

# 2008 Tuskegee University Extension Annual Report of Accomplishments and Results

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## I. Report Overview

### 1. Executive Summary

Tuskegee University Cooperative Extension Program (TUCEP) works in cooperation with the Alabama Cooperative Extension System and the George Washington Agricultural Experiment Station in carrying out a comprehensive statewide Extension Plan of Work. TUCEP continues to focus its major efforts primarily in 12 and other neighboring Alabama Black Belt counties. However, it has programs in other counties as well, such as in Marshall County with the Cherokee Tribe of North East Alabama and targeted Hispanic population. Also, contributions are made towards other 3(d) program objectives as funds become available. The mission of TUCEP is to help educate and provide research-based educational programs designed for life-long learning and to assist limited resource families, both urban and rural, and other groups and organizations, to improve their quality of life in a technological global society.

Six Extension Team Projects (ETPs) constitute the core of TUCEP, and they serve as framework for measurable outcomes or impacts of the program. These ETPs are well defined within the six national goals of Extension outlined in the USDA, CSREES Strategic Plan for 2007-2012 and provide a variety of research-based educational programs designed to assist limited resource families--the targeted populations served. Also, included in the Annual Report are actual FTEs, the Merit Review Process, stakeholders' input, and planned programs. The Planned Programs found in the FY2008 as reported below provide fiscal accountability for all Federal 1890 Cooperative Extension Formula Funds and the required matches. These same programs are subject to the benefits of fiscal inputs leveraged from other sources such as county funds and other extramural resources.

The ETPs are: (1) Alabama Youth Entrepreneurial Initiatives and Workforce Development, (2) Assisting Small-Scale Farmers and Landowners to Manage Change in Agriculture, (3) Enhancing Citizen's Capacity to Transform Communities, (4) Integrated Natural Resources and Environmental Education, (5) Healthier Lifestyles, Preventive Health and Wellness, (6) Better Foods, Nutrition and Family Well Being. The agents, specialists as well as support staff for each ETP implemented educational workshops, small group and individual technical assistance follow-ups, and included target audiences in all major conferences such as the 116th Annual Farmers' Conference and the 13th Booker T. Washington Economic Development Summit which have become well tailored educational opportunities for the "hard-to-reach" Alabamians from the Black Belt Counties. In addition, educational opportunities were taken to schools, community settings, summer camps, and other venues as recommended by key stakeholders through the now well established stakeholder input process primarily via the six county advisory councils and the State Advisory Council/Merit Review Process Team. Program Activities and more than 16,000 contacts were made with youth and adults to yield results described in highlights below.

#### Alabama Youth Entrepreneurial Initiatives and Workforce Development

Workshops, seminars, group meetings, and conferences were conducted this year throughout the Alabama Black area in Macon, Montgomery, Sumter, Macon, Greene, and Hale Counties under this ETP. The Kaufman Mini-Society Curriculum was utilized in acquiring and developing entrepreneurial skills. Students learned techniques for setting and achieving personal goals. Also, they demonstrated how to work in teams, and showed measurable increases in their understanding of citizenship, voting, the workforce requirements, entrepreneurship, ethical and political problems, as well as decision-making and a spirit of cooperation. Teachers reported noticeable change in the students' motivation, creativity, and sense of self-worth. After organizing their city and government, they actually set up their city, elected their officials, and operated their municipalities. All the participants who were exposed to actual self-evaluations showed actual results in preparing monthly statements, calculating profits and losses, calculating return on investments, and analyzing line items as a percent of revenue. All the participants chose a business idea, completed a business plan, and presented it in class in a way that reflected and documented marked and increased confidence in the ability to apply what was learned. Participants were allowed to pursue the role of an entrepreneur at the 13th BTW Economic Development Summit by displaying their business plans and made contacts with companies for consideration for a business venture.

#### Assisting Small-Scale Farmers and Landowners to Manage Change in Agriculture

Small scale producers, their families and communities face a lack of resources and marketing opportunities. There continues to be a low level of profitability and other production challenges are still difficult to overcome in this region of the Southern Black Belt. Technical assistance and workshops were provided on beef cattle management, meat goat production, vegetable production and marketing, forest resource management, and estate planning for underserved non-industrial forest land owners. Additional Outreach technical assistance work was carried out throughout the State in farm ownership loan opportunities and operations. All 70 beef cattle producers who participated in more than 3 workshops reported "significant increased knowledge" and skills in calf management, readiness to use alternative marketing strategies, and USDA Calf Identification (EID) requirements for calves to be sold for food processing; and 22 producers out of 26 indicated "significant increased management and business skills and awareness" relative to operating a beef cattle feed-lot operation for additional income. Approximately 900

calves were vaccinated against the various bovine diseases before marketing. An average income of \$1.20 more per pound through the use of pre-weaning calves and improved herd health was reported. Twelve beef producers were able to reduce feed bills on average of \$525.00 to \$700.00 by using alternative feed sources and fertilizer. In goat production, with quality breeding stock, producers increased kid crop percentages from 70%-80% to 95%-100% which is about average for better managed goat herds. Quality breeding stock and improved nutrition programs have increased birth and weaning weights significantly on average by six pounds and 18 pounds, respectively. Limited resource fruit and vegetable producers are adopting new technology and practices in efforts to improve farm management practices. Thirty-eight producers or about 50% of workshop participants have reported a significant increased awareness and knowledge about more sustainable practices with plasticulture, cover crops, and value-added processes. They decided to initiate transition from conventional produce production to sustainable practices in the production of fresh fruits and vegetables. Producer involvement as stakeholders and farm leaders have gained skills and expressed readiness to become contract producers to help operate the planned Value-Added Processing Center. In forest and renewable resource management areas, post activity evaluations have revealed that more than 80% of the attendees increased their knowledge of timber inventory or cruising; more than 50% of the attendees said that they would have their property inventoried and a management plan completed in 2008; 90% of the attendees indicated an increase in knowledge on assistance and incentive programs in Alabama; and more than 80% of the attendees said that they would use the information gained when dealing with landowners in the future. In estate planning, more than 95% indicated an increase in knowledge of estate planning. More than 90% indicated an increase in their knowledge of wills and why wills are important. More than 50% said that they will have an estate plan or will complete it in 2008. One landowner and community leader solicited bids for the sale of his timber on over 100 acres under the CRP program. The bids he received ranged from \$9.00 per ton to \$18.00 per ton. When the stand was evaluated, the bids offered resulted in \$35 to \$45.00 per ton based on the market value at that time. If the landowners had not received the training in this matter and sold his timber for the first bids received, he would have lost about \$1,500 per acre, or \$150,000 over the stand. Additional Outreach technical assistance work in and around the 12-county area resulted in loan approval for 14 applicants out of 32, with an average amount of \$27,322, and a grand total of \$847,000 to increase farm ownership, livestock and vegetable production, equipment, and facility/housing.

The major outcomes of the 2501 Program goals and objectives are to increase the participation of socially disadvantaged and minority farmers in USDA programs. More specifically, to increase information, dissemination, application and awards for loans for farm ownership, farm operations, equipment, housing, and youth operated businesses, and to increase farm numbers, farm operation capacity, and the farm family income. Small-scale socially disadvantaged and minority farmers have increased their awareness and knowledge in the farming enterprises. The farm management specialists and program staff have worked with 190 program participants from 10/1/07 to 9/30/08 in identifying alternative enterprises, developing farm and home plans, farm loan applications, grant applications, housing applications and other non-loan USDA program assistance. Activities included group meetings, home visits, meetings with USDA agencies/staff, radio and TV programs, comprehensive training in record keeping, financial management and production management, computerized accounting systems, workshops in farm management and computerized business analyses, and development of farm plans. The loans awarded for the year were in six categories--3 for farm ownership, totaling \$331,000, an average of \$110,333; 8 for production loans, totaling \$314,000, an average of \$39,250; 9 for equipment loans, totaling \$97,000, an average of \$10,777; 5 for facility loan housing, totaling \$53,000, an average of \$10,600; no loan was made for soil and water; 6 for livestock, totaling \$52,000, an average of \$8,666. The total of all loans was \$847,000, an average of \$27,322. One of the participants in this program was highlighted by the USDA at their annual partners' meeting in Washington, D. C., for the innovative technologies used on his farm. This participant continues to serve as a model for other area farmers in the Black Belt of Alabama. The Jacob Waddy Research Project-Tuskegee University continues to work under a formal memorandum of understanding and sub-agreement with the Waddy Farm designed to attract young beginning farmers (men and women) to farming. This includes production, processing, business principles, marketing of farm raised products such as goats, pasture raised chickens, turkeys, rabbits, beef calves, and organic vegetables. This project continues to contribute to the research areas of Tuskegee University including integrative small ruminant research, evaluation of alternative farming practices on environmental and water quality in Alabama, maintaining agricultural systems that improve competitiveness in domestic production, processing, and marketing, and enhancing economic opportunity for families, youth and communities.

#### Enhancing Citizens' Capacity to Transform Communities

Educational workshops on youth leadership and small business development, one-on-one technical assistance, sessions with small groups and individuals, and other assistance with loan applications and incubator space were provided to TUCEP participants under the business development and leadership/community development tracks. As a result of involvement in FOCUS, WHEEL, and THINK TANK groups and their mission for change, 70% of the business sector became actively involved in the change process, and 50% reported "mastery understanding" of the MEGA Community Process for growing the Black Belt Counties. Ninety-five percent of youth who attend enrichment camps were in the top 5% of their classes, and three youth represented their schools at the national Youth Leadership Conference. Over 90% of the students indicated improvement in non-verbal communication skills; better understanding of community issues such as law enforcement and how local government works; better understanding of work ethics and how to manage conflicts. One hundred percent of participants indicated that they benefited and learned a great deal from the sessions on social etiquette and public speaking. Students expressed a desire to pursue careers in law after listening to a session on the law and participating in a mock trial where they played all the parts. Fatherhood classes have been established in two permanent sites. Ten percent of Fatherhood clients have enrolled in GED

classes. Six percent of non-working fathers have obtained jobs and are now paying child support. A \$40,000 grant has been secured from the Children Trust Fund to continue the Fatherhood Initiative Program. Fifty-five percent of the fathers are willing to work through the problems with mothers to spend quality time with their children. Ninety-five percent of the fathers showed a better understanding of their roles as men and the requirements of a man's place in the family. Ninety percent of the 488 participants in financial management classes admitted to a positive change in financial behavior, 98% of the at-risk participants acquired information that has helped them reduce excessive spending. All participants have a better understanding of how to utilize banking services. Seventy-five percent of the participants have a better understanding of predatory lenders and how not to become victims of the same. Eighty percent of the participants understand the importance of establishing credit and protecting their credit by being responsible for paying their bills. Thirty percent of the at-risk participants have obtained checking and/or saving accounts.

#### Integrated Natural Resources and Environmental Education

Landowners and hunting groups received timely information and recommendations in the following: soil testing, location of wildlife and plots, soil preparation and seed selection for food plots. There was a noticeable improvement in wildlife habitation as a result of implementing these suggestions. A survey on key indicators revealed improvements in wildlife management and as reflected in the monetary value of overall hunting leases. Educational camps, one-day educational forums, and other classroom instruction increased knowledge and awareness on the importance of the State's abundance of natural resources and a better understanding of natural resource concepts. In collaboration with the Mid-South RC&D Council at its first Annual Alabama Energy Revolution Summit, agents and specialists met to review the energy situation. They reported increased awareness and knowledge on (1) State initiatives which included national perspectives of alternative energy, state initiatives and incentives, current legislation for renewable energy; (2) water conservation and effects on energy, solar energy, and algae; (3) feed stocks, recycling, and ethanol; (4) biomass, poultry litter, recycle tires, and woodchips, and (5) practical implementation. Information received from this summit on energy was, in turn shared with local stakeholders in the counties for initial increased readiness to learn particularly from the latest research and technological advancements made in the private sector on new innovations in the world of energy markets.

#### Healthy Lifestyles, Preventive Health and Wellness

Several educational activities on nutrition and health were held in the form of workshops, seminars and classes. These programs were held at schools, nutrition sites, faith-based organizations, and community action centers. The Media Smart and Kids in the Kitchen Curricula were adapted to carry out this project to teach school age children 7-18 years old how to prepare healthy meals while teaching them about nutrition, etiquette, food safety and storage. Additionally, youth were taught how to identify proper kitchen gadgets for use, the proper way to wash fruits and vegetables, and chopping and cutting techniques, and how to read myPyramid and food labels to determine what foods to eat and what is in the foods we eat. After seven week, changes in attitudes about eating habits were noticed. A healthy eating and physical fitness program was implemented at the Barbour County Primary School to raise the awareness of children about healthy eating habits, need for increased physical fitness skills, and obesity prevention in early life. Children were given a pretest to measure the extent of their knowledge on healthy eating habits and physical fitness. After 12-one hour sessions, a post test evaluation revealed that approximately 95% of the 33 children could distinguish between "GO" Foods and "SLOW" Foods. The "GO" foods were depicted with a green circle to signify the concept of "GO." "Slow Foods" were presented with a yellow triangle to signify the concept of "going slowly," using caution and moderation. The children learned to recognize healthy (low to moderate calories/high nutrient) foods as GO FOODS and High calories/low nutrients foods as SLOW FOODS. The children were taught how to make healthier choices by choosing foods with less trans-fats and saturated fats. Also, they learned that it is less healthy to eat lots of food with added sugar. The Healthy Start/Healthy Hops Curriculum was used. Special emphasis was put on the need to eat breakfast everyday in order to have the energy children need to run, jump, play and learn. Children were encouraged to influence some family purchases, such as the choice of low fat milk, or the selection of snacks or breakfast. Thirty students from Macon County, ages 10-13, were recruited to participate in the Summer Health and Fitness Academy. Students were instructed on reading food labels and making healthful food selections using technology-based methods of delivery. Physical activity was introduced to the student, incorporating innovative equipment targeting physical as well as functional fitness. A program assessment instrument was developed to gather data relating to the impacts of the program. Students demonstrated knowledge gained by participating in nutritional education focused on moderation, personalization, variety, gradual improvement and physical activity. Students responding to the nutrition and physical activity program assessment indicated that more than 80% of the students increased their knowledge of ways to improve their health. More than 75% of the student increased their knowledge of what was considered good nutrition. This percentage is up from the 35% assessed during the pre-program assessment. More than 70% of the students were able to recognize and demonstrate correct portion sizes. Students were able to demonstrate knowledge of reading food nutritional labels. Seventy-five percent of the students exhibited improved self-efficacy as a result of the nutrition and physical activity program. Students felt confident in making food selections that were low in calories, high in fiber and balanced representing selecting foods from all food groups. Also, students were able to expand their knowledge to what was considered physical activity beyond traditionally recognized exercises such as walking and running. The First Annual Nutrition, Health, and Physical Fitness Activity Fair (NHPFA) was held at the Thomas M. Reed Ambulatory Center in Tuskegee, Alabama. This health fair was a part of the on-going initiative to reduce cardiovascular disease and other chronic diseases affecting Bullock and Macon counties and other communities with a high population of African Americans. More than 250 people participated in this event and screened for glucose, cholesterol, diabetes, body fat percentages (BMI), hydration level, weight, pounds of body fat, vision,

foot health and care, hearing, waist and hip measurements, and breast self exams, among others. Medical doctors and other health professionals were present and reported requests for referrals from this event.

**Better Foods, Nutrition and Family Well Being**

Through analysis of pre and post surveys as well as self reported testimonials for participants in the Expanded Foods and Nutrition Program (EFNEP), 85% of the graduates positively demonstrated healthy food habits. In addition, now only 35% of the graduates run out of food for families by the end of the month, and 49% reported that their children eat healthy breakfast more often. Eighty-one percent of adults reported improved dietary intake, including an increase of about 4 servings per day of fruits and vegetables; 68% improved their nutrition practice (NP); 73% improved their Food Resource Management (FRM) practice, and 56% improved their Food Safety (FS) practices. When adult participants enrolled in the program, 15.7% of adults reported consuming at least 1/2 of the recommended servings for each food group. After completing EFNEP, this percentage increased to 30%. Adult participants increased their physical activities from 30 minutes or less to 60 minutes or more a day for three days a week. EFNEP participants learned "the right way to feed their families in order to promote good health and to plan and budget their food dollars better so that their family will not go hungry at the end of the month. Ninety-eight children learned about growing and caring for a garden. Pre- and post-test administered showed that youth gained leadership experience, learned food preservation skills through making jams, jellies and preserves. Marketing skills were practiced and planned to give back to their communities by participating and raising awareness of the program as well as modeling healthy lifestyles. A telephone follow-up evaluation indicated that 67% of youth participants now eat a variety of healthy foods; 69% increased their knowledge of the necessary elements of human nutrition; 63% improved practices in food preparation and food safety at home while 61% increased their ability to select low-cost, nutritious foods when asked to participate by their adult caregivers. Fifty-eight percent feel confident of making healthy lifestyle choices.

**Total Actual Amount of professional FTEs/SYs for this State**

Year:2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	0.0	20.0	0.0	0.0
<b>Actual</b>	0.0	23.8	0.0	0.0

**II. Merit Review Process**

**1. The Merit Review Process that was Employed for this year**

- Internal University Panel
- External University Panel
- Expert Peer Review
- Other (Local and State Advisory Councils/Merit Review Team )

**2. Brief Explanation**

In 2008, the Merit Review Process Team Committee consisted of selected members of the Internal, External, Expert Peer Review, Local and State Advisory Councils. The members selected were combined into one Team at the State level. The Annual State Merit Review Process Team Committee meeting is held every February, and as needed. The Merit Review Process Team Committee reviewed and approved the programs included in the Plan of Work for 2010 -2014. Input and recommendations from this committee were given priority based upon clientele needs and state and national program goals and objectives.

**III. Stakeholder Input**

**1. Actions taken to seek stakeholder input that encouraged their participation**

- Use of media to announce public meetings and listening sessions
- Targeted invitation to traditional stakeholder groups
- Targeted invitation to non-traditional stakeholder groups
- Targeted invitation to traditional stakeholder individuals
- Targeted invitation to non-traditional stakeholder individuals
- Targeted invitation to selected individuals from general public
- Survey of traditional stakeholder groups
- Survey of traditional stakeholder individuals
- Survey of the general public
- Survey specifically with non-traditional groups
- Survey specifically with non-traditional individuals
- Survey of selected individuals from the general public

#### **Brief Explanation**

Stakeholders from our service areas were encouraged by specialists and agents to participate in all Extension activities and programs to gain the knowledge and skills needed for the individuals and the community at large to improve the quality of life for all. A survey was conducted, using the Merit Review Process Committee, where specific input was ascertained relative to program needs and/or development. In addition, Extension conferences, media, one-on-one counseling, and programs geared toward their needs were used to encourage stakeholders. Stakeholders also advocated for Extension programs and contributed to accountability.

#### **2(A). A brief statement of the process that was used by the recipient institution to identify individuals and groups stakeholders and to collect input from them**

##### **1. Method to identify individuals and groups**

- Use Advisory Committees
- Use Internal Focus Groups
- Use External Focus Groups
- Open Listening Sessions
- Needs Assessments
- Use Surveys

#### **Brief Explanation**

Several methods were utilized for identifying individuals and groups to be used by Tuskegee University Extension Program as stakeholders (local and state advisory councils, Merit Review Process Committee members) and from whom input was collected. The program elements from the annual plan of work were shared with participants, and they were briefed on the importance of their role for participating in providing input into our program planning, implementation, and evaluation process. Input was requested at farm and forestry tours, listening sessions, and focus groups. The advisory councils suggested programs to be considered for implementation in the targeted counties. TUCEP ETPs are based on needs assessments and inputs from the committees served by the program.

#### **2(B). A brief statement of the process that was used by the recipient institution to identify individuals and groups who are stakeholders and to collect input from them**

##### **1. Methods for collecting Stakeholder Input**

- Meeting with traditional Stakeholder groups
- Survey of traditional Stakeholder groups
- Meeting with traditional Stakeholder individuals
- Survey of traditional Stakeholder individuals
- Meeting with the general public (open meeting advertised to all)
- Survey of the general public
- Meeting specifically with non-traditional groups
- Survey specifically with non-traditional groups
- Meeting specifically with non-traditional individuals
- Survey specifically with non-traditional individuals
- Meeting with invited selected individuals from the general public
- Survey of selected individuals from the general public

**Brief Explanation**

All of the above methods were utilized by the TUCEP team to collect stakeholder input. The meetings and surveys with traditional stakeholder groups and individuals are necessary to maintain current program support and to make program modifications, if necessary. Meetings with the general public (open to all) provided TUCEP with the sentiment of the public about the program and related challenges and/or opportunities. Meeting specifically with non-traditional groups, non-traditional individuals, and selected individuals from the general public provided another dimension for program planning. TUCEP continues to employ a full-time Community Resource Specialist to provide assistance and coordinate planning in conducting entrepreneurial initiatives that address needs of the Cherokee Tribe of Northeast Alabama (CTNEAL), other Native Americans, and Hispanic groups in South Central Alabama and where needed in the State. Also, TUCEP offers incentives to its agents, specialists, and administrative team to participate in Beginning Spanish courses for the purpose of facilitating Extension program development and implementation. Participation in Native American Pow Wows helps in securing input from Native Americans.

**3. A statement of how the input was considered**

- In the Budget Process
- To Identify Emerging Issues
- Redirect Extension Programs
- Redirect Research Programs
- In the Staff Hiring Process
- In the Action Plans
- To Set Priorities

**Brief Explanation**

Inputs from stakeholders are used in the re-allocation of budgets to program areas, identification of the importance of youth programs, and to strengthen or change existing research-based Extension program activities, as reflected in the 2010-2014 Plan of Work Updates. The goal of these changes is to improve the quality of life for the clients served.

**Brief Explanation of what you learned from your Stakeholders**

We learned from our stakeholders that TUCEP is well received and considered a vital part of the communities in which it serves. That external evidence of program quality and distinctiveness is seen in the accomplishments, results, and impacts of the programs and services rendered to the clientele. Sustainability of small-scale producers is validated. Profitability is validated. These two elements are seen in a better quality of livestock, higher yields in vegetable and fruit production, more efficiency and effective budget and record keeping, reduction in the use of pesticides, implementing more of the best farm management practices, forest resource management, the enhancement of economic opportunities, higher incomes from agricultural and business production, prevention of diseases, improved nutrition and development of more nutritious foods that enable people to make healthier food choices, reducing food borne illnesses and diseases by improving food preparation, processing, and handling practices at the individual and family levels, thus improving the quality of life which is vital to our clients.

**IV. Expenditure Summary**

<b>1. Total Actual Formula dollars Allocated (prepopulated from C-REEMS)</b>			
<b>Extension</b>		<b>Research</b>	
<b>Smith-Lever 3b &amp; 3c</b>	<b>1890 Extension</b>	<b>Hatch</b>	<b>Evans-Allen</b>
0	1755992	0	0

<b>2. Totaled Actual dollars from Planned Programs Inputs</b>				
<b>Extension</b>			<b>Research</b>	
	<b>Smith-Lever 3b &amp; 3c</b>	<b>1890 Extension</b>	<b>Hatch</b>	<b>Evans-Allen</b>
<b>Actual Formula</b>	0	1475727	0	0
<b>Actual Matching</b>	0	1755992	0	0
<b>Actual All Other</b>	0	326290	0	0
<b>Total Actual Expended</b>	0	3558009	0	0

<b>3. Amount of Above Actual Formula Dollars Expended which comes from Carryover funds from previous years</b>				
<b>Carryover</b>	0	88247	0	0

**V. Planned Program Table of Content**

<b>S. NO.</b>	<b>PROGRAM NAME</b>
1	Alabama Entrepreneurial Initiative (AEI): A Strategy for Workforce Development
2	Assisting Small-Scale Farmers and Landowners to Manage Change in Agriculture
3	Enhancing Citizens Capacity to Transform Communities
4	Integrated Natural Resources and Environmental Education
5	Promoting Healthy Behavior
6	Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences - TU/FF NEWS-Fami

**Program #1**

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

**1. Name of the Planned Program**

Alabama Entrepreneurial Initiative (AEI): A Strategy for Workforce Development

**V(B). Program Knowledge Area(s)**

**1. Program Knowledge Areas and Percentage**

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
601	Economics of Agricultural Production and Farm Management		10%		
602	Business Management, Finance, and Taxation		25%		
604	Marketing and Distribution Practices		25%		
801	Individual and Family Resource Management		10%		
806	Youth Development		30%		
	<b>Total</b>		100%		

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

**1. Actual amount of professional FTE/SYs expended this Program**

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	0.0	2.6	0.0	0.0
<b>Actual</b>	0.0	3.0	0.0	0.0

**2. Actual dollars expended in this Program (includes Carryover Funds from previous years)**

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
0	184616	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	237018	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	27250	0	0

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

**1. Brief description of the Activity**

Educational programs in entrepreneurial training were conducted at two levels--the county level and the University level. At the University level, two major conferences were held -- the 12th Booker T. Washington Economic Development Summit and the 116th Annual Farmers' Conference. At the county level, educational activities were conducted using the Mini-Society instructional system. Eighty students attended the Mini-Society activities for six weeks on Monday and Wednesday. The theme was, "Mini-Society: Developing A Self-Organized Economic Society." The activities included entrepreneursip, citizenship, voting, cost benefits, marketing and distribution methods, and workforce development. Also, abstinence educational activities were taught -- eight units from Choosing the Best Life. In Greene, Montgomery and Hale Counties, agents conducted a 10-week educational training workshop in financial management, credit worthiness, income statements, return on investments, business ideas, basic business plans, business ethics and negotiations.

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

The targeted audiences were the rural and urban general population -- in particular youths, and young adults, their community leaders, elected and appointed officials, residing in Sumter, Pickens, Greene, Hale, Montgomery, Macon, and Tuscaloosa counties.

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

**1. Standard output measures**

**Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	45	500	400	500
2008	48	525	490	525

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

**Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2008 :	0

**Patents listed**

N/A

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	0	0	
2008	0	0	0

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

**Output Target**

**Output #1**

**Output Measure**

- Schools, community centers, faith-based organizations, summer camps, extension personnel and youth service agencies.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	25	36

**V(G). State Defined Outcomes****V. State Defined Outcomes Table of Content**

<b>O No.</b>	<b>OUTCOME NAME</b>
1	Youth and adults will explore entrepreneurship, economics, law, government and business ethics. Expand participant's knowledge of math, public speaking, marketing, decision-making and business leadership.

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

Youth and adults will explore entrepreneurship, economics, law, government and business ethics. Expand participant's knowledge of math, public speaking, marketing, decision-making and business leadership.

**2. Associated Institution Types**

- 1890 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2008	225	438

**3c. Qualitative Outcome or Impact Statement****Issue (Who cares and Why)**

Greene and Hale Counties are considered among the poorest counties in Alabama. The median income is approximately \$10,000 per year. Sixty-four percent of Hale County residents and 80% of Greene County residents are African Americans. The quality of life and empowerment issues needs to be addressed. A high illiteracy rate and a low level of education attainment in these counties are major contributing factors to the grinding poverty.

**What has been done**

Ten week educational training for eight Housing Authority residents and 15 OIC juvenile dropouts were conducted. Educational training related to issues of financial management, credit worthiness, characteristics of a successful entrepreneur, income statements, return on investments, business ideas, selecting your business, goal setting, cost of starting and operating a business, how to write a business plan, business ethics and negotiations were conducted.

**Results**

As a result of the training, all the participants were exposed to actual self evaluations, preparation of monthly statements, calculating profit and loss, calculating return on investments, and analyzing line items as a percent of revenues. All of the participants chose a business idea and completed a business plan which was presented to the class. Participants were allowed to actively take on the role as entrepreneurs at the Booker T. Washington Economic Development Summit where business plans were displayed, networked with business owners and they gained contact with companies for considering a business venture. One individual applied and was approved for a small business loan.

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
601	Economics of Agricultural Production and Farm Management
604	Marketing and Distribution Practices
806	Youth Development
801	Individual and Family Resource Management
602	Business Management, Finance, and Taxation

**V(H). Planned Program (External Factors)****External factors which affected outcomes**

- Economy
- Appropriations changes
- Public Policy changes
- Competing Programmatic Challenges

**Brief Explanation**

External factors which may affect the outcomes of this project are:

- the economy
- appropriations changes
- competing programmatic challenges

#### **V(I). Planned Program (Evaluation Studies and Data Collection)**

##### **1. Evaluation Studies Planned**

- Before-After (before and after program)
- Comparisons between program participants (individuals,group,organizations) and non-participants
- Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.

##### **Evaluation Results**

Positive behavioral changes and attitude adjustments were observed from the students trained in entrepreneurship by teachers and community leaders during the conduct of this ETP.

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

Funding and most appropriate curricula are needed for the promotion of entrepreneurship education in a region such as the Black Belt region; as well for youth that promotes science and technology.

**Program #2**

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

**1. Name of the Planned Program**

Assisting Small-Scale Farmers and Landowners to Manage Change in Agriculture

**V(B). Program Knowledge Area(s)**

**1. Program Knowledge Areas and Percentage**

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
102	Soil, Plant, Water, Nutrient Relationships		10%		
111	Conservation and Efficient Use of Water		10%		
123	Management and Sustainability of Forest Resources		10%		
131	Alternative Uses of Land		15%		
141	Air Resource Protection and Management		5%		
201	Plant Genome, Genetics, and Genetic Mechanisms		10%		
211	Insects, Mites, and Other Arthropods Affecting Plants		10%		
301	Reproductive Performance of Animals		10%		
501	New and Improved Food Processing Technologies		10%		
601	Economics of Agricultural Production and Farm Management		10%		
<b>Total</b>			100%		

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

**1. Actual amount of professional FTE/SYs expended this Program**

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	0.0	7.8	0.0	0.0
<b>Actual</b>	0.0	9.5	0.0	0.0

**2. Actual dollars expended in this Program (includes Carryover Funds from previous years)**

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
0	581789	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	714525	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	28505	0	0

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

**1. Brief description of the Activity**

A brief description of the educational activities for this ETP is divided into three categories:(a) Fruits and Vegetables, (b) Animal Production, and (c) Underserved Non-Industrial Forest Land Ownership. Educational activities for fruits and vegetables consisted of plasticulture, organic farming, and cooperative marketing. Educational activities for animal production (beef cattle and small ruminants) consisted of beef cattle management workshops, an annual Goat Day for goat farmers, youth and adults, the 116th Annual Farmers Conference, the 10th Annual Small Farmers' Area Work Conference, beef calf show, individual and group farm visits. Other topics included information on the advantages of pre-weaning and pre-conditioning calves for increased profits, best management practices for improved herd health, etc. Other educational activities included forest and renewable resource management, estate planning, maketing alternatives, contracts, incentives and assistance programs.

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

The targeted audience were small-scale producers and landowners in the 12 Black Belt and other neighboring Counties of Alabama. However, some limited-resource farmers and landowners live outside of TUCEP's primary service area in the northeast and where other Native American individuals and groups ahve requested our services.

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

**1. Standard output measures**

**Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	2000	3000	30	80
2008	3524	3700	318	103

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

**Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2008 :	0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	0	0	
2008	3	0	3

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

**Output Target**

**Output #1**

**Output Measure**

- The output target will consist of training in Integrated Pest Management, Plasticulture, Organic Farming, Forest Management, Animal Management and Marketing involving farmers, landowners, homeowners, senior citizens, youth farmer organizations, federal and state agencies and private industry.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	400	430

**V(G). State Defined Outcomes****V. State Defined Outcomes Table of Content**

<b>O No.</b>	<b>OUTCOME NAME</b>
1	Participants will gain awareness of new techniques in agriculture and natural resources management. The number of participants who change attitudes about existing production techniques will increase.

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

Participants will gain awareness of new techniques in agriculture and natural resources management. The number of participants who change attitudes about existing production techniques will increase.

**2. Associated Institution Types**

- 1890 Extension

**3a. Outcome Type:**

Change in Condition Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2008	110	125

**3c. Qualitative Outcome or Impact Statement****Issue (Who cares and Why)**

Historically, goat in-breeding, poor nutrition and lack of record keeping has cost goat producers thousands of dollars annually. A lack of knowledge about the meat goat enterprise and technical training was needed to assist producers in the maintenance of their herds.

**What has been done**

Technical assistance was provided to clients in the areas of goat production. Training through master goat certification focused on economics, marketing, nutrition, health and record-keeping and was conducted in August of 2008.

**Results**

Twenty-four goat producers received Master Goat Producers' Certification and became certified. Of the 670 meat goat producers contacted, 75% have upgraded their breeding herd to improve the quality of goats sold during marketing, as well as quality young does for herd replacements. There has been a steady increase in quality of kids born and weaned for herd replacements and marketing.

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
141	Air Resource Protection and Management
123	Management and Sustainability of Forest Resources
131	Alternative Uses of Land
301	Reproductive Performance of Animals
211	Insects, Mites, and Other Arthropods Affecting Plants
201	Plant Genome, Genetics, and Genetic Mechanisms
501	New and Improved Food Processing Technologies
102	Soil, Plant, Water, Nutrient Relationships
601	Economics of Agricultural Production and Farm Management
111	Conservation and Efficient Use of Water

**V(H). Planned Program (External Factors)****External factors which affected outcomes**

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Government Regulations
- Competing Public priorities

**Brief Explanation**

The immediate factor affecting the outcomes for this year was the drought. The long-term factor affecting this area was the decline in the number of farmers. Current farmers have aged, and young farmers are needed to continue the farming tradition.

## **V(I). Planned Program (Evaluation Studies and Data Collection)**

### **1. Evaluation Studies Planned**

- Retrospective (post program)
- Before-After (before and after program)
- During (during program)
- Case Study
- Other (Farm surveys)

### **Evaluation Results**

A survey conducted on a timber inventory or cruising workshop revealed that more than 80% of the attendees increased their knowledge of timber cruising; that more than 50% of the attendees said that they would have their property inventoried and a management plan completed in 2008. More than 90% of the attendees indicated an increase in knowledge of assistance and incentive programs in Alabama; more than 80% of the attendees said that they would use the information gained when dealing with landowners in the future. In estate planning, more than 95% of the attendees indicated an increase in their knowledge of estate planning. More than 90% of the attendees indicated an increase in their knowledge of wills and why wills are important. More than 50% of the attendees said that they will have an estate plan or will make a will in 2008. More workshops, conferences, etc. are needed to disseminate up-to-date research-based information to producers.

### **Key Items of Evaluation**

Extension activities are highly regarded by the producers and their families, and the activities are very vital to the rural and urban areas serviced by TUCEP. Producers are becoming more aware and proficient in the practical applications of herd health management, thereby increasing income from the sale of livestock and saving money on veterinary expenses. Earlier adopters who are willing to change have come to depend on TUCEP to improve their skills, increase their knowledge, and improve their quality of life. Alternative ways of marketing beef cattle, vegetables, and other crops have increased the family income budget.

**Program #3**

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

**1. Name of the Planned Program**

Enhancing Citizens Capacity to Transform Communities

**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		40%		
608	Community Resource Planning and Development		25%		
805	Community Institutions, Health, and Social Services		25%		
806	Youth Development		10%		
<b>Total</b>			100%		

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

**1. Actual amount of professional FTE/SYs expended this Program**

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	0.0	3.0	0.0	0.0
<b>Actual</b>	0.0	4.4	0.0	0.0

**2. Actual dollars expended in this Program (includes Carryover Funds from previous years)**

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
0	269639	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	308479	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	150396	0	0

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

**1. Brief description of the Activity**

The educational activities for this ETP included business and individual planning. These activities were intended to assist business owners with business planning as well as help with other tools for sound decision-making, especially financial and long-term planning. The educational activities in leadership intended to enhance the leadership capacity of individuals, organizations, community residents, and emerging leaders with requisite skills in leadership. Also, educational activities were designed to enhance small business development, county leadership development, land and home ownership development, faith-based and other community resource development, and personal financial management.

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

The target audiences were start-up entrepreneurs, existing business owners, civic and social community organization leaders, and leaders of faith-based organizations.

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

**1. Standard output measures**

**Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	130	300	20	30
2008	2337	1293	2552	417

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

**Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2008 :	0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	0	0	
2008	0	0	0

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

**Output Target**

**Output #1**

**Output Measure**

- Participants will be trained in leadership skills development, business planning and management, and how to access loans and other resources.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	70	90

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

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

O No.	OUTCOME NAME
1	Thirty will acquire business and leadership development skills. Twenty business plans will be developed and 20 will have business loans approved.

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

Thirty will acquire business and leadership development skills. Twenty business plans will be developed and 20 will have business loans approved.

**2. Associated Institution Types**

- 1890 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2008	80	85

**3c. Qualitative Outcome or Impact Statement****Issue (Who cares and Why)**

Sustainability of the local economy needs local leadership and from early on in life as a major factor for creating stronger communities and fostering a desirable social and economic environment for individuals, families, businesses, and the community at large.

**What has been done**

Youth enrichment camps and a Summer Leadership Institute were held in Dallas County offering leadership classes. Two community development seminars were held informing the communities of educational programs partnering with Walt Disney and Ameri-Corp for local youth and adults to provide on-the-job training. A Business Consortium Partnership with State Legislators, local banks, agencies, City of Selma, the school system, and others were established.

**Results**

Ninety-five percent of camp attendees graduated in the top five percent of their class; three youth represented their school at the National Youth Conference; the consortium obtained \$20,000 in funding for non-profits who work with youth. Ninety percent of camp and institute attendees indicated improvement in non-verbal communication skills and understanding of law enforcement and the government.

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
608	Community Resource Planning and Development
805	Community Institutions, Health, and Social Services
602	Business Management, Finance, and Taxation
806	Youth Development

**V(H). Planned Program (External Factors)****External factors which affected outcomes**

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

**Brief Explanation**

Limited personnel to conduct all of the educational activities limited the outcome of this ETP. There are seven identified areas in this ETP. They are: leadership skills and business training, fatherhood initiatives and incarcerated men program, the homelessness, the summer leadership institute for high school students, Bethel Destiny Outreach, Inc., Dollars for Scholars -- Community Resource Development, and community development programs. More areas are likely to be added as appropriate staff are hired and grants are secured for counties.

**V(I). Planned Program (Evaluation Studies and Data Collection)**

**1. Evaluation Studies Planned**

- Before-After (before and after program)
- During (during program)
- Case Study

**Evaluation Results**

Participants trained and developed leadership skills, business plans, and made successful loan applications for start-up businesses and home ownership through leadership skills and business planning. Elementary school children improved their study habits through Bethel Destiny Outreach, Inc. High School students received scholarships through Dollars for Scholars.

**Key Items of Evaluation**

None

**Program #4**

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

**1. Name of the Planned Program**

Integrated Natural Resources and Environmental Education

**V(B). Program Knowledge Area(s)**

**1. Program Knowledge Areas and Percentage**

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
104	Protect Soil from Harmful Effects of Natural Elements		25%		
112	Watershed Protection and Management		25%		
125	Agroforestry		25%		
131	Alternative Uses of Land		15%		
141	Air Resource Protection and Management		10%		
<b>Total</b>			100%		

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

**1. Actual amount of professional FTE/SYs expended this Program**

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	0.0	1.7	0.0	0.0
<b>Actual</b>	0.0	1.4	0.0	0.0

**2. Actual dollars expended in this Program (includes Carryover Funds from previous years)**

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
0	104050	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	120618	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	6650	0	0

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

**1. Brief description of the Activity**

The Integrated Natural Resources and Environmental Education ETP consisted of Annual Forestry Camps, Kids-N-Creek camps, Kids Day on the Farm camps and an Annual Water Festival. Other activities involved private well testing/wellhead protection, small acreage water resource management, community awareness educational programs and home air quality assessments. Additionally, Lowndes County Natural Resource Council planned several educational tours and group workshops to enhance landowners' awareness and the general public's awareness of natural resource issues that are important to Lowndes and surrounding counties. Agents and specialists collaborated with the Mid-South RC&D Council at its first Annual Alabama Energy Revolution Summit (9/17/08). The five session summit included: national perspective for alternative energy; state initiatives and incentives, current legislation for renewable energy; water conservation and effects on energy, solar energy, algae; feedstocks, recycling, and ethanol; biomass, poultry litter, recycled tires, and woodchips, and practical implementation. Landowners and hunting groups were provided information on improving and enhancing wildlife habitats. Assistance was offered in wildlife management, food plot information, prescribed burning, soil testing, soil preparation and seed selections for food plots.

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

The target audience consisted of youths and adults, rural and urban agriculture clientele with needs in the areas of natural resources, water quality and environmental management, including environmental health and justice issues.

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

**1. Standard output measures**

**Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	700	150	850	100
2008	949	919	438	220

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

**Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2008 :	0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	0	0	
2008	0	0	0

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

**Output Target**

**Output #1**

**Output Measure**

- Underserved Black Belt area grade school students will be exposed to specific age appropriate educational activities designed to reinforce current classroom instructional curriculums. While targeting the youth, parents, volunteers and community leaders will also be provided necessary instructions in responsible environmental stewardship practices and principles.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	112	150

**V(G). State Defined Outcomes****V. State Defined Outcomes Table of Content**

<b>O No.</b>	<b>OUTCOME NAME</b>
1	Youth participants will acquire knowledge, skills and awareness regarding well head protection, point/non-point source pollution, environmental stewardship, management of natural resources and water conservation. Adult participants will incorporate skills/knowledge and change behavior related to: pollution prevention, management of water resources, litter disposal and waste management, conservation and recycling of natural resources and safe and effective use of fertilizers and pesticides.

**Outcome #1**

**1. Outcome Measures**

Youth participants will acquire knowledge, skills and awareness regarding well head protection, point/non-point source pollution, environmental stewardship, management of natural resources and water conservation. Adult participants will incorporate skills/knowledge and change behavior related to: pollution prevention, management of water resources, litter disposal and waste management, conservation and recycling of natural resources and safe and effective use of fertilizers and pesticides.

**2. Associated Institution Types**

- 1890 Extension

**3a. Outcome Type:**

Change in Condition Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2008	177	185

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

**Issue (Who cares and Why)**

The quality of drinking water from private wells is a critical concern for rural populations. The enhanced protection of this resource is the responsibility of the entire community as well as the individual well owner. The amount of water available in our state is of an abundant quantity but the amount of uncontaminated water suitable for human consumption is of concern for all areas. Rural and urban interfaces continue to be of concern regarding their potential impact on water quality.

**What has been done**

Young adults were exposed to water festivals, field trips and educational seminars and activities designed to foster a greater appreciation for groundwater protection, pollution prevention and responsible environmental stewardship. Adults were trained in water conservation and well head protection using the Farm A Syst / Home A Syst curriculum. Wellhead protection seminars and workshops were conducted in various communities. Well owners receive continuous education on the importance of annual well testing and well head protection measures.

**Results**

Ninety-five percent of the participants reported an increase in their base knowledge and awareness associated with the importance of water conservation and protecting groundwater from pollution. Students readily identify common pollution hazards and are adopting effective ways of conserving water in their daily environment. The number of clients submitting samples for well testing continues to increase. Clients are requesting information on well design construction and enhanced monitoring. Eighty percent of all wells tested last year were voluntarily retested this year and will be entered into a database using GIS. Voluntary testing indicates a positive change in behavior by the well owner.

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
125	Agroforestry
112	Watershed Protection and Management
141	Air Resource Protection and Management
131	Alternative Uses of Land
104	Protect Soil from Harmful Effects of Natural Elements

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

External factors which affected outcomes

- Natural Disasters (drought,weather extremes,etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Programmatic Challenges
- Populations changes (immigration,new cultural groupings,etc.)

**Brief Explanation**

NA

**V(I). Planned Program (Evaluation Studies and Data Collection)**

**1. Evaluation Studies Planned**

- During (during program)
- Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.
- Comparison between locales where the program operates and sites without program intervention

**Evaluation Results**

N/A yet

**Key Items of Evaluation**

N/A yet

**Program #5**

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

**1. Name of the Planned Program**

Promoting Healthy Behavior

**V(B). Program Knowledge Area(s)**

**1. Program Knowledge Areas and Percentage**

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
703	Nutrition Education and Behavior		50%		
724	Healthy Lifestyle		50%		
<b>Total</b>			100%		

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

**1. Actual amount of professional FTE/SYs expended this Program**

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	0.0	3.8	0.0	0.0
<b>Actual</b>	0.0	4.0	0.0	0.0

**2. Actual dollars expended in this Program (includes Carryover Funds from previous years)**

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
0	243325	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	267832	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	6760	0	0

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

**1. Brief description of the Activity**

Several educational activities about nutrition and health were held in the form of workshops, seminars, and classes. These programs were held at schools, nutrition sites, assisted living facilities, churches, and community centers. The nutritional program focused on the food guide pyramid, healthy eating, and meal planning. Upon completion of the programs, the participants received certificates and a delicious healthy recipe booklet. The seminars promoted structured nutritional and physical activities, and assessment programs for cardiovascular disease risk education through weight reduction. Community train-the-trainer seminars were conducted in Bullock and Macon Counties. Pediatricians are reporting that they are now diagnosing Type 2 diabetes in children as early as age five. Risks are more severe in Hispanics and Black children. In Barbour County, two new programs, a Healthy Start Curriculum and a Preschool/kindergarden nutrition and physical activity, were instituted. These programs focused on healthy eating habits and increasing physical activities, emphasizing awareness about obesity prevention early in life. A wellness program, "A Healthy Weigh of Life," was implemented to teach adults how to take control of their health by making healthy food choices.

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

TUCEP is committed to improving the health status and wellbeing of children and adults (overweight, obesity, diabetes, etc.) in the twelve Black Belt counties of Alabama by providing nutrition health education, counseling and related services for you, parents, and families.

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

**1. Standard output measures**

**Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	300	100	300	300
2008	450	300	350	400

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

**Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2008 :	0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	0	0	
2008	0	0	0

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

**Output Target**

**Output #1**

**Output Measure**

- This ETP will follow Outcome Evaluation Methods by Green and Kreuter, 1991. This type of evaluation will provide data concerning short-term effects of the program, including increased awareness and knowledge, expressed intentions to make recommended changes, and responses to public service announcements. The measures can be self reported (interviews with the intended audience) evident changes in the number of people eing screened for a cardiovascular (CVD) risk factor at a localhealth fair or a comparative study (comparing CVD knowledge of participating audience and of similar group that did not receive the intervention.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	25	25

**V(G). State Defined Outcomes****V. State Defined Outcomes Table of Content**

<b>O No.</b>	<b>OUTCOME NAME</b>
1	The outcome is to decrease the risk of degenerative diseases, improve the quality of life, maintain reasonable weight by monitoring caloric consumption, control disease through diet, exercise, medication, and stress management.

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

The outcome is to decrease the risk of degenerative diseases, improve the quality of life, maintain reasonable weight by monitoring caloric consumption, control disease through diet, exercise, medication, and stress management.

**2. Associated Institution Types**

- 1890 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2008	50	50

**3c. Qualitative Outcome or Impact Statement****Issue (Who cares and Why)**

Type 2 diabetes in school children is a new phenomenon. During the last 20 years, childhood diabetes has increased ten-fold. Diabetes in children as early as age five is being reported by pediatricians. These risks are more severe in Hispanics and Blacks.

**What has been done**

Educational classes, food demonstrations, health fairs, community train-the-trainer seminars by Tuskegee University's Food and Nutritional Sciences Department and the Alabama Department of Public Health New Leaf Intervention Program were conducted. A Healthy Start Curriculum and a preschool/kindergarten nutrition and physical activity was begun in Barbour County

**Results**

Upon completion of the class preschool children could recognize high calorie/low nutrient foods as SLOW FOODS. They recognized healthy foods (low to moderate calorie/high nutrient) as GO FOODS. Children learned it is less healthy to eat foods with added sugar. Children demonstrated through pre and post test (show of hands) the difference between healthy foods and those that are not.

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
724	Healthy Lifestyle
703	Nutrition Education and Behavior

**V(H). Planned Program (External Factors)****External factors which affected outcomes**

- Natural Disasters (drought,weather extremes,etc.)
- Economy
- Appropriations changes
- Government Regulations
- Populations changes (immigration,new cultural groupings,etc.)

**Brief Explanation**

Cuts in local budgets have shifted some agency personnel.

**V(I). Planned Program (Evaluation Studies and Data Collection)****1. Evaluation Studies Planned**

- Before-After (before and after program)
- During (during program)
- Case Study
- Comparisons between program participants (individuals,group,organizations) and non-participants
- Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.

#### **Evaluation Results**

ETP Team launched various preventive programs and activities such as health fairs, displays, workshops, seminars, classes, mass media, and road side billboards. Also, food demonstrations had participants to keep food logs, bi-weekly exercise classes, weekly weigh-ins, and support group/counseling. Participants acquired knowledge, skills, and awareness relative to body mass index (BMI), setting nutritional goals, essentials of nutrition, importance of physical activities, behavior modification, meal and menu planning, body weight, food intake, health and fitness. Overall evaluation was change in knowledge, action and condition.

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

Continued emphasis on health programs for limited resource and minority populations is a must.

**Program #6**

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

**1. Name of the Planned Program**

Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences - TU/FF NEWS-Fami

**V(B). Program Knowledge Area(s)**

**1. Program Knowledge Areas and Percentage**

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
703	Nutrition Education and Behavior		45%		
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources.		15%		
722	Zoonotic Diseases and Parasites Affecting Humans		5%		
723	Hazards to Human Health and Safety		10%		
724	Healthy Lifestyle		25%		
	<b>Total</b>		100%		

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

**1. Actual amount of professional FTE/SYs expended this Program**

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	0.0	1.1	0.0	0.0
<b>Actual</b>	0.0	1.5	0.0	0.0

**2. Actual dollars expended in this Program (includes Carryover Funds from previous years)**

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
0	92308	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	107520	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	106729	0	0

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

**1. Brief description of the Activity**

Through EFNEP programming federal funds responded to this challenge in four of the Black Belt counties of Alabama. Food and nutrition programs were conducted with adult participants on federal food assistance as well as impoverished seniors taking care of children and qualify for community lunch meals. County EFNEP Nutrition Educators used the CentSible Nutrition Curriculum for adults, choosing different forms and kinds of healthy fruits and vegetables, whole grains, high calorie foods, label reading, overall healthy eating to prevent overweight, food buying, storage and safety, and increase in physical activity. Several demonstrations had hands-on applications to affect behavior were conducted. There were 12 lessons taught once a week to each four sites with the first week being introduction and the twelfth week being graduation. Each lesson was taught for two hours to include teacher and participant demonstrations to class. At the end of the 10-week lessons, adults were graduated from the program and given certificates of attendance.

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

The target audiences for this program were youth and adults. EFNEP participants were adults. There were some adults who attended the community-based programs.

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

**1. Standard output measures**

**Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	200	50	200	50
2008	908	807	988	90

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

**Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2008 :	0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	0	0	
2008	0	0	0

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

**Output Target**

**Output #1**

**Output Measure**

- Measures will include: Participants will incorporate skills and change behaviors; the number of people who follow exercise guidelines on most days 60-minutes, 5 days a week; the percent of participants using food guide pyramids and dietary guidelines and the percent of participants reporting improved quality of life will increase.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	125	125

**V(G). State Defined Outcomes****V. State Defined Outcomes Table of Content**

<b>O No.</b>	<b>OUTCOME NAME</b>
1	Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.

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

Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.

**2. Associated Institution Types**

•1890 Extension

**3a. Outcome Type:**

Change in Condition Outcome Measure

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
2008	100	110

**3c. Qualitative Outcome or Impact Statement****Issue (Who cares and Why)**

The three basic causes of obesity are: eating habits -- not making healthy food choices, inactivity -- not exercising on a regular basis to combat those extra calories and genes and some people seem to gain weight and store fat more so than others. Extra emphasis is necessary to promote physical activity as a norm. A priority identified is to increase school programs for youth fitness to develop Lifelong Habits, and develop exercise-friendly communities.

**What has been done**

Classes on health, nutrition and physical fitness were conducted. Each class is finished with physical fitness exercises. Participants were given pedometers to measure how many steps were taken and certificates and small consolation prizes awarded for motivation. Participants were encouraged to perform some type of physical activity for 60 minutes daily.

**Results**

Participants reported an increased awareness of using physical fitness and a healthy diet as a priority in their daily lives. They identified ways to cope with high-risk eating situations such as doing something that is not food compatible like washing the car when lonely.

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
724	Healthy Lifestyle
722	Zoonotic Diseases and Parasites Affecting Humans
723	Hazards to Human Health and Safety
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources.
703	Nutrition Education and Behavior

**V(H). Planned Program (External Factors)****External factors which affected outcomes**

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Government Regulations
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

**Brief Explanation**

## **V(I). Planned Program (Evaluation Studies and Data Collection)**

### **1. Evaluation Studies Planned**

- Before-After (before and after program)
- During (during program)
- Case Study
- Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.

### **Evaluation Results**

Through analysis of pre and post surveys, as well as select reported testimonials, changes indicated that 85% of the graduates demonstrated positive healthy food habits. In addition, only 35% of the graduates now run out of food for families by the end of the month, and 49% reported that their children eat a healthy breakfast more often. The Expanded Food and Nutrition Education Program has positive impact on the nutritional health and wellness of 145 low-income parents and their families. During the program year, over 400 direct contacts were made to recruit participants. Eventually 40 adults in each county were recruited for the program. With a high rate of dropouts, 62% graduated from the program. The graduates reported that they have changed their eating habits by planning their meals and consciously choosing more fruits and vegetables as part of their meals.

### **Key Items of Evaluation**

Eighty-one percent of adults reported improved dietary intake, including an increase of about 4 servings per day of fruits and vegetables; 68% improved their nutrition practice (NP); 73% improved their Food Resource Management (FRM) practices and 56% improved their Food Safety (FS) practices. When adult participants enrolled in the program, 15.7% of adults reported consuming at least 1/2 of the recommended servings for each food group. After completing EFNEP, this percentage increased to 30%. After graduation, adult participants increased their physical activities from 30 minutes or less to 60 minutes or more per day for three days a week. This is definitely an improvement.