

V(A). Planned Program (Summary)

Program # 3

1. Name of the Planned Program

Healthy Individuals, Families and Communities

Reporting on this Program

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
502	New and Improved Food Products	5%		0%	
504	Home and Commercial Food Service	20%		0%	
605	Natural Resource and Environmental Economics	0%		100%	
703	Nutrition Education and Behavior	15%		0%	
724	Healthy Lifestyle	20%		0%	
801	Individual and Family Resource Management	10%		0%	
802	Human Development and Family Well-Being	15%		0%	
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures	10%		0%	
805	Community Institutions, Health, and Social Services	5%		0%	
	Total	100%		100%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	7.5	0.0	0.0	0.0
Actual Paid Professional	7.4	0.0	0.8	0.0
Actual Volunteer	0.0	0.0	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
268029	0	11907	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
351953	0	50216	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
2300300	0	25811	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Conduct workshops, meetings
- Develop and deliver curriculum
- Consult with clients
- Provide training
- Develop products
- Partner with other agencies and organizations
- Write numbered publications, fact sheets, articles
- Work with media
- Facilitate events, activities and teachable moments

2. Brief description of the target audience

- Parents and caregivers of children
- School children
- School teachers
- Home and building owners
- Individuals interested in healthy lifestyles
- Low income individuals and families
- Women with young children
- Clients interested in food preservation and a subsistence lifestyle
- Clients who need assistance with finances
- Human development and social work professionals
- Individuals and professionals interested in emergency preparedness

Institutional cooperation will include food banks, housing and energy authorities and organizations, and individuals or families experiencing life transitions.

3. How was eXtension used?

Two of our agents use the Just in Time parenting series as a resource for parents. Two have looked up information on emergency preparedness and another on child development. Three agents have been involved with communities of practice in the areas of parenting, energy and finance. One agent participated in a training on cross-cultural differences.

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	13172	824874	3824	43414

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

Patent Applications Submitted

Year: 2012
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2012	Extension	Research	Total
Actual	1	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Output Target 1: Extension faculty will offer workshops in a wide range of home economics and family and consumer science topics.

Year	Actual
2012	192

Output #2

Output Measure

- Output Target 2: Extension district offices will updated emergency planning for internal operations and constituent communities.

Year	Actual
2012	3

Output #3

Output Measure

- Output Target 3: Home energy extension workshops and conferences will provide individuals and families with immediate and long-term actions they can implement for energy conservation.

Year	Actual
2012	21

Output #4

Output Measure

- Output Target 4: Extension faculty will offer workshops in harvesting and food preservation techniques.

Year	Actual
2012	68

Output #5

Output Measure

- Output Target 5: New food produced will be developed using Alaska-produced ingredients.

Year	Actual
2012	2

Output #6

Output Measure

- Output Target 6: Extension and AFES faculty will offer workshops in food safety.

Year	Actual
2012	76

Output #7

Output Measure

- Output Target 7: Field faculty will provide physical activity and nutrition programming for teachers and parents. Output is the number of teachers and parents who are trained.

Year	Actual
2012	200

Output #8

Output Measure

- Output Target 8: Field faculty will provide physical activity and nutrition programming through one-on-one consultations and consultations with other organizations.

Year	Actual
2012	493

Output #9

Output Measure

- Output Target 9: Faculty will develop educational resources on physical activity and nutrition.

Year	Actual
2012	9

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Outcome Target 1: Participants in healthy lifestyle classes and workshops will adopt knowledge gained to maintain healthy lifestyle practices one year after participation.
2	Outcome Target 2: Participants will use knowledge gained in parent education classes to increase their application of developmentally appropriate practices.
3	Outcome Target 3: Awareness gained in workshops and will result in active energy conservation efforts by 20% each year over 2007 levels.
4	Outcome Target 4: Energy efficiency awareness will result in an increase in collaborations for energy conservation by 25% per year over five years.
5	Outcome Target 5: Participants will increase their knowledge about improving healthy home conditions, including indoor air quality.
6	Outcome Target 6: Participants in food preservation and food safety classes will improve their food preservation and food safety practices.
7	Outcome Target 7: New varieties and new uses of animal and plant products will result in increased production of Alaska-based products. Outcome is number of products and publications.
8	Outcome Target 8: Increase youth and parents' understanding of healthy food choices. Counting contacts with youth and parents.
9	Outcome Target 9: Youth and families have a more positive attitude toward healthful foods and/or are willing to try new foods. Counting number of families.
10	Outcome Target 10: Increase knowledge, attitudes, skills and aspirations to increase physical activity habits. Counting number of youth.

Outcome #1

1. Outcome Measures

Outcome Target 1: Participants in healthy lifestyle classes and workshops will adopt knowledge gained to maintain healthy lifestyle practices one year after participation.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	382

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Alaska faces the challenge of our senior population remaining active and healthy in a difficult environment. Alaska, per capita, has one of the fastest-growing populations of seniors in the nation. All of Alaska is considered medically underserved and costs to individuals for medical care are higher than the national average. It is imperative that Alaskans focus on health strategies to maintain health and independence throughout life.

What has been done

Since 2005, an agent has trained 205 StrongWomen instructors in Alaska. Thirty-four new instructors were trained in 2012. Three agents led StrongWomen classes or hosted groups and another agent led a yoga class. Our Anchorage agent trained 60 new instructors of Living Well Alaska, a program that teaches individuals how to manage chronic health conditions. Two agents also taught StrongWomen Healthy Hearts, a 12-week program that combines aerobic exercise, hands-on cooking activities and nutrition education.

Results

StrongWomen leader courses have helped establish many community programs. More than 325 participants attended 22 groups and 302 participants have continued a year or longer. Participants report feeling stronger and they lead more active lives. Participants for a year or more reported increased bone density and better balance. Since 2007, 310 Living Well leaders have been trained and have reached more than 2,000 seniors and others with chronic health conditions. A small clinical study done in Alaska shows that this type of self-management education produces better or equivalent results to traditional diabetes self-management education. National evaluations also show benefits such as better pain management, increased physical activity and better depression management. Participants in one Healthy Hearts program lost an average of 3 pounds and decreased their BMI by 1.5, increased their fruit and vegetable intake and their activity level. Half of the participants in a second class decreased their systolic

blood pressure an average of 18 points.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Outcome Target 2: Participants will use knowledge gained in parent education classes to increase their application of developmentally appropriate practices.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	93

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Opportunities for parent education and training for child-care providers are lacking in many communities, particularly in rural Alaska, where many communities are accessible only by air. Transportation costs to deliver programs also limit what is offered. Statistics on child obesity and youth suicide suggest the need for enhanced early interventions through supportive family and youth education.

What has been done

Our Nome agent has an ongoing relationship with a day-care center in the community, providing training and support for staff to achieve their childhood development degree. She taught five classes and observed classroom work. A Palmer agent taught a series of positive parenting classes to Head Start parents and individual classes to parents in two other settings. Nebraska Extension agents planned to conduct further parent education training with Alaska agents in December 2012. The training is aimed at families of deployed soldiers.

Results

Workers in the Nome child care center received training to further their education and to provide better care. Several participants reported using skills they had learned in the child-care center.

Head Start parents in Palmer liked the class so much that they requested the program again next year. On evaluations, Head Start participants said they learned different ways to handle difficult situations and to step away before correcting their children. Participants planned to communicate better, try new strategies they learned and to reword how they say things.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

Outcome #3

1. Outcome Measures

Outcome Target 3: Awareness gained in workshops and will result in active energy conservation efforts by 20% each year over 2007 levels.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	619

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Alaska historically has had some of the highest energy prices. Interest in energy conservation remains high. It is a pocketbook issue, particularly in rural areas, where energy costs are the highest and heating oil can run upwards of \$8 or \$9 a gallon.

What has been done

Sustainability coordinator has promoted energy conservation through a newsletter aimed at homebuilders that is e-mailed quarterly to about 500 people. The agent taught 14 solar design, housing retrofit and cold climate homebuilding classes or related lectures to 476 residents in six communities. The agent recorded his cold climate course and it was made available on iTunes University. Bethel has some of the highest energy costs in the state, and an agent developed and published a home electricity audit publication with input from his energy advisory committee.

Results

As a result of newsletter and the other solar design, housing retrofit and cold climate homebuilding techniques classes, participants increased their knowledge about how to build or retrofit their homes to increase energy conservation. Getting numbers from iTunes University is difficult, but 50 people viewed the cold-climate course during a 10-day period, so it is likely that hundreds of viewers have viewed the course. Nearly 800 copies of the energy audit publication have been distributed.

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

Outcome Target 4: Energy efficiency awareness will result in an increase in collaborations for energy conservation by 25% per year over five years.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	9

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

New collaborations with organizations that can help spread knowledge about energy conservation and sustainability will help improve the energy security of Alaska.

What has been done

A joint presentation with a tribal energy specialist at an Alaska Native shareholders conference in Nome increased the knowledge of participants about current products that are less-expensive energy sources for remote camps. As a result of a collaboration with Interior Weatherization, the agent, for the first time, offered an intensive weeklong training involving his three energy courses to 38 attendees. The American Lung Association collaboration led to a training on how to make a building energy-efficient without making it unhealthy.

Results

The Nome training has led to a new and continuing relationship with a Native corporation and with the tribal energy specialist. This has extended to a regular offering in remote energy, which has been favorably received in rural and urban workshops. Offering classes in collaboration with the Interior Weatherization led to a successful new outreach. Staff of the lung association was trained on the factors that are important in making a well-informed decision on keeping a house tight but healthy. Alaska Native Tribal Health Consortium works with a regional health corporation to target at-risk children and do indoor air quality interventions in their homes, such as adding ventilation or replacing leaking wood stoves. Agent participates in an advisory role.

4. Associated Knowledge Areas

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

Outcome #5

1. Outcome Measures

Outcome Target 5: Participants will increase their knowledge about improving healthy home conditions, including indoor air quality.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	424

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Issues such as household crowding, high heating demand, and increased financial pressure to tighten homes can create health concerns. Alaska has high rates of respiratory diseases, particularly in infants. Improving indoor air quality can have a profound effect on the prevention and treatment of respiratory disease. Managing air can also protect the physical structure of the home.

What has been done

An agent developed a curriculum that prioritizes and addresses the leading indoor air quality concerns for homes in western Alaska. The curriculum was adapted to use in other locales. Training participants were taught about common air quality threats and how they can be palliated or provoked by local factors such as construction practices, climate and even geology. Trainings

have been delivered at large health conferences around the state as well as smaller, focused trainings.

Results

Through this training, homeowners and housing/environmental health workers throughout the state have received tools to identify and address the primary air quality concerns in their own communities. By helping them to prioritize air quality concerns at a local level, resources can be used in the most efficient way possible. Participants have been able to focus their efforts on simple, useful interventions such as carbon monoxide detectors and environmental tobacco smoke, which tend to be important health issues in Alaskan homes. Through this work, the knowledge of indoor air quality and its relationship to human health, has been increased for a wide audience.

4. Associated Knowledge Areas

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

Outcome #6

1. Outcome Measures

Outcome Target 6: Participants in food preservation and food safety classes will improve their food preservation and food safety practices.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	839

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Many Alaskans live a subsistence lifestyle or supplement their diets with fish and game meat. Alaska also has a large military population, and most have not previously preserved game meat or fish. Our state has the nation's highest rate of botulism, which occurs in low-acid foods such as fish and game meat. It is particularly important that we teach residents how to safely preserve these Alaska staples. An estimated 90 to 95 percent of Alaska's food is imported, so food preservation training increases Alaska food security.

What has been done

Agents taught 76 food preservation and food safety classes in 17 communities. Of those, 70 were hands-on classes in which 839 participants practiced food preservation/safety skills. Extension offers a series of 23 online food preservation modules and 10 DVDs about preserving local foods, ranging from canning fish in jars and cans to drying herbs. Agents also tested 804 pressure canner gauges with an average 19 percent failure rate. Nearly 65 percent of tested gauges required adjustment.

Results

Clients who practice hands-on food preservation skills will be able to continue to preserve foods safely. A survey sent to 42 food preservation participants 7 to 12 months after classes were offered, showed that half of the respondents said they were very confident in their ability to preserve foods safely and 43 percent said quite confident. Seventy-one percent had processed food for shelf storage. Participants felt more confident using the pressure canner and were more precise with timing. Approximately 152 pressure canner gauges were recommended to be replaced and about 520 required adjustment, resulting in safely canned foods. Flash web modules reached users who may not have access to food preservation classes. Ninety-nine users have filled out surveys. Eighty-nine percent said they planned to use the information and 77 percent intended to share it with others. More than 35 percent of users felt more confident about using a boiler water canner or a pressure canner.

4. Associated Knowledge Areas

KA Code	Knowledge Area
502	New and Improved Food Products
504	Home and Commercial Food Service

Outcome #7

1. Outcome Measures

Outcome Target 7: New varieties and new uses of animal and plant products will result in increased production of Alaska-based products. Outcome is number of products and publications.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	2

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

A greater interest by Alaskans in eating local foods and state programs that encourage school districts to purchase foods harvested in Alaska have led to increased interest in recipes using Alaska-grown foods that school districts can use and that students like. That has led to new markets for local producers.

What has been done

CES food research technician worked with Fairbanks school district's central kitchen and the Farm to School program to modify the district's recipe for hamburger buns and rolls to incorporate flour milled from Alaska-grown hulless barley, which was developed by AFES. CES and Farm to School also collaborated on other recipes for food service professionals, including locally grown microgreens and salmon burgers. CES also did pH testing of products developed by three food producers and developed seven nutrition labels requested by businesses.

Results

School districts' ability to use Alaska-grown foods in their breakfast and lunch programs have increased. The Fairbanks school district started making the rolls and buns last fall and expects to buy 2,000 to 2,500 pounds of barley flour milled from the hulless barley during the school year. The new market is expected to increase the producer's sales by \$1,200 to \$1,500. The addition of barley helped the school meet new federal school nutrition guidelines for whole grains and the students haven't noticed any change. The school district is considering the addition of microgreens in the salads it offers. The salmon burger recipe was made available to school districts. Nutrition labels brought producers into compliance with the FDA food-labeling guidelines.

4. Associated Knowledge Areas

KA Code	Knowledge Area
502	New and Improved Food Products
504	Home and Commercial Food Service

Outcome #8

1. Outcome Measures

Outcome Target 8: Increase youth and parents' understanding of healthy food choices. Counting contacts with youth and parents.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	5392

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Childhood obesity is a major concern in Alaska, as elsewhere. In 2008, one-third of students entering kindergarten or first grade in Anchorage were above a normal weight. A 2009 State of Alaska report says that 11 percent of Alaska high school students are obese. Helping parents and students learn about better nutrition and eating habits is essential to combatting obesity in youth and in adults.

What has been done

Family meals presentation emphasized the importance of eating healthy foods in a pleasant environment. Nutrition educators presented USDA-approved Show Me Nutrition in multipart programs in 30 classrooms in Palmer, Bethel, Fairbanks, Tok and Anchorage. Adults in those communities also received nutritional and food budgeting programs in several community venues. Agents provided nutrition information on the MyPlate method to elementary students and classes on cooking with whole grains.

Results

Nutrition educators with the Alaska Nutrition Education Program (SNAP-Ed) presented nutrition education programs that reached 2,514 youth and 2,765 adults. Feedback from agencies and participants has been very positive. Students in eight classrooms were given a pre- and post-tests on concepts related to MyPyramid and MyPlate. Seven out of eight classrooms surveyed showed an improvement in the percentage of students answering all five questions correctly in the post-test. Students in one classroom said that prior to the program, 29 percent had not eaten vegetables the day before and 47 percent had never read food labels. After the program, those totals dropped to 20 percent and 15 percent. Our data should be better next year because every educator began using the EFNEP pre/post surveys in October 2012 with adults and in January with youth.

4. Associated Knowledge Areas

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

Outcome #9

1. Outcome Measures

Outcome Target 9: Youth and families have a more positive attitude toward healthful foods and/or are willing to try new foods. Counting number of families.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	2771

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Aside from an increased likelihood of becoming overweight adults, children and adolescents who are overweight or obese are at increased risk for a variety of negative physical, social and emotional problems. According to one survey, 84 percent of Alaska high school students eat less than the recommended amounts of fruits and vegetables daily. Families have an important influence on making healthy food choices available and enticing to youth.

What has been done

Agent provided training on the importance of eating as a family and providing healthy food choices. Nutrition and hands-on food preparation classes offered training on making yogurt, and preparing and serving whole grains. Our Alaska Nutrition Education Program (SnapEd) teaches individuals who are eligible for food stamps how to eat healthy on a budget. Educators offer classes at the sites of partner agencies, extension offices, grocery stores and other locations that are convenient to the target audience.

Results

Individuals who participate in our hands-on food preparation classes practice the skills they are taught in the class. Participants who actually prepare foods learn how to prepare them again for their families. The Alaska Nutrition Education Program worked with adults on hands-on cooking skills on how to prepare nutritious meals on a lean budget. Again, we will have better data from nutrition educators in the FY13 report.

4. Associated Knowledge Areas

KA Code	Knowledge Area
504	Home and Commercial Food Service
703	Nutrition Education and Behavior
801	Individual and Family Resource Management

Outcome #10

1. Outcome Measures

Outcome Target 10: Increase knowledge, attitudes, skills and aspirations to increase physical activity habits. Counting number of youth.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	91

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Alaska Natives have higher rates of obesity and related diseases, as well as higher-than-average rates of substance abuse and suicide. Remote villages lack options for physical activities and healthful food options.

What has been done

Ninety-one Alaska Native youth in seven sites were engaged in physical activities and nutrition lessons provided or arranged by 10 mentors. Activities ranged from breakdancing, improv, martial arts, dog mushing, skijoring and classes on energy drinks, hydration and healthy snacks. As part of a multistate Children's Healthy Living Program grant, CES/AFES nutrition specialist and team designed research protocols, and conducted a pilot study measuring physical activity monitoring equipment with 2-5-year-old children, held community planning meetings and defined the larger research project. Community assessment toolkits and food and physical activity logs for parents were developed. A social marketing program is being developed to decrease consumption of sugar-sweetened beverages among children ages 2 to 8.

Results

Teachers and parents reported positive behavioral outcomes in the Native youth of the martial arts program, including improvement in listening, decreased disruptive behaviors and overall more positive social interactions with peers and adults. Evaluation of the programs through surveys has proved difficult because of cultural challenges. It has also been difficult to recruit community mentors to coordinate activities but work continues in that area. A volunteer martial arts instructor from California planned to return to a village to continue martial arts training in October 2012, along with two additional volunteers. The communities were supportive of activities involving their youth. Little outreach had been completed in the Children's Healthy Living Program

grant but obesity intervention programs are planned for 2013, so it is too early for results for the program, but the goal is to build environments that will promote active play and promote healthy foods to prevent young child obesity.

4. Associated Knowledge Areas

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

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

The Home, Health and Family Development Program staff in Alaska is small with six agents in district offices and a specialist at the state office. This translates into agents covering large geographic areas. The Tanana District in the Interior includes an area the size of the state of Montana with one agent on staff to cover the entire area and other districts are huge. Travel dollars are an issue because air travel is necessary for most agents to travel beyond their district office. Though agents have been successful in partnering with other governmental and private entities to make each travel dollar go farther, they are still unable to travel as often as requested.

Staff vacancies have been an issue. The position in Juneau was filled in FY13 after being vacant for 2.5 years. The energy specialist position was empty for part of FY12 but the former agent filled in while balancing another Extension job as sustainability coordinator. Staff vacancies have also been a factor in the Alaska Nutrition Education Program (formerly FSNE). We have had difficulties in replacing nutrition aides that were willing to work 20 hours a week at the pay rate. Even when we have been successful in rehiring, the time for recruiting and filling positions has left positions open in Alaska Nutrition Education Program (ANEP) and EFNEP and has pulled HHFD agents away from their normal duties to complete the process. We have been able to fill some of the positions this past year. In September of 2012, we had four of six ANEP nutrition aide positions filled.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

We have made strides this year to evaluate our programs better. An evaluation expert hired in August 2012 has been working with faculty and staff and helping them with resources to improve their evaluations. Agents have done a better job of doing pre- and post-tests and evaluations following classes. As new programs are created, evaluations for outcomes are planned with the program.

- Evaluations with a StrongWomen Healthy Hearts program were part of a research project so follow-up evaluations were built into the program. Over the 12-week course, participants in one community lost an average of 3 pounds, decreased their BMI by 1.5 points, increased their vegetable and fruit intake by two servings, decreased the amount of time they spent sitting and increased the minutes they spent moving. Half of the participants in another community decreased their systolic blood pressure by an average of 18 points. A survey is being developed to gauge the women's changes a year or more after the program ends.
- The Palmer agent has been surveying participants of her food preservation classes at the end, to see what they learned, and then follow-up surveys, six to nine months after they ended to see what they used. About one-third of those contacted answered the survey. Of those, 93 percent felt very confident or quite confident in their ability to preserve foods safely.
- A pop-up survey has yielded results for the online food preservation modules. The survey was created after staff brainstormed with an evaluation specialist. Respondents on the web module surveys reported that they found the modules very valuable (4 on a scale of 1 to 4). Ninety-one individuals have filled out online surveys for the modules, giving us an idea of how effective the modules are.

Key Items of Evaluation

Evaluation for outcomes is an ongoing challenge. Extension has an evaluation specialist who started work in the fall of 2012 and our agents are working with her to better evaluate their programs.