

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%	5%	0%	
511	New and Improved Non-Food Products and Processes	5%	5%	0%	
724	Healthy Lifestyle	70%	70%	0%	
805	Community Institutions and Social Services	20%	20%	0%	
	Total	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
Plan	18.0	1.0	0.0	0.0
Actual Paid	19.0	4.0	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
383641	124873	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1637116	167873	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 was 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 were:

- Contracting: Weekly contracting helps participants master something new.
- Feedback: Opportunity is provided to report and record progress and explore different behaviors.
- Modeling: People learn more and try harder when they are motivated by people whom they perceive to be like themselves. Program participants and the trainer serve as models. The course has an emphasis on 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 is 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.

Living Well with Chronic Conditions targeted citizens living with chronic health issues such as asthma, arthritis, and heart disease. Extension helped these individuals to manage their pain and engage in daily activities.

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

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	19909	9045212	132240	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
Actual	2	0	2

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
2014	2118

Output #2

Output Measure

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

Year	Actual
2014	88301

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 eat at least five servings of fruits and vegetables each day.
5	Dining with Diabetes: Number of participants surveyed who now use artificial sweeteners.
6	Dining with Diabetes: Number of participants surveyed who use spices and other seasonings to cut back on fat, sugar, and salt.
7	Living Well with Chronic Conditions: Number of participants controlling their anger and frustration caused by their condition by using positive thinking techniques six months after completing the program.
8	Living Well with Chronic Conditions: Number of participants making healthy food decisions six months after completing the program.
9	Living with Chronic Conditions: Number of participants who have had fewer doctor visits and/or emergency room visits six months after completing the program.
10	Sugar Free with Justin T.: Diabetes Education Through Community Partnerships

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
2014	458

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 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
2014	192

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 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
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2014 196

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 and Social Services

Outcome #4

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
2014	196

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 and Social Services

Outcome #5

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
2014	380

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 and Social Services

Outcome #6

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
2014	380

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 and Social Services

Outcome #7

1. Outcome Measures

Living Well with Chronic Conditions: Number of participants controlling their anger and frustration caused by their condition by using positive thinking techniques six months after completing the program.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	543

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 and Social Services

Outcome #8

1. Outcome Measures

Living Well with Chronic Conditions: Number of participants making healthy food decisions six months after completing the program.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
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2014 631

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 #9

1. Outcome Measures

Living with Chronic Conditions: Number of participants who have had fewer doctor visits and/or emergency room visits six months after completing the program.

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	234

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
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724 Healthy Lifestyle

Outcome #10

1. Outcome Measures

Sugar Free with Justin T.: Diabetes Education Through Community Partnerships

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Diabetes is an epidemic, and the effects of the disease are far-reaching. The Centers for Disease Control and Prevention (2011) state that 25.8 million people in the United States are affected by diabetes (8.3% of the population), and the annual direct medical costs are 2.3 times higher for a person with diabetes than a person without the disease.

What has been done

To share information with diabetics, pre-diabetics, and caregivers, a diabetes education program was produced and broadcasted on the Roane County, Tennessee community cable outlet. The program was targeted at improving dietary quality. The production was named "Sugar Free with Justin T." to add local flavor and to emphasize the show's host (Mr. Justin Thomas), who serves as the UT Extension Family and Consumer Sciences agent in the community where the show is broadcast. Numerous studies have identified television as a valuable medium for delivery of Extension family and consumer sciences programs over the past five decades (Medved, 1966; Sunnarborg, Bradley, & Haynes, 1988; Kristiansson, 1981). Sugar Free with Justin T. is a result of partnerships among representatives of the Roane County Health Department, Roane State Community College, Channel 15, Coordinated School Health, and TENNderCARE. Roane County Health Department provided all food demonstration needs through a diabetes education grant. Roane State Community College Communications department, which oversees Channel 15, filmed, edited, and produced all video segments. Students were responsible for all parts of production. Following the TV broadcast, videos are posted to Facebook.

Results

The program has increased visibility for Extension Family and Consumer Sciences programs in

Roane County. Calls have increased in regards to diabetes education classes and food safety.

Facebook metrics show that the Sugar Free with Justin T. video posting resulted in increased visitors to the UT Extension Roane County page. A random week was selected for promotion of American Diabetes Month in November 2013 for posting of video segments. Three segments were posted in one week that resulted in 1,656 viewers. The previous five posts on the UT Extension Roane County Facebook page had a total of 970 views, and the five posts after the week of Sugar Free with Justin T. had 1,075 views. From the five preceding posts, there was a 71% increase during the week when videos were shown. The week videos were posted also drew 54% more viewers than the next five posts in the following weeks.

4. Associated Knowledge Areas

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

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Competing Public priorities
- Competing Programmatic Challenges

Brief Explanation

{No Data Entered}

V(I). Planned Program (Evaluation Studies)

Evaluation Results

The Extension Family and Consumer Sciences program, Living Well With Chronic Conditions, was evaluated through participant surveys and interviews six months after the program. Results included:

- 489 participants are applying action-planning and problem-solving to better self-manage their chronic condition six months after completing the program.
- 631 participants are applying healthy eating principles when making daily food decisions.
- 281 participants are communicating better their needs and concerns with their healthcare providers six months after completing the program.
- 682 participants are confident they can better manage their chronic condition on a day-to-day basis because of participating in this program.
- 264 participants are controlling their anger and frustration caused by their condition by using positive thinking techniques six months after completing the program.
- 543 participants are controlling their anger and frustration caused by their condition by using positive thinking techniques.

- 616 participants are exercising more often to help manage their chronic condition.
- 269 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
- 285 participants are making healthy food decisions six months after completing the program.
- 246 participants are using the UT Med Minder card to keep a record of their medications.
- 609 participants can better manage their pain by using the various techniques of distraction, muscle relaxation, breathing and guided imagery.
- 269 participants continue to using action-planning and problem-solving to better manage their condition six months after completing the program.
- 234 participants have had fewer doctor visits and/or emergency room visits six months after completing the program.
- 255 participants have less pain from their chronic condition six months after completing the program.
- 229 participants have maintained an exercise routine six months after completing the program.

Key Items of Evaluation

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