

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

**Program # 10**

**1. Name of the Planned Program**

Family and Consumer Sciences

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 |
|---------|---|-----------------|-----------------|----------------|----------------|
| 701     | Nutrient Composition of Food  | 0%              |                 | 1%             |                |
| 703     | Nutrition Education and Behavior  | 20%             |                 | 7%             |                |
| 711     | Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources  | 5%              |                 | 1%             |                |
| 712     | Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins | 5%              |                 | 43%            |                |
| 723     | Hazards to Human Health and Safety  | 0%              |                 | 1%             |                |
| 724     | Healthy Lifestyle   | 25%             |                 | 0%             |                |
| 801     | Individual and Family Resource Management   | 15%             |                 | 0%             |                |
| 802     | Human Development and Family Well-Being   | 30%             |                 | 33%            |                |
| 803     | Sociological and Technological Change Affecting Individuals, Families, and Communities                  | 0%              |                 | 14%            |                |
|         | <b>Total</b>  | 100%            |                 | 100%           |                |

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

1. Actual amount of FTE/SYs expended this Program

| Year: 2013               | Extension |      | Research |      |
|--------------------------|-----------|------|----------|------|
|                          | 1862      | 1890 | 1862     | 1890 |
| Plan                     | 37.9      | 0.0  | 4.0      | 0.0  |
| Actual Paid Professional | 43.7      | 0.0  | 5.7      | 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    |
| 1119728             | 0              | 94721          | 0              |
| 1862 Matching       | 1890 Matching  | 1862 Matching  | 1890 Matching  |
| 1119728             | 0              | 342188         | 0              |
| 1862 All Other      | 1890 All Other | 1862 All Other | 1890 All Other |
| 1522827             | 0              | 1524954        | 0              |

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

#### 1. Brief description of the Activity

Considering the breadth of this program, Extension and research will focus on numerous areas:  
 healthy lifestyles education  
 proper food handling  
 family resource management  
 preparing a competent early child care workforce and  
 human development

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

The audience for this program includes all Mississippians. Aspects of this program will target specific professionals or employees, such as food handlers (food safety) and early care/education providers (MSCCR&R). Other activities in this program--such as those focused on childhood obesity and human health and nutrition--will have a broader focus.

#### 3. How was eXtension used?

The resources provided through eXtension were used to supplement and enhance our public learning experiences provided by MSU Extension agents and specialists. eXtension was also used as a resource in state-based planning processes. Overall, 233 MSU employees are eXtension users, with 12 new registrations during this reporting period. Further, MSU Extension has 77 employees that serve on one or more of the 78 Communities of Practice (COPs); MSU Extension employees are members of 45 COPs. 13 MSU Extension employees serve as a leader for a COP, leading 9 COPs. 1 MSU Extension employee is a member of the Community Nutrition Education COP. 2 MSU Extension personnel are members of the Community, Local, and Regional Food Systems COP. 1 MSU Extension employee is a member and leader of the Creating Healthy Communities COP. 1 MSU Extension employee is a member of the Diabetes COP. 1 MSU Extension employee is a member of the eXtension Alliance for Better Child Care COP. 1 MSU Extension employee is a member of the Families and Child Well-Being Learning Network COP. 15 MSU Extension personnel are members of the Families, Food, and Fitness COP with 4 being leaders. 2 MSU Extension personnel are members of the Family Caregiving COP. 4 MSU Extension personnel are members of the Financial Security for All COP with 1 being a leader. 4 MSU Extension personnel are members of the Food Safety COP. 1 MSU Extension employee is a member of the Healthy Food Choices in Schools COP. 4 MSU Extension personnel are members of the Just In Time Parenting COP. 1 MSU Extension employee is a member of the Women in Ag Learning Network COP.

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

**1. Standard output measures**

| 2013          | Direct Contacts Adults | Indirect Contacts Adults | Direct Contacts Youth | Indirect Contacts Youth |
|---------------|------------------------|--------------------------|-----------------------|-------------------------|
| <b>Actual</b> | 206763                 | 333896                   | 310144                | 500843                  |

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

**Patent Applications Submitted**

Year: 2013  
 Actual: 0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

| 2013          | Extension | Research | Total |
|---------------|-----------|----------|-------|
| <b>Actual</b> | 25        | 46       | 0     |

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

**Output Target**

**Output #1**

**Output Measure**

- Number of clientele attending workshops, seminars, and short courses.

| Year | Actual |
|------|--------|
| 2013 | 50708  |

**Output #2**

**Output Measure**

- Number of people attending certification courses.

| Year | Actual |
|------|--------|
| 2013 | 983    |

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

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

| O. No. | OUTCOME NAME  |
|--------|---|
| 1      | Number of clientele reporting changes in lifestyle to improve health.   |
| 2      | Number of clientele reporting decreases in at least one indicator (blood pressure, blood cholesterol, body mass index).   |
| 3      | Number of foodservice professionals achieving required certification in food handling techniques.   |
| 4      | Number of clientele who learn how to use nutritional guidelines to make food decisions.   |
| 5      | Number of clientele who adopt practices to fit their diets with dietary guidelines  |
| 6      | Number of clientele reporting improved health and/or well-being due to changes in diet.   |
| 7      | Number of clientele reporting a positive change in at least one behavior related to obesity (increased physical activity, decrease in caloric intake, increase in fruits and vegetables in diet). |
| 8      | Number of clientele adopting new practices related to financial management  |
| 9      | Number of clientele reducing debt.  |
| 10     | Number of clientele increasing wealth.  |
| 11     | Number of families adopting recommended family strategies and behaviors.  |
| 12     | Number of families reporting improved strengthened family life.   |
| 13     | Number of childcare providers maintaining certification requirements.   |
| 14     | Number of care providers increasing the quality of care provided.   |
| 15     | Number of clientele increasing knowledge in child care and development content areas as measured by pre/post assessments.   |

## **Outcome #1**

### **1. Outcome Measures**

Number of clientele reporting changes in lifestyle to improve health.

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

- 1862 Extension
- 1862 Research

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

Change in Action Outcome Measure

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

| <b>Year</b> | <b>Actual</b> |
|-------------|---------------|
| 2013        | 1405          |

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

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

More people in Mississippi develop serious health problems than anywhere else in the nation. The most effective strategies to deal with the issues of chronic disease and poor health habits include early healthy life skills building, increased utilization of preventive medical care, early detection and treatment of disease, and community access to comprehensive health care.

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

MSU Extension collaborated with health professionals, health-promoting coalitions, and community agencies to plan and implement programs to educate citizens about the health benefits of making healthy lifestyle choices. MSU Extension participated in 12 health fairs/screenings at corporate and school health fairs, provided a Body Walk Exhibit for 4th graders in Lamar County, worked to assess needs of the senior adult community in Marion County, conducted the 12-week Seniors Living Well program, and provided 5 other community programs concerning healthy life skills.

#### **Results**

Participants showed increased understanding of the benefits of healthy living. 239 students indicated they learned information they did not know about calories, exercise, and healthy choices from sessions. Partnerships were increased with other community health professionals, and evaluations completed by teachers indicated the students learned beneficial health information that would help them make healthier choices. Senior citizens formed an action group that was instrumental in getting \$8000 worth of exercise equipment for Lampton Community. 30-40 senior adults that did not have a safe place to exercise have participated in physical activity regularly. 80% of senior citizens participating in the Senior Living Well program indicated they learned beneficial health information and safety tips for a safer environment.

#### 4. Associated Knowledge Areas

| KA Code | Knowledge Area                     |
|---------|------------------------------------|
| 723     | Hazards to Human Health and Safety |
| 724     | Healthy Lifestyle                  |

#### Outcome #2

##### 1. Outcome Measures

Number of clientele reporting decreases in at least one indicator (blood pressure, blood cholesterol, body mass index).

Not Reporting on this Outcome Measure

#### Outcome #3

##### 1. Outcome Measures

Number of foodservice professionals achieving required certification in food handling techniques.

##### 2. Associated Institution Types

- 1862 Extension
- 1862 Research

##### 3a. Outcome Type:

Change in Knowledge Outcome Measure

##### 3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2013 | 427    |

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

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

Under the MS Food Code, anyone serving food for pay is required to have a permit to operate their facility. Facilities are required to show documentation of food safety knowledge. This requirement applies to commercial, institutional, catering, and other foodservice establishments. The required training leads to cleaner and safer facilities with employees who have a better understanding of how food becomes unsafe and what groups are at an increased risk for foodborne illnesses. Cleaner and safer facilities lead to contaminated food.

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

MSU Extension in partnership with the MS Hospitality and Restaurant Association and the MS State Department of Health, provides the primary food safety management certification course

used in MS. The ServSafe program is an 8-16-hour, face-to-face training with a national certification offered by the National Restaurant Association Educational Foundation. Certification requires a score of 75 on a secure, proctored exam. Recertification is required every five years. MSU Extension employees provides a managerial course to personnel in a variety of foodservice operations.

### Results

From October 2012 to September 30, 2013, 46 classes were taught by ten ServSafe certified MSU Extension instructors. A total of 504 participants completed the ServSafe Certification training. Passage rate for all attendees taking the certification exam was 84.7%. ServSafe certification courses were offered at ten primary locations throughout the state of MS during the program year. MSU Extension instructors have been praised for their dedication and professionalism regarding the curriculum and training by many of the participants. The MSU Extension ServSafe program continues to be recommended by the Mississippi State Department of Health to businesses and individuals seeking certification in MS.

## 4. Associated Knowledge Areas

| KA Code | Knowledge Area  |
|---------|---|
| 711     | Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources  |
| 712     | Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins |

### Outcome #4

#### 1. Outcome Measures

Number of clientele who learn how to use nutritional guidelines to make food decisions.

#### 2. Associated Institution Types

- 1862 Extension
- 1862 Research

#### 3a. Outcome Type:

Change in Knowledge Outcome Measure

#### 3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2013 | 7030   |

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

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

MS youth experience similar poor health behaviors as MS adults, which for the first time ever may result in a generation of children with shorter life expectancies than their parents (HBO Weight of

the Nation, 2012). At least 79% of MS high school students do not consume adequate amounts of fruits, vegetables, or milk. Many students do not meet daily physical activity recommendations and spend 3 or more hours a day watching television/using computers. These behaviors contribute to 21.9% of MS youth being obese (Trust for America's Health, 2012).

**What has been done**

In cooperation with the Mississippi Department of Human Services and the United States Department of Agriculture, MSU Extension provides the MS Body Walk, an interactive tour of the human body that educates youth grades K-5th about how to keep their bodies healthy. Curricula used in the MS Body Walk focuses on ways to keep your brain, mouth, stomach, muscles, bones, lungs, and nervous system healthy like by brushing your teeth, eating according to MyPlate, and avoiding cigarettes.

**Results**

In FY13, the MS Body Walk visited 22 counties allowing just over 12,000 students to experience the interactive human body. When comparing knowledge, behavior, and skills of students in K-2nd who received nutrition education and the Body Walk with students in K-2nd who only received nutrition education, the Body Walk showed to increase positive change. Students experiencing the Body Walk showed increased improvements in recognition of healthy snacks, vegetables, fruits, grains, dairy, and proteins.

**4. Associated Knowledge Areas**

| <b>KA Code</b> | <b>Knowledge Area</b>            |
|----------------|----------------------------------|
| 703            | Nutrition Education and Behavior |

**Outcome #5**

**1. Outcome Measures**

Number of clientele who adopt practices to fit their diets with dietary guidelines

**2. Associated Institution Types**

- 1862 Extension
- 1862 Research

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

| <b>Year</b> | <b>Actual</b> |
|-------------|---------------|
| 2013        | 5624          |

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

**Issue (Who cares and Why)**

---

Behavioral Risk Factor Surveillance System (2007) results show, among Mississippians with incomes below \$15,000/yr, 87.5% reported consuming less than five fruits and vegetables a day, and 46.8% reported not being physically active in the past month. MS rates are among the highest in prevalence of diet-related diseases. Cardiovascular disease, cancer, diabetes, and overweight/obesity are leading chronic diseases. These chronic diseases are particularly concerning due to MS's elevated poverty rate in comparison to the U.S.

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

Paraprofessionals work in approximately 26 counties with poverty rates at or above the state average. Nutrition education concentrates on diet quality/physical activity, food safety, shopping behavior/food resource management, and food security. Children have been selected as a target audience for programs that will assist development healthy lifestyle behaviors before chronic disease begins. Programming with adult audiences promotes dietary changes in the home environment. This synergistic approach supports healthy changes across the board.

#### **Results**

During FY13, EFNEP worked with 708 individuals, graduating 539, and indirectly reaching 1,914 family members. An increase of 45% of graduates reported eating 3 or more cups of fruits and vegetables combined. An increase of 31% reported not allowing meat and dairy foods to sit out more than 2 hours. 47% reported a positive change in their physical activity level. EFNEP also worked with 23,408 youth. 39% of 3rd-5th graders reported improvement in asking to have vegetables within reach; 30% of 6th-8th graders reported improvement in choosing a low-fat food item; and 57% of K-2nd graders reported improvement in washing hands. Improvements in diet quality, food safety, and physical activity levels among adult and youth helps EFNEP families enhance their quality of life.

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

| <b>KA Code</b> | <b>Knowledge Area</b>            |
|----------------|----------------------------------|
| 703            | Nutrition Education and Behavior |

#### **Outcome #6**

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

Number of clientele reporting improved health and/or well-being due to changes in diet.

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

- 1862 Extension
- 1862 Research

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

Change in Condition Outcome Measure

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

| <b>Year</b> | <b>Actual</b> |
|-------------|---------------|
|-------------|---------------|

2013

2814

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

In MS, there are many nutritional concerns among the SNAP eligible population. According to the results of the Behavioral Risk Factor Surveillance System (2007), 87.5% of Mississippians reporting incomes below \$15,000/yr reported consuming less than 5 fruits and vegetables a day, compared to 81.9% for all Mississippians. 46.8% of those Mississippians also reported not being physically active within the past month, compared to 31.8% of all Mississippians. There is need for strategies or interventions to be implemented to address these concerns.

#### What has been done

In cooperation with the MS Department of Human Services and USDA, MSU Extension provides nutrition education to SNAP eligible adults. Programs are designed to help participants become more effective managers of available food sources and make healthier food choices. Single and series nutrition programs are conducted. Curricula focus on enhancing knowledge, attitudes, and skills needed to follow MyPlate and the 2010 Dietary Guidelines for Americans, enhance physical activity levels, and achieve calorie balance to avoid excess weight gain.

#### Results

During FY13, the Family Nutrition Program (FNP) worked with 9,453 adults at community centers, SNAP offices, job training sites, and other venues to reach SNAP eligible people. After completing a series of FNP lessons, participants reported an increased intention to consume low-fat dairy and make half their plate vegetables and fruits. 65% of those in a single FNP lesson reported an increased intention to be more physically active. Also, 63.6% of series participants said their clothes fit better/looser because of changes they made in nutrition and physical activity since beginning the program. Eating more vegetables and fruits, being more active, and achieving a healthy weight are important behaviors in preventing many chronic diseases that plague Mississippians.

### 4. Associated Knowledge Areas

| KA Code | Knowledge Area                   |
|---------|----------------------------------|
| 703     | Nutrition Education and Behavior |

### Outcome #7

#### 1. Outcome Measures

Number of clientele reporting a positive change in at least one behavior related to obesity (increased physical activity, decrease in caloric intake, increase in fruits and vegetables in diet).

#### 2. Associated Institution Types

- 1862 Extension

### 3a. Outcome Type:

Change in Action Outcome Measure

### 3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2013 | 156    |

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

MS youth experience similar poor health behaviors as MS adults, which for the first time ever may result in a generation of children with shorter life expectancies than their parents (HBO Weight of the Nation, 2012). At least 79% of MS high school students do not consume adequate amounts of fruits, vegetables, or milk. Many students do not meet daily physical activity recommendations and spend 3 or more hours a day watching television/using computers. These behaviors contribute to 21.9% of MS youth being obese (Trust for America's Health, 2012).

#### What has been done

In cooperation with the MS Department of Human Services and USDA, MSU Extension provides nutrition education to youth in schools with at least 50% participation in the free school meal program. Curricula used in youth programs focuses on following MyPlate and the 2010 Dietary Guidelines for Americans, improving food safety practices, and enhancing physical activity levels. Programs introduce youth to new foods through tastings, get them active by incorporating physical activity, and teach cooking skills when appropriate.

#### Results

In FY13, FNP worked with 56,315 youth in 45 MS counties. Programs took place in 74 public schools; 43 head start programs; and multiple community centers, churches, and other youth education sites. Youth in 3rd-5th grade participating in a series of nutrition education lessons reported a 25% increased participation in physical activity, 31% increased consumption of vegetables, and 30% increased requests for fat-free/low-fat milk products. Youth reported improvements in knowing when to wash hands and what to do with leftover or unrefrigerated foods. Establishing healthy habits when young is an important step in encouraging healthy behaviors later in life. Additionally, youth are taking lessons home and showing healthy habits to their parents, caregivers, and siblings.

### 4. Associated Knowledge Areas

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

## **Outcome #8**

### **1. Outcome Measures**

Number of clientele adopting new practices related to financial management

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

- 1862 Extension
- 1862 Research

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

Change in Knowledge Outcome Measure

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

| <b>Year</b> | <b>Actual</b> |
|-------------|---------------|
| 2013        | 445           |

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

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

There are multiple adults in Mississippi that utilize community resources to help pay for their utilities, mortgage, rent, etc. Families are not able to budget and manage their money properly.

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

An MSU Extension Family and Consumer Sciences agent partnered with Pearl River Valley Opportunities (PRVO) to do a Family Expense Record Book presentation. Through this presentation, the adults are able to learn about money management and how to complete a record book for each month. Also, the adults received a record book to take home.

#### **Results**

PRVO clients learned about money management and how to utilize a record book. The record book process can help the adults to learn how to manage their money, so they do not have to depend on community resources. Also, they do not have to worry about when and how they are going to pay their bills each month. Learning how to manage money is an important skill that adults learn throughout life. The adults worked on writing down their expenses for the week in the record book, understanding the different categories, and learning how to budget. They completed a pre/posttest. After the program, their knowledge about budgeting increased, and they were able to complete a record book successfully.

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

| <b>KA Code</b> | <b>Knowledge Area</b>                     |
|----------------|---|
| 801            | Individual and Family Resource Management |

## **Outcome #9**

### **1. Outcome Measures**

Number of clientele reducing debt.

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

- 1862 Extension
- 1862 Research

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

Change in Condition Outcome Measure

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

| <b>Year</b> | <b>Actual</b> |
|-------------|---------------|
| 2013        | 356           |

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

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

Managing scarce financial resources is especially important for families in Mississippi which ranks among states with the highest poverty rates for individuals living in poverty. Unfortunately, Mississippi also ranks among states with the highest number of unbanked or under-banked families, as well as states with the lowest per capita income. Finding ways to meet basic needs for the present and build wealth for the future seems almost impossible for many in the state.

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

MSU Extension partnered with local organizations to provide the Healthy, Wealthy, and Wise Financial Education Program, adapted to meet needs of underemployed Christian Women's Job Corp groups, statewide. The program was also adopted by a group of bankers and community development volunteers who taught under-banked consumers in the Delta region to manage and save resources. The Mississippi Saves Program sponsored in partnership with national America Saves program and state financial partners also targeted under-banked consumers.

#### **Results**

Activities on improving financial health, building wealth, and paying off debt yielded some amazing stories and encouraging results. One middle-aged consumer opened a new savings account and saved enough in one year for a down-payment to move out of her mother's home and buy the first home of her own. A widow who had never managed family finances and could not make ends meet gained several thousand dollars each month by learning to carefully review her checking account and cancel useless automatic payments. Consumers participating in MSU's Healthy, Wealthy, and Wise; Mississippi Saves, and other financial management programs reported saving a total of \$ 28,233 monthly, reducing debt or expenses by \$23,599 monthly, and adopting wise practices, such as reviewing credit reports annually.

#### 4. Associated Knowledge Areas

| KA Code | Knowledge Area                            |
|---------|---|
| 801     | Individual and Family Resource Management |

#### Outcome #10

##### 1. Outcome Measures

Number of clientele increasing wealth.

##### 2. Associated Institution Types

- 1862 Extension
- 1862 Research

##### 3a. Outcome Type:

Change in Condition Outcome Measure

##### 3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2013 | 178    |

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

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

In 2012, at least 12,616 Mississippians filed complaints of identity theft or fraud through the Federal Trade Commission with an average loss of \$2,350 per consumer. Although the total amount of dollars lost by Mississippi citizens was great (\$29,412,600), the cost of these crimes reaches far beyond simple dollars and cents. Much time and distress accompanies identity theft losses, which may take months or years to rectify.

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

Shred Day Events were held on March 8-9, 2013. The annual event was sponsored by the MS Consumer Protection and Education Partnership, a group created and convened by the MSU Extension Family Resource Management Specialist and Area Agents. Partnership members who leverage state and private resources to serve consumers are Attorney General, Secretary of State, Insurance Commissioner, Treasurer, Energy Division, Human Services, Better Business Bureau, Consumer Credit Counseling Services, Bancorp South, Trustmark Bank and MS Credit Union Association.

###### **Results**

A total of 1,118 consumers shredded up to 5 bags or boxes of sensitive documents at Shred Day Events in Tupelo, Jackson, Hattiesburg, D'Iberville, Meridian, and Vicksburg for a total of more than 50,120 pounds of Paper shredded. Shred-it Trucks donated services with a value of more than \$10,080, in addition to millions of dollars of potential savings to citizens who may have

avoided identity theft by participating in Shred Days. If each consumer avoided losing the average of \$1,187 paid by MS victims of fraud, the event had an impact of at least \$1,327,066 saved and countless hours of stress circumvented.

#### 4. Associated Knowledge Areas

| KA Code | Knowledge Area                            |
|---------|---|
| 801     | Individual and Family Resource Management |

#### Outcome #11

##### 1. Outcome Measures

Number of families adopting recommended family strategies and behaviors.

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Action Outcome Measure

##### 3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2013 | 682    |

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

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

Domestic violence is as serious and damaging a problem in Latino communities as it is in other ethnic communities. According to reported studies, 48% of Latinas report their partner's violence against them had increased since immigrating to the United States. For Latino women, high rates of poverty, poor education, limited job resources, language barriers, and fear of deportation increase the difficulty of finding support services to assist in their efforts to improve their lives.

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

A community partnership was developed with Seashore Mission's Mujeres Unidas to empower Latina women towards self-sufficiency and encourage women to be leaders and take charge of their lives. Bimonthly classes are offered and taught on a wide range of issues such as parenting, relationship building, self-esteem, goal setting, and financial literacy. The group promotes leadership, self-esteem, and cultural preservation and offers a place to build community and escape the isolation that immigrant women often suffer.

###### **Results**

On June 19, 2013, these twelve women's achievement through their participation with the classes was highlighted in a graduation ceremony. For some, this was the first time they had ever graduated from anything. Since the introduction of these classes last year, a positive progressive

change of self-sufficiency and a sense of empowerment with these ladies towards setting realistic and attainable goals is evident. Three of the women received their U-Visa with work authorization and are applying the skills learned towards seeking better job opportunities and improving their lives overall.

#### 4. Associated Knowledge Areas

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

#### Outcome #12

##### 1. Outcome Measures

Number of families reporting improved strengthened family life.

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Condition Outcome Measure

##### 3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2013 | 546    |

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

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

Suicide is listed as the third leading cause of death in MS in the 15-24 age groups. According to the Attorney General's office, cyberbullying is a problem that affects almost half of American teens. According to the Cyberbullying Research Center, "there have been several...cases involving teenagers taking their own lives in part because of being harassed and mistreated over the Internet, a phenomenon termed cyberbullicide." Research shows various consequences of cyberbullying, such as lower self-esteem and increased suicidal ideation.

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

The I Got U program was offered to youth in grades 8 and 10 in Newton County schools. Schools in surrounding counties also participate. I Got U has grown into a partnership between Central MS Residential Center, MS Attorney General's office, MSU Extension Service, and various other organizations. The program is offered to student groups over a two-week period and includes 5 hours of education related to suicide prevention, healthy relationships, alcohol and drugs, cyberbullying, and coping skills. A total of 3,850 students attended the program in 2012-2013.

###### **Results**

Results indicate that the I Got U program has had a significant positive impact on students. Schools have reported that, as a result of the program, they have observed an improvement in academic performance and an increase in good coping skills as well as in behavioral-related referrals. Using visual/verbal feedback at least 95% of students who attended the program conducted in Newton County gained knowledge on: cyberbullying, what a healthy dating relationship looks like, how drugs and alcohol impacts your judgment, good coping strategies for stressful life events.

#### 4. Associated Knowledge Areas

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

#### Outcome #13

##### 1. Outcome Measures

Number of childcare providers maintaining certification requirements.

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Action Outcome Measure

##### 3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2013 | 127    |

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

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

Across the state and national lines, education requirements for early childhood educators are increasing. Additional professional development creates providers who deliver more developmentally appropriate care and education and higher quality classroom experiences to young children than those who do not participate in advanced levels of education. The Child Development Associate credential serves as the professional education tool that inspires and enables best practices beyond the annually required 15 contact hours of staff development.

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

The Child Development Associate Credential has been adopted by the Network. It provides performance-based training, assessment, and credentialing of early care and education teachers. The Network provides opportunities for educators to access the credential through scholarships made available with funding provided by the Mississippi Department of Human Services. Additionally, child care educators are provided with a plethora of staff development opportunities to meet and exceed the requirements set forth by the state.

### Results

There were 127 early care and education teachers who completed the CDA with more than 10,000 online training hours successfully accomplished. Early childhood educators were offered over 1,800 staff development opportunities including workshops and technical assistance. More than 25,000 early childhood educators participated in staff development.

#### 4. Associated Knowledge Areas

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

#### Outcome #14

##### 1. Outcome Measures

Number of care providers increasing the quality of care provided.

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Action Outcome Measure

##### 3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2013 | 213    |

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

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

Mississippi has over 1,500 licensed child care facilities and over 500 documented family child care facilities. On average, classrooms in licensed centers and family homes that enroll in the Network's technical assistance programs have Environment Rating Scale pre-assessment scores of 2.23 and 2.82, respectively, out of a 7-point scale. The average scores for both licensed child care providers and family providers indicates that centers in the state that have not received assistance provide less than minimum quality to children.

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

The Mississippi Child Care Research and Referral Network has continued to reach out to child care facilities to provide research-based technical assistance to improve the quality of care provided to children. The technical assistance programs offer developmentally appropriate, two-hour lessons and mentoring as a solution to the issue.

### Results

There were 61 licensed child care facilities and 152 family child care facilities that increased the quality of care provided to children.

#### 4. Associated Knowledge Areas

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

#### Outcome #15

##### 1. Outcome Measures

Number of clientele increasing knowledge in child care and development content areas as measured by pre/post assessments.

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Knowledge Outcome Measure

##### 3b. Quantitative Outcome

| Year | Actual |
|------|--------|
| 2013 | 3615   |

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

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

There is a demand for early care and education providers in Mississippi to improve the quality of care provided to children through use of research-based, developmentally appropriate practices. The Quality Rating and Improvement System known as Quality Stars, while a voluntary program, has more stringent requirements for education and staff development hours for centers enrolled in the program beyond the 15 contact hours required for licensing.

###### What has been done

The Mississippi Child Care Resource and Referral Network provided workshop opportunities on the Mississippi Early Learning Guidelines (ELG) and Mississippi Early Learning Standards (ELS) developed from curricula created by the Division of Early Childhood Care and Development of the Mississippi Department of Human Services in collaboration with the Mississippi Department of Education.

### Results

There were 3,615 early childhood educators who successfully increased knowledge in content areas in the ELG and ELS workshop assessments. These curricula help early childhood educators and administrators provide quality care to children through research-based strategies for implementing developmentally appropriate practices.

#### 4. Associated Knowledge Areas

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

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

##### External factors which affected outcomes

- Economy
- Other (Cultural traditions)

##### Brief Explanation

{No Data Entered}

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

##### Evaluation Results

MSU Extension agents and specialists, as well as MAFES faculty, used a variety of recommended methods to gather needed information. Specific strategies were initiated and utilized for collecting evaluation information to determine program outputs and outcomes (see impact statements for examples). In FY 2013, MSU Extension agents and specialists were required to submit four quarterly reports (January, April, July, and September). This quarterly report collects information about the number of contacts, types of contacts, and number of programs conducted in each Priority Planning Area. In addition, two narrative Accomplishment Reports are required from each MSU Extension employee each year. Finally, a specific request for impact statements is also made. The evaluation results are a combination of this quantitative and qualitative data.

Our Planned Program Areas (PPAs) changed in 2013 - a reduction from over 20 PPAs in 2012 to 10 for this current reporting cycle. Previous PPAs of Childhood Obesity, Family Life, Family Resource Management, Early Care and Education, Health, Human Nutrition, and Food Safety were combined into Family and Consumer Sciences. Given the time it takes to adapt an electronic reporting system and ensure all end-users are trained and understand how to report in new ways and new PPAs, our outcome data matching process required modification for 2013. As a result, some of our numbers may appear skewed from previous ones. This reduction of PPAs and thus combination of outcomes led to some outcomes within each PPA being very similar for 2013. Our reporting system would not allow us to make detailed distinctions at this point in time, so numbers were evenly distributed across those similar outcomes when appropriate. As our data collection system evolves over the next year or two, we will be able to more clearly align the various data elements within the system to resolve this issue.

**Key Items of Evaluation**