

V(A). Planned Program (Summary)

Program # 5

1. Name of the Planned Program

Promote Individual, family, and community well-being and economic security

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
112	Watershed Protection and Management	5%	5%	0%	
136	Conservation of Biological Diversity	5%	5%	0%	
602	Business Management, Finance, and Taxation	5%	5%	0%	
603	Market Economics	5%	5%	0%	
604	Marketing and Distribution Practices	5%	5%	0%	
608	Community Resource Planning and Development	5%	5%	0%	
701	Nutrient Composition of Food	5%	5%	0%	
703	Nutrition Education and Behavior	5%	5%	0%	
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	5%	5%	0%	
723	Hazards to Human Health and Safety	5%	5%	0%	
724	Healthy Lifestyle	5%	5%	0%	
801	Individual and Family Resource Management	5%	5%	0%	
802	Human Development and Family Well-Being	5%	5%	0%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	5%	5%	0%	
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures	5%	5%	0%	
805	Community Institutions, Health, and Social Services	5%	5%	0%	
806	Youth Development	5%	5%	0%	
901	Program and Project Design, and Statistics	5%	5%	0%	
902	Administration of Projects and Programs	5%	5%	0%	
903	Communication, Education, and Information Delivery	5%	5%	0%	
	Total	100%	100%	0%	

V(C). Planned Program (Inputs)

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

Extension	Research
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Year: 2010	1862	1890	1862	1890
	40.0	8.0	0.0	0.0
Plan				
Actual	43.9	3.0	0.0	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
468305	201588	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
468305	201588	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
468305	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Diverse family structures and underserved groups, such as teenage parents, single parents, dual earner families, stepfamilies, grandparents raising grandchildren, families of military service personnel, aging adults, and caregiving families are increasing in Florida, along with problems such as poverty, social isolation, parental substance abuse and addiction, stress, child abuse, obesity, and domestic violence. Devoting more resources to prevention education could minimize many of these challenges.

Where we can likely make a difference:

Providing programming to families in the areas of personal and family well-being not only strengthens family functioning, but it improves outcomes for Florida citizens.

Although there are other agencies that may provide similar types of programs, in order to have significant impact, it is critical that this programming respond to local community needs, be based on research, be provided by trained family specialists, and be widely available to state residents at low or no cost. Only cooperative extension is able to fulfill all of these critical needs. Furthermore, in many rural counties cooperative extension may be the only available provider of these programs.

2. Brief description of the target audience

Childcare, after-school, and elder care providers
 Individual and family service personnel;
 Parents, couples, and individuals;
 minority and underserved audiences
 UF/IFAS county and state faculty.
 Children and adolescents, families with children, adults of all ages including those with special needs.
 At risk adults and children who are obese, have a family history, or are in a high-risk ethnic group

- Persons with type 2 diabetes
- Food service operators: food handlers (adults; youth); consumers; volunteers, and county faculty
- Consumers
- Homeowners
- Prospective homeowners
- Renters
- Temporary/seasonal residents
- Households with child(ren) age 6 years and younger
- Seniors
- Persons with disabilities
- Housing professionals
 - Developers
 - Building/construction professionals
 - Housing sales professionals
- Residential property management professionals
- Non-government organizations
- UF/IFAS faculty and staff
 - Extension county faculty
- Community organizations

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	700000	9000000	0	0
Actual	743354	1399246	0	0

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

Patent Applications Submitted

Year: 2010
 Plan: 0
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2010	Extension	Research	Total
Plan	40	0	
Actual	157	0	157

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- {No Data Entered}

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Change in Knowledge Personal and Family Well-Being
2	Change in Behavior Personal and Family Well-Being
3	Change in Condition Personal and Family Well-Being
4	Change in Knowledge Personal Financial Education
5	Change in Behavior Personal Financial Education
6	Change in Condition Personal Financial Education
7	Change in Knowledge Health, Nutrition, and Food Safety
8	Change in Behavior Health, Nutrition, and Food Safety
9	Change in Condition Health, Nutrition, and Food Safety
10	Change in Knowledge Sustainable Housing and Home Environment
11	Change in Behavior Sustainable Housing and Home Environment
12	Change in Condition Sustainable Housing and Home Environment
13	Change in Knowledge Sustainable Organizations and Communities
14	Change in Behavior Sustainable Organizations and Communities
15	Change in Condition Sustainable Organizations and Communities

Outcome #1

1. Outcome Measures

Change in Knowledge Personal and Family Well-Being

Not Reporting on this Outcome Measure

Outcome #2

1. Outcome Measures

Change in Behavior Personal and Family Well-Being

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	115	113

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Conflict between work and family is something that over half of working parents face (Nomaguchi, 2009). Work-family conflict increases job turnover and job dissatisfaction as well as stress and other individual health and mental health problems; and reduces marital satisfaction and negatively impacts children's behavior (Allen, Herst, Bruck, & Sutton, 2000). However, new research is also uncovering the importance of work-family "enrichment", whereby satisfaction in one area can improve the other (Eby, Maher, & Butts, 2010). The goal of this workshop is to help parent-employees to develop and practice solutions to work-family conflict that will help create a healthy work-life balance.

What has been done

University of Florida state and county faculty developed a one hour lesson on work-family balance, including slides, skills practice exercises, activities, and an evaluation tool. Four workshops were conducted in two counties. At the end of the workshop, participants were asked to complete a one page evaluation where they rated on a five-point scale the extent to which they agreed/disagreed with items measuring improvements in knowledge, awareness, skills, confidence, and plans to use skills; and that they would recommend the workshop to a friend.

Results

Of the 113 participants in one study responding to the evaluation, 81% said they better understood trends in work and family; 87% reported having stronger time management skills; 79% felt confident in using effective time management strategies; and 88% would recommend the workshop to a friend. Results of two early workshops showed that the communication skills section was weaker, and improvements were made. Impressively, of those responding, 87% said they would create a healthier work-life balance using the skills they learned. Studies conducted across the state show working parents who are better able to balance their work and family life are less prone to health concerns, absenteeism from work, and are more likely to remain employed. Health cost savings alone could be greatly impacted, as well as savings to employers, but savings related to keeping people off of unemployment would also have an important impact. Finally, children will benefit in a multitude of ways from the well-being of parents, as parents will be better able to serve in the parenting role.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Change in Condition Personal and Family Well-Being

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	100	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Parents are referred by various agencies including Hillsborough Kids Inc., probation officers, Head Start, private attorneys, and Child Protective Investigations. Each month, up to twelve

parents participate in six hours of parenting education to earn a certificate required by the court to be reunited with or to maintain custody of children. Some of the participants are grandparents who find they are suddenly raising another generation of children due to a family crises, tragedy or neglect. Such is the case of one grandmother raising her toddler granddaughter after the child's mother was murdered. Fathers wanting to be more involved with their children also attend so they can gain or improve their parenting skills or receive shared parental custody.

What has been done

In one county Extension officers basic parenting classes for these at-risk parents and other family members who feel the need for additional parenting skills. The classes are also open to the public, which encourages at-risk parents to learn from other parents. Lessons include Effective Discipline, Family Communication, Stress Management, Balanced Parenting Styles, Enhancing Your Child's Self-esteem and What Kids Need to Succeed.

Results

Nearly 70% of the 100+ parents who enroll earn their certificate. The impact of keeping 70 children out of foster care at approximately \$570 per child per month translates to over \$478,000 saved yearly. For any business or community leader concerned about the quality of the future workforce and citizens or the quality of the community, promoting good parenting is good business.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Change in Knowledge Personal Financial Education

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
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2010

100

0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Families today bear greater personal responsibility for their own financial security. Changes in retirement benefits have made families responsible for funding their own retirement. The impact of the financial crisis and economic recession on Pinellas County households, particularly families with children, resulted in foreclosure case filings quadrupling between 2006 and 2009. A high unemployment rate and job loss along with poor decisions have contributed to the financial difficulties many people face. Financial management education programs enable residents to gain the knowledge and skills necessary to make wise financial choices and develop financial plans that lead to financial stability.

What has been done

To help consumers address financial issues, four in-depth programs (6 hours in length) entitled Focus on Finances were offered to consumers. Topics included budgeting, establishing financial goals, credit, saving, and investing as well as planning for retirement. Extension staff and volunteers from the financial community provided instruction for the class series.

Results

Of the 38 participants, completing the post evaluation, all reported an increase in knowledge about one or more key financial topics such as budgeting, credit, debt management and saving for financial goals. Thirty seven identified at least one financial practice they intended to change. Examples of actions planned included tracking expenses, following a budget, setting a fixed amount aside for savings, and starting or adding to an emergency fund. One participant reported meeting with one of our volunteers, a Certified Public Accountant, to work out a budget to help get her and keep her out of debt.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management

Outcome #5

1. Outcome Measures

Change in Behavior Personal Financial Education

Not Reporting on this Outcome Measure

Outcome #6

1. Outcome Measures

Change in Condition Personal Financial Education

Not Reporting on this Outcome Measure

Outcome #7

1. Outcome Measures

Change in Knowledge Health, Nutrition, and Food Safety

Not Reporting on this Outcome Measure

Outcome #8

1. Outcome Measures

Change in Behavior Health, Nutrition, and Food Safety

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	50	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Situation: Type 2 diabetes mellitus is a condition that affects an estimated 23.6 million Americans, with the numbers still climbing (1). It is a disease marked by elevated blood glucose, which over time damages small and large blood vessels. The consequences of blood vessel damage may include heart disease, kidney disease, stroke, blindness, and nerve damage, which can result in the amputation of limbs. The annual cost of diabetes management and treatment of health complications in the U.S. is estimated to be over \$170 billion. The effects of this disease on quality of life are inestimable.

Rationale: Self-care is crucial in managing diabetes since maintaining healthy blood glucose concentrations reduces the chances of developing heart, kidney, eye, and nerve problems. Extension is in a unique position to contribute to diabetes self-management education (DSME) using resources and expertise of faculty at land-grant universities, the Extension educational network, and existing or potential local contacts and collaborations with health professionals at the local level.

What has been done

With input from Extension faculty experienced in teaching nutrition education and cooking classes to persons with diabetes, our team focused on developing an in-depth DSME curriculum that county Extension faculty would be willing and able to use in their local communities and that could be supported by training. Our program, Take Charge of Your Diabetes (TCYD), is an in-depth Extension-based, collaborative DSME program targeted to adults with type 2 diabetes. The program is designed to improve blood glucose control and reduce long-term health risks of persons with diabetes by providing the information and motivation they need to adopt positive behavior changes.

Results

Outcome data for four counties:

Number of participants who enrolled in the program: 91

Number (%) of participants who completed the three-month follow-up evaluation: 71 (78%)

Number (%) who made at least one behavior change: 67 of 71 (94%)

Number (%) who use an accepted food system to plan meals 5-7 days per week: 44 of 58 (76%)

Number (%) who spaced carbohydrate intake evenly each day over past 5-7 days: 52 of 58 (90%)

Number (%) who participated in at least 30 min of physical activity over past 5-7 days: 40 of 58 (69%)

Number (%) who lowered their hemoglobin A1C: 37 of 58 (64%)

4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
703	Nutrition Education and Behavior
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins
723	Hazards to Human Health and Safety
724	Healthy Lifestyle

Outcome #9

1. Outcome Measures

Change in Condition Health, Nutrition, and Food Safety

Not Reporting on this Outcome Measure

Outcome #10

1. Outcome Measures

Change in Knowledge Sustainable Housing and Home Environment

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	50	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Extension offers GREEN Solutions for YOUR Life

What has been done

Extension staff coordinated and invited local businesses to join in to put on the second annual GREEN Expo in Hudson. As part of this event, FCS agent with the help of 3 volunteers set up a 10' x 30' area in part of Veteran's Memorial Park gym with 5 exhibits promoting reusable shopping bags; enviroshopping, less-toxic cleaning, indoor water conservation and unusual edibles. A total of 100 surveys were completed by attendees to determine if they practiced shopping with the environment in mind (enviroshopping).

Results

On a scale of 1-60 with the higher being the worst, the highest score was 50 just making the classification of contributing their full share of garbage to the environment! The lowest score was 21 = means that they are doing a great job! The average was 34.7 which does show that participants are doing a fair amount of recycling but could do better! Participants reported that they were most likely to donate old clothes for future use and least likely to talk to store managers about stocking products with less packaging. A total of 361 attended despite the freezing temperatures.

4. Associated Knowledge Areas

KA Code	Knowledge Area
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804 Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

Outcome #11

1. Outcome Measures

Change in Behavior Sustainable Housing and Home Environment

Not Reporting on this Outcome Measure

Outcome #12

1. Outcome Measures

Change in Condition Sustainable Housing and Home Environment

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	50	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Mitigation is planning for something that might happen in the future. The value of mitigation education is something that will be measured in the future. Disasters have adverse consequences on the social and economic wellbeing of individuals and a community. Government and community can be overwhelmed by damage and conditions after a disaster. Implementing windstorm damage mitigation practices can potentially decrease vulnerability of structures and environments; and reduce loss of life and property, including disruption to individuals, households, businesses and community. Planning and preparedness increase the chance of surviving an event, affecting the social and economic recovery to the area; potentially resulting in fewer individual demands on resources, government or social response organizations.

What has been done

80 participants attended in this one county. * 80 homeowner workshop participants increased their knowledge of windstorm damage mitigation for their home and personal safety as indicated by an end of course survey

* 80% increase on characteristics of hurricanes, development, elements and effects on buildings

* 78% increase on home mitigation and preparedness

* 83% increase on creating home mitigation, evacuation and family preparedness plans

* 91% increase on hurricane safety measures for the home and family

* 55 St. Lucie Housing participants (100%) learned how to install and care for hurricane shutters. Five of these families (9%) participated in the Residential Construction Mitigation Program and received wind mitigation retrofits and upgrades to their homes (total value \$70,000.)

Results

Participants in this program are better prepared for future storms with the knowledge and skills necessary to make informed decisions about surviving wind events, including personal preparedness planning, retrofitting property to withstand hurricane winds and reducing potential building and property damage.

Due to wind, rain and windborne debris, a projectile can breach the building envelope, with multiple types of damage occurring from the breach (i.e., water, structural, or roof failure). Mitigation actions taken by participants, i.e. sealing the building envelope by installing windstorm shutters, will potentially help avert damage to a home.

The home retrofits (shutters, roof upgrades, and doors) addressed by St. Lucie Housing, were approximately \$16,000 per home to each of the five families that received grant funding assistance.

4. Associated Knowledge Areas

KA Code	Knowledge Area
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

Outcome #13

1. Outcome Measures

Change in Knowledge Sustainable Organizations and Communities

Not Reporting on this Outcome Measure

Outcome #14

1. Outcome Measures

Change in Behavior Sustainable Organizations and Communities

Not Reporting on this Outcome Measure

Outcome #15

1. Outcome Measures

Change in Condition Sustainable Organizations and Communities

Not Reporting on this Outcome Measure

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

Brief Explanation

Florida is presently being affected by the economic issues plaguing the world. There are also public policy changes, government regulations and reduced appropriations affecting Extension and the land-grant university as a whole. There are competing programmatic challenges and the general public tired from years of stress and uncertainty are also reacting negatively as they try to save their jobs and homes. Florida has also been told to expect another 3 to 6% reduction in legislative funds and as counties are also being cut back by the state it is expected that IFAS and especially Extension will be seriously impacted.

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

1. Evaluation Studies Planned

- After Only (post program)
- Retrospective (post program)
- Before-After (before and after program)
- During (during program)
- Time series (multiple points before and after program)
- Case Study
- Comparisons between program participants (individuals, group, organizations) and non-participants
- Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.
- Comparison between locales where the program operates and sites without program intervention

Evaluation Results

Florida Extension is providing educational programs in areas that are designed to promote individual, family and community well-being and increased economic security. Areas identified by the constituents of most critical need relate to personal and family well-being, personal financial education which has become even more critical during the recent economic situation, and health, nutrition and food safety. Also of critical importance is the educational programs such as SHIP that are provided by Extension to reduce foreclosures and increase sustainable housing and provide a healthy home environment.

Key Items of Evaluation

The Extension agent and Extension Advisory Committee recognized that the Monroe County School District does not offer a specific class in finance, nor do the sunshine state standards mandate that students learn about money and finance. With new laws governing credit card companies going into effect, it will now be harder for young adults under the age of 21 to establish credit or obtain credit cards in their own name. In an unstable economy with unemployment rates at an alltime high, personal financial management education is more essential now than ever. In 2004, American teens spent \$169 billion. The Jump\$tart Coalition for Personal Financial Literacy survey found 12th graders' personal finance knowledge level at 52.3%. The lack of financial skills puts young people at risk of bad financial management habits.

County Extension Agent Alicia Betancourt worked with school administration to provide financial management lessons to Monroe County high schools. Trainings included "train the trainer" with teachers and volunteers, in class instruction, and development of material to use as curriculum supplemental to the NEFE (National Endowment to Financial Education) material provided for free. As of February 2010, two high schools had taken advantage of the program, and a total of 51 sessions in 8 different classes were conducted with the agent and 16 volunteers. Lessons were presented on budgeting basics, the importance of savings, needs versus wants, and establishing and maintaining good credit.

Overall, 1,172 contact hours for youth (200 nonduplicative) in grades 11 through 12 were reached so far in 2010. Ninety-six percent of students surveyed agreed that the program information increased their knowledge of why it is important to have a budget and to save money starting early. Eighty-nine percent responded that they felt the program was beneficial to them. Financial management programming will continue through the spring 2011 semester. Financial Education is necessary because the effects of financial illiteracy reach into many aspects of communities. Poor financial management may result in lack of health services, foreclosure, and crime which affects the whole community.