

# Health & Wellness - Obesity Family

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Region: East

Circle which primary base program it addresses - (4-H) (FCS)

## Section 1. Relevance

### Where did this issue surface?

Texas Community Futures Forum  
County Committees

### What is the issue/problem?

Obesity

### Problem size and scope? (How many people does it affect? How wide spread?)

- >19 counties across the state of Texas
- >13,053 under 20 have Type 1 or Type 2 diabetes
- >Annual US cost of disease associated with obesity = \$117 billion
- >Overweight and obesity leads to 300,000 deaths
- >\$351 billion on health care

### Problem severity? (How serious is this issue?)

**HIGH**

Description **Weight management - youth**

### Target Audience? (Who does the problem impact and how many?)

Family

### What are some general characteristics of the audience this program targets? How will you market this program to others?

Family of youth - Through schools, church, website, word of mouth

## Section 2. Response

### State the goal of the program.

*To inform youth of ways to live a healthy lifestyle*

**State the outcome objectives.**

<b>Client Change</b>	<b>At the end of this program, will....</b>
<i>Knowledge</i>	increase knowledge on..... >healthy food choices >food control >health risks >how to eliminate sedentary activities >portion control
<i>Skills</i>	develop skills.... >food preparation >healthy food choices >eating healthy
<i>Attitude</i>	change their attitudes pertaining to... >willing to prepare foods with families >develop a positive attitude toward a healthy lifestyle >healthy eating lifestyles
<i>Behavior Change</i>	adopt.... >eliminate sedentary activities, i.e. video games >increase active lifestyle, i.e. walking
<i>New Technology</i>	adopt.... >utilize internet technology by researching healthy recipes >use a pedometer to calculate steps
<i>Best Practice</i>	adopt .....

**Program Design.**

Topic (Subject Matter)	Strategy to Deliver Content (Method)	Existing Resource(s)	Contact Person(s) (Includes CEA's Specialists, Commodity Reps)
physical activity	walking and reporting	Walk Across Texas <a href="http://walkacrosstexas.tamu.edu/">http://walkacrosstexas.tamu.edu/</a>	Carol Rice

### **Section 3. Results**

Client Change Level	Sample Questions (Review the objectives section to help place questions or statements in the space below)
<i>Knowledge</i>	<ol style="list-style-type: none"> <li>1. As a result of this program, how has your diet improved?</li> <li>2. What types of health risks are associated with obesity?</li> <li>3. In what ways are you and your family more physically active?</li> </ol>
<i>Skills</i>	<ol style="list-style-type: none"> <li>1. How have you been able to prepare meals for your families?</li> <li>2. What have you learned on how to promote a healthy eating lifestyle in your children?</li> </ol>
<i>Attitude</i>	<ol style="list-style-type: none"> <li>1. Has your family's attitude toward more physical activity in their lives improved?</li> </ol>
<i>Behavior Change</i>	<ol style="list-style-type: none"> <li>1. How have you limited or eliminated sedentary activities from your family?</li> <li>2. Have you made an effort to change the physical activity in your family's lifestyles?</li> </ol>
<i>New Technology</i>	<ol style="list-style-type: none"> <li>1. How have you been able to utilize internet technology in incorporating a healthy lifestyle through food or physical activity?</li> </ol>

**Economic Indicators.** Are there economic indicators that can be measured concerning this issue?

**YES**

Please list them below.

**Health care cost within the county**  
**Lower juvenile crime rate**

**Interpretation.**

Internal to Extension Stakeholders	External Stakeholders
Extension Administration TAMU University System	Commissioners Court State Legislators School systems Physical Education teachers

**Additional Resources.** What additional resources are needed to address this issue? In other words, what is needed to design innovative programs that will impact our audiences? Use the space below or the back if needed.

***Money and prepackaged programs***

