

**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)

**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
703	Nutrition Education and Behavior	50%		0%	
724	Healthy Lifestyle	50%		0%	
	<b>Total</b>	100%		0%	

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

**1. Situation and priorities**

Healthful 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

**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**

Year	Extension		Research	
	1862	1890	1862	1890
2011	5.0	0.0	0.0	0.0
2012	5.0	0.0	0.0	0.0
2013	5.0	0.0	0.0	0.0
2014	5.0	0.0	0.0	0.0
2015	5.0	0.0	0.0	0.0

**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**

**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>● Newsletters</li> <li>● Web sites</li> </ul>

**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**

	Direct Contact Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
2011	100	0	100	200
2012	100	0	100	200
2013	100	0	100	200
2014	100	0	100	200



**V (I). State Defined Outcome**

<b>O. No</b>	<b>Outcome Name</b>
1	Percent of participants who learn and convey the importance of healthful dietary and activity habits to children
2	Percent of participants who change behavior in order to improve healthful dietary and activity habits in children.

**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

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

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

**2011:50                      2012:50                      2013:50                      2014:50                      2015:50**

**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**

- Public Policy changes
- Competing Programmatic Challenges

**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)
- Case Study

#### **Description**

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

### **2. Data Collection Methods**

- Sampling
- Mail
- Telephone
- On-Site
- Structured
- Unstructured
- Case Study
- Observation

#### **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.