

V(A). Planned Program (Summary)

Program # 11

1. Name of the Planned Program

Health and Safety

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
402	Engineering Systems and Equipment	5%	0%	0%	
724	Healthy Lifestyle	70%	100%	0%	
805	Community Institutions, Health, and Social Services	25%	0%	0%	
	Total	100%	100%	0%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	23.0	2.0	0.0	0.0
Actual Paid Professional	20.0	2.8	0.0	0.0
Actual Volunteer	6.0	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
360076	116335	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1650177	116335	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
155975	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Dining with Diabetes is a three-session course offered throughout the state. This course was taught by Extension Family and Consumer Sciences Agents who coordinated with local health officials to target people with diabetes and/or their caregivers.

Arthritis Self-Help was delivered in six sessions. Each session was two-hours in length. Participants were provided with the book, *The Arthritis Helpbook*, written by Kate Lorig and James Fries. This evidence-based program was designed to increase the self-confidence of participants to manage their arthritis. It was delivered by Extension, in partnership with the Tennessee Chapter of the Arthritis Foundation, the Tennessee Department of Health's Arthritis Control Program, and the University of Tennessee Medical Center's Department of Family Medicine. Specific efficacy-enhancing strategies used in this program included:

- Contracting: Weekly contracting helped participants master something new.
- Feedback: Opportunities were provided to report and record progress and explore different behaviors.
- Modeling: Program participants and the trainer served as models. The course emphasized modeling.
- Reinterpreting Symptoms and Changing Beliefs: People are pretty rational. They act based on beliefs. If people believe arthritis is a wear and tear disease, then they may not think they can exercise. If they think that nothing can be done for their arthritis, they are probably right. Throughout this program, there was a great emphasis on changing such beliefs.
- Persuasion: By seeing others in the class contract and succeed, even the most reluctant participant will often choose to take part. It is hard not to go along with others. The facilitator urges participants to do a little more than they are doing now, such as walking four blocks instead of two.

Tai Chi will also target arthritis sufferers. Extension will offer this exercise instructional program to individuals throughout the state. Research indicates that this regimen builds strength and is helps those with arthritis to reduce pain and increase mobility.

2. Brief description of the target audience

The target audience was inclusive of consumers and limited resource individuals and families. The Dining with Diabetes program targeted individuals with this chronic disease and the caregivers, health professionals and volunteers who serve them.

3. How was eXtension used?

This Health and Safety planned program was enhanced through the service of:

- two Tennessee Extension personnel on the "Drinking Water and Human Health" CoP, and
- seven Tennessee Extension personnel on the "Extension Disaster Education Network" CoP.

Tennessee Extension personnel shared implementation strategies, outcome measurement, and evaluation protocols with their CoP colleagues.

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	163796	7632979	26289	0

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
Actual	1	0	1

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of exhibits built and displayed to promote program awareness and participation.

Year	Actual
2013	339

Output #2

Output Measure

- Number of research-based publications distributed as part of this program.

Year	Actual
2013	174103

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Arthritis Self-Help Course: Number of participants surveyed who have less pain from their arthritis.
2	Arthritis Self-Help Course: Number of participants surveyed who take fewer medications for their arthritis pain.
3	Dining with Diabetes: Number of participants surveyed who reduced weight.
4	Dining with Diabetes: Number of participants surveyed who reduced A1c.
5	Dining with Diabetes: Number of participants surveyed who reduced blood cholesterol.
6	Dining with Diabetes: Number of participants surveyed who reduced blood pressure.
7	Dining with Diabetes: Number of participants surveyed who eat at least five servings of fruits and vegetables each day.
8	Dining with Diabetes: Number of participants surveyed who now use artificial sweeteners.
9	Dining with Diabetes: Number of participants surveyed who use spices and other seasonings to cut back on fat, sugar, and salt.
10	Tai Chi: Number of participants surveyed who continue doing the Tai Chi after the Tai Chi program ends.
11	Tai Chi: Number of participants surveyed who have no pain from arthritis.

Outcome #1

1. Outcome Measures

Arthritis Self-Help Course: Number of participants surveyed who have less pain from their arthritis.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	4452

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
805	Community Institutions, Health, and Social Services

Outcome #2

1. Outcome Measures

Arthritis Self-Help Course: Number of participants surveyed who take fewer medications for their arthritis pain.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	3731

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
805	Community Institutions, Health, and Social Services

Outcome #3

1. Outcome Measures

Dining with Diabetes: Number of participants surveyed who reduced weight.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	435

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
805	Community Institutions, Health, and Social Services

Outcome #4

1. Outcome Measures

Dining with Diabetes: Number of participants surveyed who reduced A1c.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	191

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
805	Community Institutions, Health, and Social Services

Outcome #5

1. Outcome Measures

Dining with Diabetes: Number of participants surveyed who reduced blood cholesterol.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	446

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #6

1. Outcome Measures

Dining with Diabetes: Number of participants surveyed who reduced blood pressure.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	446

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #7

1. Outcome Measures

Dining with Diabetes: Number of participants surveyed who eat at least five servings of fruits and vegetables each day.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	446

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
805	Community Institutions, Health, and Social Services

Outcome #8

1. Outcome Measures

Dining with Diabetes: Number of participants surveyed who now use artificial sweeteners.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	404

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
805	Community Institutions, Health, and Social Services

Outcome #9

1. Outcome Measures

Dining with Diabetes: Number of participants surveyed who use spices and other seasonings to cut back on fat, sugar, and salt.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	404

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
805	Community Institutions, Health, and Social Services

Outcome #10

1. Outcome Measures

Tai Chi: Number of participants surveyed who continue doing the Tai Chi after the Tai Chi program ends.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	344

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #11

1. Outcome Measures

Tai Chi: Number of participants surveyed who have no pain from arthritis.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	297

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Competing Public priorities
- Competing Programmatic Challenges

Brief Explanation

V(I). Planned Program (Evaluation Studies)

Evaluation Results

The Dining with Diabetes curriculum was implemented in 35 counties in 2013 with 6,931 direct contacts from the program's 275 group meetings. Impacts included:

- 90% (n=429) participants were confident they can better manage their diabetes as a result of participating in this program.
- 90% (n= 191) participants are getting necessary health screenings such as eye, food and dental exams six months after completing the program.
- 86% (n=191) participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
- 83% (=173 participants are preventing or treating other health conditions such as heart and blood vessel problem, kidney disease, nerve damage and food problems six months after completing the program.
- 89% (n=191) participants are regularly checking their blood sugar six months after completing the program.
- 79% (n= 191) participants are using the Healthy Plate Method six months after completing the program.
- 96% (n=421) participants can choose foods that do not cause a sharp rise in blood sugar.
- 74% (n=191) participants have reduces their A1c six months after completing the program.

Key Items of Evaluation

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