

# Healthy Families and Healthy Lifestyles (Childhood overweight, nutrition, physical activity)

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**Region:** West

**Circle which primary base program it addresses -** 4-H FCS

## **Section 1. Relevance**

Relevance is included to provide the reason the educational program should be developed to address the identified issue. Within the relevance section, there are several questions that must be addressed. This section will seek to address these.

### **Where did this issue surface?**

Texas Community Futures Forum  
County Committees  
Commodity / Industry / Special Interest Groups  
Specialist(s)  
Other: national media outlets, youth statistics

### **What is the issue/problem?**

Families are making poor nutritional choices with limited physical activity

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

Global national, state, local issue. Crosses all socioeconomic, gender, and ethnicity. (Texas is 3<sup>rd</sup> state in the nation with number of obese children to adolescents - 22%)

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

Texas is 3<sup>rd</sup> state in the nation with number of obese children to adolescents - 22%

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

Youth and their families

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

All school aged youth

## **Section 2. Response**

Response refers to how Extension intends to address the issue by developing an educational program.

**State the goal of the program.**

*To increase physical activity and improve dietary habits.*

**State the outcome objectives.**

<b>Client Change</b>	<b>At the end of this program, will....</b>
<i>Knowledge</i>	increase knowledge on.... -food guide pyramid -dietary guidelines, -proper portion sizes
<i>Skills</i>	develop skills.... -learning how to make healthy food choices
<i>Attitude</i>	change their attitudes pertaining to...
<i>Behavior Change</i>	adopt.... increase physical activity, increase family meal time, increase fruits and vegetables, decrease sweets and decrease high sugar beverages
<i>New Technology</i>	adopt.... use of pedometers
<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	school enrichment program	American Heart Assoc. 10,000 steps, Walk Across Texas, Jump Rope for Heart, The Verb	Carol Rice, Maria Gutierrez, TDA, American Cancer Society, Team Nutrition
Physical Activity cont	youth curriculum, source book, healthy school meals resource, Texas Dept Agriculture	Oregon Dairy Council, American Diabetes Assoc., 24 Carrot Press, 5 a Day, Dairy Max	
Nutrition	school enrichment program, newsletter	fruits and vegetables	
Family Mealtime	school enrichment, PSA, newsletter, church bulletin, stuffers	Need information on this topic	Need to know who to contact
Healthy Food on the GO!	web-based, worksite series, newsletter	NEED resources and programs for this!	NEED resources and programs for this!

### Section 3. Results

Question Types for KNOWLEDGE	SAMPLE QUESTIONS
<i>General Nutrition</i>	<p>How many servings a day do you need of fruits and vegetables?</p> <p>What are the food groups?</p> <p>Which food group should you consume?</p> <p>Is family mealtime important?</p>
<i>Family Meal Time</i>	<p>Does family mealtime lead to improved nutrition?</p> <p>Does family mealtime lead to improved nutrition?</p>
<i>Food and Nutritional Questions</i>	<p>What are the food groups?</p> <p>What are the serving sizes for each group?</p> <p>How many calories do you need per day?            Sedentary - women? Sedentary - male? Sedentary - teen?            Active - male/female?, Active teen - male/female?            Babies, Toddlers, Preschool?</p> <p>What nutrients do yo get from each group?</p> <p>How do these nutrients benefit your body?</p> <p>How can you fit “sometime foods” in a healthy lifestyle?</p>
<i>Physical Activity</i>	<p>How often should a person your age partake in physical activity?</p> <p>What are some examples or your favorite physical activity?</p> <p>Can you find your BMI or target heart rate?</p> <p>How many steps a day should you walk to achieve good health?</p>

Question Types for SKILLS	SAMPLE QUESTIONS
<i>General Nutrition</i>	<p>How often do you prepare a grocery list?</p> <p>How often do you plan for meals?</p> <p>Participants given 3 fast food meals and asked to chose the healthiest?</p>
<i>Family Meal Time</i>	<p>Do family members have skills to share in meal preparation?</p>
<i>Food and Nutritional Questions</i>	<ul style="list-style-type: none"> <li>-Learn how to measure proper serving sizes</li> <li>- Learn how to calculate how many calories you need to maintain a healthy weight</li> <li>- Learn how to select nutrient dense food in order to benefit a healthy lifestyle</li> </ul>
<i>Physical Activity</i>	<p>What is the correct technique of walking?</p> <p>Stretching</p> <p>Demonstrations of physical activity</p>

Question Types for Attitude	SAMPLE QUESTIONS
<i>General Nutrition</i>	NONE
<i>Family Meal Time</i>	Is family mealtime valued as quality time?
<i>Food and Nutritional Questions</i>	Adopt a commitment to better health
<i>Physical Activity</i>	Why is physical activity important? Observation

Question Types for Behavior Change	SAMPLE QUESTIONS
<i>General Nutrition</i>	<p>How many meals did your family eat together last week?</p> <p>How many family meals were eaten in front of the TV?</p> <p>How many family members share in meal preparation?</p> <p>Describe how you have changed your meal planning activities?</p> <p>Describe your children's food choices now that you do food to go.</p>
<i>Family Meal Time</i>	<p>Describe your children's food choices now that you do food to go.</p>
<i>Food and Nutritional Questions</i>	<p>Adopt 5 a day way of life</p> <p>when eating out share entrees</p> <p>omit sometimes food such as sugary sweets, high fatty food, and sodas to a few times a week</p>
<i>Physical Activity</i>	<p><u>Pre/Post</u></p> <p>How often do you exercise and for how long?</p> <p>How many steps do you walk a day?</p>

Question Types for Best Practice	SAMPLE QUESTIONS
<i>General Nutrition</i>	As a result of family mealtime education, does your family view less TV during family meals? Do family members have age-appropriate roles in family food preparation?
<i>Family Meal Time</i>	Preparing a meal in 30 minutes. Preparing a healthy snack.
<i>Food and Nutritional Questions</i>	Choosing healthy foods verses convenience foods
<i>Physical Activity</i>	Why is physical activity important? Observation

Question Types for New Technology	SAMPLE QUESTIONS
<i>General Nutrition</i>	Web-based tracking. Loop up recipes on the internet.
<i>Family Meal Time</i>	Preparing a meal in 30 minutes. Preparing a healthy snack.
<i>Food and Nutritional Questions</i>	Learn to use measuring tools to measure serving sizes learn to read food labels
<i>Physical Activity</i>	Do you like to use a pedometer?

## SAMPLE QUESTIONS FOR EVALUATION

Question	Never	Seldom	Sometimes	Often	Always
Do you read food labels?					
In an average week, how often do you eat fruits and vegetables?					
In an average week, how often do you exercise?					
In an average week, how often do you eat cookies and candy?					
In an average week, how often do you eat chips and french fries?					

From this program, which topic(s) associated with nutrition and exercise have you taken home and made a habit?

How many times a week do you exercise?

0            1-2            3-4            5-6            7 or more times

How many fruits and vegetable do you eat per day?

0            1-2            3-4            5-6            7 or more times

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

**YES**

Please list them below.

Refer to Dean McCorkel  
money spent on fast food and the savings that could be made

**Interpretation.** The last step in the process is interpreting the results to our stakeholders. List internal and external stakeholders that would be interested in the results of this educational program. Do not forget to think about other state agencies and groups that would be interested in these outcomes.

<b>Internal to Extension Stakeholders</b>	<b>External Stakeholders</b>
County Commissioners Participants District Extension Administrator Regional Program Director County Committee	School board, Head Start, program coordinators, program collaborators