

Banner Outcomes – applicable to all program areas

BANNER OUTCOME
Economic Value

BANNER OUTCOME
Engagement

BANNER OUTCOME
Environment
A. Soil/Sediment
B. Water

BANNER OUTCOME
Health and Physical Wellbeing

BANNER OUTCOME
Emergency Preparedness

BANNER OUTCOME
Leveraging and Access

Program “X” – addressing Individual Health and Physical Wellbeing

Which Program Area are you reporting to?

ANRE CRED FCS Youth/4H

Knowledge Area/Code

Reporting Year

Programs focused on making healthy food and diet choices.

1. Which of the following best describe the focus and intent of this programming. [check the best]

- generally increasing awareness, knowledge and skills associated with making healthy lifestyle choices (*learning outcome*).
- increasing food consumption – fruits & vegetables (*behavior change outcome*).
- increasing food consumption – whole grains (*behavior change outcome*).
- decreasing dietary fat (*behavior change outcome*).
- increasing physical exercise (*behavior change outcome*).
- improving healthy food preparation (*behavior change outcome*).
- other (you describe):

(Narrative Description)

2. Narrative Description—programming on **healthy food and physical wellbeing**
(Your description should include: program name, short description, the program intent, its target audience, and most relevant short impact statements. Please include a description of the program geographic scale/scope (i.e., the targeted area, community, metropolitan area, county, etc.). Also, please include names of partners who may also be reporting these impacts.)

(Insert text here)

3a) How many individuals directly participated in this extension programming? → number of program participants

3b) Of those participating in this programming, how many made a significant increase in their consumption of fruits & vegetables? → number to be compared with response to 3a.

3c) Of those participating in this programming, how many made a significant increase in their consumption of whole grains? → number to be compared with response to 3a.

3d) Of those participating in this programming, how many made a significant decrease in their consumption dietary fat? → number to be compared with response to 3a.

3e) Of those participating in this programming, how many made a significant increase in the time spent in physical activity? → number to be compared with response to 3a.

3f) Of those participating in this programming, how many made a significant increase following healthy food preparation measures? → number to be compared with response to 3a.