

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

**Program # 9**

**1. Name of the Planned Program**

Childhood Obesity

**2. Brief summary about Planned Program**

Reduction of factors that contribute to obesity in children.

**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**

While Colorado is considered the leanest state in the nation for adults, that is not true for children. Colorado ranks 23rd nationally for child obesity rates. Currently 14.2% of youth in Colorado are considered obese, with an additional 12.8% categorized as overweight. Efforts to address childhood obesity have increased in recent years, and in particular with First Lady Michelle Obama's 'Let's Move' campaign. In the past two years obesity prevention programs and policies have increased exponentially in number, strength and breadth. A new poll shows that 80% of Americans now recognize that obesity is a significant and growing challenge for the country. Furthermore, 50% of Americans believe that childhood obesity carries such importance that more should be invested immediately to prevent it.

**2. Scope of the Program**

- In-State Extension
- Multistate Extension

- Integrated Research and Extension
- Multistate Integrated Research and Extension

**V(D). Planned Program (Assumptions and Goals)**

**1. Assumptions made for the Program**

Some activities conducted through Extension's Nutrition and Health Promotion 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 (increased consumption or intent to increase consumption.) A second indicator is increased physical activity (report increased activity [e.g. steps], or intent to increase activity.)

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

Healthy physical activity levels are defined by national physical activity guidelines: Children - 60 minutes or more of PA daily

**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
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
2016	0.0	0.0	0.0	0.0
2017	0.0	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 other than eXtension</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)

NIFA no longer requires you to report target numbers for standard output measures in the Plan of Work. However, all institutions will report actual numbers for standard output measures in the Annual Report of Accomplishments and Results. The standard outputs for which you must continue to collect data are:

- Number of contacts
    - Direct Adult Contacts
    - Indirect Adult Contacts
    - Direct Youth Contacts
    - Indirect Youth Contact
  - Number of patents submitted
  - Number of peer reviewed publications
- Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

### V(H). State Defined Outputs

#### 1. Output Measure

- Number of Trainings/Classes/Workshops, Field Days, Activity Days delivered to parents and/or care givers concerning healthful dietary and activity habits in children.
  - Number of participants in workshops
  - Number of volunteers engaged in this work
  - Number of external grant dollars generated for this work
  - Number of agencies partnering in this work
- Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

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

O. No	Outcome Name
1	Number of participants who, after learning the importance of healthful dietary and activity habits, convey that to children.
2	Number of participants who change behavior in order to improve healthful dietary and activity habits in children.

**Outcome # 1**

**1. Outcome Target**

Number of participants who, after learning the importance of healthful dietary and activity habits, convey that to children.

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

**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**

Number of participants who change behavior in order to improve healthful dietary and activity habits in children.

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

**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.

**V(K). Planned Program - Planned Evaluation Studies**

**Description of Planned Evaluation Studies**

**Standard survey methods will be utilized, including pre-post, retrospective pre-post, and post-only surveys.**