Health and physical well-being

A. Improving diet and nutrition
   • Number of individuals directly participated in this extension programming
   • Number of individuals who made a positive change in accessing healthy food
   • Number of individuals who made a significant increase in their consumption of fruits and vegetables, whole grains, and/or decrease in their consumption dietary fat

B. Reducing illness through preventative action
   • Number of individuals directly participated in this extension programming
   • Number of individuals who indicate they are more capable of caring for themselves or another older adult, so they can live independently
   • Number of individuals who indicate they feel more capable of caring for themselves and their chronic disease
   • Number of individuals who made a significant increase in time spent doing physical activity

C. Reducing rates of obesity
   • Number of individuals who report reduced body mass index (BMI)

D. Access to appropriate health care
   • Number of communities who adopt one or more of the new, healthier policies
   • Number of food policy councils created
   • Number of medical doctors writing prescriptions for nutrition and health classes

E. Mental health — personal and community
   • Number of individuals directly participated in this extension programming
   • Number of individuals who indicate they have skills to identify mental health signs and symptoms in adults
   • Number of individuals who indicate they have skills to identify mental health signs and symptoms in youth
   • Number of individuals who report a reduced stress level at the conclusion of the program