

# 2009 Tuskegee University Extension Plan of Work

**Status: Accepted**  
**Date Accepted: 05/15/08**

## I. Plan Overview

### 1. Brief Summary about Plan Of Work

Tuskegee University is a national, independent, and coeducational institution of higher learning that has a unique relationship with the State of Alabama. Instruction, research, and service are special elements of the University's mission. Instruction, research, and service, together with certain acts of the United States Congress and the State of Alabama, define Tuskegee University as a Land-Grant Institution. Therefore, Tuskegee University Cooperative Extension Program (TUCEP) works in cooperation with the Alabama Cooperative Extension System to carry out a comprehensive statewide Extension Plan of Work. TUCEP continues to focus its major efforts in 12 Alabama Black Belt counties, but it has programs in other counties as well such as in Marshall County with the Cherokee Tribe of North East Alabama. Also, contributions are made toward several 3(d) program objectives as funds become available.

The Tuskegee University Cooperative Extension Program Plan of Work includes primarily the Extension Team Projects (ETPs) as funded under Smith-Lever 3 (d) programs, estimated FTEs, the merit review process, evaluation of multistate and joint activities, stakeholder input, and planned programs. The core of TUCEP is centered in six Extension Team Projects (ETPs), and the measurable impacts of the program.

(1) Alabama Youth Entrepreneurial Initiative and Workforce Development. The objectives are to provide youth and young adults exposure to a variety of entrepreneurial curriculums, programs, and models; allow participants to examine on-going programs and curricula that emphasize entrepreneurial education and encourage partnering with local businesses to enhance entrepreneurial and jobs skills development; and engage participants in experiential "hands-on-learning," and explore the development of entrepreneurship education.

(2) Assisting Small-Scale Farmers and Landowners to Manage Change in Agriculture. The objective is to increase profitability and sustainability for small-scale farmers and landowners who continue to face production, financial, and marketing challenges due to the size of their operations as well as other historical and environmental factors. Also, it addresses the issues of declining numbers of small-scale producers, land loss by small-scale farmers, rural communities controlled by and/or left in the hands of a few, strategies for the survival of small-scale farms, the challenge in organizing and maintaining small-scale farms, new marketing opportunities, new technology, a growing concern relative to the use of chemicals, preservation methods, and food safety.

(3) Enhancing Citizens' Capacity to Transform Communities. This ETP has two tracks which include business and individual planning tracks. These tracks are 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 Individual Leadership Track is to enhance the leadership capacity of individuals, organizations, community residents, and leaders with requisite skills in leadership.

(4) Integrated Natural Resources and Environmental Education. The objectives are to address a variety of critical educational needs in the areas of natural resources, water quality, and environmental management, including environmental justice issues. Also, this ETP will increase environmental awareness and promote responsible environmental stewardship among Alabamians, as a whole, and particularly its rural minority populations.

(5) Promoting Healthy Lifestyles, Preventive Health and Wellness. The objective is to increase awareness among racial and ethnic minority groups in Alabama about the risk factors of heart disease, stroke, high blood pressure, obesity, diabetes, and cancer.

(6) Promoting Better Foods, Nutrition and Family Well Being. The objective is to teach participants to use what they learn to positively change behavior. The curriculum is based on results of scientific and educational research, observations, and clinical trials. It is comprised of six components: an informative and instructive introductory section, four content modules, and a resource/reference section. The four content modules are: (a) Balancing Food Preferences with Knowledge of Nutrition, (b) Health Status and Age-Related Nutrition, (c) Enhancing Management Skills, and (d) Ensuring Food Quality and Safety.

**Estimated Number of Professional FTEs/SYs total in the State.**

Year	Extension		Research	
	1862	1890	1862	1890
2009	0.0	20.0	0.0	0.0
2010	0.0	20.0	0.0	0.0
2011	0.0	20.0	0.0	0.0
2012	0.0	20.0	0.0	0.0
2013	0.0	20.0	0.0	0.0

**II. Merit Review Process**

**1. The Merit Review Process that will be Employed during the 5-Year POW Cycle**

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

**2. Brief Explanation**

The Tuskegee University Cooperative Extension Program, in collaboration with the Alabama Cooperative Extension System, began the Extension Team Project concept in 1998. The Extension Team Projects involve teams of interdisciplinary specialists and county agents throughout the Alabama network, where each project focuses on specific related problems. Each year, TUCEP specialists, county agents, and advisory council members will review the Extension Team Projects for recommended changes. This will constitute the internal review panel. The local advisory council members will constitute the external review team from each county unit, as well as the state advisory council members. An expert peer review team will be appointed to participate in the process. Recommendations from each Extension Team Project, led by TUCEP specialists and agents, will be made from the local advisory council members to the state advisory council members, and a report from the state advisory council members will be made to the expert peer review team for changes in programs. The expert review team will make recommendations to the Cooperative Extension Administrator for approval.

**III. Evaluation of Multis & Joint Activities**

**1. How will the planned programs address the critical issues of strategic importance, including those identified by the stakeholders?**

Tuskegee University seeks to maintain and increase its participation in multistate Extension programs and activities through existing and new partnerships. The 1890 Land Grant Institution's Strategic Plan provides a framework to facilitate increased collaboration in the various states. The FF-News Educational Curriculum, used in Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences, will address the issues that are related to stakeholders and community needs through the following modules: (1) Balancing food preferences with knowledge of nutrition, (2) Health status and age-related nutrition, (3) Enhancing management skills, and (4) Ensuring food quality and safety. The 1890 System Programs in EFNEP in and Community Economic Development will focus on how to disseminate effective nutrition, health and economic development information to targeted populations in the 1890 System, which will be limited resource families with children and/or limited-resource youth, start up businesses and community development organizations and leaders. Integrated Natural Resources and Environmental Education will address the issues of water quality, environmental stewardship, land ownership, forestry issues, and other related issues to stakeholders and community needs through environmental education, farmers' conferences, workshops, and seminars. The Economic Development Summit addresses critical issues dealing with the economic business development, management, and related entrepreneurialship in the southern region.

## **2. How will the planned programs address the needs of under-served and under-represented populations of the State(s)?**

Planned programs will address the needs of under-served and under-represented populations by using appropriate research-based materials, needs assessments, workshops, conferences, demonstrations, media information, and involvement of local organizations.

## **3. How will the planned programs describe the expected outcomes and impacts?**

The workshops, conferences, demonstrations, and other activities will improve awareness, knowledge, skills, thus leading to a more sustainable quality of life and self-sufficiency.

## **4. How will the planned programs result in improved program effectiveness and/or efficiency?**

Using the logic model helps to organize and systematize program planning, management, and evaluation functions. These functions include: program design and planning, program implementation, program evaluation and strategic reporting. Since the most basic program logic model is a picture of how the program works -- the theory and assumptions underlying the program, the planned program herein provides structure and directions which help streamline program effectiveness and efficiency in program implementation and outcomes. Also, this model provides accountability by relating inputs, outputs, and outcomes. A programmer knows in the planning stage what is expected before becoming engaged in project implementation. This model provides both effectiveness and efficiency, and a more constructive use of time and resources.

## **IV. Stakeholder Input**

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

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

#### **Brief explanation.**

To ensure Extension program relevance and quality, Tuskegee University Cooperative Extension Program has strengthened its relationships with various interest groups in the communities it serves in the 12 Black Belt counties and throughout the State of Alabama by forming County and State Advisory Councils in addition to an Expert Peer Review Committee.

•Six County Advisory Councils are established in 12 Alabama Black Belt counties. Membership on these councils consists of established and emerging leaders of existing and targeted clientele organizations. •From this membership, representatives serve on the State Advisory Council and include farmers, educators, public officials, and other individuals. •The State Advisory Council consists of a diverse group of committed lay and professions who team with the administrators, specialists, and agents to give advise, plan, implement, deliver, evaluate and report results/impacts that improve the quality of life for the participants.

•The State Advisory Council is organized into the following committees:(1) agricultural assistance, (2) community and economic development, (3) leadership and volunteer development, (4) family life development and food safety, (5) nutrition, diet and health, (6) water quality and environmental education, (7) entrepreneurial and youth development, and (8) the legislative committee. •The annual meeting of the State Advisory Council is held in February. Quarterly or semi-annual meetings are scheduled on the basis of need to address critical issues/needs. Also, each of the six Extension County Units has Program Action Committees (PAC) which help to identify problems/issues that are relevant to the local needs of clientele in each area of Extension activity, and provide input into program planning, implementation, and evaluation for the Annual Plan of Work.

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

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

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

**Brief explanation.**

The processes that will be used to identify individuals and groups will consist of public listening sessions, program action committees, forums, farmers conference, economic development summit, county advisory council members, state advisory council members, and local community elected officials.

The methods used to identify individuals, groups, and stakeholders will consist of local public meetings, making public announcements on radio, television, newspaper, leaflets, and community organizations, including faith-based institutions, where possible, and specialists and agent contacts.

**2(B). A brief statement of the process that will be 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 invited selected individuals from the general public
- Meeting with traditional Stakeholder individuals
- Meeting with traditional Stakeholder groups
- Survey of traditional Stakeholder groups
- Survey of traditional Stakeholder individuals
- Survey specifically with non-traditional individuals
- Survey of selected individuals from the general public
- Meeting specifically with non-traditional groups
- Survey specifically with non-traditional groups
- Survey of the general public
- Meeting specifically with non-traditional individuals
- Meeting with the general public (open meeting advertised to all)

**Brief explanation**

The methods used for collecting stakeholders' input will be listening sessions, interactive methods (discussion groups), recommendations from program action committees, county advisory council members, state advisory council members, and local community elected officials. Problems/issues identified from each county Extension unit will be forwarded to all levels for review and recommendations until a final decision is made. Priority will be given to those areas affecting the greatest number of people.

**3. A statement of how the input will be considered**

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

**Brief explanation.**

Input will be considered based upon needs of the clientele and priorities of the Extension program goals and objectives, such as budgeting, emerging issues, and redirecting extension programs.

**V. Planned Program Table of Content**

S. NO.	PROGRAM NAME
1	Alabama Youth Entrepreneurial Initiative and 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 Lifestyles, Preventive Health and Wellness
6	Promoting Better Foods, Nutrition and Family Well Being

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

**Program #1**

**1. Name of the Planned Program**

Alabama Youth Entrepreneurial Initiative and Workforce Development

**2. Brief summary about Planned Program**

The future workforce needs of Alabama's Black Belt counties will depend on establishing future entrepreneurs. Shifts in the Black Belt's economy point to the necessity of preparing youths and adults for employable futures. AYEI can be viewed as a first step in preparing both youth-at-risk and adults for participation in Alabama's workforce and for self-employment. AYEI is a catalyst for workforce development in the Black Belt. AEI attempts to build a systematic approach involving youth, adult volunteers, Alabama citizens, and the Cooperative Extension Program in an entrepreneurial education initiative. Assessment of each activity associated with the conduct of this project will be taken. Pre and post tests will be conducted for all curriculum materials. Follow-up surveys will be sent out to determine if project participants implemented any new businesses in their county, and whether or not the information proved helpful in the conduct of existing businesses. All participants will complete the following evaluation instruments: participants' attendance list and assessment of activities; pre and post test instruments associated with curriculum materials; list of start up businesses, schools participating, and community agencies involved in the conduct of this ETP. Data will be analyzed and impacts reported.

**3. Program existence :** Intermediate (One to five years)

**4. Program duration :** Long-Term (More than five years)

**5. Expending formula funds or state-matching funds :** Yes

**6. Expending other than formula funds or state-matching funds :** Yes

**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		25%		
604	Marketing and Distribution Practices		25%		
801	Individual and Family Resource Management		25%		
806	Youth Development		25%		
	<b>Total</b>		100%		

**V(C). Planned Program (Situation and Scope)**

**1. Situation and priorities**

The Alabama Black Belt Region comprises the targeted twelve counties programming area for Tuskegee University Cooperative Extension Program. Persistent poverty in this region is being perpetuated by financial distressed schools systems, lack of economic development, unskilled labor forces, high unemployment rates, high school drop out rates, and excessive number of social services participants. The Alabama Youth Entrepreneurial Initiative is an effort to provide informational, community-based experiential and educational opportunities to rural youths and and collegiate students interested in exploring

entrepreneurial endeavors and acquiring jobs related skills.

**2. Scope of the Program**

- Multistate Extension
- In-State Extension

**V(D). Planned Program (Assumptions and Goals)**

**1. Assumptions made for the Program**

The future economic development of the Black Belt will depend on establishing future entrepreneurs. Shifts in the Black Belt's economy point to the necessity of preparing youths and adults for employable futures and small business development.

**2. Ultimate goal(s) of this Program**

The objectives are to provide youth and other collegiate students exposure to a variety of entrepreneurial curriculums, programs, and models, allow participants to examine on-going programs and curricula that emphasize entrepreneurial education and encourage partnering with local businesses to enhance entrepreneurial skills, engage participants in experiential "hands-on-learning", and explore the development of entrepreneurship education.

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

**1. Estimated Number of professional FTE/SYs to be budgeted for this Program**

Year	Extension		Research	
	1862	1890	1862	1890
2009	0.0	2.6	0.0	0.0
2010	0.0	2.6	0.0	0.0
2011	0.0	2.6	0.0	0.0
2012	0.0	2.6	0.0	0.0
2013	0.0	2.6	0.0	0.0

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

**1. Activity for the Program**

The implementation of entrepreneurial and workforce development training will be conducted in schools, college campuses, community setting, and youth camps. There will be pre- and post evaluations of participant's prior knowledge of entrepreneurship and acquisition of selected jobs skills.

**2. Type(s) of methods to be used to reach direct and indirect contacts**

Extension	
Direct Methods	Indirect Methods
<ul style="list-style-type: none"> <li>● One-on-One Intervention</li> <li>● Education Class</li> <li>● Workshop</li> <li>● Demonstrations</li> <li>● Group Discussion</li> </ul>	<ul style="list-style-type: none"> <li>● TV Media Programs</li> <li>● Newsletters</li> <li>● Other 1 (Request by community agencies)</li> </ul>

**3. Description of targeted audience**

The targeted audiences are the rural and some urban youths, collegiate students and young adults in the general population.

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

**1. Standard output measures**

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
2009	48	525	490	525
2010	52	535	500	535
2011	57	575	520	575
2012	62	610	530	610
2013	67	625	540	625

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

**Expected Patent Applications**

2009 :0                      2010 :0                      2011 :0                      2012 :0                      2013 :0

**3. Expected Peer Review Publications**

Year	Research Target	Extension Target	Total
2009	0	0	0
2010	0	0	0
2011	0	0	0
2012	0	0	0
2013	0	0	0

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

**1. Output Target**

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

2009 30                      2010 35                      2011 40                      2012 45                      2013 50

**V(I). State Defined Outcome**

<b>O. No</b>	<b>Outcome Name</b>
1	Youth and adults will explore entrepreneurship, economics, law, government and business ethics; and expand participant's jobs skills, as well as knowledge of math, public speaking, marketing, decision-making and business leadership.

**Outcome #1****1. Outcome Target**

Youth and adults will explore entrepreneurship, economics, law, government and business ethics; and expand participant's jobs skills, as well as knowledge of math, public speaking, marketing, decision-making and business leadership.

**2. Outcome Type :** Change in Knowledge Outcome Measure

<b>2009</b> 250	<b>2010</b> : 275	<b>2011</b> : 285	<b>2012</b> 300	<b>2013</b> :325
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**3. Associated Institute Type(s)**

- 1890 Extension

**4. Associated Knowledge Area(s)**

- 601 - Economics of Agricultural Production and Farm Management
- 604 - Marketing and Distribution Practices
- 801 - Individual and Family Resource Management
- 806 - Youth Development

**V(J). Planned Program (External Factors)****1. External Factors which may affect Outcomes**

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

**Description**

Alabama ranks high in income disparity as gap between rich and poor. There are inadequate schools, lack of job opportunities in industry, out migration, and lack of available financial resources to support minority businesses in general and rural youth in particular.

**V(K). 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.

**Description**

All participants will be tested to determine their prior knowledge of entrepreneurship and current jobs skills, as well as knowledge and skills acquired. Student participants will be compared to cohorts that did not receive training.

**2. Data Collection Methods**

- Structured
- Observation
- Tests
- On-Site
- Whole population

**Description**

Assessment of each activity associated with the conduct of this project will be taken. Pre and post tests will be conducted for all curriculum materials. Follow-up surveys will be sent out to determine if project participants implemented any new businesses in their county, and whether or not the information proved helpful in the conduct of existing businesses. All participants will complete the following evaluation instruments: participants' attendance list and assessment of activities; pre and post test instruments associated with curriculum materials; list of start up businesses, schools participating, and community agencies involved in the conduct of this ETP. Data will be analyzed and impacts reported.

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

**Program #2**

**1. Name of the Planned Program**

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

**2. Brief summary about Planned Program**

This project addresses the challenges facing small-scale producers, their families, and their communities. The issues of declining numbers of small-scale producers, land loss by small-scale producers, lack of resources, lack of marketing opportunities, low profitability, dying communities, and globalization are critical to small-scale agriculture. Emphasis is placed on marketing opportunities, livestock management, crop management, home garden and grounds, forest land management, and risk management. This project will result in small-scale producers and/or communities making informed and research-based decisions; understanding the nature of changes in agriculture; understanding and being able to use tools, strategies, and techniques that are applicable to them; and increasing profitability and sustainability.

**3. Program existence :** Mature (More than five years)

**4. Program duration :** Long-Term (More than five years)

**5. Expending formula funds or state-matching funds :** Yes

**6. Expending other than formula funds or state-matching funds :** Yes

**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 (Situation and Scope)**

**1. Situation and priorities**

This project addresses the challenges facing small-scale producers, their families, and their communities. This project will result in small-scale producers and/or communities making informed and research-based decisions; understanding the nature of changes in agriculture; understanding and being able to use tools, strategies, and techniques that are applicable to them; and increasing profitability and sustainability.

**2. Scope of the Program**

- In-State Extension

**V(D). Planned Program (Assumptions and Goals)**

**1. Assumptions made for the Program**

- Good instructional practice is good practice for all learners even those with learning difficulties/disabilities, cultural differences, handicaps, etc.
- The inclusion movement in the field of leadership development and business and individual

planning has developed many tools that could be adapted for use in extension. •The push to meet the needs of diverse learners comes from several directions.The movement toward individual civil rights and equality sets the priority to reach underserved audiences.

**2. Ultimate goal(s) of this Program**

The objective is to increase profitability and sustainability for small-scale farmers and landowners who continue to face production, financial, and marketing challenges due to the size of their operations as well as other historical and environmental factors.Also, it addresses the issues of declining numbers of small-scale producers, land loss by small-scale farmers, rural communities controlled by and/or left in the hands of a few, strategies for the survival of small-scale farms, the challenge in organizing and maintaining small-scale farms, new marketing opportunities, new technology, a growing concern relative to the use of chemicals, preservation methods, and food safety.

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

**1. Estimated Number of professional FTE/SYs to be budgeted for this Program**

Year	Extension		Research	
	1862	1890	1862	1890
2009	0.0	7.8	0.0	0.0
2010	0.0	7.8	0.0	0.0
2011	0.0	7.8	0.0	0.0
2012	0.0	7.8	0.0	0.0
2013	0.0	7.8	0.0	0.0

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

**1. Activity for the Program**

The types of activities will consist of Integrated Pest Management, Plasticulture, Organic Farming, Forest Management, Animal Management and Marketing.

**2. Type(s) of methods to be used to reach direct and indirect contacts**

Extension	
Direct Methods	Indirect Methods
<ul style="list-style-type: none"> <li>● One-on-One Intervention</li> <li>● Demonstrations</li> <li>● Education Class</li> <li>● Workshop</li> <li>● Group Discussion</li> </ul>	<ul style="list-style-type: none"> <li>● Public Service Announcement</li> <li>● Web sites</li> <li>● Newsletters</li> </ul>

**3. Description of targeted audience**

The targeted audience will consist of small-scale producers and landowners in the 12 Black Counties of Alabama.

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

**1. Standard output measures**

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
2009	2200	3200	35	90
2010	2250	3250	40	95
2011	2300	3300	45	100
2012	2350	3350	50	105
2013	2400	3400	55	110

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

**Expected Patent Applications**

2009 :0                      2010 :0                      2011 :0                      2012 :0                      2013 :0

**3. Expected Peer Review Publications**

Year	Research Target	Extension Target	Total
2009	0	0	0
2010	0	0	0
2011	0	0	0
2012	0	0	0
2013	0	0	0

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

**1. Output Target**

- 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.

2009 425                      2010 450                      2011 475                      2012 500                      2013 525

**V(I). State Defined Outcome**

<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 Target**

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. Outcome Type :** Change in Knowledge Outcome Measure**2009** :121**2010** : 133**2011** : 141**2012** :153**2013** :160**3. Associated Institute Type(s)**

- 1890 Extension

**4. Associated Knowledge Area(s)**

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

**V(J). Planned Program (External Factors)****1. External Factors which may affect Outcomes**

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

**Description**

Weather and climatic conditions, government, pest and diseases, economy, cultural factors and infrastructure will affect the outcomes.

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

- Other (Farm surveys)
- Case Study

**Description**

The evaluation will measure results in small-scale producers and/or communities making informed and research-based decisions, understanding the nature of changes in agriculture, understanding and being able to use tools, strategies, and techniques that are applicable to them and increasing profitability and sustainability.

**2. Data Collection Methods**

- Observation
- Structured
- Whole population
- Mail
- Case Study
- On-Site

**Description**

Data will be collected by on-site interviews and evaluations, observations by agents and specialists, and case studies.

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

**Program #3**

**1. Name of the Planned Program**

Enhancing Citizens Capacity to Transform Communities

**2. Brief summary about Planned Program**

This program will focus on leadership development for individuals, strategic and resource enhancement for communities, and business development skills and technical assistance for entrepreneurs and start-up business owners.

**3. Program existence :** Intermediate (One to five years)

**4. Program duration :** Long-Term (More than five years)

**5. Expending formula funds or state-matching funds :** Yes

**6. Expending other than formula funds or state-matching funds :** Yes

**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		25%		
608	Community Resource Planning and Development		50%		
805	Community Institutions, Health, and Social Services		25%		
	<b>Total</b>		100%		

**V(C). Planned Program (Situation and Scope)**

**1. Situation and priorities**

Social and economic indicators in the Black Belt counties of Alabama show low levels of income, education, social services and high levels of unemployment and poverty. With the lack of resources (both human and financial capital) or with the infusion of local, state and/or federal support, the need for leadership and business development skills to coordinate and effectively provide services is critical and necessary focus area or community and economic development.

**2. Scope of the Program**

- Integrated Research and Extension
- Multistate Extension
- In-State Extension
- Multistate Integrated Research and Extension

**V(D). Planned Program (Assumptions and Goals)**

**1. Assumptions made for the Program**

Start-up businesses and existing business owners will accept the information provided. Partners and agencies will cooperate with project personnel. Funding will be available to execute projects. Appropriate personnel will be hired to implement projects. Personnel will adhere to civil rights and ADA regulations.

**2. Ultimate goal(s) of this Program**

The ETP has two tracks which include business leadership development and individual planning workshops. These tracks assist business owners with business planning as well as help with other tools for sound decision-making, especially financial and long-term planning. The Individual Leadership Track enhances the leadership capacity of individuals, organizations, community residents and leaders with requisite skills in leadership.

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

**1. Estimated Number of professional FTE/SYs to be budgeted for this Program**

Year	Extension		Research	
	1862	1890	1862	1890
2009	0.0	3.0	0.0	0.0
2010	0.0	3.0	0.0	0.0
2011	0.0	3.0	0.0	0.0
2012	0.0	3.0	0.0	0.0
2013	0.0	3.0	0.0	0.0

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

**1. Activity for the Program**

The activities will include business and leadership development skills workshops, resource development and proposal writing, business and personal finance planning workshops, one-on-one technical assistance for loan applications, and facilitation of selected community strategic planning and implementation.

**2. Type(s) of methods to be used to reach direct and indirect contacts**

Extension	
Direct Methods	Indirect Methods
<ul style="list-style-type: none"> <li>● Education Class</li> <li>● Workshop</li> <li>● Group Discussion</li> <li>● One-on-One Intervention</li> </ul>	<ul style="list-style-type: none"> <li>● Public Service Announcement</li> <li>● Newsletters</li> <li>● Web sites</li> <li>● TV Media Programs</li> </ul>

**3. Description of targeted audience**

The target audiences will be start-up entrepreneurs, existing business owners, community organization leadership, and faith-based organizations.

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

**1. Standard output measures**

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
2009	135	360	25	40
2010	140	420	30	50
2011	160	480	35	60
2012	190	540	40	70
2013	110	570	45	80

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

**Expected Patent Applications**

2009 :0                      2010 :0                      2011 :0                      2012 :0                      2013 :0

**3. Expected Peer Review Publications**

Year	Research Target	Extension Target	Total
2009	0	0	0
2010	0	0	0
2011	0	0	0
2012	0	0	0
2013	0	0	0

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

**1. Output Target**

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

2009 :80                      2010 :90                      2011 :100                      2012 :110                      2013 :120

**V(I). State Defined Outcome**

<b>O. No</b>	<b>Outcome Name</b>
1	Thirty will acquire business and leadership development skills. Twenty business plans will be developed and 15 will have business loans approved.

**Outcome #1**

**1. Outcome Target**

Thirty will acquire business and leadership development skills. Twenty business plans will be developed and 15 will have business loans approved.

**2. Outcome Type :** Change in Knowledge Outcome Measure

**2009** 90                      **2010** : 100                      **2011** : 110                      **2012** :120                      **2013** :130

**3. Associated Institute Type(s)**

- 1890 Extension

**4. Associated Knowledge Area(s)**

- 602 - Business Management, Finance, and Taxation
- 608 - Community Resource Planning and Development
- 805 - Community Institutions, Health, and Social Services

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

**1. External Factors which may affect Outcomes**

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

**Description**

Government policies, economy, cultural factors and lack of access to information technology infrastructure and private business loans tend to remain more of a challenge in the small rural communities

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

**1. Evaluation Studies Planned**

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

**Description**

Participants will be given pre and post test to determine their knowledge of business and leadership development skills.Records will be kept to determine the effectiveness of program intervention, the number of small businesses started and the number of loans secured.

**2. Data Collection Methods**

- Structured
- Whole population
- Unstructured
- Portfolio Reviews
- Case Study
- Observation
- Mail
- On-Site

**Description**

Specialists, agents and research assistants will collect data from different methods of evaluation.

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

**Program #4**

**1. Name of the Planned Program**

Integrated Natural Resources and Environmental Education

**2. Brief summary about Planned Program**

This Extension Team Project will allow the Tuskegee University Cooperative Extension Program to address a variety of critical educational needs in the areas of natural resources, water quality, and environmental management, including environmental justice issues. Special emphasis will be placed on youth and young adults in the Black Belt region of Alabama. Immediate to moderate measurable outcomes associated with this Extension Team Project will include the number of home/farm environmental assessments conducted, the number of management plans written, and plans/practices adopted. Long term outcomes will focus on the increased natural resource educational base of targeted youth, the number of young adults choosing careers in natural resources related areas, and the improved quality of area streams, private wells, watersheds as a whole, laboratory assistance and resource support will be provided by the George Washington Carver Agricultural Experiment Station.

**3. Program existence :** Intermediate (One to five years)

**4. Program duration :** Long-Term (More than five years)

**5. Expending formula funds or state-matching funds :** Yes

**6. Expending other than formula funds or state-matching funds :** Yes

**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 (Situation and Scope)**

**1. Situation and priorities**

Natural resources and environmental education and justice are neither racial or gender specific, yet they address the lives of Alabamians across economic and rural/urban boundaries. Changing behavior is an outcome of gaining information. The impact of uniformed decisions is critical to understanding the need for change and the value of collective action by community residents especially those in the Black Belt counties in setting the "agenda" for environmental safety, preservation and sustainability. Watershed and wellhead data collection will be coordinated to compliment current research needs and future

expectations. As a member of the 1890 Water Quality Group, environmental assessments and water quality studies will be conducted in accordance with national standards and will become part of a region watershed impact study.

**2. Scope of the Program**

- In-State Extension
- Multistate Extension
- Integrated Research and Extension

**V(D). Planned Program (Assumptions and Goals)**

**1. Assumptions made for the Program**

•Responsible environmental stewardship is essential to sustainable community development and resource conservation.  
 •Entire populations and communities need to effectively receive environmental education. The delivery of this educational information is said to be most effective in youth and young adult populations. •Concerted efforts aimed toward responsible environmental conservation need to occur on every level (private well owners - elected officials. •The overall environmental health of any community ultimately depends upon the entire realm of physical-physiological indicators.

**2. Ultimate goal(s) of this Program**

The objectives are to address a variety of critical educational needs in the areas of natural resources, water quality, and environmental management, including environmental justice issues. Also, this ETP will increase environmental awareness and promote responsible environmental stewardship among Alabamians, as a whole, and particularly its rural minority populations.

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

**1. Estimated Number of professional FTE/SYs to be budgeted for this Program**

Year	Extension		Research	
	1862	1890	1862	1890
2009	0.0	1.7	0.0	0.0
2010	0.0	1.7	0.0	0.0
2011	0.0	1.7	0.0	0.0
2012	0.0	1.7	0.0	0.0
2013	0.0	1.7	0.0	0.0

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

**1. Activity for the Program**

The Integrated Natural Resources and Environmental Education ETP will consist of Annual Forestry Camps, Kids-N-Creek camps, Kids Day on the Farm camps and an Annual Water Festival. Other activities will involve private well testing/wellhead protection, small acreage water resource management, community awareness educational programs and home air quality assessments.

**2. Type(s) of methods to be used to reach direct and indirect contacts**

Extension	
Direct Methods	Indirect Methods
<ul style="list-style-type: none"> <li>● Demonstrations</li> <li>● Group Discussion</li> <li>● Education Class</li> <li>● One-on-One Intervention</li> <li>● Workshop</li> </ul>	<ul style="list-style-type: none"> <li>● Web sites</li> <li>● Newsletters</li> <li>● Public Service Announcement</li> <li>● TV Media Programs</li> </ul>



**V(I). State Defined Outcome**

<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 Target**

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. Outcome Type :** Change in Condition Outcome Measure

2009 :155

2010 : 133

2011 : 155

2012 355

2013 :375

**3. Associated Institute Type(s)**

- 1890 Extension

**4. Associated Knowledge Area(s)**

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

**V(J). Planned Program (External Factors)****1. External Factors which may affect Outcomes**

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

**Description**

There are no other public entities that promote responsible management of private wells and landowners' resources, including all aspects of landowner liabilities.No existing agency primarily targets environmental education in the Black Belt population of Alabama, especially the underserved portions of this population.Tuskegee University has in place of state of the art teaching model for indoor air quality and other environmental factors.Diagnostic testing capabilities are being revived at Tuskegee University.Tuskegee University has extensive experience of public advocacy forums surrounding environmental justice issues including landfills.

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

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

**Description**

Evaluations will be based on data concerning short term effects of the ETP, including assessments relative toincreased awareness and knowledge of the content matter of this ETP, expressed intentions to follow recommended changes, and observations.

## 2. Data Collection Methods

- Sampling
- On-Site
- Mail
- Observation
- Whole population

### Description

Data from pre and post evaluations collected from youth and adult volunteers will be analyzed and utilized for formulation of best management practices specific for their community and/or watershed. Early indications will be determined by the number of wellhead protection surveys conducted and environmental assessments completed.

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

**Program #5**

**1. Name of the Planned Program**

Promoting Healthy Lifestyles, Preventive Health and Wellness

**2. Brief summary about Planned Program**

Obesity is an epidemic in Alabama. Alabama ranks number one in the nation in obesity and diabetes. Over eighty percent (80%) of people with Type 2 Diabetes are obese or overweight. African Americans, and especially women are carrying many of the pounds. A study by the Center for Disease Control and Prevention found as many as 82% of African American women in the Black Belt counties of Alabama, across the various age groups, qualified as overweight or obese (Behavioral Risk Factor Surveillance System, 2004). Obesity and the risk for metabolic syndrome are increasing rapidly in Alabama. Over 40 diseases have been identified with obesity and overweight. The metabolic syndrome increases one's risk of cardiovascular events by 50%. Eleven percent of people with the metabolic syndrome progresses to Type 2 diabetes each year. People with diabetes have a two to fourfold increase in cardiovascular risk in addition to the complications of diabetes. Cardiovascular disease, including heart disease and stroke, is by far the largest killer in the 12 Black Belt counties of Alabama. Children in these communities are at-risk in obesity. The problem is that many African Americans and other minority population groups generally are not aware of ways to protect themselves and their families from developing diabetes and CVD. The data also show that many minorities lack the knowledge of significant deterrents that make it difficult to adopt recommended lifestyle changes.

**3. Program existence :** Mature (More than five years)

**4. Program duration :** Long-Term (More than five years)

**5. Expending formula funds or state-matching funds :** Yes

**6. Expending other than formula funds or state-matching funds :** Yes

**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 (Situation and Scope)**

**1. Situation and priorities**

Obesity is not just a problem in Alabama, it is an epidemic. The state ranks number one (1) in the nation for obesity and diabetes. Eighty percent (80%) of people with Type 2 Diabetes are obese or overweight. African-Americans, and especially women, are carrying many of the pounds. A study by the Centers for Disease Control and Prevention found as many as 82% of African-American women in Black Belt counties across various age groups, qualified as overweight or obese (Behavioral Risk Factor Surveillance System (BRFSS), 2004).

Obesity and the risk for the metabolic syndrome are increasing rapidly in Alabama. Over 40 diseases have been identified with obesity and overweight. The metabolic syndrome increases one's risk of cardiovascular events by 50%. Second, 11% of people with the metabolic syndrome progress to Type 2 diabetes each year. The people with diabetes have a two to fourfold increase in cardiovascular risk in addition to the complications of diabetes. Cardiovascular disease, including heart disease and stroke, is by far the biggest killer in the twelve Black Belt counties in Alabama. In 1998, almost half of all deaths in these counties were due to cardiovascular disease (CVD). African Americans are twice as likely as whites to have diabetes, and experience higher rates of hypertension, a risk factor for heart disease. The risk factors for the high incidence of this disease include: high

levels of bad cholesterol, high blood pressure, certain types of cancer, diabetes, and diets too high in saturated fats, lack of exercise, and the use of tobacco. Fortunately, there are a number of ways that people can reduce their risk of developing diabetes, heart disease, stroke, and conditions that lead to these diseases.

As estimated 15% of children in middle school (7th and 8th grades) are either overweight or obese, and an additional 18.7% are at risk to become overweight or obese. In high school, 14.8% is overweight or obese and 17.8% is at risk.

The problem is that many African Americans and other minority population groups generally are not aware of ways to protect themselves and their families from developing diabetes and CVD. The data also show that many minorities face significant deterrents that make it difficult to adopt recommended lifestyle changes.

Several studies show that intensive lifestyle interventions resulted in relative reduction in the incidence of overweight and obesity, diabetes and other obesity related diseases.

**2. Scope of the Program**

- In-State Extension

**V(D). Planned Program (Assumptions and Goals)**

**1. Assumptions made for the Program**

•Curriculum used will keep participants motivated and involved throughout its duration. •Assume that organizations with similar goals will partner with this program. •Participants will be receptive to information provided by program. •Through the three components on (1) nutritional education, (2) physical activity and (3) behavior modification, program participants will improve overall health and maintain a better quality of life.

**2. Ultimate goal(s) of this Program**

The objective is to increase awareness among racial and ethnic minority groups in Alabama about the risk factors of heart disease, stroke, high blood pressure, obesity, diabetes, and cancer, as well as impact health knowledge behavior modification.

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

**1. Estimated Number of professional FTE/SYs to be budgeted for this Program**

Year	Extension		Research	
	1862	1890	1862	1890
2009	0.0	3.8	0.0	0.0
2010	0.0	3.8	0.0	0.0
2011	0.0	3.8	0.0	0.0
2012	0.0	3.8	0.0	0.0
2013	0.0	3.8	0.0	0.0

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

**1. Activity for the Program**

•Four (4) annual in-service training meetings will be conducted for Extension agents and others who will participate in this program. •Team will launch various prevention campaigns through health fairs, displays, workshops, seminars, mass media, and road side bill boards. Also food demonstrations, have participants keep food record; bi-weekly exercise class; weekly weigh-ins; support group/counseling. •Find sponsors and partner with other groups/organizations with similar interest. •Use local agencies for referrals to the program.

**2. Type(s) of methods to be used to reach direct and indirect contacts**

Extension	
Direct Methods	Indirect Methods
<ul style="list-style-type: none"> <li>● One-on-One Intervention</li> <li>● Workshop</li> <li>● Demonstrations</li> <li>● Group Discussion</li> <li>● Education Class</li> </ul>	<ul style="list-style-type: none"> <li>● Public Service Announcement</li> <li>● Newsletters</li> <li>● TV Media Programs</li> <li>● Billboards</li> </ul>

**3. Description of targeted audience**

TUCEP is committed to improving the health status and well being of children and adults (overweight, obese, diabetes, etc.) in twelve Black Belt counties of Alabama by providing nutrition health education, counseling and related services.

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

**1. Standard output measures**

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
2009	325	125	325	325
2010	350	150	350	350
2011	375	175	375	375
2012	400	200	400	400
2013	425	225	425	425

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

**Expected Patent Applications**

2009 :0                      2010 :0                      2011 :0                      2012 :0                      2013 :0

**3. Expected Peer Review Publications**

Year	Research Target	Extension Target	Total
2009	0	0	0
2010	0	0	0
2011	0	0	0
2012	0	0	0
2013	0	0	0

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

**1. Output Target**

- 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.

**2009** 50

**2010** 75

**2011** :100

**2012** :125

**2013** :150

**V(I). State Defined Outcome**

<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 Target**

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. Outcome Type :** Change in Condition Outcome Measure

2009 :75

2010 : 100

2011 : 125

2012 :150

2013 :175

**3. Associated Institute Type(s)**

- 1890 Extension

**4. Associated Knowledge Area(s)**

- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle

**V(J). Planned Program (External Factors)****1. External Factors which may affect Outcomes**

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

**Description**

Factors that would affect the outcomes are weather and climatic conditions, lack of funding sources, a captive audience, program location, lack of educational materials/displays, continued support of the community and local health agencies/organizations and sponsors.

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

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

**Description**

The positive outcomes of behavioral changes.

**2. Data Collection Methods**

- Observation
- Whole population
- Case Study
- On-Site
- Journals
- Structured

**Description**

Records/data of all individuals who participate will be kept.The data would include information on blood pressure, medicines, weight lost/gain, exercise, diet and environment.

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

**Program #6**

**1. Name of the Planned Program**

Promoting Better Foods, Nutrition and Family Well Being

**2. Brief summary about Planned Program**

Tuskegee University Cooperative Extension Program is concerned about food intake and dietary patterns in the Alabama Black Belt. Limited resources families are at nutritional risk, and there are some factors which hinder food choices of this group. Programs are needed on dietary standards and behavior changes. Collectively, the components of the FF-NEWS make up a curriculum that represent action plans for behavior modification by participants. The information in the curriculum is based on results of scientific and educational research, observation, and clinical trials. The curriculum is comprised of six components: an informative and instructive introductory section, four content modules and a resource/reference section. The four content modules are: (1) balancing food preferences with knowledge of nutrition, (2) health and age-related nutrition, (3) enhancing management skills, and (4) ensuring food quality and safety. Each of the content modules addresses a critical subject area related to nutrition, health and wellness.

**3. Program existence :** Mature (More than five years)

**4. Program duration :** Long-Term (More than five years)

**5. Expending formula funds or state-matching funds :** Yes

**6. Expending other than formula funds or state-matching funds :** No

**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		25%		
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources.		25%		
722	Zoonotic Diseases and Parasites Affecting Humans		5%		
723	Hazards to Human Health and Safety		20%		
724	Healthy Lifestyle		25%		
	<b>Total</b>		100%		

**V(C). Planned Program (Situation and Scope)**

**1. Situation and priorities**

TUCEP is concerned with food intake and dietary patterns of Alabamians. Limited resource families are at nutritional risk and prone to obesity due to the existence of factors which hinder healthful food choices of this group. Programs are needed on dietary standards and behavior changes. Poor nutrition and handling of foods more often than not leads to major medical disorders for limited resource families.

**2. Scope of the Program**

- Multistate Integrated Research and Extension
- In-State Extension
- Multistate Extension

**V(D). Planned Program (Assumptions and Goals)**

**1. Assumptions made for the Program**

The assumption is that limited resource families want to learn nutritional education and family well-being.

**2. Ultimate goal(s) of this Program**

The objective is to teach participants to use what they learn to positively change behavior. Information in the curriculum is based on results of scientific and educational research, observation, and clinical trials. The curriculum is comprised of six components: an informative and instructive introductory section, four content modules, and a resource/reference section. The four content modules are: (1) Balancing Food Preferences with Knowledge of Nutrition, (b) Health Status and Age-Related Nutrition, (c) Enhancing Management Skills, and (d) Ensuring Food Quality and Safety.

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

**1. Estimated Number of professional FTE/SYs to be budgeted for this Program**

Year	Extension		Research	
	1862	1890	1862	1890
2009	0.0	1.1	0.0	0.0
2010	0.0	1.1	0.0	0.0
2011	0.0	1.1	0.0	0.0
2012	0.0	1.1	0.0	0.0
2013	0.0	1.1	0.0	0.0

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

**1. Activity for the Program**

Activities that will be held include workshops, one-on-one intervention, in school and after school demonstrations and lectures.

**2. Type(s) of methods to be used to reach direct and indirect contacts**

Extension	
Direct Methods	Indirect Methods
<ul style="list-style-type: none"> <li>● Group Discussion</li> <li>● Demonstrations</li> <li>● Education Class</li> <li>● One-on-One Intervention</li> <li>● Workshop</li> </ul>	<ul style="list-style-type: none"> <li>● Web sites</li> <li>● TV Media Programs</li> <li>● Newsletters</li> <li>● Public Service Announcement</li> </ul>

**3. Description of targeted audience**

The target audience will consist of under-served and under-represented youth and adult populations in the twelve Black Belt counties of Alabama.

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

**1. Standard output measures**

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
2009	225	75	225	75
2010	250	100	250	100
2011	300	125	275	125
2012	325	150	300	150
2013	350	175	325	175

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

**Expected Patent Applications**

2009 :0                      2010 :0                      2011 :0                      2012 :0                      2013 :0

**3. Expected Peer Review Publications**

Year	Research Target	Extension Target	Total
2009	0	0	0
2010	0	0	0
2011	0	0	0
2012	0	0	0
2013	0	0	0

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

**1. Output Target**

- 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.

2009 :150                      2010 :175                      2011 :200                      2012 :225                      2013 :250

**V(I). State Defined Outcome**

<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 Target**

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. Outcome Type :** Change in Condition Outcome Measure

2009 :125

2010 : 150

2011 : 275

2012 200

2013 :225

**3. Associated Institute Type(s)**

•1890 Extension

**4. Associated Knowledge Area(s)**

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

**V(J). Planned Program (External Factors)****1. External Factors which may affect Outcomes**

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

**Description**

Financial resources from public, private and corporate donors will affect the outcome of this ETP.

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

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

**Description**

There will be formative or an ongoing evaluation on each lesson taught. Impact of HACCP training outcomes on participants will be done through statistical analysis, observation, and testimonials.

**2. Data Collection Methods**

- Whole population
- On-Site
- Case Study
- Observation
- Structured
- Mail

**Description**

Participating agents will be responsible for sending all data collected to the project team leader. Data collected on this program will be analyzed. The team leader will compile all data collected and prepare a final report with key findings to enhance future program accountability.