

V(A). Planned Program (Summary)

Program # 4

1. Name of the Planned Program

Food Safety: Family and Consumer Sciences

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
801	Individual and Family Resource Management		100%		100%
	Total		100%		100%

V(C). Planned Program (Inputs)

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

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	0.5	0.0	0.0
Actual	0.0	0.2	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
0	14368	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	12844	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	62508	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

No data for 2010.

2. Brief description of the target audience

Primarily citizens of Oklahoma in underserved areas.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	100	130	200	220
Actual	100	100	100	100

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	1	0	
Actual	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of Research Projects completed on Family and Consumer Sciences

Year	Target	Actual
2010	0	0

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of participants who learned about Family and Consumer Sciences.
2	Number of participants who used Family and Consumer Sciences resources.
3	Number of families that improved their quality of life at least in part from this program.

Outcome #1

1. Outcome Measures

Number of participants who learned about Family and Consumer Sciences.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	200	100

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Public officials continue to sound the alarm about America's mounting obesity epidemic; which is no respecter of age, gender, race, or socioeconomic status. With the downturn in the economy, many Americans are facing issues in stretching food, housing and medical dollars. The Family and Consumer Sciences Program at Langston University assist clientele in combating these challenges.

What has been done

Meetings were conducted and demonstrations carried out on healthy food selection, good nutrition and tailoring diets. Exercise type and intensity were also emphasized during sessions.

Results

Program participants reported that they were more selective in their food choices; choosing more healthy foods. Some participants introduced more fruits and vegetables into their meals. These adopted changes in food choices have resulted in weight lost and put some participants on the road to healthy living by way of their diets.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management

Outcome #2

1. Outcome Measures

Number of participants who used Family and Consumer Sciences resources.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	40	40

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

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4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management

Outcome #3

1. Outcome Measures

Number of families that improved their quality of life at least in part from this program.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	10	20

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

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V(H). Planned Program (External Factors)

External factors which affected outcomes

- Competing Public priorities

Brief Explanation

External factors did not affect outcomes.

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

1. Evaluation Studies Planned

- Case Study

Evaluation Results

Evaluations revealed positive changes in food selection, preparation and storage. Improved money management resulted in more efficient use of food dollars.

Key Items of Evaluation

- Improved food selection
- Improved food preparation and storage skills.