

SUCCESS STORY WORKSHEET – FCS Food & Nutrition

Name: _____ Fiscal Year: _____ County: _____

Map Title: _____ Program Plan: _____

Significant Accomplishment: Briefly describe the situation or issue that led to the development of this program. When appropriate, identify information sources where situational data was obtained.

Importance of the Program: State the importance of the program, as if relaying a message to stakeholders (e.g., clientele, decision-maker).

- According to the Trust for America's Health Survey and the Robert Wood Johnson Foundation, Kentucky's obesity rate for children ages 10-17 has increased to over 21%.
(Trust for Americas Health, 2011)
- In 2010, 19% of children under age 18 were living in households that were food insecure at some point during the year.
(Source: KIDS COUNT Data Center, 2010)
- Adolescents who live in households that struggle to afford food are more likely than others to be overweight. Teens who are "food insecure" - that is, who are regularly unable to get enough to eat due to economic difficulties - reported eating behaviors associated with obesity.
(Project EAT from University of Minnesota Medical School 2009)
- In 2007, 40% of males and 34% of female in the age group 10-17 were overweight or obese. *(Source: KIDS COUNT 2007)*
- According to the American Heart Association, teaching youth how to prepare their own food will give them a skill they can use for a lifetime, they will be more likely to eat healthier as adults, and build self-confidence.
(Cooking With Your Children; Web MD; May 30, 2008.)
- In school year 2011-12, 58% of students in Kentucky were eligible for free or reduced-price meals.
(Source: Kentucky Department of Education and reported in KIDS COUNT)

Inputs-Role of Extension: State the role of Extension (e.g., presenter, educator, sponsor, collaboration, facilitator, advisor).

Outputs-educational methods, activities and audience (What was done?): What are the educational methods, activities, resources used, number of persons and characteristics of the audience?

- Method, activity and/or resources used: _____
- Number attending: _____
- Target Audience (i.e., characteristics): _____

Evaluation Methods: How did you gather information to determine if anything happened (Pre-test, post-test, survey, focus group, testimonial, etc.)?

Outcomes/Impact (So What?) Determine the HIGHEST level of impact (initial, intermediate, or long-term outcome) the program had on individuals, families, groups and/or society.

Initial Outcome – Learning that results from participation – **KOSA** – What knowledge, opinions, skills, and/or aspirations have people gained as a result of this program? Initial outcomes are seen as prerequisites to action taken (e.g., behavioral or practice change).

Intermediate Outcome – Actions that result from learning- What practices, behaviors or choices do individuals now exhibit as a result of participating in this program. These **behavior** or **practice changes** logically occur prior to seeing the effects of long-term outcomes.

Long-term Outcome – Conditions that change as a result of action- **SEEC**- What changes in social, economic or environmental conditions have occurred as a result of this program? How have individuals, families and communities been assisted in learning and changing their behaviors/practices? How are they currently “helping themselves” as a result of Extension programming?

Write a 6-8 sentence description of this accomplishment in the form of a Success Story.

Adapted from Jacobs, C. , Stamper, C., & Davis, J. (2010, June). *Writing impact statements*. University of Kentucky Cooperative Extension Service.