

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

### **Program # 1**

#### **1. Name of the Planned Program**

Empowering individuals and families to build healthy lives and achieve social and economic success

- 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
602	Business Management, Finance, and Taxation	5%	10%	0%	
603	Market Economics	5%	0%	0%	
604	Marketing and Distribution Practices	5%	0%	0%	
608	Community Resource Planning and Development	5%	5%	0%	
701	Nutrient Composition of Food	5%	10%	0%	
703	Nutrition Education and Behavior	10%	20%	0%	
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	5%	5%	0%	
723	Hazards to Human Health and Safety	5%	5%	0%	
724	Healthy Lifestyle	5%	5%	0%	
801	Individual and Family Resource Management	5%	5%	0%	
802	Human Development and Family Well-Being	10%	0%	0%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	5%	15%	0%	
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures	5%	0%	0%	
805	Community Institutions and Social Services	5%	0%	0%	
806	Youth Development	5%	20%	0%	
901	Program and Project Design, and Statistics	5%	0%	0%	
902	Administration of Projects and Programs	5%	0%	0%	
903	Communication, Education, and Information Delivery	5%	0%	0%	
	<b>Total</b>	100%	100%	0%	

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

1. Actual amount of FTE/SYs expended this Program

Year: 2014	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	40.0	3.0	0.0	0.0

<b>Actual Paid</b>	29.1	2.9	0.0	0.0
<b>Actual Volunteer</b>	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
315866	218555	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
315866	186975	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	0

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

**1. Brief description of the Activity**

- Conduct workshops and meetings
- Deliver services
- Develop products, curriculum, resources
- Provide training
- Provide counseling
- Make assessments
- Work with the media
- Develop partnerships

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

- Childcare, after-school, and elder care providers;
- Individual and family service personnel;
- Parents, couples, and individuals;
- Children and adolescents, families with children, adults of all ages including those with special needs.
- At-risk persons including older adults and persons who are obese, have a family or personal history, or are in a high-risk ethnic group.
  - Persons with type 2 diabetes
  - Food service operators: food handlers (adults; youth); consumers; volunteers, and county faculty
  - Consumers
  - Current and prospective homeowners
  - Renters
  - Temporary/seasonal residents
  - Seniors
  - Persons with disabilities
  - Housing professionals
  - Developers

- Building/construction professionals
- Housing sales professionals
- Residential property management professionals
- Non-governmental organizations
- UF/IFAS county and state faculty and staff
- Extension county faculty
- Community organizations

**3. How was eXtension used?**

eXtension was not used in this program

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

**1. Standard output measures**

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	264071	628446	0	0

**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
<b>Actual</b>	213	0	0

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

**Output Target**

**Output #1**

**Output Measure**

- {No Data Entered}

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

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

O. No.	OUTCOME NAME
1	Change in Knowledge Personal and Family Well-Being
2	Change in Behavior Personal and Family Well-Being
3	Change in Condition Personal and Family Well-Being
4	Change in Knowledge Personal Financial Education
5	Change in Behavior Personal Financial Education
6	Change in Condition Personal Financial Education
7	Change in Knowledge Health and Nutrition
8	Change in Behavior Health and Nutrition
9	Change in Condition Health, and Nutrition
10	Change in Knowledge Sustainable Housing and Home Environment
11	Change in Behavior Sustainable Housing and Home Environment
12	Change in Condition Sustainable Housing and Home Environment
13	Change in Knowledge Sustainable Organizations and Communities
14	Change in Behavior Sustainable Organizations and Communities
15	Change in Condition Sustainable Organizations and Communities

## **Outcome #1**

### **1. Outcome Measures**

Change in Knowledge Personal and Family Well-Being

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

- 1862 Extension
- 1890 Extension

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

Change in Knowledge Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2014	5115

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

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

Availability of quality childcare provider training allows providers to maintain their licensure, and increases the quality and quantity of childcare in Florida. Childcare is especially important as we consider the increasing need for families to have 2 working parents, as well as single parents who must work to support the family. Families may suffer financially if unable to obtain appropriate childcare. However, if available and of good quality, there can be many potential benefits for children, including social benefits, cognitive benefits, and increased readiness for school. Research shows that quality early childcare can have a critical impact on the long term academic, emotional and social functioning of children, and for every \$1 spent on quality childcare for low-income families, there is a minimum long-term cost savings of \$8, as children are more likely to stay in school, stay in the workforce, and avoid societal costs such as substance abuse and incarceration.

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

This program targeted three Florida counties identified as having a high number of young military children. Over the two years of the program, a total of 213 workshops were provided to a total of 5,007 participants. In addition to receiving free training materials, and training on how to use these materials, faculty members received financial compensation for conducting trainings that could be used for program cost-recovery. Training materials used in this project are nationally recognized, highly researched programs developed by Cooperative Extension. The objectives of this program were to increase the availability and quality of childcare provider training to Florida childcare providers.

#### **Results**

Participants rated the amount learned, satisfaction with the training, confidence in using the strategies taught, and intention to implement the skills. For the Better Kid Care trainings, a significant increase in confidence using the strategies taught was reported by participants, and participants reported learning a lot, high relevance of skills, and satisfaction with the training. Participants in the Rock Solid Foundations training also reported learning a lot that could be utilized in the childcare setting, and high satisfaction with the training. They also reported on their level of understanding before and after training, as well their intention to implement skills learned. Paired samples t-tests were used to examine changes in understanding and intention to implement, and all were significant. Follow-up at 3-6 months showed continued confidence and use of skills.

#### 4. Associated Knowledge Areas

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities

#### Outcome #2

##### 1. Outcome Measures

Change in Behavior Personal and Family Well-Being

Not Reporting on this Outcome Measure

#### Outcome #3

##### 1. Outcome Measures

Change in Condition Personal and Family Well-Being

Not Reporting on this Outcome Measure

#### Outcome #4

##### 1. Outcome Measures

Change in Knowledge Personal Financial Education

##### 2. Associated Institution Types

- 1862 Extension
- 1890 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	8049

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

**Issue (Who cares and Why)**

Charles Schwab & Co. stated that teens are big consumers, as much as \$91 billion in 2011, but few are saving for college or other long-term goals or understand basic financial terms. Students between the ages of fifteen to twenty-one report that they feel unprepared to face the complex world of the twenty-first century (American Dream Education Campaign) Teenagers that reported learning about managing savings and checking accounts were more likely to report having opened both types of accounts, and they were more likely to save, have a budget and money to make purchases (Boys & Girls Clubs of America and the Charles Schwab Foundation). University of Florida publication, Children and Money states that "Teaching children the value of money is a leading concern among parents. Money conflicts between parents and teenage children have become a prominent feature of family living."

**What has been done**

The St. Johns County Extension Office, in collaboration with Vystar Bank, educated high school students at six county schools, on basic financial management including savings, credit, record keeping and connection between lifestyle and career through an interactive financial simulation developed by University of Florida called "On My Own." 1,013 students participated in the simulation which helps prepare young adults for the real world. The "On My Own" simulations provide an opportunity for students to appreciate the economic impact of real life situations and to practice financial management skills such as check writing, credit/debt management and budgeting. In addition, they are interactive, which makes learning fun.

**Results**

As a result of the simulation, 68% learned the connection between good/bad credit and cost; 76% learned at the event how much it takes to live on their own; 36% learned how to write a check/keep a transaction register; and 41% learned how having children makes a difference in finances.

**4. Associated Knowledge Areas**

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

806 Youth Development

**Outcome #5**

**1. Outcome Measures**

Change in Behavior Personal Financial Education

**2. Associated Institution Types**

- 1862 Extension
- 1890 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Actual
2014	5654

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

**Issue (Who cares and Why)**

Florida families are struggling with financial stability; many households are still recovering from the recent recession, and financial education is needed. Financial education classes offered through county extension offices provide necessary instruction and raise awareness about financial issues, but agents cannot tailor group instruction to meet the needs of all consumers. These programs are relevant to Floridians because they target specific financial concerns and provide individual attention to address them. Mentors work with families to create realistic spending plans, prepare for home ownership, save for retirement, repair credit histories, and overcome many other financial challenges. The Volunteer Income Tax Assistance (VITA) and workshops are targeted toward particular financial needs, and they serve as an excellent introduction to Extension for consumers who may not have attended a general financial education class.

**What has been done**

The Florida Master Money Mentor (FMMM) Program provides one-on-one support and education to low- and moderate-income Florida families to encourage adoption of positive financial practices. The Volunteer Income Tax Assistance (VITA) Program provides free tax preparation to households earning less than \$53,000. Florida Master Mentors have been trained in 40 counties, and 10 counties are offering VITA for the 2014 tax year. These programs reach Floridians with targeted, individualized financial assistance, enriching general financial education classes offered through Extension.

**Results**

Since 2011, 629 FMMM volunteer mentors have been trained in 40 out of Florida's 67 counties. A volunteer's service value is \$22.55 per hour (IndependentSector.org). In 2014, we trained 76 volunteers; if each fulfills their 50-hour minimum contribution requirement for 2015, this would translate into approximately 3,800 hours of service work, which equals \$85,690 in human capital value. Mentors work one-on-one with clients, as well as volunteering at VITA sites, community events, and teaching classes. In 2014, FCS agents and 11 volunteers at VITA sites filed 233 returns. Each of the 233 returns filed at a VITA site resulted in savings of approximately \$250 - an economic impact of \$58,250, for household consumption. An additional \$81,550 was generated in Florida counties from households spending based on savings from tax preparation fees, EITC and refund anticipation loans using a 1.4 multiplier benefit (\$58,250 x 1.4). In 2014, Duval County mentors assisted with 16 Fresh Start workshops and 308 consumers completed the course. These consumers are now be able to open accounts with partner financial institutions across the state.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management

#### Outcome #6

##### 1. Outcome Measures

Change in Condition Personal Financial Education

Not Reporting on this Outcome Measure

#### Outcome #7

##### 1. Outcome Measures

Change in Knowledge Health and Nutrition

Not Reporting on this Outcome Measure

#### Outcome #8

##### 1. Outcome Measures

Change in Behavior Health and Nutrition

##### 2. Associated Institution Types

- 1862 Extension
- 1890 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2014	11059

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

**Issue (Who cares and Why)**

Most people are able to improve their health and health risks by simply changing their diet. There are many research studies showing that excessive dietary salt consumption over an extended period of time can lead to hypertension and cardiovascular disease, in addition to other adverse health effects. And there is a strong correlation between heart disease and type 2 diabetes.

**What has been done**

Eight different cardiovascular programs were designed in Sumter County to address the 2010 Dietary Guidelines reducing the daily amount of sodium in the diet to obtain a healthy lifestyle. These programs enlightened participants to the large amount of sodium individuals were consuming in a variety of foods that caused a number of health complications. They also provided them with alternative ways to reduce the sodium in their diets to obtain a healthy lifestyle. Sixteen workshops were conducted for 486 participants. Five different Head to Toe Diabetes programs were designed to address diabetes management and prevention to obtain a healthy lifestyle. These programs enlightened participants to the large amount of sodium individuals were consuming, to practice portion control, read food labels along with the importance of seeing diabetes specialists and have their yearly eye and foot exams. Twelve workshops were conducted for 488 participants.

**Results**

In the cardiovascular programs, 95% of the participants reported they cut sodium intake in half and reduced their blood pressure over a four month period. 98% of the participants reported learning how to use the food label to make healthier choices and reduce sodium and also reported decreasing their sodium by using salt substitutes as a result of increased knowledge and behavior changes. These participants reported several behavior changes made as a result of life style changes learned and put into practice over a nine month period. They reported as a result of changing eating habits and starting an exercise program losing weight (total 3,998 pounds, an average of 11 lbs. per person) over a six month period, lowering their blood pressure and 16 individuals were taken off blood pressure medications by the doctor. These individuals reported they have more energy, feel lots better and have an improved self-esteem.

In the diabetes management and prevention programs, 94% of the participants reported reducing their sodium intake in half and reduced their blood pressure over a four month period as a result

of increased knowledge and behavior changes. 100% of the participants reported practicing portion control and 90% of the participants reported learning how to use the food label to make healthier choices and control their blood glucose level as a result of increased knowledge and behavior changes. 75% of the participants reported they started seeing diabetes specialists as a result of increased knowledge. These participants reported several behavior changes made as a result of life style changes learned and put into practice over a nine month period. They reported as a result of changing eating habits and starting an exercise program losing weight (total 1,812 pounds, an average of 10.30 lbs. per person) over a six month period, lowering their blood glucose levels and blood pressure. Ten individuals reported they were taken off diabetes medication and just monitored their food intake to control their blood glucose.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
701	Nutrient Composition of Food
703	Nutrition Education and Behavior
724	Healthy Lifestyle

#### Outcome #9

##### 1. Outcome Measures

Change in Condition Health, and Nutrition

##### 2. Associated Institution Types

- 1862 Extension
- 1890 Extension

##### 3a. Outcome Type:

Change in Condition Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2014	7370

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

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

Heart disease is the leading cause of death for women in the United States (Centers for Disease Control and Prevention, 2010) and claims approximately 500,000 women's lives each year (American Heart Association Statistics Committee and Statistics Committee, 2007). Heart disease is the leading cause of death in Florida accounting for 20,013 female deaths in 2007 (American

Heart Association). Florida CHARTS 2012 and the Well Florida Council, Putnam County needs assessment 1998-2008 data report heart disease as the second leading cause of death in Putnam County and accounts for 185 deaths (men and women) in 2012. Individuals diagnosed with hypertension in 2010 are 39.8% of adults. There were a total of 1,020 hospitalizations (average annual number of events) for coronary heart disease in Putnam County (Florida CHARTS 2010-2012). Fruits and vegetables contribute significant amounts of nutrients for the body; they are considered heart healthy due to their nutritional value of being naturally low in fat, calories, and sodium, cholesterol-free and packed with fiber, vitamins and minerals. A diet high in fruits and vegetables is associated with reduced risk of chronic diseases, some cancers and can assist in weight management (CDC, 2010). Harvard School of Public Health reports that diet rich in vegetables and fruits can lower blood pressure, reduce risk of heart disease and stroke.

**What has been done**

Putnam County women participating in the StrongWomen Healthy Hearts (SWHH) program implemented healthful nutritional changes to improve their heart health. 57% (n=7) of adults participating in the StrongWomen Healthy Hearts program reported consuming one additional fruit or vegetable per day.

**Results**

100% (n=7) of participants participating in the StrongWomen Healthy Hearts program lost weight during the 12-week program. Weight loss ranged from .5 lbs. to 10.4 lbs. The average weight loss was 6 lbs. 86% (n=7) of participants had a reduction in waist circumference. The change in waist circumference ranged from .5 inches to 3.5 inches. The average reduction was 1.71 inches. Waist circumference is a tool used to identify possible health risks associated with overweight and obesity. The Heart Foundation reports that waist circumference is an indicator of the level of internal fat deposits which coat the heart, kidneys, liver and pancreas. According to the National Heart Lung and Blood Institute, this measurement provides an independent prediction of risk over and above that of BMI. Women with a waist circumference of 35 inches or greater indicate a higher risk for heart disease. In a seven month follow-up questionnaire, one participant reported that she was now exercising six days a week and has lost an additional seven pounds.

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
703	Nutrition Education and Behavior
724	Healthy Lifestyle

**Outcome #10**

**1. Outcome Measures**

Change in Knowledge Sustainable Housing and Home Environment

Not Reporting on this Outcome Measure

## **Outcome #11**

### **1. Outcome Measures**

Change in Behavior Sustainable Housing and Home Environment

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

- 1862 Extension
- 1890 Extension

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

Change in Action Outcome Measure

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

<b>Year</b>	<b>Actual</b>
2014	834

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

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

A typical person spends an average of 90 percent of his/her time indoors, and the U.S. Environmental Protection Agency (EPA) has shown that levels of common organic pollutants can be two to five times greater inside homes than outside. It is a Healthy Homes best-management practice to reduce indoor mold and fungal growth by eliminating sources of indoor moisture, but this can be a costly process. If not done, mold can cause severe health problems when particulate from its spores mix with air during inspiration. By changing behaviors in the home, occupants can improve health while also saving money.

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

The Healthy Homes program educates individuals about the importance of indoor air quality, functionality/efficiency of home operations, and how they relate to personal health and well-being. In its current format, it focuses on hazardous commercial cleaning products and the ill health effects associated with high levels of volatile organic compounds, identification and prevention of mold and fungal growth, as well as clutter and fall prevention. However, it is highly adaptable because of its comprehensive approach to examining the relationship/communication aspect of a healthy home that strives to be energy efficient, as well as the "nuts and bolts" of the energy-efficient aspect of the home.

#### **Results**

Post-test assessments showed that 87 percent of participants were able to correctly identify at least one way to reduce mold and fungal growth in the home. One-hundred percent of those surveyed indicated they will implement at least one new practice, such as increasing exhaust ventilation times in the bathroom, to reduce moisture indoors. Anecdotal behavior change

associated with this program came in the form of two participants (a husband and wife), who live in an older home and were routinely combatting mold issues in their bathroom. The county faculty trainer provided them with various low-cost tips to try in their home to deal with the mold issues to see if they offered any relief. After several months, the husband returned to thank the trainer for the program and advice because after installing a proper exhaust vent in the bathroom with a timer, their bathroom is now free of mold. The Healthy Homes program was successfully delivered in Duval County, so it will be replicated in other counties this year.

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

<b>KA Code</b>	<b>Knowledge Area</b>
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

#### **Outcome #12**

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

Change in Condition Sustainable Housing and Home Environment

Not Reporting on this Outcome Measure

#### **Outcome #13**

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

Change in Knowledge Sustainable Organizations and Communities

Not Reporting on this Outcome Measure

#### **Outcome #14**

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

Change in Behavior Sustainable Organizations and Communities

Not Reporting on this Outcome Measure

#### **Outcome #15**

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

Change in Condition Sustainable Organizations and Communities

Not Reporting on this Outcome Measure

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

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

- Economy
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges

### **Brief Explanation**

Many parts of the state are still struggling due to the economy. This leads to greater numbers of people in need of help. Controversial issues such as climate change and GMOs take additional time and care when building relationships and trust with clientele, partners, and other stakeholders. Cuts to the university budget in year's past continue to have some impact. We are in the process of evaluating our Extension staffing needs statewide to ensure we are using our human resources most efficiently.

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

### **Evaluation Results**

UF and FAMU's key evaluations, both quantitative and qualitative, are reported under the State Defined Outcomes section. Ideally, we would like to have statewide data on more focused, key indicators. UF/IFAS is currently working on an "Extension Toolbox" in Qualtrics that will store common survey instruments and questions for all our major planned programs to be used by UF and FAMU Extension county faculty and state specialists. This will greatly improve our ability to gather statewide data on issues related to family and consumer science.

### **Key Items of Evaluation**

The Community Development related outcomes are not reported here because they are now included in a new planned program.