

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	0%		30%	
724	Healthy Lifestyle	25%		0%	
801	Individual and Family Resource Management	20%		0%	
802	Human Development and Family Well-Being	20%		29%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	5%		3%	
806	Youth Development	30%		3%	
902	Administration of Projects and Programs	0%		2%	
903	Communication, Education, and Information Delivery	0%		33%	
	Total	100%		100%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2014	Extension		Research	
	1862	1890	1862	1890
Plan	132.2	0.0	0.0	0.0
Actual Paid	136.6	0.0	11.0	0.0
Actual Volunteer	282.5	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
1972436	0	9599	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
2006625	0	1011342	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
14536088	0	549631	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Living Healthy

Extension Health programs aimed to improve health at every stage of life by educating and engaging Arkansans to address locally relevant health issues. Programs like Extension Get Fit, which included StrongWomen & Men, Walk Across Arkansas, and Fit in 10, helped young and old Arkansans increase physical activity, improve health, and improve quality of life. Low levels of health literacy contribute to poor health outcomes. Be Medwise, a medication literacy program, assisted Arkansans to better manage their own health and health care while Healthy Homes, an environmental health program, teaches about home safety like poison storage and smoke alarms. The Extension Wellness Ambassador Program trained and engaged community volunteers to address local health issues by implementing projects and conducting health improvement activities. 4-H Healthy Living programs addressed these issues by engaging youth and their families in hands-on opportunities to enhance physical, social, and emotional well-being.

Aging Well

Programs like Aging in Place, Acknowledging Aging and Keys to Embracing Aging help older Arkansans extend productivity and independence into later life. Extension Aging programs helped Arkansans of all ages achieve optimal physical, mental, and social health, which can result in significant savings in healthcare and treatment dollars each year.

Strengthening Families

The Division's Marriage, Parenting and Family Life Programs helped Arkansas families face the challenges of economic stress and relationship issues. Parenting education and child care in an increasing complex society is extremely important. To provide the best care possible, Arkansas Extension provides child care professional with a minimum of 10 hours per year of training to maintain their licensure.

Family Economics

Arkansas had the 7th highest poverty rate (18.7 percent) in the country. Pockets of extreme poverty remain throughout the state, and 16 counties in the state had a poverty rate 25 percent or greater. Extension conducted its programming through a network of local offices in each of Arkansas' 75 counties. CES educators are adept at reaching these audiences and disseminating information via methods and locations that meet the needs of our target audiences.

Empowering Youth

As one of the largest and oldest youth serving organizations in Arkansas, the 4-H Youth Development

program uses the experiential learning model to reach 143,879 within 75 counties. In 2014, 4-H Clubs across Arkansas involved young people in hands-on education and service learning opportunities that enhanced their life skills, such as decision making, communications, problem solving, critical thinking, service learning, and healthy lifestyle choices.

2. Brief description of the target audience

- Employers and Employees
- County Extension Agents & Program Assistants
- Consumers
- Farmers - regardless of agriculture enterprise or means capability or ethnicity
- Health Professionals
- School teachers
- Child Care & Senior Care Providers (center or home-based)
- Adults
- Youth
- Prospective & Current 4-H Members, 4-H Parents and 4-H Volunteers
- Master Gardeners, Extension Homemakers (Councils)
- Military Families
- Homeowners
- State and Federal Agency Personnel
- General Public
- Project and program funding organizations
- Public Health Officials
- Policy Decision-makers
- Elected Officials
- Civic leaders and organizations
- Married couples or those considering marriage
- Business leaders - Industry, small, large, rural, urban, consultants and other
- Parents, Grandparents, Step-Parents & Foster Parents
- The economically disadvantaged or those at risk

3. How was eXtension used?

eXtension is used as a reference source during the creation of child care professional training modules. Extension educators are also encouraged to utilize eXtension resources within their programs to expand their outreach efforts.

The Arkansas Cooperative Extension Service is approved by the US Department of Justice to provide in-person debtor education for bankruptcy filers. Arkansas who request an online course are referred to eXtension. A USDOJ approved online course is available through eXtension. Several eXtension resources are referenced and linked from www.uaex.edu.

V(E). Planned Program (Outputs)

1. Standard output measures

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	531213	177951	499076	107721

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

Patent Applications Submitted

Year: 2014
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2014	Extension	Research	Total
Actual	28	7	35

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of organized clubs and groups supported by Division of Agriculture Research and Extension resources

Year	Actual
2014	787

Output #2

Output Measure

- Number of educational products and materials developed or updated for print, electronic media, radio, podcasts or display

Year	Actual
2014	486

Output #3

Output Measure

- Number of clientele in individual & family resource management programs
Not reporting on this Output for this Annual Report

Output #4

Output Measure

- Number of clientele contacts resulting from education classes, workshops, group discussions, one-on-one interventions, demonstrations, and other educational methods

Year	Actual
2014	454673

Output #5

Output Measure

- Number of educational materials, curricula, newsletters, web-based modules and fact sheets developed, produced and delivered

Year	Actual
2014	236835

Output #6

Output Measure

- Web content utilization data tracking including hits, clicks and content utilized

Year	Actual
2014	99950

Output #7

Output Measure

- Number of Health and Aging programs delivered

Year	Actual
2014	4150

Output #8

Output Measure

- Number of participants in Health & Aging programs

Year	Actual
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2014 72573

Output #9

Output Measure

- Number of grants and dollars generated by grant and contract development efforts

Year	Actual
2014	2436225

Output #10

Output Measure

- Number of youth and their families participating in 4-H Healthy Living learning opportunities

Year	Actual
2014	163299

Output #11

Output Measure

- Number of youth participating in science, engineering and technology program and activities

Year	Actual
2014	99738

Output #12

Output Measure

- Number of youth participating in community service and volunteering

Year	Actual
2014	7076

Output #13

Output Measure

- Number of Small Steps to Health and Wealth program participants

Year	Actual
2014	51

Output #14

Output Measure

- Number of child care professionals trained.

Year	Actual
2014	6101

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Number of participants (youth and adult) who report conducting programs, community service projects, adopting new skills or accepting new leadership roles as a result of leadership development education programs
2	Estimated dollar value of program support volunteers (includes: EH; 4-H, Master Gardeners; Leadership students, etc.)
3	Number of program participants who indicate a change in behavior, based on lessons learned from Division of Agriculture sponsored Research and Extension programs
4	Number of participants who adopted at least one positive health practice
5	Number of participants reporting a reduction of at least one risk factor for chronic disease after completing a health education program
6	Number of participants reporting an increase in physical activity after completing an Extension Exercise and/or health education program
7	Number of youth that demonstrated leadership efficacy
8	Number of youth increasing awareness of community and community issues
9	Number of adopting behaviors to prevent injury prevention behaviors such as: seatbelt use, helmet use, distraction-free driving, ATV use, bicycle, shooting sports safety, etc.
10	Number of 4-H youth that ate more healthy foods
11	Number of youth adopting behaviors to reduce sedentary activity
12	Number of youth that practiced positive communication skills
13	Number of youth that increased their understanding of the consequences of risk behaviors
14	Number of youth adopting Positive Attitudes and Aspirations toward Science
15	Number of Small Steps to Health & Wealth participants who report increased personal financial well-being
16	Number of Small Steps to Health & Wealth participants who report increased health well-being
17	Number of Small Steps to Health and Wealth participants who report behavior change

18	Number of adult participants who report conducting programs, community service projects, adopting new skills or accepting new leadership roles as a result of Extension Wellness Programs
19	Number of Marriage, Parenting, and Family Life participants who changed at least one behavior/practice
20	Number of child care provider training program participants who changed at least one behavior/practice.
21	Number of Marriage, Parenting and Family Life program participants who indicate their knowledge has increased.
22	Number of marriage, parenting and family life participants who completed the program evaluation survey.
23	Number of adult participants who reported improved physical health.
24	Number of adult participants improving functional fitness after participating in Extension Exercise Program

Outcome #1

1. Outcome Measures

Number of participants (youth and adult) who report conducting programs, community service projects, adopting new skills or accepting new leadership roles as a result of leadership development education programs

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	5342

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

Outcome #2

1. Outcome Measures

Estimated dollar value of program support volunteers (includes: EH; 4-H, Master Gardeners; Leadership students, etc.)

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	22983578

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
607	Consumer Economics
724	Healthy Lifestyle
802	Human Development and Family Well-Being
806	Youth Development

Outcome #3

1. Outcome Measures

Number of program participants who indicate a change in behavior, based on lessons learned from Division of Agriculture sponsored Research and Extension programs

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	36451

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Much of Arkansas's population is economically vulnerable, with many counties having poverty rates in excess of 25% (Rural Profile of Arkansas). Arkansas consumers may not have the knowledge and skills they need to build financial security. Research indicates that income does not exceed expenses for almost half of Arkansas households and more than half lack adequate emergency savings (FINRA Financial Capability Survey). Arkansans have the 48th worst financial behavior and the 49th worst financial literacy among all states (FINRA Financial Capability Survey). Financial capability matters not only for individuals but for society.

What has been done

County FCS Agents conducted educational outreach programs across the state including programs such as Navigating Your Financial Journey (basic financial management); Your Farm, Your Legacy (estate planning seminar); and Get Real, Here's the Deal (youth personal finance simulation).

Results

Extensions personal finance educational programs gave Arkansans the knowledge and skills they needed to build financial security. Extension's personal finance educational programs give Arkansans the knowledge and skills they need to build financial security. Participants learned the basics of financial management for spending, saving, credit management, and retirement and estate planning. They developed skills such as creating a spending plan, checking a credit report, shopping smartly, setting financial goals, etc. County FCS Agents conducted educational outreach across the state including programs such as Navigating Your Financial Journey (basic financial management); Your Farm, Your Legacy (estate planning seminar); Get Real Here's the Deal (youth personal finance simulation); just to name a few of the many topics and educational

opportunities offered. More than 7,000 Arkansans participated in Cooperative Extension Service family and consumer economics programs. Evaluation results show that 6,237 reported increased knowledge and 3,313 indicate that they intend to make a positive financial management behavior change based on what they learned. Positive behavior changes in financial management practices were made by 1,015 program participants.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
806	Youth Development

Outcome #4

1. Outcome Measures

Number of participants who adopted at least one positive health practice

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Number of participants reporting a reduction of at least one risk factor for chronic disease after completing a health education program

Not Reporting on this Outcome Measure

Outcome #6

1. Outcome Measures

Number of participants reporting an increase in physical activity after completing an Extension Exercise and/or health education program

Not Reporting on this Outcome Measure

Outcome #7

1. Outcome Measures

Number of youth that demonstrated leadership efficacy

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	4134

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

Outcome #8

1. Outcome Measures

Number of youth increasing awareness of community and community issues

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	4367

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The 4-H program develops youth by engaging them to give back to their communities. Youth and adult partnerships to tackle locally-identified needs are a cornerstone of 4-H. Programs develop youth leadership skills and provide opportunities for youth to apply skills learned to improve their communities.

What has been done

In 2014, Arkansas 4-H was honored by the Arkansas legislature with a substantial monetary award for program enhancement. A committee comprised of internal and external stakeholders was formed to prioritize the needs and identify the best use of funding. Three strategies selected included funding for: 1. County-based citizenship events, 2. Community service activities, and 3. A statewide Citizenship/Leadership camp held at the Arkansas 4-H Center.

Results

More than 4,000 youth from 42 counties were engaged in citizenship educational activities at the county level. Nearly 130 youth were selected to attend the state Citizenship/Leadership Camp, which provided a week-long overnight camping experience. The camp included cultural experiences, personality assessments, leadership activities, and a State Capital tour. Community service activities conducted in October, which is National 4-H Month, were held in 49 counties. These efforts engaged 1,618 youth and adult volunteers and reached 121,522 Arkansans. Engagement at the local level generated more than \$14,000 to fund care packages and provide support for other local causes.

4. Associated Knowledge Areas

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

Outcome #9

1. Outcome Measures

Number of adopting behaviors to prevent injury prevention behaviors such as: seatbelt use, helmet use, distraction-free driving, ATV use, bicycle, shooting sports safety, etc.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	4038

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Serious ATV injuries affect more than 120,000 people each year in the United States. Arkansas ranks third in the nation in injury rates for those age 16 and under and averages more than 15 ATV-related deaths per year. Nearly 90% of ATV crashes in Arkansas occur with drivers under age 16 driving an adult-sized ATV. Recent research demonstrates that children under age 16 suffer a disproportionate share of injuries, do not wear helmets, and fail to receive formal ATV training.

What has been done

The Division of Agriculture has the capability to reach youth and adults in every county in the state with ATV Safety messages. The Division's 4-H Youth Development program offers the ATV Safety Institute's (ASI) RiderCourse program to help youth and adults learn to safely and properly ride ATV's. Twenty-three Division faculty and staff are trained to teach the four-hour ASI ATV RiderCourse. This program is made possible through partnerships with many businesses, state agencies, and other organizations. In addition, school and community-based ATV safety educational programs are provided to clientele.

Results

In 2014, 233 youth and adults participated in the 43 ASI ATV RiderCourse classes and 3,669 Arkansans were reached with the 4-H ATV Safety message through educational programs.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
806	Youth Development

Outcome #10

1. Outcome Measures

Number of 4-H youth that ate more healthy foods

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1291

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Arkansas youth suffer from a complex, two-pronged problem: hunger and obesity. Arkansas children are among the hungriest in the nation, ranking second in the US for food insecurity. At the same time, Arkansas children are among the most overweight or obese; 38% weigh in with health-threatening Body Mass Index numbers (CDC). USDA data indicate 19% of Arkansas households are food insecure. Children suffer a poverty rate of 30%, above the national average of 22% (US Census Bureau, 2012). Arkansas is the most sedentary state in the US (United Health Foundation, 2013). The majority of Arkansas youth are not physically active; only 25% meet physical activity recommendations.

What has been done

4-H Healthy Living programs aim to address these issues by engaging youth and their families in hands-on opportunities to enhance physical, social, and emotional well-being. The 4-H approach is holistic and includes promoting healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and ability to develop and maintain positive social interactions and relationships. Efforts in Arkansas center around two main programs: 4-H Yoga for Kids and Healthy Lifestyle Choices. These programs help youth to develop an awareness and positive attitude about healthy living while increasing their knowledge, skills, and competencies in physical, social and emotional well-being.

Results

More than 59,000 Arkansas youth were reached with 4-H healthy living programs in 2014. Extension faculty and staff devoted nearly 30,000 hours to these programs, which were supported by 2,484 trained volunteers who contributed service hours valued at \$214,789. A survey of nearly 3,000 Arkansas students involved in multi-session 4-H healthy living programs showed that 93% increased knowledge of healthy food choices. Ninety-one percent reported little to no difficulty in making healthy food choices; 91% improved eating habits; and 81% had positive attitudes toward physical activity. 4-H participants were more active than Arkansas Youth Risk Behavior Survey (YRBS) respondents; 85% of 4-H participants reported healthy physical activity habits, compared to just 40% for YRBS respondents. Fifty-six percent of students said they had changed their practices as a result of 4-H healthy living programs, and 36% shared what they learned with their families.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
806	Youth Development

Outcome #11

1. Outcome Measures

Number of youth adopting behaviors to reduce sedentary activity

Not Reporting on this Outcome Measure

Outcome #12

1. Outcome Measures

Number of youth that practiced positive communication skills

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	2677

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #13

1. Outcome Measures

Number of youth that increased their understanding of the consequences of risk behaviors

Not Reporting on this Outcome Measure

Outcome #14

1. Outcome Measures

Number of youth adopting Positive Attitudes and Aspirations toward Science

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	893

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #15

1. Outcome Measures

Number of Small Steps to Health & Wealth participants who report increased personal financial well-being

Not Reporting on this Outcome Measure

Outcome #16

1. Outcome Measures

Number of Small Steps to Health & Wealth participants who report increased health well-being

Not Reporting on this Outcome Measure

Outcome #17

1. Outcome Measures

Number of Small Steps to Health and Wealth participants who report behavior change

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	25

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
607	Consumer Economics
724	Healthy Lifestyle
801	Individual and Family Resource Management

Outcome #18

1. Outcome Measures

Number of adult participants who report conducting programs, community service projects, adopting new skills or accepting new leadership roles as a result of Extension Wellness Programs

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	60

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Lifestyle factors, such as diet and exercise, lay at the core of Arkansas' heavy chronic disease burden. Arkansans have fewer opportunities to engage in health-promoting services and programs. Limited access to fitness facilities and programs means rural citizens, who tend to be less healthy than their urban counterparts, are geographically isolated from resources that could help them live healthier lives.

What has been done

Extension's approach to improving Arkansas health engages residents to use their knowledge in service to others in their local communities. The Extension Wellness Ambassador Program trains Arkansans to help their friends, neighbors and communities live healthier lives. This lay health leadership development program provides training and an organizational structure to guide collective efforts to improve health in Arkansas.

The program's 68 graduates from pilot efforts in 18 counties demonstrated increased knowledge of personal and community health, nutrition, and exercise by passing a final exam following the 40-hour basic training program. The Wellness Ambassador Program includes planning and implementation of projects by program graduates. More than 400 educational classes and sessions in 2014 reached a reported 4,273 Arkansans. Approximately 5,641 volunteer hours valued at \$127,205 were contributed by Wellness Ambassadors. Dozens of state and local

partnerships have been formed to support healthy communities, with a common goal of increasing the number of Arkansans who are healthy at every stage of life.

Results

Extension Wellness Ambassador Program graduates are filling programming gaps and expanding Extension's capacity to improve health in communities. Ambassadors planned and are implementing projects to help others live healthier lives. Extension Wellness Ambassadors improved their own health while serving their communities. Program evaluation data, which were collected at the start of the program, and 3- and 6-months later, showed that:

- 94% maintained or increased self-efficacy to take control of personal health
- 52% increased physical activity levels
- 31.5% improved blood glucose
- 31.5% improved total cholesterol
- 47% improved systolic blood pressure
- 50% with baseline BMI-less than 25 improved weight

Ambassador graduates significantly improved functional fitness as demonstrated by tests of upper and lower body strength, aerobic endurance, and lower body flexibility.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #19

1. Outcome Measures

Number of Marriage, Parenting, and Family Life participants who changed at least one behavior/practice

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1620

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

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 #20

1. Outcome Measures

Number of child care provider training program participants who changed at least one behavior/practice.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	5978

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates that for every dollar spent on early childhood intervention and training programs, there is a \$2.50-4.00 return on investment (ROI). That means the ROI within the state of Arkansas for our early childhood professional training programs is between \$1.19 and \$1.90 million dollars annually. This return on investment is realized as early childhood professionals learn the latest research-based practices and implement them in their child care programs. They are also realized in the lives of the children who benefit from these practices by receiving better care and being more prepared to enter school.

What has been done

Extension's early childhood professional training programs (Best Care, Best Care Connected, and Guiding Children Successfully) provide Arkansas's early childhood professionals with the verified

training they need. Cooperative Extension is uniquely qualified to create and deliver early childhood professional training. All of our training programs are research-based and developed by subject matter specialists in the areas of child development, nutrition, health and safety, and resource management. All of our training programs are delivered through Extension's statewide network so they are readily available to Arkansans in all 75 counties. In addition, our programs are available in multiple formats (i.e., face-to-face, online, & self-guided) to accommodate different learning styles and work schedules.

Results

In 2014, with a budget of \$475,000 in external funding, we trained 6,101 Arkansas early childhood professionals who successfully completed 45,565 hours of training through our three training programs. Our Best Care (face-to-face) program trained 2,797 professionals who completed 25,600 hours of training. Our Best Care Connected (online) program trained 1,370 professionals who completed 6,850 hours of training. Our Guiding Children Successfully (self-guided) program trained 1,934 professionals who completed 13,115 hours of training.

As a result of the training, 98% of program participants increased their knowledge of effective child care practices and 96% of participants adopted a recommended practice.

Research indicates that for every dollar spent on early childhood intervention programs, there is a \$2.50-4.00 return on investment (ROI). That means the ROI within the state of AR for our child care training programs is between \$1.19-\$1.90 million dollars.

4. Associated Knowledge Areas

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

Outcome #21

1. Outcome Measures

Number of Marriage, Parenting and Family Life program participants who indicate their knowledge has increased.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
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2014

1692

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Most Arkansans want to be emotionally healthy individuals, good partners, and effective parents. These are keys to happiness in family life. But it can be difficult to find the time to attend classes in these areas or to find trusted sources of information on these topics. Our vision is to provide Arkansans with the best family life information available in an easily accessible way that fits their busy schedules.

What has been done

With that in mind, the University of Arkansas Cooperative Extension Service created the Navigating Life's Journey (NLJ) program, where you can sign up to receive free weekly emails in the areas of personal well-being, couple relationships, and parenting. The emails are short so you can read them quickly during your busy day. The research-based ideas in the emails come from dozens of the world's best family life experts so you can trust that they are credible and will work for you. Each message also contains practical suggestions of how you can apply the ideas to your life.

Results

In 2014, Navigating Life's Journey (NLJ) e-mails, with their great quotes and invitations to apply them, were sent to 2,241 subscribers weekly. In addition, there are 195 subscribers to the NLJ blog, 658 Facebook followers, and 413 Twitter followers. A survey of 233 NLJ subscribers revealed that 100% of them said the weekly NLJ emails are valuable to them and 90% of them said their lives and relationships are better as a result of the NLJ messages. Comments from some subscribers about the impact of the NLJ emails:

- 1) I like the short and to-the-point suggestions. These are timely and manageable to put into immediate action. I feel validated in my efforts when I read and apply them.
- 2) Great quotes, inspiring and practical ideas to use in conversation and life with kids. I look forward to reading every time I get it in my inbox!
- 3) Navigating Life's Journey emails give me a small, but very valuable, bit of information that is easy to digest and ponder. I feel lifted up by its messages.
- 4) These emails give me "big ideas" and topics that I can take home and talk about with my spouse and children. Thank you for helping to take big ideas from research and help us apply to everyday life.
- 5) I teach family and consumer sciences and I use the emails in class with my students. Thank you for continuing to put out such good information!

Navigating Life's Journey subscribers currently come from all 50 states and over a dozen foreign countries. Extension's goal is to continue to grow our subscriber base for the weekly emails as well as increase our presence on social media. It seems that the small dosage interventions provided by NLJ can have a lasting impact over time because subscribers are continually reminded of the research-based principles they can use to improve their lives and relationships.

4. Associated Knowledge Areas

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

Outcome #22

1. Outcome Measures

Number of marriage, parenting and family life participants who completed the program evaluation survey.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	1720

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

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

Outcome #23

1. Outcome Measures

Number of adult participants who reported improved physical health.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	589

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Arkansas tops the list of least healthy states. More than 66% of residents are overweight or obese. High chronic disease rates, including diabetes, heart disease, and hypertension, burden the state and strain health care resources. Rural residents lack opportunities to be physically active and have limited access to programs addressing lifestyle behaviors.

What has been done

Extension faculty dedicated more than 17,000 hours to improving Arkansans health in 2014. Extension exercise programs reached 44,595 Arkansans with sessions to increase fitness. This program is supported by a strong base of over 800 volunteers. More than 2,100 people learned the health impact of environmental risks, such as mold and carbon monoxide, increased knowledge of health and medication literacy, or learned principles for successful aging through special programs.

Results

Participation in Extension health programs helped thousands of Arkansas residents reduce chronic disease risk factors and improve well-being. Of participants surveyed, 72% increased knowledge of healthier practices; 84% reported improved physical health. Functional fitness was improved by 71% of strength training participants evaluated, with resulting annual estimated healthcare cost savings topping \$8 million. Volunteers contributed nearly 11,813 hours in support of health programs, with time valued at \$266,282.

4. Associated Knowledge Areas

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

Outcome #24

1. Outcome Measures

Number of adult participants improving functional fitness after participating in Extension Exercise Program

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	425

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Arkansas is the most sedentary state in the nation. According to state data, more than 31% of adults report no physical activity or exercise. Regular physical activity is one of the most important elements of a healthy lifestyle. Sedentary lifestyles increase risk of developing cardiovascular disease, diabetes, hypertension, and obesity.

What has been done

More than 1,500 adults participated in Extension exercise sessions offered through multi-session programs in counties across the state. Programs included the StrongWomen & Men strength training program and Arkansas' Fit in 10 program.

Results

Results from the Senior Fitness Test and participant evaluations showed that Extension Exercise programs increased strength and flexibility, improved balance, and improved mental and physical healthy. Specifically, 89% of participants increased strength, 81% increased flexibility, 77% improved agility and balance, 90% reported improved physical health, and 46% reported improved mental health. Based on Senior Fitness Test results, it is estimated the program resulted in the following medical and treatment cost savings (estimates for one year):

\$3.2 million in hospitalization cost savings from reduced fall risk
\$1.2 million in hospitalization cost savings from hip fracture prevention
\$2.7 million in treatment cost savings from hip fracture prevention
\$1.6 million in nursing home cost savings
Total cost savings: \$8.7 million

4. Associated Knowledge Areas

KA Code	Knowledge Area
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
- Populations changes (immigration, new cultural groupings, etc.)
- Other (NASS data availability)

Brief Explanation

Clientele availability is a constant factor affecting programs attendance and participation in the Increasing Opportunities for Families and Youth. The Division CES programs are competing with other priorities for our target audience's time and attention. Club participation and project group attendance is a challenge due to the multiple extracurricular activities youth are engaged in or opportunities for engagement.

Grant procurement and funding has shifted; thus causing programmatic shifts.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

Family Economics

- 3722 adult and youth consumers increased knowledge related to financial management practices. Of those, 1033 adults and 2226 youth reported intending to change behavior based on what they learned
- 517 adults made a positive behavior change as a result of the program in which they participated.

Health & Aging

Results from the Senior Fitness Test and participant evaluations showed that Extension Exercise programs increased strength and flexibility, improved balance, and improved mental and physical healthy. Specifically, 89% of participants increased strength, 81% increased flexibility, 77% improved agility and balance, 90% reported improved physical health, and 46% reported improved mental health.

Strengthening Families

- Trained 1,419 people in our personal well-being programs. 1,271 of them indicated their knowledge of personal well-being increased.
- Trained 555 people in our parenting programs. 342 of them indicated their knowledge

of effective parenting increased and 279 of them committed to change at least one behavior or practice to become more effective parents.

Child Care

Provide training and resources to help Arkansas Child Care Providers better care for children.

2585 Number of Best Care participants surveyed who indicate their knowledge of child care issues has increased.

2411 Number of Best Care participants surveyed who will change at least one child care behavior or practice

1538 Number of participants in Best Care Connected program/classes

1532 Number of Best Care Connected participants surveyed who indicate their knowledge of child care issues has increased

1497 Number of Best Care Connected participants surveyed who will change at least one child care behavior or practice

10950 Number of Guiding Children Successfully participants who indicate their knowledge of child care issues has increased

10409 Number of Guiding Children Successfully participants who will change at least one child care behavior or practice.

Empowering Youth

- A survey of nearly 3,000 Arkansas students involved in multi-session 4-H healthy living programs showed that 93% increased knowledge of healthy food choices. Ninety-one percent reported little to no difficulty in making healthy food choices; 91% improved eating habits; and 81% had positive attitudes toward physical activity.

- 237 youth participated in a robotics program through a partnership with National 4-H Council and Lockheed Martin. 77% of participants indicated interest, engagement, and positive attitudes toward science. 72% of the youth were able to apply science skills. 90% answered "yes", they could do an experiment to answer a question.

Key Items of Evaluation

Family Economics

- 365 participants reported increasing savings and/or decreasing debt.

Child Care Provider Education

In a review of benefits and savings of early childhood intervention programs, calculated that for every dollar invested in such programs, there is an estimated return of \$2.50 to \$4.00. That means that the return investment within the state of Arkansas for our child care professional training programs is between \$1.19 and \$1.90 million dollars.

Healthy Living

Based on Senior Fitness Test results, it is estimated the program resulted in the following medical and treatment cost savings (estimates for one year):

- \$3.2 million in hospitalization cost savings from reduced fall risk
- \$1.2 million in hospitalization cost savings from hip fracture prevention
- \$2.7 million in treatment cost savings from hip fracture prevention
- \$1.6 million in nursing home cost savings
- **Total cost savings: \$8.7 million**

Empowering Youth

- 233 youth and adults participated in the 43 ASI ATV RiderCourse classes and 3,669 Arkansans were reached with the 4-H ATV Safety message through educational programs.
 - ASI RiderCourse Training - 43 classes - 233 participants; Educational programs - 22 for 3,669 participants; ASI ATV Safety E-Course (online)- 151 youth; ATV Community Safety Events - (2 or more hours of education) - 2 for 381 participants.
 - More than 4,000 youth from 42 counties were engaged in citizenship educational activities at the county level. Nearly 130 youth were selected to attend the state Citizenship/Leadership Camp, which provided a week-long overnight camping experience. Community service activities conducted in October, which is National 4-H Month, were held in 49 counties. These efforts engaged 1,618 youth and adult volunteers and reached 121,522 Arkansans.
 - 1,700 adults volunteered 14,616 hours of service in delivering science-based programs resulting in a value of \$329,590.80.

Strengthening Families: Marriage Parenting & Family Life

Between February 1, 2014 and September 30, 2014, Extension's family life web pages received 14,601 page views and 11,063 unique visitors. In addition to the brisk activity on the webpage, the Navigating Life's Journey (NLJ) program provided weekly e-mails with great quotes and invitations to apply them to their lives to 2,241 subscribers over the past year.

- "I like the short and to-the-point suggestions. These are timely, and manageable to put into immediate action. I feel validated in my efforts when I read and apply them!"
- "These emails give me "big ideas" and topics that I can take home and talk about with my spouse and children. Thank you for helping to take big ideas from research and help us apply to everyday life."