

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 production 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 : Mature (More than five years)

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
701	Nutrient Composition of Food	10%		0%	
702	Requirements and Function of Nutrients and Other Food Components	10%		0%	
703	Nutrition Education and Behavior	40%		0%	
724	Healthy Lifestyle	40%		0%	
	Total	100%		0%	

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

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

Year	Extension		Research	
	1862	1890	1862	1890
2011	12.0	0.0	0.0	0.0
2012	12.0	0.0	0.0	0.0
2013	12.0	0.0	0.0	0.0
2014	12.0	0.0	0.0	0.0
2015	12.0	0.0	0.0	0.0

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

Extension

Direct Methods	Indirect Methods
<ul style="list-style-type: none"> • Education Class • Workshop 	<ul style="list-style-type: none"> • Newsletters

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

	Direct Contact Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
2011	20000	100000	100	5000
2012	20000	100000	100	5000
2013	20000	100000	100	5000
2014	20000	100000	100	5000
2015	20000	100000	100	5000

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

2011:0 2012:0 2013:0 2014:0 2015:0

3. Expected Peer Review Publications

Year	Research Target	Extension Target	Total
2011	10	9	0
2012	10	9	0
2013	10	9	0
2014	10	9	0
2015	10	9	0

V (H). State Defined Outputs

1. Output Target

- Number of Trainings Delivered on Health Promotion and/or Disease Prevention topics.

2011:100	2012:100	2013:100	2014:100	2015:100
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- Number of individuals trained in workshops related to health promotion and/or disease prevention.

2011:2500	2012:2500	2013:2500	2014:2500	2015:2500
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- Grant funding (external) received to support this work

2011:125000	2012:125000	2013:125000	2014:125000	2015:125000
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- Number of individuals reached by newsletters distributed on Health Promotion and Disease Prevention

2011:125000	2012:125000	2013:125000	2014:125000	2015:125000
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- Number of volunteers engaged with these programs.

2011:200	2012:200	2013:200	2014:200	2015:200
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- Number of agencies partnering in this work.

2011:150	2012:150	2013:150	2014:150	2015:150
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- User fees generated through these programs.

2011:25000	2012:25000	2013:25000	2014:25000	2015:25000
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V (I). State Defined Outcome

O. No	Outcome Name
1	Percent of participants indicating an increase in knowledge regarding health promotion and/or disease prevention.
2	Percent of participants reporting a change in behavior following participation in a health promotion/disease prevention program.

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

2011:75 2012:75 2013:75 2014:75 2015:75

3. Associated Knowledge Area(s)

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

4. Associated Institute Type(s)

- 1862 Extension

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 Action Outcome Measure

2011:60 2012:60 2013:60 2014:60 2015:60

3. Associated Knowledge Area(s)

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

4. Associated Institute Type(s)

- 1862 Extension

V (J). Planned Program (External Factors)

1. External Factors which may affect Outcomes

- Economy
- Appropriations changes
- Public Policy changes
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

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)
- Case Study
- Comparisons between program participants (individuals, group, organizations) and non-participants

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
- Case Study
- Observation

Description

{NO DATA ENTERED}