

FY 2013 Family and Consumer Sciences National Outcomes

Guidance for adoption in the POW/AR software:

For the area of Family and Consumer Sciences, four outcomes have been developed. For Outcome #1, four categories differentiate the various indicators: Financial Capability and Consumer Decision-Making; Quality of Home and Community Living; Human Nutrition, Health and Wellness; and Healthy Child and Family Development. Outcomes 2-4 center around adult consumer practices and healthy eating/living styles.

Please remember that adopting any of the following outcomes/indicators is completely VOLUNTARY. NIFA is providing them here so that states can have a baseline of indicators from which to choose that were developed and agreed upon by multiple stakeholders in the Family and Consumer Sciences arena who represented NIFA and LGU/Extension personnel in all four regions. A suggested name for a planned program in the Plan of Work for which these indicators are applicable is: "Family and Consumer Sciences." Note that choosing to manually enter any of the following indicators into your POW/AR will allow you to start reporting data that OTHER states are adopting and reporting as well; in the future, this will allow NIFA to start aggregating the data on a national level. NIFA plans to update the software itself in future reporting years so that you are able to simply click certain indicators (already there and worded for you) and enter the associated data collected.

OUTCOME #1: Increase in the health and well-being of individual, families, and communities participating in Family and Consumer Sciences Programs.

Definition: Family and Consumer Sciences is the integrative, multidisciplinary field of science that studies relationships among humans and their environments to foster quality of life, strengthen communities, and achieve a healthy sustainable world. The NIFA FCS program focus is on family and consumer economics; health homes and community living; nutrition, health, and physical activity; and human development and family well-being.

Financial Capability and Consumer Decision-Making

Associated Knowledge Areas: 801, 607

Indicators:

1. Number of individuals who learn about financial capability: 1) earning/income; 2) spending; 3) saving and investing; 4) borrowing; and 5) protecting _____
2. Number of individuals who learn about consumer decision-making _____
3. Number of improved financial capability and/or consumer behavior skills adopted _____
4. Number of reported changes in financial capability and/or consumer behavior _____

Quality of Home and Community Living

Associated Knowledge Areas: 803, 804

Indicators:

1. Number of individuals who learn about healthy homes and/or community living _____
2. Number of improved healthy homes and/or community living life skills adopted _____
3. Number of reported changes of healthy homes and/or community living behaviors _____

Human Nutrition, Health and Wellness

Associated Knowledge Areas: 703, 704, 724, 805

Indicators:

1. Number of individuals who learn about nutrition, health, and/or physical activity _____
2. Number of improved nutrition, health, and/or physical activity skills adopted _____
3. Number of reported changes of nutrition, health, and/or physical activity behaviors _____

Healthy Child and Family Development

Associated Knowledge Areas: 802

Indicators:

1. Number of individuals who learn about healthy child and/or family development _____
2. Number of improved healthy child and/or family development skills adopted _____
3. Number of reported changes of healthy child and/or family development behaviors _____

Outcome #2: Adult consumers practice healthy eating

Definition: Adults practice healthy eating as defined by the current U.S. Dietary Guidelines for Americans. Recommendations include: A) consuming more healthy foods such as: vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds; B) consuming less foods/food components that are commonly eaten in excess such as: sodium, solid fats, added sugars, and refined grains; and C) following healthy eating patterns such as: eating breakfast, eating as a family, making healthy snack choices, etc.

Associated Knowledge Areas: 724 (Healthy Lifestyle)

Indicators:

1. Of the ____ total number of adults reached,
 - a. The number that gained knowledge about eating more of healthy foods _____
 - b. The number that reported an intention to eat more of healthy foods _____
 - c. The number that reported eating more of healthy foods _____

2. Of the ____ total number of adults reached,
 - a. The number that gained knowledge about eating less of foods/food components which are commonly eaten in excess _____
 - b. The number that reported an intention to eat less of foods/food components which are commonly eaten in excess _____
 - c. The number that reported eating less of foods/food components which are commonly eaten in excess _____

3. Of the ____ total number of adults reached,
 - a. The number that gained knowledge on healthy eating patterns _____
 - b. The number that reported an intention to adopt healthy eating patterns _____
 - c. The number that reported adopting healthy eating patterns _____

Outcome #3: Adults engage in healthy levels of physical activity

Definition: Adults engage in healthy levels of physical activity as defined by national physical activity guidelines.

Associated Knowledge Areas: 724 (Healthy Lifestyle)

Indicators:

1. Of the _____ total number of adults reached,
 - a. The number that understand the benefits of physical activity
 - b. The number that reported an intention to increase physical activity and/or reduce sedentary time in their daily lives _____
 - c. The number that reported increasing their physical activity and/or reducing sedentary time _____
 - d. The number that reported engaging daily in 60 minutes or more of physical activity _____

2. Of the _____ total number of adults reached,
 - a. The number that understand the benefits of spending time together in physical activity _____
 - b. The number that reported an intention to spend time together in physical activity _____
 - c. The number that reported spending time together in physical activity _____

3. Of the _____ total number of adults reached,
 - a. The number that understand the importance of balancing food intake and physical activity _____

Outcome #4: Adults have access to healthy foods

Definition: Healthy food is available and affordable in personally and socially acceptable ways.

Associated Knowledge Areas: 724 (Healthy Lifestyle)

Indicators:

1. Of the _____ total number of adults reached,
 - a. The number that gained knowledge of how to access/produce/preserve healthy foods _____
 - b. The number that reported an intention to access/produce/preserve healthy foods _____
 - c. The number that reported supplementing their diets with healthy foods that they produce/preserve/obtain utilizing community/backyard gardens, fishing hunting, etc. _____
 - d. The number that reported utilizing delivery systems/access points that offer healthy foods _____