

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

**Program # 4**

**1. Name of the Planned Program**

Increasing Opportunities for Families & Youth

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
607	Consumer Economics	10%		0%	
723	Hazards to Human Health and Safety	10%		0%	
724	Healthy Lifestyle	10%		0%	
801	Individual and Family Resource Management	10%		0%	
802	Human Development and Family Well-Being	10%		0%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	10%		0%	
805	Community Institutions, Health, and Social Services	10%		0%	
806	Youth Development	30%		0%	
	<b>Total</b>	100%		0%	

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

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

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	185.3	0.0	3.6	0.0
Actual Paid Professional	132.2	0.0	0.0	0.0
Actual Volunteer	326.4	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
1480512	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1905405	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
13762792	0	0	0

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

### 1. Brief description of the Activity

The Division of Agriculture Extension educational programs and activities address family relationships, health and wellness, aging, family economics, safety and 4-H youth development in close collaboration with county, state and federal agencies and policy makers.

Within the Family and Consumer Sciences discipline, science-based research programs focused on content area addressing the following:

#### **Aging:**

The Division conducts research on how aging, caregiving, and use of health care services affect individuals and families. The population of older adults in the USA continues to increase. With 15% of Arkansas residents age 65+ (ranked 10th nationally up 12% since 2010) the health issues that accompany growing older--chronic disease, disability, and dependence--are of particular importance because they bring diminished quality of life and increase costs to the public. Division programs like Aging in Place, Acknowledging Aging, Walk Across Arkansas, the Arkansas AgrAbility project, Arthritis education, and Fit in 10 help older Arkansans extend productivity and independence into later life, which saves the state millions of dollars each year.

#### **Healthy Living:**

The Division delivers educational programs promoting safe and healthy families. People learn the health impact of environmental risks and behavioral risk, become more health literate and increase their understanding of practices that reduce chronic disease through the adoption of practical and lifelong health practices. Programs such as Strong Women/Strong Men, Be Medwise, Healthy Homes Healthy People, ATV Safety and Healthy Lifestyle Choices continue to address Arkansans health-related issues.

#### **Strengthening Families:**

Arkansas's approximately 17,000 divorces every year cost taxpayers an estimated \$30,000 each or \$500 million annually. The Division's marriage and relationship programs and research help Arkansas families face the challenges of economic stress and couple relationships.

Parenting in an increasingly complex society now includes single parenting, step-parenting and grandparents raising grandchildren. The Division's research and extension programs such as The Parenting Journey and Adventures in Grandparenting prepare adults for this vital and challenging role.

The need for quality care for Arkansas's children is greater than ever. To provide the best care

possible, Arkansas's child care professionals are required to get a minimum of 10 hours per year of verified training to maintain their licensure. The Division of Agriculture's Best Care, Best Care Connected, and Guiding Children Successfully programs provide Arkansas's child care professionals with the verified training they need. These programs are delivered through Extension's statewide network so they are readily available to Arkansans in all 75 counties.

### **Empowering Youth:**

The Division is uniquely positioned to teach and demonstrate scientific exploration and application to Arkansas youth. The Division's programming helps young people explore career choices through diverse education, extension and science-based programming. As one of the largest and oldest youth serving organizations in Arkansas, 4-H has a significant statewide impact; reaching youth ages 5-19. The 4-H program uses an experiential learning model to reach 133,000 youth. The Arkansas 4-H youth development program is research-driven and focuses on three statewide initiative areas: Healthy Lifestyles, 4-H Science and Citizenship/Leadership. The 4-H experience is pivotal in building a foundation of leadership and skill attainments that potentially yields success in accomplishing goals and career aspirations.

## **2. Brief description of the target audience**

- Adolescents and adults
- Adolescents and adults who expect to become parents
- Parents
- Grandparents
- Adult caregivers
- 4-H members
- 4-H youth participants
- 4-H volunteers
- 4-H parents
- Adults
- School teachers
- Married couples or couples considering marriage
- Child care providers
- Afterschool Care providers
- Military families
- Local, state, and community leaders
- Elected officials
- Consumers
- Organizations

## **3. How was eXtension used?**

eXtension was used during employee inservice training, as well in the implementation of the Family and Consumer Sciences and 4-H Youth Development programs outlined in this section. The site is referenced during training and modules developed by experts in the field are utilized as supplemental materials for program implementation. Educators are encouraged to utilize eXtension resources within their programs to expand their outreach efforts. Extension faculty members contribute to their respective teams and participate in the FAQ's. A booth with materials was used during trainings.

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

**1. Standard output measures**

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	181361	1952576	275576	129068

**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
<b>Actual</b>	20	2	0

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

**Output Target**

**Output #1**

**Output Measure**

- Number of organized 4-H Clubs

Year	Actual
2012	875

**Output #2**

**Output Measure**

- Number of non-duplicated participants in 4-H Youth Development Healthy Lifestyles programs  
Not reporting on this Output for this Annual Report

**Output #3**

**Output Measure**

- Number non-duplicated participants in 4-H science, technology, engineering and math programs

<b>Year</b>	<b>Actual</b>
2012	27660

**Output #4**

**Output Measure**

- Number of non-duplicated participants in 4-H Citizenship programs

<b>Year</b>	<b>Actual</b>
2012	9395

**Output #5**

**Output Measure**

- Number of federal grants and contracts submitted

<b>Year</b>	<b>Actual</b>
2012	3

**Output #6**

**Output Measure**

- Dollar amounts awarded in 1,000's of federal grants and contracts

<b>Year</b>	<b>Actual</b>
2012	366978

**Output #7**

**Output Measure**

- Number of non-federal grants and contracts submitted

<b>Year</b>	<b>Actual</b>
2012	97

**Output #8**

**Output Measure**

- Dollar amounts awarded in 1,000's of non-federal grants and contracts

<b>Year</b>	<b>Actual</b>
2012	2045834

**Output #9**

**Output Measure**

- Health & Aging - # of adults enrolled in physical activity programs

<b>Year</b>	<b>Actual</b>
2012	1047

**Output #10**

**Output Measure**

- Health & Aging - # of adults enrolled in the Strong Women program

<b>Year</b>	<b>Actual</b>
2012	978

**Output #11**

**Output Measure**

- Family Economics - # of participants in individual and family resource management programs

<b>Year</b>	<b>Actual</b>
2012	11895

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Number of 4-H participants who learned life skills
2	Number of participants who increased knowledge through child care professional programs
3	Number of participants who increased knowledge through leadership development programs
4	Number of participants who increased knowledge through parent education programs
5	Number of participants who increased knowledge through marriage and couple education programs
6	Number of participants who increased knowledge through personal development programs
7	Number of 4-H Journals completed
8	Number of volunteer hours contributed through the 4-H program by youth and adults
9	Number of participants (youth and adults) who reported conducting programs, community service projects, adopting new skills or accepting new leadership roles as a result of leadership development educational efforts
10	Estimated dollar value in thousands of 4-H volunteers
11	Estimated dollar value in thousands of EH volunteers
12	Family Economics - Number of participants who increase their knowledge of individual and family resource management
13	Health & Aging - # of individuals who increased physical activities as a result of completing an Extension program
14	Health & Aging - # of participants who adopted at least one positive health practice.
15	Health & Aging - # of participants reporting a reduction of at least one risk factor for chronic disease after an educational program
16	Health & Aging - # of Participants who indicated that they have gained new knowledge on universal design, assistive technology, services available, housing options or other issues related to aging in place.
17	Health & Aging - # of participants who practiced at least 1 technique learned in an extension health program

18	Health & Aging - # of adults enrolled in Strong Women program who completed assessment
19	Health & Aging - # of adults who increased upper body strength after completing the Strong Women program
20	Health & Aging - # of adults who increased lower body strength after completing the Strong Women program
21	Family Economics - Number of participants who adopted recommended financial management practices
22	Family Economics- Number of participants who increased savings or decreased debt
23	Number of youth reporting increasing learning life skills as a result of participating in leadership development and citizenship activities and programs.

**Outcome #1**

**1. Outcome Measures**

Number of 4-H participants who learned life skills

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

Year	Actual
2012	41577

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

**Issue (Who cares and Why)**

Serious ATV injuries affect more than 100,000 people yearly in the United States. Arkansas averages more than 15 ATV-related deaths per year and has one of the nation's highest rates of injury for those 16 and under. Close to 90% of ATV crashes in Arkansas occur with drivers under age 16 driving an adult sized ATV. According to the U.S. Consumer Product Safety Commission, the annual tally of accidents involving ATVs increased by nearly 180 percent between 1995 and 2004. The average cost of hospitalization for the victim of an ATV accident was \$21,304.

**What has been done**

Since June 2008 the Arkansas Cooperative Extension Service has been committed to the development and delivery of a statewide 4-H ATV Safety educational program. We currently have

18 University of Arkansas Cooperative Extension Service county staff and state faculty that are licensed instructors to deliver the ATV Safety Institute ATV RiderCourse in each of our three statewide Extension districts. In addition we are providing school and community based ATV safety educational programs to our clientele.

### **Results**

Due to the work of the Arkansas 4-H ATV Safety educational program, in the past 4 years over 34,000 individuals have been exposed to the 4-H ATV Safety message. This extraordinary effort has resulted in 918 youth and adults participating in the 4 hour ASI RiderCourse and becoming certified safe riders through the Arkansas 4-H ATV Safety Program. Potential economic impact from reduced medical costs can be estimated as high as \$19.5 million over this 4 year period. The greatest impact is often reflected through personal testimony. This story was shared with Boone County Staff Chair Nita Cooper by the father of a Boone County 4-H member: "We were walking through one of the buildings at the Arkansas State Fairgrounds the other day, and as we walked by the 4-H booth, Clay (his son) commented on the ATV promotional material. Clay pointed to the ATV information and said, 'That program saved my life!' Clay works for a Boone County cattle producer who, like many of our farms, has some very rugged land. He was working in the pasture on an ATV, and as he started up a hill the ATV began to tip over. Clay immediately shifted his weight to keep the ATV from rolling on top of him. Clay had attended an ATV rider course during the summer of 2011 in Harrison. He credited the ATV rider course for giving him the skills necessary to avoid a very serious or fatal injury."

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
723	Hazards to Human Health and Safety
806	Youth Development

### **Outcome #2**

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

Number of participants who increased knowledge through child care professional programs

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

- 1862 Extension

#### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

#### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	4583

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

### **Issue (Who cares and Why)**

The need for quality care for Arkansas's children is greater than ever. To provide the best care possible, Arkansas's child care professionals are required to get a minimum of 10 hours per year of verified training to maintain their licensure and 15 hours per year to participate in Better Beginnings - Arkansas's quality approved rating system.

### **What has been done**

In 2012, with a budget of \$343,979 in external funding, 4,677 child care professionals successfully completed 33,498 hours of training. Our Best Care (face-to-face) program trained 1,964 providers who completed 14,806 hours of training. Our Best Care Connected (online) program trained 1,359 providers who completed 6,795 hours of training. Our Guiding Children Successfully (self-guided) program trained 1,354 providers who completed 11,897 hours of training.

### **Results**

Research indicates that for every dollar spent on early childhood intervention programs, there is a \$2.50-7.00 ROI. That means the ROI within the state of AR for our child care training programs is between \$860,000-\$2.4 million dollars.

Participants had statistically significant increases in their levels of understanding of all lesson topics after participating in training.

98% increased knowledge of effective child care practices, 98% planned to do something new to be a better child care professional, & 93% made the change they planned on making as a result of their program participation.

## **4. Associated Knowledge Areas**

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

### **Outcome #3**

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

Number of participants who increased knowledge through leadership development programs

Not Reporting on this Outcome Measure

### **Outcome #4**

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

Number of participants who increased knowledge through parent education programs

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

- 1862 Extension

### 3a. Outcome Type:

Change in Knowledge Outcome Measure

### 3b. Quantitative Outcome

Year	Actual
2012	908

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

Most people today do not have time to go to a parenting class or marriage workshop. When they need answers they are likely to turn to the Internet. People are spending time checking emails and on social media outlets, such as Facebook and Twitter, more than ever before.

#### What has been done

The Navigating Life's Journey program is a way of reaching out to today's clientele where they learn and live. With email, blogs, Facebook, and Twitter, this program is delivered to a wide-reaching audience. The great research-based information is often shared with friends and used in newsletters and for local radio programs.

#### Results

This new way of reaching people provides a new kind of feedback. Not only do virtually all of the recipients report that the information is valuable, but 91% report that it has actually improved their relationships. While each weekly message constitutes a small "learning session," the constant contact reminds people of the messages and helps them apply them to their everyday lives. It is great that people are getting research-based principles rather than the usual web-based guesses. We think this may be the learning wave of the future!

### 4. Associated Knowledge Areas

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

### Outcome #5

#### 1. Outcome Measures

Number of participants who increased knowledge through marriage and couple education programs

#### 2. Associated Institution Types

- 1862 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	382

**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 #6**

**1. Outcome Measures**

Number of participants who increased knowledge through personal development programs

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	1307

**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**

Number of 4-H Journals completed

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	615

**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>
806	Youth Development

## **Outcome #8**

### **1. Outcome Measures**

Number of volunteer hours contributed through the 4-H program by youth and adults

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

- 1862 Extension

### **3a. Outcome Type:**

Change in Action Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	1013581

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

#### **Issue (Who cares and Why)**

4-H programs are delivered primarily through volunteers, ensuring thousands of young people have opportunity to participate. Volunteers are critical to program success. According to the National Framework for 4-H Volunteerism vision, "Quality volunteer systems connect young people with caring adults leading to positive outcomes for youth."

#### **What has been done**

Adult leaders, trained by Cooperative Extension Service Faculty in all 75 counties, use the "learn by doing" method to teach 4-H youth. Leadership, citizenship, and other skills learned guide 4-H'ers to success in adulthood. A survey of 102 county extension staff found a critical need for marketing materials targeting potential 4-H volunteers. These materials were developed and an in-service training focused on volunteer development was conducted, where county faculty were challenged to increase adult volunteers by 10%. More than 250 leaders were trained at District Forums.

#### **Results**

Expanded efforts to recruit and retain 4-H volunteers resulted in a 51% increase in volunteer leader enrollment over the previous year. Twenty-eight percent of Arkansas youth in grades K-12 are involved in 4-H programs and activities. Nearly 17,000 volunteers guided the 133,302 youth reached annually through Arkansas 4-H programs. On average, volunteers contributed 60 hours of service this year. Overall volunteer service value tops \$22 million.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
806	Youth Development

**Outcome #9**

**1. Outcome Measures**

Number of participants (youth and adults) who reported conducting programs, community service projects, adopting new skills or accepting new leadership roles as a result of leadership development educational efforts

Not Reporting on this Outcome Measure

**Outcome #10**

**1. Outcome Measures**

Estimated dollar value in thousands of 4-H volunteers

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	22085930

**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>
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

## **Outcome #11**

### **1. Outcome Measures**

Estimated dollar value in thousands of EH volunteers

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

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	13640407

### **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
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

## **Outcome #12**

### **1. Outcome Measures**

Family Economics - Number of participants who increase their knowledge of individual and family resource management

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

- 1862 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	5506

**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>
607	Consumer Economics
801	Individual and Family Resource Management
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

**Outcome #13**

**1. Outcome Measures**

Health & Aging - # of individuals who increased physical activities as a result of completing an Extension program

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	34040

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

The population of older adults in the USA continues to increase. With 15% of Arkansas residents age 65+ (ranked 10th nationally up 12% since 2010) the health issues that accompany growing older: chronic disease, disability, and dependence are of particular importance because they bring diminished quality of life and increase costs to the public.

#### What has been done

Exercise is an important part of reducing many of the health issues that accompany aging. To allow more opportunities for individuals to engage in exercise, especially in rural areas, Extension offered four different programs: Fit in 10, Strong Women & Men, Arthritis Exercise, and Walk Across Arkansas.

#### Results

Through the efforts of the Extension Service, 34,040 non-duplicated individuals participated in an Extension Exercise program. 100% of those individuals increased their physical activities as a result of participating in an Extension Program.

### 4. Associated Knowledge Areas

KA Code	Knowledge Area
723	Hazards to Human Health and Safety
724	Healthy Lifestyle
802	Human Development and Family Well-Being

### Outcome #14

#### 1. Outcome Measures

Health & Aging - # of participants who adopted at least one positive health practice.

#### 2. Associated Institution Types

- 1862 Extension

#### 3a. Outcome Type:

Change in Action Outcome Measure

#### 3b. Quantitative Outcome

Year	Actual
2012	1058

#### 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>
723	Hazards to Human Health and Safety
724	Healthy Lifestyle
802	Human Development and Family Well-Being

### Outcome #15

#### 1. Outcome Measures

Health & Aging - # of participants reporting a reduction of at least one risk factor for chronic disease after an educational program

#### 2. Associated Institution Types

- 1862 Extension

#### 3a. Outcome Type:

Change in Condition Outcome Measure

#### 3b. Quantitative Outcome

<b>Year</b>	<b>Actual</b>
2012	267

#### 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>
723	Hazards to Human Health and Safety
724	Healthy Lifestyle
802	Human Development and Family Well-Being

## **Outcome #16**

### **1. Outcome Measures**

Health & Aging - # of Participants who indicated that they have gained new knowledge on universal design, assistive technology, services available, housing options or other issues related to aging in place.

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

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	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>
723	Hazards to Human Health and Safety
724	Healthy Lifestyle
802	Human Development and Family Well-Being

## **Outcome #17**

### **1. Outcome Measures**

Health & Aging - # of participants who practiced at least 1 technique learned in an extension health program

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

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	340

**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>
723	Hazards to Human Health and Safety
724	Healthy Lifestyle
802	Human Development and Family Well-Being

**Outcome #18**

**1. Outcome Measures**

Health & Aging - # of adults enrolled in Strong Women program who completed assessment

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	496

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

#### What has been done

#### Results

### 4. Associated Knowledge Areas

KA Code	Knowledge Area
723	Hazards to Human Health and Safety
724	Healthy Lifestyle
802	Human Development and Family Well-Being

### Outcome #19

#### 1. Outcome Measures

Health & Aging - # of adults who increased upper body strength after completing the Strong Women program

#### 2. Associated Institution Types

- 1862 Extension

#### 3a. Outcome Type:

Change in Condition Outcome Measure

#### 3b. Quantitative Outcome

Year	Actual
2012	379

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

The most recent recommendations for physical activity advise adults to participate in at least 150 minutes of moderate-intensity cardiovascular exercise each week, plus at least two days of strength-training for all major muscle groups. Despite compelling evidence of the benefits of strength training for older adults, only 13% of older adults report regular strengthening activities.

#### What has been done

One approach implemented to increase strength training among older adults in Arkansas is the StrongWomen Program, conducted by the University of Arkansas Cooperative Extension Service. StrongWomen is an evidence-based strength training program for mid-life and older women and is conducted in communities across the state.

### Results

Nearly 500 (496) of the women who participated in the StrongWomen program completed both a pre- and post-physical assessment test. Of those individuals, 76% increased upper body strength.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
723	Hazards to Human Health and Safety
724	Healthy Lifestyle
802	Human Development and Family Well-Being

#### Outcome #20

##### 1. Outcome Measures

Health & Aging - # of adults who increased lower body strength after completing the Strong Women program

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Condition Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2012	362

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

###### Issue (Who cares and Why)

Physical activity is important for adults of all ages, but it is particularly important for older adults. Despite evidence on the positive health effects of regular physical activity, older adults are the least active group of Americans. For the frail elderly, exercise programs that build muscle are particularly important to improving overall health status.

###### What has been done

One of the reasons that many senior adults fall is a lack of lower body muscle strength. Through the Strong Women & Men program offered by the Cooperative Extension Service, strength training programs using free weights and leg weights are offered throughout the state in group settings.

###### Results

55 counties offered the Strong Women & Men program in FY 2012. 363 of the 496 (73%)

individuals who completed a pre- and post- physical assessment increased lower body strength. With the average hospital cost for a fall injury being \$17,500, that is an estimated \$1,397,550 hospital cost reduction due to the Extension Program. We can assume the results as similar for the nearly 500 people who participated in the program who did not have a completed pre- and post-test, which would double the cost savings from fall reduction.

#### 4. Associated Knowledge Areas

<b>KA Code</b>	<b>Knowledge Area</b>
723	Hazards to Human Health and Safety
724	Healthy Lifestyle
802	Human Development and Family Well-Being

#### Outcome #21

##### 1. Outcome Measures

Family Economics - Number of participants who adopted recommended financial management practices

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Action Outcome Measure

##### 3b. Quantitative Outcome

<b>Year</b>	<b>Actual</b>
2012	1819

##### 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 #22**

**1. Outcome Measures**

Family Economics- Number of participants who increased savings or decreased debt

**2. Associated Institution Types**

- 1862 Extension

**3a. Outcome Type:**

Change in Condition Outcome Measure

**3b. Quantitative Outcome**

Year	Actual
2012	433

**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 #23**

**1. Outcome Measures**

Number of youth reporting increasing learning life skills as a result of participating in leadership development and citizenship activities and programs.

**2. Associated Institution Types**

- 1862 Extension

### 3a. Outcome Type:

Change in Knowledge Outcome Measure

### 3b. Quantitative Outcome

Year	Actual
2012	0

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

The lack of leadership and citizenship skills is showing up throughout all aspects of society. Employers are unable to find qualified workers to fill key leadership positions in their companies. Also, there is a general apathy toward community involvement which has resulted in a lack of active participation in all levels of government and community engagement.

#### What has been done

Arkansas 4-H has been delivering citizenship and leadership training for many years. Each year 2 capstone type educational programs are conducted on the state level. Teen Leader Conference has been conducted annually for 34 years. 180 plus teens gather to learn leadership skills they can use in their county 4-H programs. Arkansas 4-H'ers participated in the Citizenship Washington Focus program in Washington, D.C. for immersion in learning about the federal government and how local engagement creates and appreciation and awareness of the world. In 2012 four Arkansas 4-H'ers participated in an excellent leadership/citizenship program tagged "National 4-H Conference" which was held in Washington, DC.

A new multi-session Citizenship curriculum was introduced in 2012 for integration into the county outreach efforts. Community Engagement, citizenship and youth adult partnerships empowered young people to become well-informed and involved citizens within their communities. On October 6, 2012, 1700 members of 4-H, 500 adult volunteers and 900 other youth convened for a "One Day of Service" event. This was a statewide activity to reinforce lessons on citizenship, service learning and community engagement.

#### Results

In the past 3 years alone over 675 individuals have been exposed to leadership/citizenship training through statewide programmatic efforts. Participants have sharpened their leadership and citizenship skills by participating in experiential learning programs. In 2012, over 12,500 volunteer hours and \$272,375.00 in volunteer time was realized by engaging youth and adults in activities focused on helping their neighbors and communities. Local 4-H clubs reached 103,000 people through such efforts as: collecting 15,000 pounds of food; making 2,400 care packages with a total value of \$50,000; cleaning 10,000 pounds of trash from 1200 miles of roadway; teaching 1,600 people through educational events and raising \$8,600.00 in monetary support.

### 4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

## V(H). Planned Program (External Factors)

### External factors which affected outcomes

- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)
- Other (Fuel prices & loss of personnel)

### Brief Explanation

Clientele availability is a constant factor affecting programs in the Increasing Opportunities for Families and Youth area. We are competing against other priorities for our target audience's time, which has led the Marriage, Parenting and Family Life area to shift the direction of its educational programming. Yet, the economy has actually positively affected our Family Economics area in that more families are finding it important to learn how to budget, save, etc.

## V(I). Planned Program (Evaluation Studies)

### Evaluation Results

#### **Child Care Provider Education:**

Participants had statistically significant increases ( $p < .001$ ) in their levels of understanding of all lesson topics after participating in the training.

98% indicated their knowledge of effective child care practices increased, 98% planned to do something new to be a better child care professional, and 93% actually made the change they planned on making at one month follow-up as a result of their program participation.

#### **Navigating Life's Journey:**

A random sample of email subscribers were chosen to provide feedback. Of those who responded, 99% say that the emails are valuable and 91% say that their lives and relationships are better as a result of the messages. Here is what some subscribers are saying about the impact of the NLJ emails:

"Reading the emails from NLJ helps remind me of what is important in life and helps me make course corrections in my behavior to better my relationships. It is easy to get caught up in life and forget to work on the most important relationships we have."

Daily things get overwhelming and there's so much to remember to do to be better. I find these short, sweet and to the point messages really helpful and easier to remember than other "self-improvement" suggestions. The truth is I don't have time to read lengthy things from emails! These are just right and oh so applicable! I forward my emails to a few loved ones who also appreciate their value."

#### **Marriage and Couple Relationships:**

In 2012, 1,072 people participated in our Marriage and couple relationship program.

Among those who were surveyed, 382 participants indicated their knowledge of healthy marriage and couple relationships had increased, 321 participants intended to change at least one marriage/couple relationship strengthening behavior or practice, and 234 participants actually changed a marriage/couple relationship strengthening behavior or practice.

**Strong Women/Men:**

Data indicate the program had 28,053 participants in FY12. Of the 496 participants with pre- and post-data from the Senior Fitness Test:

73% increased lower body strength; 76% increased upper body strength; 64% increased aerobic endurance; 75% increased lower body flexibility; 73% increased upper body flexibility.

**Arthritis Education**

1,411 participants-100% increased knowledge; 87% adopted a new practice; 4% reported improved health

**Personal Finance:**

More than 5,000 individuals indicated that they increased their knowledge of personal financial management. Nearly 1,300 program participants reported making at least one positive change in their money management practices.

**4-H Science**

ACTAP test scores for the 5th graders at the Sheridan Intermediate School has raised 13 percentage points to 67% proficient or advanced in science from 2011 school year to 2012 school year.

## **Key Items of Evaluation**

**Child Care Provider Education:**

Studies suggest savings up to \$7.00 for every dollar invested. That means the return on investment within the state of Arkansas for our child care training programs is between \$860,000 - \$2.4 million dollars .....mm..

**Walk Across Arkansas:**

2,986 participants

3,407,314 minutes walked

\$974,444 healthcare dollars saved due to the program

27% of the participants were not exercising at all until they started this program

20% of the participants increased their normal amount of exercise due to the program

82% of the participants reported the reached their exercise goals

