

**V(A). Planned Program (Summary)**

**Program # 9**

**1. Name of the Planned Program**

Healthy Lifestyles

**V(B). Program Knowledge Area(s)**

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
605	Natural Resource and Environmental Economics	5%		5%	
703	Nutrition Education and Behavior	50%		50%	
724	Healthy Lifestyle	10%		10%	
801	Individual and Family Resource Management	10%		10%	
802	Human Development and Family Well-Being	20%		20%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	5%		5%	
<b>Total</b>		100%		100%	

**V(C). Planned Program (Inputs)**

1. Actual amount of professional FTE/SYs expended this Program

Year: 2009	Extension		Research	
	1862	1890	1862	1890
Plan	8.4	0.0	0.8	0.0
Actual	6.3	0.0	0.5	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
61100	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
145854	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
530239	0	0	0

**V(D). Planned Program (Activity)**

1. Brief description of the Activity

- 4-H Animal Clinics and Fairs
- 4-H Civil Rights Team
- 4-H Club Program
- Building the Capacity of Parenting Educators
- Building the Capacity of Senior Companion Program Aides
- Community based participatory research
- County 4-H Officer's council
- Farm Tractor Safety

- Food Safety Public Presentations
- General Activities - Healthy Lifestyles
- Homemaker Training
- Parenting Education
- Presentations at Professional Meetings/Conferences
- Prevention of youth overweight
- Senior Companion Program
- Tractor Safety Training
- Wellness Sessions

## 2. Brief description of the target audience

- 4-H Community or Project Clubs Participants (Youth)
- 4-H Leaders (Adult)
- 4-H Members (Youth)
- Adults with Disabilities (Adults)
- Agency Staff or Professionals (Adult)
- Agricultural Producers (Adult)
- Community Leaders (Adult)
- Community Members (Adult)
- Community Organization Members or Staff (Adult)
- Consumers (Adult)
- Employees (Adult)
- Employees (Youth)
- Extension - staff (Adult)
- Extension Homemakers (Adult)
- Extension Professionals (Adult)
- Farmers (Adult)
- General Public (Adult)
- General Public (Youth)
- Habitat Stewards (Adult)
- Limited Income Public (Adult)
- Limited Income Public (Youth)
- Native Americans (Adult)
- Native Americans (Youth)
- Nutrition Associates (Adult)
- Parent Educators (Adult)
- Parents (Adult)
- Senior Companion Program Staff (Adult)
- Senior Companion Program Volunteers (Adult)
- Students (Youth)
- Teachers (Adult)
- Volunteers (Adult)
- Youth (Youth)

## V(E). Planned Program (Outputs)

### 1. Standard output measures

2009	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Plan</b>	13000	3800	22500	50
<b>Actual</b>	5464	54727	43133	4

### 2. Number of Patent Applications Submitted (Standard Research Output)

#### Patent Applications Submitted

Year: 2009

Plan: 0

Actual: 0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2009	Extension	Research	Total
Plan	0	0	
Actual	0	0	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- Direct - 4-H Day Camp  
Not reporting on this Output for this Annual Report

**Output #2**

**Output Measure**

- Direct - 4-H School Enrichment  
Not reporting on this Output for this Annual Report

**Output #3**

**Output Measure**

- Direct - Collaborative or Cooperative Effort

Year	Target	Actual
2009	10100	2164

**Output #4**

**Output Measure**

- Direct - Consultation; phone, written, in-person

Year	Target	Actual
2009	22100	445

**Output #5**

**Output Measure**

- Direct - Course  
Not reporting on this Output for this Annual Report

**Output #6**

**Output Measure**

- Direct - Group Presentation  
Not reporting on this Output for this Annual Report

**Output #7**

**Output Measure**

- Direct - Public Presentation  
Not reporting on this Output for this Annual Report

**Output #8**

**Output Measure**

- Direct - Train-the-Trainer  
Not reporting on this Output for this Annual Report

**Output #9**

**Output Measure**

- Direct - Workshop - series  
Not reporting on this Output for this Annual Report

**Output #10**

**Output Measure**

- Direct - Workshop - single session  
Not reporting on this Output for this Annual Report

**Output #11**

**Output Measure**

- Indirect - Display or Exhibit  
Not reporting on this Output for this Annual Report

**Output #12**

**Output Measure**

- Indirect - Publication - newsletter  
Not reporting on this Output for this Annual Report

**Output #13**

**Output Measure**

- Direct - 4-H Club - Project  
Not reporting on this Output for this Annual Report

**Output #14**

**Output Measure**

- Direct - 4-H After School  
Not reporting on this Output for this Annual Report

**Output #15**

**Output Measure**

- Direct - 4-H Club - Community  
Not reporting on this Output for this Annual Report

**Output #16**

**Output Measure**

- Direct - 4-H Overnight Camp  
Not reporting on this Output for this Annual Report

**Output #17**

**Output Measure**

- Direct - Applied Research  
Not reporting on this Output for this Annual Report

**Output #18****Output Measure**

- Indirect - Publication - refereed journal article  
Not reporting on this Output for this Annual Report

**Output #19****Output Measure**

- Direct - 4-H Club, Camp, Project, Program

Year	Target	Actual
2009	{No Data Entered}	29

**Output #20****Output Measure**

- Direct - Conference/Symposium

Year	Target	Actual
2009	{No Data Entered}	1

**Output #21****Output Measure**

- Direct - Educational Programs or Projects

Year	Target	Actual
2009	{No Data Entered}	106

**Output #22****Output Measure**

- Direct - Train the Trainer or Volunteer Training

Year	Target	Actual
2009	{No Data Entered}	73

**Output #23****Output Measure**

- Multiple-undefined delivery method

Year	Target	Actual
2009	{No Data Entered}	9

## V(G). State Defined Outcomes

### V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Develop literacy and critical thinking skills
2	Develop skills that promote healthy relationships
3	Distribute nutrition education materials and promotional information about the Maine Family Nutrition Program
4	Express good feeling about self
5	Integrate regular physical activity into daily life
6	Keep accurate records
7	Make better decisions
8	Make better decisions regarding health and health care
9	Make better decisions regarding healthy lifestyle
10	Make better decisions regarding healthy lifestyle using improved literacy and critical thinking skills
11	Manage family resources in alignment with goals
12	Model positive group behavior to others
13	Practice safety
14	Provide learning opportunities for groups or organizations
15	Provide training and technical assistance in analyzing and assessing community health issues and policies
16	Reduce or eliminate gender stereotyping
17	Teach others to take leadership and facilitation roles
18	Treat all people with dignity and respect
19	Use relevant UMCE web-based resources
20	Enhance the economic and environmental sustainability of Maine agriculture and aquaculture.

21	Enhance the safety, sustainability, and dependability of Maine's food supply
22	Improve the lives of Maine citizens through positive human development, healthy lifestyles and nutrition, and lifelong wellness.
23	Increase the economic and social viability and sustainability of Maine communities.
24	Adopt behaviors to prevent or minimize complications of chronic disease
25	Adopt food safety practices
26	Adopt record-keeping system
27	Adopt the USDA dietary guidelines and the food guide pyramid
28	Assume personal responsibility for health
29	Conduct community-based education that encourages healthy individual and family behaviors
30	Confront disrespectful behaviors
31	Create learning opportunities based on principles of positive human development
32	Avoid consumer fraud and financial exploitation
33	Conduct educational activities through cooperative or collaborative effort
34	Create and sustain effective partnerships and collaborations
35	Use a collaborative process or approach
36	Adopt appropriate technologies
37	Balance roles, responsibilities, and stress
38	Conduct community service or outreach
39	Dollars saved
40	Engage positively in their community
41	Handle animals safely
42	Increase capacity to establish goals or make decisions

43	Operate equipment safely
44	Work productively in a team
45	Make informed decisions about the implementation of techniques that will reduce consumption of fossil fuels
46	Adopt at least one energy saving practice
47	Ensure that all people feel safe and accepted
48	Number of individuals applying science process skills, including incorporation of science learning in community service, enrollment in SET-related post-secondary education, and/or entrepreneurship/career success
49	Successfully complete chainsaw safety training
50	Use relevant UMaine Extension web-based resources
51	Work effectively with diverse groups

**Outcome #1****1. Outcome Measures**

Develop literacy and critical thinking skills

Not Reporting on this Outcome Measure

**Outcome #2****1. Outcome Measures**

Develop skills that promote healthy relationships

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	180	2718

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle
802	Human Development and Family Well-Being

**Outcome #3**

**1. Outcome Measures**

Distribute nutrition education materials and promotional information about the Maine Family Nutrition Program

Not Reporting on this Outcome Measure

**Outcome #4**

**1. Outcome Measures**

Express good feeling about self

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2009	50	82

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
724	Healthy Lifestyle

**Outcome #5**

**1. Outcome Measures**

Integrate regular physical activity into daily life

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	280	952

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle

**Outcome #6**

**1. Outcome Measures**

Keep accurate records

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	210	20

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
802	Human Development and Family Well-Being

**Outcome #7**

**1. Outcome Measures**

Make better decisions

Not Reporting on this Outcome Measure

**Outcome #8**

**1. Outcome Measures**

Make better decisions regarding health and health care

Not Reporting on this Outcome Measure

**Outcome #9**

**1. Outcome Measures**

Make better decisions regarding healthy lifestyle

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	6750	10876

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

**Outcome #10**

**1. Outcome Measures**

Make better decisions regarding healthy lifestyle using improved literacy and critical thinking skills

Not Reporting on this Outcome Measure

**Outcome #11**

**1. Outcome Measures**

Manage family resources in alignment with goals

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	5575	9487

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
802	Human Development and Family Well-Being

**Outcome #12**

**1. Outcome Measures**

Model positive group behavior to others

Not Reporting on this Outcome Measure

**Outcome #13**

**1. Outcome Measures**

Practice safety

Not Reporting on this Outcome Measure

**Outcome #14**

**1. Outcome Measures**

Provide learning opportunities for groups or organizations

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	50	301

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #15**

**1. Outcome Measures**

Provide training and technical assistance in analyzing and assessing community health issues and policies

Not Reporting on this Outcome Measure

**Outcome #16**

**1. Outcome Measures**

Reduce or eliminate gender stereotyping

Not Reporting on this Outcome Measure

**Outcome #17**

**1. Outcome Measures**

Teach others to take leadership and facilitation roles

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	13	168

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #18**

**1. Outcome Measures**

Treat all people with dignity and respect

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	50	152

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
724	Healthy Lifestyle

### **Outcome #19**

#### **1. Outcome Measures**

Use relevant UMCE web-based resources

Not Reporting on this Outcome Measure

### **Outcome #20**

#### **1. Outcome Measures**

Enhance the economic and environmental sustainability of Maine agriculture and aquaculture.

Not Reporting on this Outcome Measure

### **Outcome #21**

#### **1. Outcome Measures**

Enhance the safety, sustainability, and dependability of Maine's food supply

Not Reporting on this Outcome Measure

### **Outcome #22**

#### **1. Outcome Measures**

Improve the lives of Maine citizens through positive human development, healthy lifestyles and nutrition, and lifelong wellness.

Not Reporting on this Outcome Measure

### **Outcome #23**

#### **1. Outcome Measures**

Increase the economic and social viability and sustainability of Maine communities.

Not Reporting on this Outcome Measure

### **Outcome #24**

#### **1. Outcome Measures**

Adopt behaviors to prevent or minimize complications of chronic disease

Not Reporting on this Outcome Measure

### **Outcome #25**

#### **1. Outcome Measures**

Adopt food safety practices

#### **2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	5500	9396

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
703	Nutrition Education and Behavior

**Outcome #26**

**1. Outcome Measures**

Adopt record-keeping system

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	150	219

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
801	Individual and Family Resource Management

**Outcome #27****1. Outcome Measures**

Adopt the USDA dietary guidelines and the food guide pyramid

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	1270	542

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle

**Outcome #28****1. Outcome Measures**

Assume personal responsibility for health

Not Reporting on this Outcome Measure

**Outcome #29****1. Outcome Measures**

Conduct community-based education that encourages healthy individual and family behaviors

Not Reporting on this Outcome Measure

**Outcome #30****1. Outcome Measures**

Confront disrespectful behaviors

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	50	16

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
724	Healthy Lifestyle

**Outcome #31****1. Outcome Measures**

Create learning opportunities based on principles of positive human development

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	485	1007

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
724	Healthy Lifestyle

**Outcome #32**

**1. Outcome Measures**

Avoid consumer fraud and financial exploitation

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2009	25	35

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management

**Outcome #33**

**1. Outcome Measures**

Conduct educational activities through cooperative or collaborative effort

Not Reporting on this Outcome Measure

**Outcome #34**

**1. Outcome Measures**

Create and sustain effective partnerships and collaborations

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	16	97

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #35**

**1. Outcome Measures**

Use a collaborative process or approach

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	18	14

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #36****1. Outcome Measures**

Adopt appropriate technologies

Not Reporting on this Outcome Measure

**Outcome #37****1. Outcome Measures**

Balance roles, responsibilities, and stress

Not Reporting on this Outcome Measure

**Outcome #38****1. Outcome Measures**

Conduct community service or outreach

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	75	3025

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
802	Human Development and Family Well-Being

**Outcome #39****1. Outcome Measures**

Dollars saved

Not Reporting on this Outcome Measure

**Outcome #40****1. Outcome Measures**

Engage positively in their community

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	30	995

**3c. Qualitative Outcome or Impact Statement****Issue (Who cares and Why)****What has been done****Results****4. Associated Knowledge Areas**

KA Code	Knowledge Area
724	Healthy Lifestyle
801	Individual and Family Resource Management
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #41****1. Outcome Measures**

Handle animals safely

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	120	85

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
724	Healthy Lifestyle
801	Individual and Family Resource Management
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #42**

**1. Outcome Measures**

Increase capacity to establish goals or make decisions

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	75	859

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle

801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #43****1. Outcome Measures**

Operate equipment safely

Not Reporting on this Outcome Measure

**Outcome #44****1. Outcome Measures**

Work productively in a team

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	95	1841

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #45****1. Outcome Measures**

Make informed decisions about the implementation of techniques that will reduce consumption of fossil fuels

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	{No Data Entered}	374

**3c. Qualitative Outcome or Impact Statement****Issue (Who cares and Why)**

Access to Energy Assistance for Seniors: According to the US Census Bureau, Maine has the seventh oldest population in the nation. The number of citizens age 65 and older comprises approximately 14 percent of the state population. With a poverty rate of 19.1 percent in Washington County, access to resources is critical to help keep seniors in their homes and maintain their independence.

**What has been done**

UMaine Extension's Senior Companion Program is the connecting link for Washington County's many isolated seniors. In the late fall of 2009, we provided educational programming for our volunteers in how to connect seniors with agencies for fuel assistance and how to make homes more energy efficient.

**Results**

Through this effort, low-income volunteers in Washington County and their homebound clients were able to access more than \$8,000 in fuel assistance and energy dollars. Most had never applied before and were able to improve their ability to stay warm during the long Maine winter, improve the efficiency of their homes, and stretch their financial resources farther.

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
605	Natural Resource and Environmental Economics
801	Individual and Family Resource Management
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #46****1. Outcome Measures**

Adopt at least one energy saving practice

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	{No Data Entered}	317

**3c. Qualitative Outcome or Impact Statement****Issue (Who cares and Why)**

**What has been done****Results****4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
724	Healthy Lifestyle
801	Individual and Family Resource Management
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #47****1. Outcome Measures**

Ensure that all people feel safe and accepted

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Quantitative Target</b>	<b>Actual</b>
2009	{No Data Entered}	16

**3c. Qualitative Outcome or Impact Statement****Issue (Who cares and Why)****What has been done****Results****4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #48****1. Outcome Measures**

Number of individuals applying science process skills, including incorporation of science learning in community service, enrollment in SET-related post-secondary education, and/or entrepreneurship/career success

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	{No Data Entered}	271

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
703	Nutrition Education and Behavior
801	Individual and Family Resource Management
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #49**

**1. Outcome Measures**

Successfully complete chainsaw safety training

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	{No Data Entered}	40

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
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- 724 Healthy Lifestyle
- 801 Individual and Family Resource Management
- 802 Human Development and Family Well-Being
- 803 Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #50**

**1. Outcome Measures**

Use relevant UMaine Extension web-based resources

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	{No Data Entered}	280814

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #51**

**1. Outcome Measures**

Work effectively with diverse groups

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2009	{No Data Entered}	299

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
801	Individual and Family Resource Management
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**V(H). Planned Program (External Factors)****External factors which affected outcomes**

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

**Brief Explanation****V(I). Planned Program (Evaluation Studies and Data Collection)**

## 1. Evaluation Studies Planned

- Before-After (before and after program)
- During (during program)
- Time series (multiple points before and after program)

**Evaluation Results****Key Items of Evaluation**