

IMPACT



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WIN the Rockies Year 3

The Situation

The latest survey of 4,115 adult men and women conducted in 1999 and 2000, by the Centers for Disease Control and Prevention indicates that 64.5% of American adults are either overweight or obese. In addition, approximately 15.5% of young people between the ages of 12 and 19 are overweight. In Idaho, the most recent Behavioral Risk Factor Surveillance System (BRFSS) survey (2002) found that 57.3% of Idaho residents are overweight. Overweight prevalence has increased by 30% since 1991. Some of the health risks associated with obesity include an increased risk of diabetes, heart disease, liver disease, some types of cancer, arthritis, and other health problems. Research studies indicate that overall, 95% of people who follow a weight loss program regain the weight.

Our Response

The University of Idaho Extension has partnered with Montana and Wyoming in a unique four-year community-based research, development, and education project called Wellness IN (WIN) the Rockies to reverse the rising tide of obesity in three states. This project addresses nutrition, physical activity, and body image issues to help people meet their weight loss goals. In Idaho, the demonstrator and comparator groups are located in Preston and American Falls, respectively. This report covers the third year of this grant.

Program inputs include: curricula, pedometer programs, and a research project.

Curricula used:

- “*A New You, Health for Every Body.*” This 10 lesson curriculum for adults covers the topics of healthful and pleasurable eating, physical activity, self-acceptance, and size acceptance.
- “*Full of Ourselves.*” This curriculum targets girls in 6th-8th grade and focuses on body size diversity and acceptance of every body size.
- “*WIN Kids Fun Days.*” This curriculum is designed primarily for youth ages 8 to 12 and are designed to be conducted for outdoor venues and include activities that cover pleasurable and healthful eating, snacks to make and enjoy, body image, and physical activity.

Research project: A Family & Consumer Sciences graduate student, Katie Nelson, tested the effectiveness of four WIN Kids lessons which covered: (1) portion sizes, (2) fruits and vegetables, (3) sugar, and (4) calcium. She developed evaluation tools that measured knowledge and behavior changes, and tested the lessons during the Fall 2003 semester with approximately 100 fifth graders in Northern Idaho.

Program Outcomes

Program outcomes include: (1) number of contacts, (2) feedback on the curricula, (3) the pedometer program, (4) the community grants, (5) a research study on the WIN Kids classes, and (6) peer-reviewed articles, professional presentations.

Contacts: The total number of contacts were 284 of which 129 were Face-To-Face (FTF) and 155 were non-Face-To-Face. Of the 129 FTF contacts, there

were 83 adults and 46 youth. All of the contacts made were with Caucasians. There were 120 female and 9 male contacts. There were 155 non-FTF contacts in the pedometer program.

Feedback on the curricula:

- “A *New You*.” Fourteen program participants rated the program using a 5 point scale, where 1=poor and 5=outstanding. Average score was 4.8.

Pedometer Program: After 8 weeks on the pedometer program, the average steps per day for:

- Elementary students were 4,650
- Junior High School faculty were 4,339
- Community Members were 6,081
- Cohorts were 10,071

Community Grants: Two Idaho Community grant proposals were funded. The first proposal was the “Fit Trail System for Preston,” at \$2,500, and the second proposal was entitled “The Me I Want To Be,” in Caldwell, ID at the Southwest District Health Department.

Research project on Effectiveness of Four WIN Kids lessons: data is currently being analyzed by a University of Idaho graduate student.

Two Refereed/Peer-reviewed publications were accepted:

- Liebman, M., S. Pelican, S.A. Moore, B. Holmes, M.K. Wardlaw, A.C. Liddil, L.C. Paul, T. Dunnagan, G.W. Haynes. Dietary intake, eating behavior, and physical activity-related determinants of high body mass index in rural communities in Wyoming, Montana, and Idaho. *International Journal of Obesity Related Metabolic Disorders*, (2003) 27,684-692.
- Liebman, M., Propst, K., Moore, S.A., Pelican, S., Holmes, B., Wardlaw, M.K., Melcher, L.M., Harker, J.C., Dennee, P.M., Dunnagan, T. (2003) Gender differences in selected dietary intakes and eating behaviors in rural communities in Wyoming, Montana, and Idaho. *Nutrition Research*, 23. 991-1002.

Professional presentations: 4 oral presentations and 4 poster presentations were conducted on WIN the Rockies. They were conducted at:

- Idaho's Healthy Kids Summit (2) in Boise, ID.
- Idaho Obesity Summit (1) in Boise, ID.
- Department of Health and Human Services (HHS) Region X Conference, Food, Physical Activity, and Body Weight: A Regional Response to the Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity (2), in Portland, OR.
- Shaping a Healthy Future (1) in Jackson, WY.
- Idaho Legislative Session (1) in Boise, ID.
- UI Extension & Outreach Conference (1) in Moscow, ID.

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For More Information

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