

V(A). Planned Program (Summary)

Program # 23

1. Name of the Planned Program

Strengthening Families & Communities (Extension)

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	5%		0%	
703	Nutrition Education and Behavior	30%		0%	
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	5%		0%	
723	Hazards to Human Health and Safety	5%		0%	
724	Healthy Lifestyle	25%		0%	
801	Individual and Family Resource Management	20%		0%	
802	Human Development and Family Well-Being	10%		0%	
	Total	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	20.0	0.0	0.0	0.0
Actual Paid Professional	23.1	0.0	0.0	0.0
Actual Volunteer	10.0	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
1338146	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1338146	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Conduct formal and informal needs assessments
- Develop programming materials and curricula
- Conduct meetings, workshops and educational sessions
- Conduct program evaluation and applied research
- Form and sustain community partnerships
- Train volunteers, paraprofessionals, and other community agency / organization professionals

2. Brief description of the target audience

Strengthening Families and Communities programming is tailored to meet the needs of the intended audiences educated. School programming is age-appropriate, whereas programs at Senior Centers are targeted to individuals living alone or with one other person in terms of food preparation. The end result is a program that has the potential to encompass all residents. Below is a listing of the specific groups we intend to reach with targeted awareness, educational and skills-development programming:

- Parents of children ages birth to 18, including, but not limited to: teen, step, adoptive, foster, single, divorcing, incarcerated, fathers who may not have yet established paternity, and grandparents
- Adults in, or thinking about entering, intimate relationships
- Young adults
- Older adults and those who care for them
- Baby boomers, especially women
- Limited resource families, including mothers with young children and food stamp recipients
- New employees
- Bankruptcy filers
- Debt burdened individuals and couples
- First time homebuyers
- Individuals with diabetes and their caregivers/family support members
- Food establishment managers and food service employees
- Volunteer food preparers
- Child care providers
- Teachers
- Social service professionals
- General consumers (other formal or informal education)

3. How was eXtension used?

eXtension was used as a source for participant hand-out materials and a reference source that participants are encouraged to consult. As part of the 'Dining With Diabetes' signature program, participants were encouraged to use eXtension as an additional resource, particularly the Families, Food & Fitness Community of Practice. As part of the 'New Start for Financial Success' program, participants were encouraged to use eXtension as a source of free, additional on-line learning content, particularly the Personal Finance area.

V(E). Planned Program (Outputs)

1. Standard output measures

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	77129	160000	25778	42500

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	2	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Educational sessions held with two or more participants

Year	Actual
2012	4771

Output #2

Output Measure

- number of volunteer hours given

Year	Actual
2012	2084

Output #3

Output Measure

- number of Dining with Diabetes classes taught

Year	Actual
2012	130

Output #4

Output Measure

- number of volunteers participating in the planning and implementation of this event (DWD)

Year	Actual
2012	85

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	# of participants who increased knowledge on topic presented as a result of the education program/session(s)
2	# of participants who plan to adopt one or more recommended practices as a result of the education program/session(s)
3	# of participants who actually adopt one or more recommended practices as a result of this education program/session(s)
4	number of participants whose knowledge of diabetes management has increased (DWD)
5	number of participants who are able to count carbohydrates (DWD)
6	number of participants who are eating smaller portion sizes (DWD)
7	number of participants who have lowered blood sugar levels (DWD)

Outcome #1

1. Outcome Measures

of participants who increased knowledge on topic presented as a result of the education program/session(s)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	12041

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Individuals and families face a wide range of challenges in their daily lives. As determined through the use of statewide clientele surveys and focus groups, three key issues for residents of Ohio and the nation are economic stability, healthy lifestyles, and educational success. The nature of these complex key issues requires programming that is holistic and increasingly multidisciplinary. Improved knowledge is a key factor in bringing about behavior change.

What has been done

Ohio's team of FCS professionals delivered high quality, research-based educational programs focused on building Healthy People, Healthy Finances, and Healthy Relationships throughout the state. Using the full range of program delivery modalities (e.g., face-to-face, one-on-one, webinar, social media campaigns, websites, media, demonstrations, workshops, etc.), we taught people the knowledge and skills they need to keep healthy through good nutrition and food safety, to use their money wisely, and to balance the demands of life and work.

Results

The following results are from OSU Extension's "Successful Co-Parenting After Divorce" program (court-mandated attendance in many counties before the magistrate will grant a divorce/separation when minor children are involved). All results pertain to the number of respondents that indicated "Agreed" or "Strongly Agreed" on a 5 point scale. 91.7% of participants stated that they learned new information from this program. 94.7% intend to use the information they learned. 88.4% feel more prepared to co-parent as a result of attending, and 92.1% felt the program was helpful. Statistical analysis of the 11 learning outcomes provided very strong evidence that participants gained new knowledge and awareness in all topic areas. Participants reported knowing more about the topics as a result of attending the presentation than they did beforehand.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

of participants who plan to adopt one or more recommended practices as a result of the education program/session(s)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	10208

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Individuals and families face a wide range of challenges in their daily lives. As determined through the use of statewide clientele surveys and focus groups, three key issues for residents of Ohio and the nation are economic stability, healthy lifestyles, and educational success. The nature of these complex key issues requires programming that is holistic and increasingly multidisciplinary. Intentions are the strongest predictors of behavior change, planning to adopt is a measure of intention.

What has been done

OSU Extension Family & Consumer Sciences provided a wide range of programs aimed at supporting and improving life across the full-range of Ohio's rural and urban communities. We helped Ohioans address issues from building stronger families, improving nutrition and food safety, enhancing health and wellness, and managing family budgets and financial resources.

Results

The following are results from one county's "Matter of Balance" fall prevention for the elderly program: 100% were 'somewhat' to 'very sure' that they could find a way to get up after falling; 100% were 'somewhat' to 'very sure' that they can find a way to reduce falls; 100% were 'somewhat' to 'very sure' that they can protect themselves if they fall; 100% were 'somewhat' to 'very sure' that they can increase physical strength; 100% 'somewhat' to 'very sure' that they can become more steady on their feet. The following results are from a parent education program (Early Childhood Step) conducted with Head Start Parents: All (100%) of the parenting session participants agreed that they plan to use the information presented. One participant wrote, "I learned how to better communicate on my child's level, understanding that we're the same and have the same needs."

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

of participants who actually adopt one or more recommended practices as a result of this education program/session(s)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	4974

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Participants will apply practical information to their daily lives in order to make informed choices about family financial management, healthy lifestyles, nutrition, and family relationships resulting in reduced health care expenditures, financial security at all life stages, improved quality of life, and more resilient families and communities. Adopting new behavior(s) is one of the ultimate goals of Extension programming to achieve positive impacts in individuals, communities, and society.

What has been done

OSU Extension Family & Consumer Sciences (FCS) taught people how to apply research in their daily lives so they could make informed choices about everything from finances to healthy living to food safety. Our faculty and staff delivered relevant and engaging programs focused on meeting the local needs of the clientele in the communities we serve. Our program participants have internalized educational objectives and implemented new/improved practices in their daily lives.

Results

One example from a financial management program - A couple who participated in one county's Master Money Mentor (MMM) Program (FCS Extension professionals train community volunteers to serve as financial coaches) reported that as a result of MMM participation: "We're much more mindful of our spending than we ever have been. We went back to keeping all receipts and using a check register instead of relying only on online banking. It helps us prioritize better and not rely on credit as much as we did. So far we've reduced our debt by about \$800, but we're on our way. We've even started to save regularly again, at least \$100 per month." The MMM Volunteer who worked with this couple also shared: "At our first meeting they were considering selling their house. At our last meeting both were talking about saving, investing and retirement planning. I fully expect them to get their debts settled very quickly now!"

4. Associated Knowledge Areas

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

Outcome #4

1. Outcome Measures

number of participants whose knowledge of diabetes management has increased (DWD)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	3663

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Nearly 1 in 10 Ohioans has been diagnosed with diabetes which, if not managed properly, can increase the risk for serious health problems, from heart disease to eye and foot complications. Diabetes costs Ohio \$5.9 billion annually in medical expenses, lost work, and early death.

What has been done

OSU Extension Family & Consumer Sciences county educators deliver the Dining with Diabetes signature program to teach clientele ways to manage diabetes through menu-planning, carbohydrate-counting, portion control, label-reading, and healthy recipe taste-testing.

Results

64% of 'Dining with Diabetes' participants indicated their knowledge of diabetes management increased.

4. Associated Knowledge Areas

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

Outcome #5

1. Outcome Measures

number of participants who are able to count carbohydrates (DWD)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	2164

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Foods that contain carbohydrates raise blood glucose levels. Because diabetes negatively impacts the body's ability to produce and/or use insulin, those with diabetes must be aware of the amount of carbohydrates in the foods they choose to consume.

What has been done

Dining with Diabetes participants are taught how to count carbohydrates as a meal planning technique so they can better manage their blood glucose levels and keep them in their target range.

Results

38% of 'Dining with Diabetes' participants knew the correct answers to at least 4 of the 5 carbohydrate serving questions at the end of the 3-lesson course series.

4. Associated Knowledge Areas

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

Outcome #6

1. Outcome Measures

number of participants who are eating smaller portion sizes (DWD)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	2840

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Diabetics who are overweight or obese have increased risks for a negative sequelae of co-morbid conditions and resultant complications. Eating smaller portion sizes is effective at not only helping to reduce excess adipose tissue, but also helps to better control blood glucose levels. Americans have greatly distorted perceptions of what a serving size is, and amounts that are needed to meet recommended daily intakes.

What has been done

'Dining with Diabetes' participants are taught portion sizes and strategies to better control portion size.

Results

49% of 'Dining with Diabetes' participants indicated that after 3 classes they are eating smaller portions.

4. Associated Knowledge Areas

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

Outcome #7

1. Outcome Measures

number of participants who have lowered blood sugar levels (DWD)

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2012	1871

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

High blood glucose causes nerve damage, kidney and eye problems, heart disease and stroke.

What has been done

'Dining with Diabetes' participants are taught ways to manage diabetes through menu-planning, carbohydrate-counting, portion control, label-reading, healthy recipe taste-testing, and increased physical activity.

Results

33% of 'Dining with Diabetes' participants indicated that after 3 classes they had lowered their blood glucose levels.

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

- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

The following are planned evaluation methods for programming in 'Strengthening Families and Communities':

- After only
- Retrospective
- Before-After
- During
- Case studies

Of those attending Extension educational sessions aimed at strengthening families and communities: 64% reported gaining knowledge; 54% reported intentions to adopt one or more recommended practices; and 26% reported they actually adopted one or more

recommended practices.

Within the larger planned program of 'Strengthening Families and Communities,' there are several other Extension programs that have evaluation results of note.

The OSU Extension program, 'Dining with Diabetes' recorded the following evaluation results for 2012 programming efforts. 38% of participants knew the correct answers to at least 4 of the 5 carbohydrate serving questions at the end of the 3-lesson course series. 64% indicated improved knowledge of diabetes management. 49% reported eating smaller portions, and 33% reported lowering their blood glucose levels.

The OSU Extension program, 'Real Money, Real World' recorded the following evaluation results for 2012 programming efforts. Data showed that the program made a dramatic difference in raising youths' awareness about the costs to maintain a household, as well as an awareness of the interrelationships of education, job, and money. Youth indicated having an increased understanding of the importance of financial issues and a better understanding of what is involved in earning, spending, and managing money. Results also showed the curriculum was successful in providing motivation for intent to change behaviors.

Key Items of Evaluation

Of those attending Extension educational sessions aimed at strengthening families and communities: 64% reported gaining knowledge; 54% reported intentions to adopt one or more recommended practices; and 26% reported they actually adopted one or more recommended practices.

For those specifically attending 'Dining with Diabetes' programming: 64% of participants indicated improved knowledge of diabetes management. 49% reported eating smaller portions and 33% reported lowering their blood glucose levels.

For those that specifically attended 'Real Money Real World' programming: participants in the program have increased their awareness in all aspects of financial decision making when making life long decisions such as home ownership, children and spending for essential and non-essential items. Students are determined to delay having children until they are more financially ready. Participants see the direct correlation between doing well in school, going to college or post secondary and getting a better job leading them to determine to stay in school longer.