habit of regular physical activity. Three options are offered to participants: walk in teams of eight, classes at schools, or individually. Participants log miles and use programs on <http://walkacrosstexas.tamu.edu>. The program was initiated in 1996. Walk Across Texas! is a best practice type physical activity program as described by the Centers for Disease Control at <http://www.thecommunityguide.org/>. It was recognized as a best program by the Texas Department of State Health Services in 2006.

AgriLife Research

Research will be conducted in collaboration with State and Federal Women, Infant and Children Program leaders to provide data and programs to improve dietary habits of children and their parents or care givers. Research will also involve native American populations and the school lunch program.

Cooperative Extension Program

This program provides technical and educational information to limited resource families and individuals to help them understand the importance of nutrition and diet. Additionally, it heightens awareness of the relationship between high calorie food consumption and lack of exercise to health status. Research based information will also expand their knowledge and empower them to make better choices for their overall well-being.

3. Program existence :

- New (One year or less)
- Intermediate (One to five years)
- Mature (More than five years)

4. Program duration :

- Short-Term(One year or less)
- Medium-Term (One to five years)
- Long-Term (More than five years)

5. Expending formula funds or state-matching funds :

- Yes
- No

6. Expending other than formula funds or state-matching funds :

- Yes
- No

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	0%	100%	0%	0%
724	Healthy Lifestyle	100%	0%	100%	0%
	Total	100%	100%	100%	0%

V(C). Planned Program (Situation and Scope)

1. Situation and priorities

A large number of Texas citizens, whether living in rural or urban areas, social disadvantaged or middle income are experiencing problems with diet related illnesses. The prevalence of obesity in more than 60% of the adult population and has tripled in children and adolescents. Among children and adolescents, 15% are overweight and more than 70% have diseases that are associated with obesity such as hypertension and elevated cholesterol levels. In Texas, obesity related diseases including diabetes, hypertension, cancer and heart disease are found in higher rates among various members of racial-ethnic minorities (e.g., African American and Hispanic Americans).

The prevalence of overweight among American children ages 6 - 11 more than doubled in the past 20 years, going from 7% in 1980 to 16% in 2002. The rate of overweight among adolescents ages 12-19 has more than tripled during the same time period, increasing from 5% to 16%. There is not single cause for the change in children's weight. Many factors have contributed, including more sedentary lifestyles; more screen entertainment (TVs, DVDs, computer, etc.); increasing size of food/beverage portions; and marketing of foods/beverages directly to children, as well as greater access to snacks foods and soft drinks. The benefits of family mealtime go far beyond the actual food on the table. Family meals have a

positive effect on nutrition. Eating more family meals is associated with higher intake of fruits, vegetables, grains, and calcium-rich foods, as well as lower soft drink intake. Additionally, family meal times help bring a sense of unity of family life and increase communication skills.

2. Scope of the Program

- In-State Extension
- In-State Research
- Multistate Research
- Multistate Extension
- Integrated Research and Extension
- Multistate Integrated Research and Extension

V(D). Planned Program (Assumptions and Goals)

1. Assumptions made for the Program

It is assumed that many families and adults lack basic knowledge regarding the importance of good nutrition in providing optimal health and well being. It is assumed that the Family & Consumer Sciences staff will network with local agencies and organizations, faith- based communities, schools, and other groups to engage the target audience in meaningful, informal learning activities and experiences.

People are more likely to make a behavior change, such as increased physical activity, a regular part of their daily lives if they are provided peer support over a time period of 6 to eight weeks. Moderately intensive walking, 30 minutes, 5 days per week, is effective in reducing the onset of chronic diseases such as type 2 diabetes as shown by the Diabetes Prevention Program.

Improved access to physical activity and fresh fruits and vegetables will reduce weight and improve health.

Participants in the Women, Infant and Children program and Indian Tribal Organizations are expected to make better dietary choices when provided with data and educational materials that promote more nutritious foods. The overall diet will be improved if schools are provided with technical assistance that leads to an increase in the consumption of whole grains.

2. Ultimate goal(s) of this Program

AgriLife Extension

Balancing Food & Play

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.

Extension OnLine Nutrition Training

By completed these modules related to child nutrition caregivers and others will practice best practices associated with healthy weight.

WAT Youth Component

Participants in Walk Across Texas! who walk the eight weeks in teams of eight will significantly increase their physical activity level as measured by increased miles walked.

AgriLife Research

Participants in the Women, Infant and Children Program and persons served by Indian Tribal Organizations will consume a more healthful diet. School lunches will also be improved through our technical assistance leading to an increase in inclusion of whole grain foods in menus offered to school children.

Cooperative Extension Program

The goals of this program are to: provide families with relevant nutrition education and access to enhance food resources, present opportunities for participants to experience a variety of foods, increase consumption of vegetables and fruits, and engage in regular physical fitness activities.

V(E). Planned Program (Inputs)

1. Estimated Number of professional FTE/SYs to be budgeted for this Program

Year	Extension		Research	
	1862	1890	1862	1890
2015	3.0	8.0	1.0	0.0
2016	3.0	8.0	1.0	0.0
2017	3.0	8.0	1.0	0.0
2018	3.0	8.0	1.0	0.0
2019	3.0	8.0	1.0	0.0

V(F). Planned Program (Activity)

1. Activity for the Program

AgriLife Extension

Balancing Food & Play

The curriculum contains three elements: lesson plans, take-home reading assignments, and student journals.

- * Twenty lesson plans address physical activity, MyPlate, making healthy choices, and goal setting.
- * The lessons incorporate higher-level thinking and learning skills (i.e., opportunities to design games, commercials, menus).
- * Eight take-home reading assignments and parent letters encourage family engagement by providing the opportunity for shared family discussions.
- * The reading assignments follow a fictional family as they learn about nutrition and physical activity, set goals, and learn to make healthy choices.

* Each student receives a 41-page journal. The journal allows opportunities for reflective learning and goal setting.

* The program evaluation includes child surveys regarding knowledge and behavior.

Extension OnLine Nutrition Training

Childcare providers will complete one or more of the four one-hour trainings available related to child nutrition.

WAT Youth Component

A local coalition will recruit participants and provide leadership to implement Walk Across Texas! Teams of eight or classes of children at schools will be recruited to walk for eight weeks. Teams and classes are challenged to walk regularly for eight weeks, reporting their mileage on <http://walkacrosstexas.tamu.edu>, to achieve the goal of walking the approximate 830 miles across Texas on a map that allows comparisons of teams and class progress.

AgriLife Research

Research is conducted in collaboration with State and Federal Women, Infant and Children Program leaders to provide data and programs to improve dietary habits of children and their parents or care givers. Research also involves native American populations and the school lunch program.

Cooperative Extension Program

The Cooperative Extension Program provides a series of educational programs designed to equip parents with better meal preparaton skills and persons coping with and at risk for chronic illnesses. Education programs are provided through a series of nutrition educational workshops and programs to special interest groups, on-site food demonstrations, educational displays, fact sheets, newsletters and social media (FaceBook). Parents and caregivers learn the importance of balancing meals based upon MyPlate guidelines and implementing physical activity.

2. Type(s) of methods to be used to reach direct and indirect contacts

Extension

Direct Methods	Indirect Methods
<input checked="" type="checkbox"/> Education Class <input checked="" type="checkbox"/> Workshop <input checked="" type="checkbox"/> Group Discussion <input type="checkbox"/> One-on-One Intervention <input checked="" type="checkbox"/> Demonstrations <input type="checkbox"/> Other 1 <input type="checkbox"/> Other 2	<input type="checkbox"/> Public Service Announcement <input type="checkbox"/> Billboards <input checked="" type="checkbox"/> Newsletters <input type="checkbox"/> TV Media Programs <input type="checkbox"/> eXtension web sites <input checked="" type="checkbox"/> Web sites other than eXtension <input type="checkbox"/> Other 1 <input type="checkbox"/> Other 2

3. Description of targeted audience

AgriLife Extension

Balancing Food & Play

Third grade students in Texas Schools

Extension OnLine Nutrition Training

Childcare providers, parents and other interested adults.

WAT Youth Component

Youth in Texas Schools

AgriLife Research

Parents and others who care for children, school lunch program administrators, and native Americans.

Cooperative Extension Program

Minority families and individuals

Senior adults

Single parents

Secondary education and college students

Persons coping with and at risk for chronic illnesses

V(G). Planned Program (Outputs)

NIFA no longer requires you to report target numbers for standard output measures in the Plan of Work. However, all institutions will report actual numbers for standard output measures in the Annual Report of Accomplishments and Results. The standard outputs for which you must continue to collect data are:

- Number of contacts
 - Direct Adult Contacts
 - Indirect Adult Contacts
 - Direct Youth Contacts
 - Indirect Youth Contact
- Number of patents submitted
- Number of peer reviewed publications

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(H). State Defined Outputs

1. Output Measure

- # of group educational methods conducted.
- # of classes/workshops addressing nutrition and health.

- Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(I). State Defined Outcome

O. No	Outcome Name
1	The percent of youth that reported engaging daily in 60 minutes or more of physical activity. (National Indicator Outcome 2.1d)
2	Percentage decrease the number of children reporting decreased sweetened beverage intake. (National Indicator Outcome 1.2c)
3	The percent of youth that reported increasing their physical activity and/or reducing sedentary. (National Indicator Outcome 2.1c)
4	Number of participants who understand and use My Plate in meal buying and preparation, become aware of diet related diseases, understand the connection between diet and exercise, increase consumption of fruits and vegetables.
5	Number of participants modify recipes to decrease amount of calorie and adopt healthy eating habits.

Outcome # 1

1. Outcome Target

The percent of youth that reported engaging daily in 60 minutes or more of physical activity. (National Indicator Outcome 2,1d)

2. Outcome Type :

- Change in Knowledge Outcome Measure
- Change in Action Outcome Measure
- Change in Condition Outcome Measure

3. Associated Knowledge Area(s)

- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle

4. Associated Institute Type(s)

- 1862 Extension
- 1862 Research
- 1890 Extension
- 1890 Research

Outcome # 2

1. Outcome Target

Percentage decrease the number of children reporting decreased sweetened beverage intake. (National Indicator Outcome 1,2c)

2. Outcome Type :

- Change in Knowledge Outcome Measure
- Change in Action Outcome Measure
- Change in Condition Outcome Measure

3. Associated Knowledge Area(s)

- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle

4. Associated Institute Type(s)

- 1862 Extension
- 1862 Research
- 1890 Extension

- 1890 Research

Outcome # 3

1. Outcome Target

The percent of youth that reported increasing their physical activity and/or reducing sedentary.
(National Indicator Outcome 2,1c)

2. Outcome Type :

- Change in Knowledge Outcome Measure
- Change in Action Outcome Measure
- Change in Condition Outcome Measure

3. Associated Knowledge Area(s)

- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle

4. Associated Institute Type(s)

- 1862 Extension
- 1862 Research
- 1890 Extension
- 1890 Research

Outcome # 4

1. Outcome Target

Number of participants who understand and use My Plate in meal buying and preparation, become aware of diet related diseases, understand the connection between diet and exercise, increase consumption of fruits and vegetables.

2. Outcome Type :

- Change in Knowledge Outcome Measure
- Change in Action Outcome Measure
- Change in Condition Outcome Measure

3. Associated Knowledge Area(s)

- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle

4. Associated Institute Type(s)

- 1862 Extension
- 1862 Research
- 1890 Extension
- 1890 Research

Outcome # 5

1. Outcome Target

Number of participants modify recipes to decrease amount of calorie and adopt healthy eating habits.

2. Outcome Type :

- Change in Knowledge Outcome Measure
- Change in Action Outcome Measure
- Change in Condition Outcome Measure

3. Associated Knowledge Area(s)

- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle

4. Associated Institute Type(s)

- 1862 Extension
- 1862 Research
- 1890 Extension
- 1890 Research

V(J). Planned Program (External Factors)

1. External Factors which may affect Outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges

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

Description

Any of the above factors could affect the implementation and number of participants in these programs. For example, if the Texas legislature cut funding for any Texas Extension program, there would be less county educators to provide leadership to the program at the local level. If a national crisis such as an act of bio-terrorism happened, funding and activity priorities would change.

V(K). Planned Program - Planned Evaluation Studies

Description of Planned Evaluation Studies

Several evaluation strategies will be used including surveys, observation, and recording of behaviors (such as miles walked) will be utilized.