V(A). Planned Program (Summary)

Program # 9

1. Name of the Planned Program
Childhood Obesity

2. Brief summary about Planned Program

The Nutrition and Wellness Work Team is and will be focused on three areas, including Childhood Obesity, which is listed as a planned program in response to the NIFA priorities.

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>703</td>
<td>Nutrition Education and Behavior</td>
<td>50%</td>
<td></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>724</td>
<td>Healthy Lifestyle</td>
<td>50%</td>
<td></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>100%</td>
<td></td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

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

1. Situation and priorities

Healthy nutrition, activity and lifestyle behaviors are priorities for Coloradans. 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

Activities conducted through Extension's Health Promotion/Disease Prevention Work Team are reportable under Childhood Obesity as well as Global Food Security. One outcome example is improved healthful dietary and activity habits in children. An associated indicator is increased fruit and vegetable consumption (report improved knowledge, increased consumption or intent to increase consumption.) A second indicator is increased physical activity (report increased knowledge, increased activity [e.g. steps], or intent to increase activity.)

2. Ultimate goal(s) of this Program

Prevention or reduction of incidence of childhood obesity and improved health outcomes for children.

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>5.0</td>
<td>0.0</td>
</tr>
<tr>
<td>2013</td>
<td>5.0</td>
<td>0.0</td>
</tr>
<tr>
<td>2014</td>
<td>5.0</td>
<td>0.0</td>
</tr>
<tr>
<td>2015</td>
<td>5.0</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

Programming to parents and care givers so they can learn and convey the importance of healthful dietary and activity habits to children.
2. Type(s) of methods to be used to reach direct and indirect contacts

<table>
<thead>
<tr>
<th>Extension</th>
<th>Direct Methods</th>
<th>Indirect Methods</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Education Class</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Workshop</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Group Discussion</td>
<td>Newsletters</td>
</tr>
<tr>
<td></td>
<td>One-on-One Intervention</td>
<td>TV Media Programs</td>
</tr>
<tr>
<td></td>
<td>Demonstrations</td>
<td>Web sites</td>
</tr>
<tr>
<td></td>
<td>Other 1</td>
<td>Other 1</td>
</tr>
<tr>
<td></td>
<td>Other 2</td>
<td>Other 2</td>
</tr>
</tbody>
</table>

3. Description of targeted audience

Target audiences include children (birth through high school), parents, teachers and other school staff.

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></td>
<td>Target</td>
<td>Target</td>
<td>Target</td>
<td>Target</td>
</tr>
<tr>
<td>2012</td>
<td>100</td>
<td>0</td>
<td>100</td>
<td>200</td>
</tr>
<tr>
<td>2013</td>
<td>100</td>
<td>0</td>
<td>100</td>
<td>200</td>
</tr>
<tr>
<td>2014</td>
<td>100</td>
<td>0</td>
<td>100</td>
<td>200</td>
</tr>
<tr>
<td>2015</td>
<td>100</td>
<td>0</td>
<td>100</td>
<td>200</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>2012:0</th>
<th>2013:0</th>
<th>2014:0</th>
<th>2015:0</th>
<th>2016:0</th>
</tr>
</thead>
</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>3</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>2013</td>
<td>3</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Year</td>
<td>Research Target</td>
<td>Extension Target</td>
<td>Total</td>
</tr>
<tr>
<td>------</td>
<td>----------------</td>
<td>-----------------</td>
<td>-------</td>
</tr>
<tr>
<td>2014</td>
<td>3</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>2015</td>
<td>3</td>
<td>5</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 workshops/trainings delivered to parents and/or care givers concerning healthful dietary and activity habits in children
  
  **2012:** 15  
  **2013:** 15  
  **2014:** 15  
  **2015:** 15  
  **2016:** 0

- Number of participants in workshops
  
  **2012:** 200  
  **2013:** 200  
  **2014:** 200  
  **2015:** 200  
  **2016:** 0

- Number of volunteers engaged in this work
  
  **2012:** 25  
  **2013:** 25  
  **2014:** 25  
  **2015:** 25  
  **2016:** 0

- Number of external grant dollars generated for this work
  
  **2012:** 50000  
  **2013:** 50000  
  **2014:** 50000  
  **2015:** 50000  
  **2016:** 0

- Number of agencies partnering in this work
  
  **2012:** 15  
  **2013:** 15  
  **2014:** 15  
  **2015:** 15  
  **2016:** 0
**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 who learn and convey the importance of healthful dietary and activity habits to children.</td>
</tr>
<tr>
<td>2</td>
<td>Percent of participants who change behavior in order to improve healthful dietary and activity habits in children.</td>
</tr>
</tbody>
</table>
Outcome # 1

1. Outcome Target
Percent of participants who learn and convey the importance of healthful dietary and activity habits to children.

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)
- 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 who change behavior in order to improve healthful dietary and activity habits in children.

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
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

Extension recognizes this critical need in Colorado and we are watching the development of NIFA priorities for policy and funding. Some of the outcomes and indicators for childhood obesity prevention have great potential for collaboration across various program areas within Extension, by content and/or by audience. Targets are estimated at a conservative level, and we expect to revise our plan after we have collected data from Year 1.

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

Work Teams will design evaluation strategies to document success in this NIFA priority.

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

Some of the outcomes and indicators for childhood obesity prevention have great potential for collaboration across various program areas within Extension, by content and/or by audience. While this provides programmatic richness, it complicates evaluation efforts.