

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

### **Program # 3**

#### **1. Name of the Planned Program**

Healthy Individuals, Families and Communities

#### **2. Brief summary about Planned Program**

The Healthy Individuals, Families and Communities Program includes the following seven outreach areas of emphasis: 1) health, nutrition, exercise and fitness, healthy lifestyle choices, nutrition, and diet and nutrition issues, 2) food safety and food preservation, 3) human development activities focus on lifespan development, transitions, grief and loss, and caregiver training, 4) childhood and adult obesity, 5) consumer resource management includes estate planning, budgeting, transitions, financial management, time management and stress reduction, 6) emergency preparedness includes areas such as families and communities responding to natural and man-made disasters, and 7) homes and energy provides education on indoor air quality, home maintenance and repair, building science and energy use. This last area is experiencing a rapid growth in interest and resource allocation.

Foodborne diseases and threats to food safety constitute a growing public health problem. Cooperative Extension's mission is to help consumers improve the safety of food all the way from production to final consumption. Practicing food safety not only helps to maintain good health, but can also help save money. Food safety programming education involves safety and preparation, Alaska indigenous foods and safe food preservation. Alaska has highly nutritious, seasonal production of wild and homegrown food ranging from wild berries to vegetables from gardening and from homegrown beef and pork to wild game.

Proper preservation of these foods once collected or harvested is of utmost priority to the health of Alaska.

As is the case nationally, the number of overweight and obese individuals in Alaska is increasing. Increases in obesity have occurred rapidly, and changes in weight that have occurred over the past 15 years will have lasting impacts on the health of individuals and of the health-care system for decades to come. AFES will work with CANHR specifically to target 3- and 7-year-olds with its new NIFA-funded Children's Healthy Living (CHL) in cooperation with Hawaii and the American Pacific Islands. CES will address the problem with a program that focuses on making healthy food choices and increasing physical activity. AFES will prepare students for careers in agriculture related fields such as economics, horticulture, marketing and nutrition with awareness of the conditions and demands required for sustainable high latitude food production. It will provide academic training in community-based food production and nutrition by building upon existing UAF degree programs in natural resources management and sustainability.

**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

<b>KA Code</b>	<b>Knowledge Area</b>	<b>%1862 Extension</b>	<b>%1890 Extension</b>	<b>%1862 Research</b>	<b>%1890 Research</b>
502	New and Improved Food Products	5%		0%	
504	Home and Commercial Food Service	20%		0%	
703	Nutrition Education and Behavior	15%		0%	
724	Healthy Lifestyle	20%		0%	
801	Individual and Family Resource Management	10%		0%	
802	Human Development and Family Well-Being	15%		0%	
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures	10%		0%	
805	Community Institutions, Health, and Social Services	5%		0%	
	<b>Total</b>	100%		0%	

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

## 1. Situation and priorities

One of Alaska's major challenges, given its large geographic area and limited infrastructure, is the rapid growth of the incidence of youth and adult obesity and associated chronic health-related problems. This can be diminished with better nutritional choices and exercise. Aside from an increased likelihood of becoming overweight adults, children and adolescents who are overweight or obese are at increased risk for a variety of negative physical, social and emotional problems. Student nutrition and physical activity have a direct link with academic performance as evidenced by academic test scores, improved daily attendance and better class participation. Although individual weight status is determined by many factors, the primary causes of excess weight and obesity in most individuals is an imbalance between nutrition and physical activity. Lack of access to local grocery stores and full service restaurants contributes to poor dietary patterns and obesity. Disparities in food access are greatest in lower income, minority, urbanized neighborhoods, as well as less populated rural areas. Access to healthy food in local stores is judged to be difficult or impossible for 15% of Alaskans. Data suggests that most Alaskans do not recognize that they are overweight.

Alaska has an abundance of nutritious seasonal, wild and homegrown foods that require proper development and preservation methods. With the variety, quantity, season and location of indigenous food sources, adequate information on preservation is essential in maximizing the value and shelf life of nutrition sources. Alaskans need information of proper development and preservation of these foods. New food products will be developed using Alaska-produced ingredients, both wild harvested and those produced from homegrown sources. Home and small business food safety remains a critical issue for families and consumers, particularly of locally grown foods. More than 30 percent of the suspected cases of foodborne illness occur at home. Home food safety concerns revolve around three main functions: food storage, food handling and cooking.

Training is provided to youth on financial literacy and nutrition. Family training includes classes and other outreach on parenting, communication, child and elder care, military deployment issues, health and

retirement. Community participation will continue to assist research to find answers that help people cope with stress and changing demands on Alaskans. Cost of living and energy issues, property taxes and rural unemployment place burdens on sustainability at many levels. Families in rural areas of Alaska tend to be larger and younger and have lower incomes than urban counterparts. Population shifts, especially outmigration from villages, impact the changing demographics across the state. Indoor air quality is an issue as more time is spent inside during the long winter and homes are "tightened" to encourage energy conservation. Natural disasters are exacerbated by the isolation of many Alaskan communities as well.

## **2. Scope of the Program**

- In-State Extension
- In-State 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**

Alaskans' health can be improved through healthier lifestyle choices related to food, exercise and self or family care. CES obesity prevention will focus on risk and protective factors influencing health of youth and adults. Health of youth and families can be improved through increased knowledge and resources provided by CES and AFES. Youth and their families need to be involved in meaningful learning experiences because healthy behaviors are complex. Youth and families have the ability to reach optimal health and well-being and research and education will continue to inform healthy living practices.

With transportation, food and energy costs being prohibitive, especially in rural regions, families require easily accessible training in safe food preparation. Developing and improving Alaska food products is critical in supporting sustainable communities, especially as the demand for information increases.

Human development content areas are taught via distance education due to the expense of traveling to hundreds of small communities, however, the application of interpersonal skills is still critical to program success. With transportation, food and energy costs becoming prohibitive, especially in rural regions, families require consumer resource management education to avoid bankruptcy and related legal and social issues. These costs will continue to rise. Energy conservation of built stock inventories of buildings requires investment in weatherization, improved construction techniques and good science for healthy, efficient and durable housing and commerce. Renewable energy will become a major topic of interest and concern that will drive future outreach education.

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

Education will improve citizens' lives in making healthier lifestyle choices, strengthen sense of family through individual action and improve community. With a better understanding of economic and financial issues, citizens have what they need to participate successfully in a complex, global environment, regardless of how rural the setting. Programming will increase access to and sustainability of healthy, affordable housing through renewable energy and conservation. Emergency preparedness will help communities become self-reliant as disaster strikes, allowing for a stronger infrastructure for better response and shorter recovery.

Goals relating to childhood obesity:

- Reduce the incidence of overweight and obese Alaska youth
- Increase the number of youth making healthy food choices
- Help youth engage in more physical activity
- Train leaders and community contacts in methods to increase healthy food choices and physical activity in youth
- Develop new academic courses for leadership training in this field

Food safety goals:

- Reduce the incidence of foodborne illness
- Provide a safer food supply by increasing awareness of food safety in preservation and preparation
- Address and eliminate causes of microbial resistance to contaminants
- Educate consumer and food safety professionals
- Develop food processing technologies to improve safety

**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
2015	7.6	0.0	0.0	0.0
2016	7.6	0.0	0.0	0.0
2017	7.6	0.0	0.0	0.0
2018	7.6	0.0	0.0	0.0
2019	7.6	0.0	0.0	0.0

**V(F). Planned Program (Activity)**

**1. Activity for the Program**

- Conduct workshops, meetings
- Develop and deliver curriculum
- Consult with clients
- Provide training
- Develop products
- Partner with other agencies and organizations
- Write numbered publications, fact sheets, articles
- Work with media
- Facilitate events, activities and teachable moments

**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> <li>● One-on-One Intervention</li> <li>● Demonstrations</li> <li>● Other 1 (Distance Delivery)</li> <li>● Other 2 (Phone and email)</li> </ul>	<ul style="list-style-type: none"> <li>● Public Service Announcement</li> <li>● Newsletters</li> <li>● TV Media Programs</li> <li>● Web sites other than eXtension</li> <li>● Other 1 (Publications)</li> </ul>

**3. Description of targeted audience**

- Parents and caregivers of children
- Schoolchildren
- School teachers
- Individuals interested in healthy lifestyles
- Low income individuals and families
- Women with young children
- Clients interested in food preservation and a subsistence lifestyle
- Clients who need assistance with finances
- Human development and social work professionals
- Individuals and professions interested in emergency preparedness
- Food banks
- Housing and energy authorities and organizations
- Home and building owners
- Individuals interested in emergency preparedness

## 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

- Output 1: Extension faculty will offer workshops in a wide range of home economics and family and consumer science topics.
  - Output 2: Extension district offices will update emergency planning for internal operations and constituent communities.
  - Output 3: Home energy extension workshops and conferences will provide individuals and families with immediate and long-term actions they can implement for energy conservation.
  - Output Target 4: Field faculty will provide physical activity and nutrition programming for teachers and parents. Output is the number of teachers and parents who are trained.
  - Output Target 5: Field faculty will provide physical activity and nutrition programming through one-on-one consultations and consultations with other organizations.
  - Output Target 6: Extension faculty will offer workshops in harvesting and food preservation techniques. Counting number of workshops.
  - Output Target 7: New food products will be developed using Alaska-produced ingredients.
  - Output Target 8: Extension faculty will offer workshops in food safety. Counting number of workshops.
- 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	Outcome 1: Participants in healthy lifestyle classes and workshops will adopt knowledge gained to maintain healthy lifestyle practices one year after participation.
2	Outcome 2: Participants will use knowledge gained in parent education classes to increase their application of developmentally appropriate practices.
3	Outcome 3: Increase consumer knowledge about energy conservation.
4	Outcome 4: Awareness gained in workshops will result in increased knowledge of energy conservation.
5	Outcome Target 5: Participants in food preservation and food safety classes will improve their food preservation and food safety practices.
6	Outcome Target 6: New varieties and new uses of animal and plant products will result in increased production of Alaska-based products. Counting number of products and publications.
7	Outcome Target 7: Increase youth and parents' understanding of healthy food choices. Counting contacts with youth and parents.
8	Outcome Target 8: Youth and families have a more positive attitude toward healthful foods and/or willing to try new foods. Counting number of families.
9	Outcome Target 9: Increase knowledge, attitudes, skills and aspirations to increase physical activity habits. Counting number of youth.

**Outcome # 1**

**1. Outcome Target**

Outcome 1: Participants in healthy lifestyle classes and workshops will adopt knowledge gained to maintain healthy lifestyle practices one year after participation.

**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**

Outcome 2: Participants will use knowledge gained in parent education classes to increase their application of developmentally appropriate practices.

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

**3. Associated Knowledge Area(s)**

- 801 - Individual and Family Resource Management
- 802 - Human Development and Family Well-Being

**4. Associated Institute Type(s)**

- 1862 Extension

**Outcome # 3**

**1. Outcome Target**

Outcome 3: Increase consumer knowledge about energy conservation.

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

**3. Associated Knowledge Area(s)**

- 804 - Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

**4. Associated Institute Type(s)**

- 1862 Extension

**Outcome # 4**

**1. Outcome Target**

Outcome 4: Awareness gained in workshops will result in increased knowledge of energy conservation.

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

**3. Associated Knowledge Area(s)**

- 804 - Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

**4. Associated Institute Type(s)**

- 1862 Extension

**Outcome # 5**

**1. Outcome Target**

Outcome Target 5: Participants in food preservation and food safety classes will improve their food preservation and food safety practices.

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

**3. Associated Knowledge Area(s)**

- 502 - New and Improved Food Products
- 504 - Home and Commercial Food Service

**4. Associated Institute Type(s)**

- 1862 Extension

**Outcome # 6**

**1. Outcome Target**

Outcome Target 6: New varieties and new uses of animal and plant products will result in increased production of Alaska-based products. Counting number of products and publications.

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

**3. Associated Knowledge Area(s)**

- 502 - New and Improved Food Products
- 504 - Home and Commercial Food Service

**4. Associated Institute Type(s)**

- 1862 Extension

**Outcome # 7**

**1. Outcome Target**

Outcome Target 7: Increase youth and parents' understanding of healthy food choices. Counting contacts with youth and parents.

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

**3. Associated Knowledge Area(s)**

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

**4. Associated Institute Type(s)**

- 1862 Extension

**Outcome # 8**

**1. Outcome Target**

Outcome Target 8: Youth and families have a more positive attitude toward healthful foods and/or willing to try new foods. Counting number of families.

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

**3. Associated Knowledge Area(s)**

- 504 - Home and Commercial Food Service
- 703 - Nutrition Education and Behavior
- 801 - Individual and Family Resource Management

**4. Associated Institute Type(s)**

- 1862 Extension

**Outcome # 9**

**1. Outcome Target**

Outcome Target 9: Increase knowledge, attitudes, skills and aspirations to increase physical activity habits. Counting number of youth.

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

**3. Associated Knowledge Area(s)**

- 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

**Description**

Seven agents in district offices must cover a large geographic area and many agents who travel beyond their district offices must travel by air. Though agents have been very successful in partnering with other governmental and private entities to make each travel dollar go farther, they are still unable to travel as often as requested. A large push towards energy efficiency and related funding from state and federal resources is expected to continue bringing more resources to bear on the energy extension programming. Appropriation changes, policy and regulation and competing public priorities affect program creation and delivery.

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

**Description of Planned Evaluation Studies**

Newly developed food preservation DVDs contain evaluations that have guided editing of additional DVDs in this series. Several of our workshops are evaluated for knowledge learned and post-evaluations demonstrate changed practices. Faculty will work with an evaluation expert to better evaluate the value and impact of their programs.

