

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

**Program # 4**

**1. Name of the Planned Program**

Family and Consumer Sciences (Langston University)

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
801	Individual and Family Resource Management		100%		100%
	<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	0.0	0.5	0.0	0.0
Actual Paid Professional	0.0	0.5	0.0	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
0	33281	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	26360	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	121921	0	0

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

1. Brief description of the Activity

Extension personnel will conduct classes, seminars, workshops and forums to share Family and Consumer Sciences resources.

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

Primarily citizens of Oklahoma in underserved areas.

**3. How was eXtension used?**

eXtension was not used in this program

**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>	220	100	300	350

**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>	0	0	0

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

**Output Target**

**Output #1**

**Output Measure**

- Number of Research Projects completed on Family and Consumer Sciences

Year	Actual
2013	0

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

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

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

## **Outcome #1**

### **1. Outcome Measures**

Number of participants who learned about Family and Consumer Sciences.

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

- 1890 Extension

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

Change in Condition Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2013	40

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

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

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

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

During 2013, meetings were conducted and demonstrations carried out on healthy food selection, good nutrition and tailoring diets. Exercise type and intensity were taught during sessions. Sessions were conducted on food and nutrition principles; including food safety selection and storage; and childhood development. Targeted audiences were primarily in Logan, Oklahoma and Tulsa Counties.

#### **Results**

Program participants reported that they were more selective in their food choices; choosing more healthy foods. Some participants introduced more fruits and vegetables into their meals. These adopted changes in food choices have resulted in weight lost and put some participants on the road to healthy living at least in part because of their diets. Program participants also stated that they have experienced reductions in food costs and food borne illnesses.

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

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

## **Outcome #2**

### **1. Outcome Measures**

Number of participants who used Family and Consumer Sciences resources.

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

- 1890 Extension

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

Change in Condition Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2013	40

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

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

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

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

### **Outcome #3**

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

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

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

- 1890 Extension

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

Change in Condition Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2013	40

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

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

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

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

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

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

#### **External factors which affected outcomes**

- Competing Public priorities

#### **Brief Explanation**

External factors did not affect outcomes.

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

#### **Evaluation Results**

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

#### **Key Items of Evaluation**

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