

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

**Program # 8**

**1. Name of the Planned Program**

Childhood Obesity

**2. Brief summary about Planned Program**

As is the case nationally, the number of overweight and obese individuals in Alaska is increasing. This affects individuals of all ages, from all areas of the state, of all racial and ethnic backgrounds, and with all levels of education and income. Increases in obesity have occurred rapidly, and changes in weight that have occurred over the past 15 years will have lasting impacts on the health of individuals and of the health-care system for decades to come. CES will address the problem with a program that focuses on making healthy food choices and increasing physical activity. Training will be conducted with youth, teachers, 4-H leaders, youth group organizers, parents and community partners to supply techniques for working directly with youth in the area of obesity. SNRAS/AFES will prepare students for careers in agriculture related fields such as economics, horticulture, marketing and nutrition with awareness of the conditions and demands required for sustainable high latitude food production. It will provide academic training in community based food production and nutrition by building upon exiting UAF degree programs in natural resources management and sustainability. A new course will be developed which will prepare students to work directly with families with young children in home, subsistence harvest and local food production settings.

**3. Program existence :** New (One year or less)

**4. Program duration :** Long-Term (More than five years)

**5. Expending formula funds or state-matching funds :** Yes

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

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

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
605	Natural Resource and Environmental Economics	0%		50%	
703	Nutrition Education and Behavior	30%		50%	
724	Healthy Lifestyle	45%		0%	
806	Youth Development	25%		0%	
	<b>Total</b>	100%		100%	

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

**1. Situation and priorities**

In adults, excess weight and obesity are associated with a variety of poor health outcomes ranging from coronary heart disease and type 2 diabetes to premature death. Aside from an increased likelihood of

becoming overweight adults, children and adolescents who are overweight or obese are at increased risk for a variety of negative physical, social and emotional problems. Student nutrition and physical activity have a direct link with academic performance as evidenced by academic test scores, improved daily attendance and better class participation. In 2008, one-third of students entering kindergarten or first grade in Anchorage were above a normal weight. Data on a statewide survey of high school students showed that 27 percent of teens surveyed were above a normal weight and an additional 11 percent were classified as obese. Although individual weight status is determined by many factors, the primary causes of excess weight and obesity in most individuals is an imbalance between nutrition and physical activity. Television viewing and computer/video game playing (screen time) have been identified as a contributor to obesity among children. The American Academy of Pediatrics recommends limiting television and other screen time to not more than two hours per day for children ages two to 18. One-third of Alaska adults and half of high school students have three or more hours of screen time daily. Three-quarters of adults and 84% of high school students eat less than the recommended amounts of fruits and vegetables daily. Lack of access to local grocery stores and full service restaurants contributes to poor dietary patterns and obesity. Disparities in food access are greatest in lower income, minority, urbanized neighborhoods, as well as less populated rural areas. Access to healthy food in local stores is judged to be difficult or impossible for 15% of Alaskans. Data suggests that most Alaskans do not recognize that they are overweight.

## **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**

CES obesity prevention will focus on risk and protective factors influencing health of youth and adults. Health of youth and families can be improved through increased knowledge and resources provided by CES and SNRAS. Youth and their families need to be involved in meaningful learning experiences because healthy behaviors are complex. Youth and families have the ability to reach optimal health and well-being and research and education will continue to inform healthy living practices.

### **2. Ultimate goal(s) of this Program**

- The incidence of overweight and obese Alaska youth will be reduced.
- The number of youth making healthy food choices will increase.
- Youth will engage in more physical activity.
- Leaders and community contacts will be trained in methods to increase health food choices and physical activity in youth.
- New academic courses developed for leadership training in this field.

**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
2012	1.0	0.0	0.5	0.0
2013	1.0	0.0	1.0	0.0
2014	1.0	0.0	1.0	0.0
2015	1.0	0.0	1.0	0.0
2016	1.0	0.0	1.0	0.0

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

**1. Activity for the Program**

Collaboration with other organizations including Public Health, schools, day care facilities, 4-H, community organizations, tribal organizations, and youth groups to offer programming on childhood obesity will focus on physical activity and nutrition. Programming will be conducted with parents in choosing nutritional foods and preparing meals for their families. Group and one-on-one educational activities with day care providers and parents will provide individuals with information necessary to increase physical activity of children.

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

**Extension**

Direct Methods	Indirect Methods
<ul style="list-style-type: none"> <li>• Education Class</li> <li>• Workshop</li> <li>• Group Discussion</li> </ul>	<ul style="list-style-type: none"> <li>• Public Service Announcement</li> <li>• Newsletters</li> <li>• TV Media Programs</li> <li>• Web sites</li> <li>• Other 1 (publications)</li> </ul>

**3. Description of targeted audience**

- teachers and parents of youth
- caregivers
- youth
- college students
- rural community health care givers

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

**1. Standard output measures**

**Target for the number of persons(contacts) to be reached through direct and indirect contact**

	<b>Direct Contact 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>
2012	50	100	50	100
2013	50	100	50	100
2014	50	100	50	100
2015	50	100	50	100
2016	50	100	50	100

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

**2012:0                      2013:0                      2014:0                      2015:0                      2016:0**

**3. Expected Peer Review Publications**

<b>Year</b>	<b>Research Target</b>	<b>Extension Target</b>	<b>Total</b>
2012	2	0	2
2013	2	0	2
2014	2	0	2
2015	2	0	2
2016	2	0	2

## V(H). State Defined Outputs

### 1. Output Target

- Output Measure 1: Field faculty will provide physical activity and nutrition programming for teachers and parents. Output is the number of teachers and parents who are trained.

<b>2012:20</b>	<b>2013:25</b>	<b>2014:25</b>	<b>2015:30</b>	<b>2016:30</b>
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- Output Measure 2: Field faculty will provide physical activity and nutrition programming through one-on-one consultations and consultations with other organizations.

<b>2012:12</b>	<b>2013:12</b>	<b>2014:14</b>	<b>2015:14</b>	<b>2016:16</b>
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- Output Measure 3: Faculty will develop educational resources and publications on nutrition.

<b>2012:2</b>	<b>2013:3</b>	<b>2014:3</b>	<b>2015:3</b>	<b>2016:3</b>
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**V(I). State Defined Outcome**

O. No	Outcome Name
1	Outcome Measure 1: Increase physical activity during a school day. Counting number of classrooms participating.
2	Outcome Measure 2: Increase youth and parents' understanding of healthy food choices. Measure will be number of meetings with youth and parents.
3	Outcome Measure 3: Youth and families have a more positive attitude toward healthful foods and/or are willing to try new foods. Counting number of families.
4	Outcome Measure 4: Increase knowledge, attitudes, skills and aspirations to increase physical activity habits. Counting number of youth.
5	Outcome Measure 5: Increase knowledge, attitudes and skills on individual and family nutrition. Measure will be class enrollment and publications.

**Outcome # 1**

**1. Outcome Target**

Outcome Measure 1: Increase physical activity during a school day. Counting number of classrooms participating.

**2. Outcome Type : Change in Action Outcome Measure**

<b>2012:3</b>	<b>2013:4</b>	<b>2014:5</b>	<b>2015:6</b>	<b>2016:7</b>
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**3. Associated Knowledge Area(s)**

- 724 - Healthy Lifestyle
- 806 - Youth Development

**4. Associated Institute Type(s)**

- 1862 Extension

**Outcome # 2**

**1. Outcome Target**

Outcome Measure 2: Increase youth and parents' understanding of healthy food choices. Measure will be number of meetings with youth and parents.

**2. Outcome Type : Change in Knowledge Outcome Measure**

<b>2012:60</b>	<b>2013:70</b>	<b>2014:80</b>	<b>2015:90</b>	<b>2016:100</b>
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**3. Associated Knowledge Area(s)**

- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle
- 806 - Youth Development

**4. Associated Institute Type(s)**

- 1862 Extension

**Outcome # 3**

**1. Outcome Target**

Outcome Measure 3: Youth and families have a more positive attitude toward healthful foods and/or are willing to try new foods. Counting number of families.

**2. Outcome Type : Change in Action Outcome Measure**

**2012:7                      2013:9                      2014:11                      2015:13                      2016:15**

**3. Associated Knowledge Area(s)**

- 605 - Natural Resource and Environmental Economics
- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle
- 806 - Youth Development

**4. Associated Institute Type(s)**

- 1862 Extension
- 1862 Research

**Outcome # 4**

**1. Outcome Target**

Outcome Measure 4: Increase knowledge, attitudes, skills and aspirations to increase physical activity habits. Counting number of youth.

**2. Outcome Type : Change in Knowledge Outcome Measure**

**2012:12                      2013:14                      2014:16                      2015:18                      2016:20**

**3. Associated Knowledge Area(s)**

- 724 - Healthy Lifestyle
- 806 - Youth Development

**4. Associated Institute Type(s)**

- 1862 Extension

**Outcome # 5**

**1. Outcome Target**

Outcome Measure 5: Increase knowledge, attitudes and skills on individual and family nutrition. Measure will be class enrollment and publications.

**2. Outcome Type : Change in Knowledge Outcome Measure**

**2012:15                      2013:15                      2014:15                      2015:15                      2016:15**

**3. Associated Knowledge Area(s)**

- 605 - Natural Resource and Environmental Economics
- 703 - Nutrition Education and Behavior

**4. Associated Institute Type(s)**

- 1862 Extension
- 1862 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
- Competing Public priorities
- Competing Programmatic Challenges

**Description**

Cost of food may rise making healthy food unaffordable. Cold weather and short days affect the ability of children to go outside and participate in physical activity. Demands on family time will continue to be a factor in determining which programs they may participate in. Changes in society, including health practices, services and access will impact youth and families.

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

**1. Evaluation Studies Planned**

- After Only (post program)
- Retrospective (post program)
- During (during program)

**Description**

This program is so new that evaluation studies are under discussion.

**2. Data Collection Methods**

- Sampling
- Whole population
- Mail
- Telephone
- On-Site
- Structured
- Unstructured
- Case Study
- Observation
- Portfolio Reviews
- Tests
- Journals

**Description**

This program is so new that evaluation studies are under discussion.