V(A). Planned Program (Summary)

Program # 10

1. Name of the Planned Program
Health Promotion and Disease Prevention

2. Brief summary about Planned Program

The Health Promotions and Disease Prevention Work Team will provide research-based nutrition and health education to a variety of audiences across Colorado in an effort to promote healthful nutrition, activity and lifestyle behaviors.

This will include the establishment of an interdisciplinary research consortium led by plant productions systems professionals to determine relationships between metabolites and disease and to identify metabolites in animal and crop foods to help prevent disease and improve health.

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

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
<th>%1862 Extension</th>
<th>%1890 Extension</th>
<th>%1862 Research</th>
<th>%1890 Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>701</td>
<td>Nutrient Composition of Food</td>
<td>10%</td>
<td></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>702</td>
<td>Requirements and Function of Nutrients and Other Food Components</td>
<td>10%</td>
<td></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
<td>40%</td>
<td></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>724</td>
<td>Healthy Lifestyle</td>
<td>40%</td>
<td></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>100%</strong></td>
<td><strong>0%</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

1. Situation and priorities

Adoption of healthful behaviors may reduce the incidence of chronic diseases, such as diabetes, heart disease, obesity and cancer, thus impacting health insurance premiums, mortality rates, and employee productivity.

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

Adoption of healthful behaviors may reduce the incidence of chronic diseases, such as diabetes, heart disease, obesity and cancer, thus impacting health insurance premiums, mortality rates, and employee productivity.

2. Ultimate goal(s) of this Program

Reduced incidence of chronic diseases (such as diabetes, heart disease, obesity and cancer), thus reducing health insurance premiums and mortality rates, and increasing employee productivity.
V(E). Planned Program (Inputs)

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Extension</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1862</td>
<td>1890</td>
</tr>
<tr>
<td>2012</td>
<td>12.0</td>
<td>0.0</td>
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<tr>
<td>2013</td>
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<tr>
<td>2014</td>
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</tr>
<tr>
<td>2015</td>
<td>12.0</td>
<td>0.0</td>
</tr>
<tr>
<td>2016</td>
<td>0.0</td>
<td>0.0</td>
</tr>
</tbody>
</table>

V(F). Planned Program (Activity)

1. Activity for the Program

   Health Promotion/Chronic Disease Prevention programs include:
   - Strong Women, Strong Bones
   - Heart Disease Awareness & Prevention
   - Diabetes Awareness, Prevention and Management
   - Nutrition Education for Low-income Audiences
   - Nutrition and Wellness
   - Multi-lesson series: Dining with Diabetes, Small Changes Make a Big Difference, Strong Women-Strong Bones, Moving Toward a Healthier You, Healthy Heart, Smart-START for a Healthy Heart
   - Self-paced program - Self-Care for a Healthy Heart
   - Single lessons - Workable Wellness (work site wellness).
   - Youth programs: Food Friends-Making New Foods Fun for Kids, Eating Right Is Basic, Chef Combo’s Fantastic Adventures in Tasting and Nutrition, Professor Popcorn

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

<table>
<thead>
<tr>
<th>Direct Methods</th>
<th>Indirect Methods</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3. Description of targeted audience

Adults in Colorado

V(G). Planned Program (Outputs)

1. Standard output measures

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Direct Contact Adults</th>
<th>Indirect Contacts Adults</th>
<th>Direct Contacts Youth</th>
<th>Indirect Contacts Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>20000</td>
<td>100000</td>
<td>100</td>
<td>5000</td>
</tr>
<tr>
<td>2013</td>
<td>20000</td>
<td>100000</td>
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<td>5000</td>
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<td>100000</td>
<td>100</td>
<td>5000</td>
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<tr>
<td>2015</td>
<td>20000</td>
<td>100000</td>
<td>100</td>
<td>5000</td>
</tr>
<tr>
<td>2016</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Research Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>10</td>
</tr>
<tr>
<td>2013</td>
<td>10</td>
</tr>
<tr>
<td>2014</td>
<td>10</td>
</tr>
<tr>
<td>2015</td>
<td>10</td>
</tr>
<tr>
<td>2016</td>
<td>0</td>
</tr>
</tbody>
</table>

3. Expected Peer Review Publications

<table>
<thead>
<tr>
<th>Year</th>
<th>Research Target</th>
<th>Extension Target</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>10</td>
<td>9</td>
<td>0</td>
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<tr>
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<td>2015</td>
<td>10</td>
<td>9</td>
<td>0</td>
</tr>
<tr>
<td>2016</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
V(H). State Defined Outputs

1. Output Target

- Number of Trainings Delivered on Health Promotion and/or Disease Prevention topics.
  
<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

- Number of individuals trained in workshops related to health promotion and/or disease prevention.
  
<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
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</thead>
<tbody>
<tr>
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<td>2500</td>
<td>2500</td>
<td>2500</td>
<td>2500</td>
<td>0</td>
</tr>
</tbody>
</table>

- Grant funding (external) received to support this work
  
<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>125000</td>
<td>125000</td>
<td>125000</td>
<td>125000</td>
<td>0</td>
</tr>
</tbody>
</table>

- Number of individuals reached by newsletters distributed on Health Promotion and Disease Prevention
  
<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
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<tbody>
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<td>125000</td>
<td>125000</td>
<td>125000</td>
<td>0</td>
</tr>
</tbody>
</table>

- Number of volunteers engaged with these programs.
  
<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>200</td>
<td>200</td>
<td>200</td>
<td>200</td>
<td>0</td>
</tr>
</tbody>
</table>

- Number of agencies partnering in this work.
  
<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>150</td>
<td>150</td>
<td>150</td>
<td>150</td>
<td>0</td>
</tr>
</tbody>
</table>

- User fees generated through these programs.
  
<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
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<tbody>
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<td>25000</td>
<td>25000</td>
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</tr>
</tbody>
</table>
## V(I). State Defined Outcome

<table>
<thead>
<tr>
<th>O. No</th>
<th>Outcome Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Percent of participants indicating an increase in knowledge regarding health promotion and/or disease prevention.</td>
</tr>
<tr>
<td>2</td>
<td>Percent of participants reporting a change in behavior following participation in a health promotion/disease prevention program.</td>
</tr>
</tbody>
</table>
Outcome # 1

1. Outcome Target

Percent of participants indicating an increase in knowledge regarding health promotion and/or disease prevention.

2. Outcome Type :

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

2012:75 2013:75 2014:75 2015:75 2016:0

3. Associated Knowledge Area(s)

- 701 - Nutrient Composition of Food
- 702 - Requirements and Function of Nutrients and Other Food Components
- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle

4. Associated Institute Type(s)

- 1862 Extension
- 1862 Research

Outcome # 2

1. Outcome Target

Percent of participants reporting a change in behavior following participation in a health promotion/disease prevention program.

2. Outcome Type :

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

2012:60 2013:60 2014:60 2015:60 2016:0

3. Associated Knowledge Area(s)

- 701 - Nutrient Composition of Food
- 702 - Requirements and Function of Nutrients and Other Food Components
- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle
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
☐ Government Regulations
☑ Competing Public priorities
☑ Competing Programmatic Challenges
☑ Populations changes (immigration, new cultural groupings, etc.)
☐ Other

Description

This work team participated in the FCS focusing activity in June, 2009, and has specific outcome targets and indicators by which they can collect their data.

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

1. Evaluation Studies Planned

☑ After Only (post program)
☑ Retrospective (post program)
☑ Before-After (before and after program)
☑ During (during program)
☐ Time series (multiple points before and after program)
☑ Case Study
☑ 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.
☐ Comparison between locales where the program operates and sites without program intervention
☐ Other

Description

Programs in this FCS area of focus include evaluation instruments for ongoing improvement of programs and also impact data.

2. Data Collection Methods
Sampling
☐ Whole population

**Survey (Mail, Telephone, On-Site).**

☐ Mail
☐ Telephone
☐ On-Site

**Interview**

☐ Structured
☐ Unstructured

☑ Case Study
☑ Observation
☐ Portfolio Reviews
☐ Tests
☐ Journals
☐ Other

**Description**

{NO DATA ENTERED}