

2014 University of Maine Extension Plan of Work

Status: Accepted

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I. Plan Overview

1. Brief Summary about Plan Of Work

The current Plan of Work for the University of Maine Cooperative Extension is more relevant than ever. As expected, we are undergoing subtle shifts in our priorities as a result of the expressed needs of Maine people, an evolving economy, and budget support through the State of Maine and the University. Within this evolution we are enjoying a profound ongoing connection to agriculture, a rare growth industry in Maine, and are well integrated in all elements of the Maine food system including policy, research, processing, commerce, food safety, and nutrition.

Our 4-H Youth Development Program is thriving as it enters its 100th year in Maine. Our program provides experiential educational and leadership programs for nearly 30,000 Maine youth, emphasizing the building of life skills necessary to be successful adults. Youth ages 5-18 participate in 4-H through clubs, camps, schools, afterschool programs and the Operation Military Kids program. Within the wide variety of 4-H programs we have a special focus on science and technology to help foster interest in these areas as avenues to successful careers. In all programs, youth are actively involved with their own learning, choosing which project areas they would like to learn about and working with volunteers and educators to further their own learning.

Volunteers are key to the success of Maine 4-H. Our volunteers work in partnership with youth to focus on citizenship, leadership, and life skills development through "hands-on" learning experiences. In addition to making a difference in the lives of young people, volunteers also gain skills for their own personal and professional development.

Quote from 4-H Alum, current UMaine Student, and current 4-H Volunteer:

"I feel that as a 4-H volunteer, I will be able to give to other youth what was given to me as a 4-Her. I guess it is my way of saying thank you to all the volunteers who encouraged me and impacted my life.

I know that it is because of the many selfless and well-educated 4-H volunteers that I received many opportunities to learn and grow. And without them I would probably not be in college today, seeking to become a Veterinarian." Edie Kershner

Beginning in FY13 our statewide nutrition education program has experienced downsizing due to the loss of Federal/State support of nutrition education for recipients of Supplemental Nutritional Assistance Program funds. We will continue to provide nutrition education through a variety of UMaine Extension programs including 4-H and the Expanded Food and Nutrition Education Program.

For the current iteration of our plan of work we will continue to work within seven issue-specific statewide plans that encompass the work of our statewide issue area teams. They are:

- .. Global Food Security and Hunger
- .. Climate Change
- .. Sustainable Energy
- .. Childhood Obesity
- .. Food Safety
- .. Sustainable Community & Economic Development
- .. Sustainable Youth, Family and Community Development

An important reminder: Integrated in all group plans where appropriate are intentions to achieve impacts related to 4-H youth development, leadership development, sustainable living principles and practices, and climate change principles and practices.

In fulfillment of our intention to increase efficiencies and effectiveness in our reporting duties we have structured our plans differently than in past cycles. In this plan, activities are expressed as either "direct" or "indirect" outputs; direct outputs include work done in clubs, conferences, programs, consultations, scholarship, and/or training; and indirect outputs relate to applied research, media and internet applications, publications, or as an ongoing result of a training. We have empowered our staff to track and report specific output efforts for the most important areas of their work, and general activities that relate to a given issue.

During FY13 we will be convening a statewide committee to review and restructure our plan of work with the dual intentions to refresh our programmatic priorities and build a stronger connection to our Experiment Station partners. The process will include a formal update of needs assessment data that is the foundation of these plans.

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

Year	Extension		Research	
	1862	1890	1862	1890
2014	103.6	0.0	0.0	0.0
2015	95.4	0.0	0.0	0.0
2016	94.6	0.0	0.0	0.0
2017	94.5	0.0	0.0	0.0
2018	94.4	0.0	0.0	0.0

II. Merit Review Process

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

- External University Panel
- External Non-University Panel
- Expert Peer Review
- Other (Individual experts pertinent to Maine issue areas)

2. Brief Explanation

As part of an annual process UMaine Extension faculty and programming professionals will engage in an ongoing process to plan for and adjust programs in ways that meet the needs

of Maine citizens. The process involves independent review within local advisory structures, and collaborative review within statewide programmatic teams. Further, many engage in review by discipline-specific review panels and advisory groups that help to provide focus. While this results in defined programming intentions for the near future, the process is ongoing throughout the year and can result in new work to address emerging issues at any time.

Programming merit and success for faculty members is also reviewed by faculty peers through reappointment, promotion, and post-tenure processes established by the faculty and administration and codified in employment contracts. A unique process exists for non-faculty programming professionals who undergo annual reviews by supervisors, and peer reviews every 4 years.

UMaine Extension is a member of the New England Planning and Reporting Consortium, a formalized partnership of Extension programs in Massachusetts, New Hampshire, Maine, and Vermont. Working in collaboration with three other states in developing and managing an online planning and reporting system results in ongoing discussions around state and regional priorities and programs, opportunities for multistate work, sharing staff resources, and a much better understanding of how each of our programs are unique from others in New England.

As a result, the four states provide periodic formal and informal merit review and feedback as a component of our partnership. Every faculty and programming professional has access to review the programming intentions and accomplishments of staff from other partner states. This capacity allows for collaborative planning and evaluation that can communicate the value of multistate accomplishments.

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?

Our Plans of Work are outcome-focused, and structured to address one or more priority issues. Programs will be delivered to achieve the intended outcomes and will be measured through planned evaluations of short-, medium-, and long-term changes in target audiences.

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

Maine is a State that is predominantly Caucasian (95.4 percent). Each County-based and programmatic unit participates in annual on-line civil rights refresher training and contributes to an annual civil rights plan and report for their office and/or discipline, backed up by internal administrative reviews of the civil rights work and accomplishments. These reviews serve to educate and problem-solve the issues faced in a state that has the demographics that we have in Maine.

Since the August 2011 Civil Rights Review we are paying special attention to the composition of all of our advisory groups and understand that they are a valuable source of information when we are planning our programs.

These are only some of the ways we continue to reach under-served and under-represented audiences in Maine:

• The UMaine Extension 4-H Youth Development Program in the most diverse part of Maine will continue to recruit members in the most diverse schools in Maine. While doing so

program materials will be sent in three languages to ensure potential LEP (Limited English Proficient) youth and their parents will have an opportunity to benefit from the 4-H program.

“ In Aroostook County we will continue to reach out to the new Amish and Amish Mennonite community who recently relocated to the area. To ensure their full participation we have provided an area to tether their horses and house their buggies while participating in our programs or benefitting from our local services.

“ The 4-H program in Washington County translated all program enrollment materials in to Spanish to meet the needs of the new Hispanic community members who have settled in to the area after participating in the blueberry harvest as migrant workers.

In Androscoggin-Sagadahoc Counties the Sew Fabulous 4-H club has continued to serve Somali youth and to help them continue their native tradition of providing sewing skills.

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

Under our current Plan of Work our staff will focus a significant amount of their effort on planned programs by working within teams that conduct Extension programs and research to address current and emerging issues. The planned programs describe our intended organizational investment (inputs), planned educational methods and target audiences (outputs), and the learning and action changes that program participants will achieve that lead to positive changes in the condition of their lives (outcomes). Successful attainment of outcomes will be identified by a variety of evaluation techniques using established outcome measures for determining learning gained, actions taken by participants, and the resulting social, environmental, and/or economic changes.

4. How will the planned programs result in improved program effectiveness and/or

As in the past, planned programs within our new Plan of Work were established using an issues-based process that examines ongoing situations, targets audiences and outcomes, and establishes general evaluation strategies. As budgets shrink, efficiency is paramount - during this process it was emphasized that teams refine their intentions to address the highest needs, and evaluate only programs that they believe will result in significant changes in the lives of Maine people. Research and educational planning is conducted using a structured format within a Web-based planning program that reflects the elements of the logic modeling process.

Significant partnerships further enhance our effectiveness. Examples include the Maine Agricultural Center, a collaboration that brings together the agriculturally related programs of the UMaine College of Natural Sciences, Forestry, and Agriculture, the Maine Agricultural and Forest Experiment Station, and UMaine Extension, as well as multistate programming; and Maine Sea Grant - a partnership that collaborates to expand our collective outreach activities to coastal Maine through our joint-funded Marine Extension Team.

IV. Stakeholder Input

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

- Targeted invitation to 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
- Other (Research using relevant current and first-source data)

Brief explanation.

Our Plan of Work is based on updated needs assessment research that included multiple components to encouraged direct participation through targeted solicitation of stakeholders, evaluation of current first-source data, and public input.

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

- Use Advisory Committees
- Needs Assessments
- Use Surveys
- Other (Identify and analyze issues)

Brief explanation.

Stakeholders are primarily identified through historical and ongoing connections between UMaine Extension and traditional stakeholders, as well as through ever-evolving interactions within our communities. UMaine has deep historical connections to the fabric of life in of Maine communities. We also engage in more formal ways of understanding current and emerging issues through internal and external surveys, needs assessment, and scholarly analysis.

Stakeholders are also identified through ongoing interactions with advisory committees and traditional stakeholder groups, who serve as the eyes and ears for UMaine Extension within communities and specific areas of interest; and through the budget appropriations process with funders such as county commissioners and the Maine state legislature.

Internal policies also require that we actively recruit and retain people who are traditionally underserved and underrepresented in our programs and employee groups.

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 traditional Stakeholder groups
- Meeting with traditional Stakeholder individuals
- Other (Research using relevant current and first source data)

Brief explanation.

During our plan of work revision in 2010, research was conducted within NIFA and Maine priority areas by Extension experts working in teams through relevant current and first-source data to understand the current situation in Maine. Individuals and teams will continue to interacted with advisory boards and relevant citizen leadership committees such as County Executive Committees, County Committees and Town boards.

As our program priorities evolve, associated Extension educators work within program teams to maintain a connection to stakeholder and citizen issues and continuously reassess needs.

As in the past, our staff will review their programming intentions for upcoming years and maintain a five-year vision of their intentions. As part of the process, they will review information from ongoing merit review processes and the statewide needs assessment, the most important elements of which will be updated once each five-year period.

During FY13 we will be convening a statewide committee to review and restructure our plan of work with the dual intentions to refresh our programmatic priorities and build a stronger connection to our Experiment Station partners.

3. A statement of how the input will be considered

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

Brief explanation.

Needs assessment data, which includes stakeholder input, will be used to help UMaine Extension's administration prioritize our programs relative to our budgetary capacity, and to inform Extension teams and individuals about emerging issues that will help them prioritize and focus research and Extensions programs appropriately and effectively.

V. Planned Program Table of Content

S. No.	PROGRAM NAME
1	Global Food Security and Hunger
2	Climate Change
3	Sustainable Energy
4	Childhood Obesity
5	Food Safety
6	Sustainable Community & Economic Development
7	Sustainable Youth, Families, and Communities
8	Administrative Plan of Work; Planning and Supervision

V(A). Planned Program (Summary)

Program # 1

1. Name of the Planned Program

Global Food Security and Hunger

2. Brief summary about Planned Program

This plan addresses USDA/NIFA national priority to improve food security through sustainable agricultural practices, and includes work related to:

- Livestock
- Crops
- Horticulture

When you support Cooperative Extension's aquacultural, agricultural, livestock, pest management and gardening education programs, participants will learn the skills required to produce a safe food supply which leads to a healthy population, sustainable land and water management practices, viable economies and the potential for greater access to food for Maine residents.

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
102	Soil, Plant, Water, Nutrient Relationships	10%			
205	Plant Management Systems	15%			
206	Basic Plant Biology	5%			
213	Weeds Affecting Plants	5%			
216	Integrated Pest Management Systems	25%			
311	Animal Diseases	5%			
315	Animal Welfare/Well-Being and Protection	5%			
601	Economics of Agricultural Production and Farm Management	15%			
602	Business Management, Finance, and Taxation	15%			
	Total	100%			

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

1. Situation and priorities

While family farms and community-based farming is facing stress from several sources, a bright spot is an increase in the number of small high value farms driven by a trend to buy locally-produced foods, making farming a growth industry in Maine. At the same time, the need to produce crops in a manner that does not threaten the environment has never been greater, despite the added costs and risks this can generate. Thus farmers are trying to develop methods to optimize crop yield and quality using techniques that sustain our environment while keeping costs at levels that will maintain or improve farm profitability.

Farm gate cash receipts in Maine were approximately \$718 million in 2012. With more than 8,100 farms Maine is consistently the number one or two food producer in New England. Full and part time farms employ 24,634 people.

Pest management: As a result of climate change and associated migration of pests, Maine farmers and homeowners constantly face pests and disease that threaten crops, homes, and health. Appropriate management techniques allow most of us to successfully grow our crops and live safely; yet effective, safe management of pests is becoming more challenging. Additionally, as the costs of energy and other inputs increase, and long-term costs to our environment are recognized, the need for more affordable and sustainable pest and disease management becomes more acute.

Maine Livestock Industry: Livestock farmers need to understand how to access local markets and processing facilities. Farmers need more detailed resources to make inform decisions in order to keep ahead of the small profit margins. There is a difference in educational needs between large- and small-scale farmers that needs to be addressed.

Horticulture: There are many societal trends that show an increased need for accurate, research-based home horticultural information:

- Food Insecurity - From 2000-2005 Maine's level of food insecurity rose more than any other state in the nation.
- Local Foods Interest - As in the rest of the nation, the interest in consuming locally-grown foods is increasing in Maine.

Increasing the number and success of home, community and school gardens through good horticultural information and educating consumers about the value and location of high quality, locally-grown food will work towards improving these trends.

2. Scope of the Program

- In-State Extension
- Multistate Extension

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

1. Assumptions made for the Program

Maine farms produce an impressive array of crops, provide Maine citizens with locally grown fresh and processed food, and are an important sector of the economy. This part of the agricultural industry is vital and growing, employing a large labor force and providing fresh, nutritious, local produce to Maine

people through farm stands, farmers markets, and stores with more than \$40 million dollars in sales annually. Forage crops, such as hay, silage, and grain are vital to our dairy and meat industries and, like other crops, play an important role in maintaining Maine's open spaces and rural heritage. This, in turn, maintains the attractive character of the Maine landscape that keeps our tourism industry vibrant and slows the spread of urban sprawl.

Pest Management: The management of insects and other arthropods, plant diseases, weeds, vertebrates, and other pests is an integral part of the production of every major and minor commercial crop in Maine. Farms in Maine generate agricultural crop sales valued at over \$718 million and employ over 28,000 people. Without reliable and sustainable pest management strategies, we would face severe crop losses resulting in significant reductions in profits and threats to their long-term viability. Integrated pest management (IPM) is important in home yardscapes and inside structures such as schools, homes, and businesses. Mosquito- and tick-borne human diseases such as West Nile virus, Eastern Equine Encephalitis (EEE) and Lyme disease have emerged as major public health concerns.

Maine Livestock Industry: The Maine livestock industry faces challenges in the following areas:

- Farm profitability and national commodity price volatility.
- Animal health and livestock management such as nutrition reproduction, disease management and animal welfare.
- Food safety and value-added production with limited processing infrastructure
- Niche marketing and diversification.
- Consolidation of livestock farms and processing facilities, and vanishing infrastructure.
- Environmental concerns.
- The challenge of using biotechnology to improve profitability

2. Ultimate goal(s) of this Program

- Improved Food Safety and Nutrition
- Improved Food Security Through Sustainable Agricultural Practices
- Vibrant and Resilient Youth, Families and Communities

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
2014	39.9	0.0	0.0	0.0
2015	39.9	0.0	0.0	0.0
2016	39.9	0.0	0.0	0.0
2017	39.9	0.0	0.0	0.0
2018	39.9	0.0	0.0	0.0

V(F). Planned Program (Activity)

1. Activity for the Program

- Crop Production Activities (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - Crop Production Activities (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - General activities related to Global Food Security and Hunger (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - General activities related to Global Food Security and Hunger (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - Home Horticulture Activities (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - Home Horticulture Activities (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - Livestock Activities (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - Livestock Activities (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - Pest Management Activities (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - Pest Management Activities (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)

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"> • Education Class • Workshop • One-on-One Intervention • Demonstrations • Other 1 (Scholarship) • Other 2 (Training) 	<ul style="list-style-type: none"> • Newsletters • Web sites other than eXtension • Other 1 (Research) • Other 2 (Train the trainer)

3. Description of targeted audience

- Agricultural Producers (Adult)
- Agricultural Workers (Adult)
- Apple Growers (Adult)
- Blueberry Growers (Adult)
- Community Leaders (Adult)
- Cranberry Growers (Adult)
- Extension - staff (Adult)
- Families (Adult)
- General Public (Adult)
- Home Gardeners (Adult)
- Master Gardener Volunteers (Adult)
- Potato Growers (Adult)

- Vegetable Growers (Adult)
- Volunteers (Adult)
- 4-H Youth (Youth)
- Extension Staff (Adult)
- General Public (Youth)
- Home Gardeners (Youth)

V(G). Planned Program (Outputs)

NIFA no longer requires you to report target numbers for standard output measures in the Plan of Work. However, all institutions will report actual numbers for standard output measures in the Annual Report of Accomplishments and Results. The standard outputs for which you must continue to collect data are:

- Number of contacts
 - Direct Adult Contacts
 - Indirect Adult Contacts
 - Direct Youth Contacts
 - Indirect Youth Contact
- Number of patents submitted
- Number of peer reviewed publications

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(H). State Defined Outputs

1. Output Measure

- Direct; Club, Conference, Program, Consultation, Scholarship, or Training
- Indirect; Applied Research, Media, Internet, Publication, Resulting from Training

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(I). State Defined Outcome

O. No	Outcome Name
1	Pounds of food donated
2	Monetary value of food produced, gleaned, and donated
3	Participate in livestock disease monitoring programs
4	Improve animal well-being
5	Demonstrate application of life skills
6	Demonstrate application of leadership skills
7	Reduce waste
8	Assess current and projected impacts of climate change
9	Adopt appropriate strategies based on research-based information
10	Form/join citizen networks for citizen action and education
11	Engage positively in their community
12	Train, support and mentor others in leadership roles
13	Demonstrate practices that improve efficiency, reduce inputs, or increase profitability
14	Increase consumption of locally produced foods
15	Adopt integrated pest management strategies
16	Develop integrated farming systems
17	People donating food
18	Participate in livestock quality assurance program
19	Demonstrate practices including managing nutrient sources, recycling/delivery methods that are compatible with crop/soil/production systems

Outcome # 1

1. Outcome Target

Pounds of food donated

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 205 - Plant Management Systems
- 601 - Economics of Agricultural Production and Farm Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 2

1. Outcome Target

Monetary value of food produced, gleaned, and donated

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 601 - Economics of Agricultural Production and Farm Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 3

1. Outcome Target

Participate in livestock disease monitoring programs

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 311 - Animal Diseases
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 4

1. Outcome Target

Improve animal well-being

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 311 - Animal Diseases
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 5

1. Outcome Target

Demonstrate application of life skills

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 102 - Soil, Plant, Water, Nutrient Relationships
- 205 - Plant Management Systems
- 216 - Integrated Pest Management Systems
- 311 - Animal Diseases
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 6

1. Outcome Target

Demonstrate application of leadership skills

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 601 - Economics of Agricultural Production and Farm Management
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 7

1. Outcome Target

Reduce waste

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 205 - Plant Management Systems
- 216 - Integrated Pest Management Systems
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 8

1. Outcome Target

Assess current and projected impacts of climate change

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 102 - Soil, Plant, Water, Nutrient Relationships
- 205 - Plant Management Systems
- 206 - Basic Plant Biology
- 311 - Animal Diseases
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 9

1. Outcome Target

Adopt appropriate strategies based on research-based information

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 102 - Soil, Plant, Water, Nutrient Relationships
- 205 - Plant Management Systems
- 206 - Basic Plant Biology
- 213 - Weeds Affecting Plants
- 216 - Integrated Pest Management Systems
- 311 - Animal Diseases
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 10

1. Outcome Target

Form/join citizen networks for citizen action and education

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 205 - Plant Management Systems

- 216 - Integrated Pest Management Systems
- 311 - Animal Diseases
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 11

1. Outcome Target

Engage positively in their community

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 205 - Plant Management Systems
- 216 - Integrated Pest Management Systems
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 12

1. Outcome Target

Train, support and mentor others in leadership roles

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 205 - Plant Management Systems
- 216 - Integrated Pest Management Systems
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 13

1. Outcome Target

Demonstrate practices that improve efficiency, reduce inputs, or increase profitability

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 205 - Plant Management Systems
- 216 - Integrated Pest Management Systems
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 14

1. Outcome Target

Increase consumption of locally produced foods

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 205 - Plant Management Systems
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 15

1. Outcome Target

Adopt integrated pest management strategies

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 205 - Plant Management Systems
- 216 - Integrated Pest Management Systems
- 601 - Economics of Agricultural Production and Farm Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 16

1. Outcome Target

Develop integrated farming systems

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 205 - Plant Management Systems
- 216 - Integrated Pest Management Systems
- 315 - Animal Welfare/Well-Being and Protection
- 601 - Economics of Agricultural Production and Farm Management
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 17

1. Outcome Target

People donating food

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 205 - Plant Management Systems
- 601 - Economics of Agricultural Production and Farm Management
- 602 - Business Management, Finance, and Taxation

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 18

1. Outcome Target

Participate in livestock quality assurance program

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 311 - Animal Diseases
- 315 - Animal Welfare/Well-Being and Protection

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 19

1. Outcome Target

Demonstrate practices including managing nutrient sources, recycling/delivery methods that are compatible with crop/soil/production systems

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 102 - Soil, Plant, Water, Nutrient Relationships
- 205 - Plant Management Systems
- 216 - Integrated Pest Management Systems

4. Associated Institute Type(s)

- 1862 Extension

V(J). Planned Program (External Factors)

1. External Factors which may affect Outcomes

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

Description

V(K). Planned Program - Planned Evaluation Studies

Description of Planned Evaluation Studies

Evaluation initiatives will measure desired behavioral changes that contribute to Sustainable Youth, Families and Communities in Maine. Methods will include:

- Post activity assessments
- Online survey
- Observations

V(A). Planned Program (Summary)

Program # 2

1. Name of the Planned Program

Climate Change

2. Brief summary about Planned Program

This plan addresses USDA/NIFA national priority to achieve a healthier climate and environment, and includes work related to:

- Coastal and Marine Resource Management
- Water Quality Management

When you support Extension's initiatives in climate change awareness education, program participants learn how to effectively assess the environmental implications of their decisions and actions and how projected climate changes will affect their households, communities and businesses and act accordingly. More informed decision-making will benefit other community members by mitigating the negative effects of climate change and contributing to a healthy environment. Planning for the projected negative impacts of climate change benefits Maine's economic sustainability and reduces the potential for natural resource disasters.

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
112	Watershed Protection and Management	55%			
132	Weather and Climate	45%			
	Total	100%			

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

1. Situation and priorities

A recent study developed by the University of Maine's Climate Change Institute, Maine's Climate Future: An Initial Assessment (2009) is the most up-to-date compilation of data and information on the state of our changing climate in Maine and was used as the basis for the establishment of the April, 2009 Resolve by the Maine State Legislature charging the Department of Environmental Protection (DEP) with establishing and convening a stakeholder group to evaluate the options and actions available to Maine's

people and businesses to prepare for and adapt to the most likely impacts of climate change. People and Nature Adapting to a Changing Climate: Charting Maine's Course is the title of the legislatively enacted report. While leadership and funding from the State has waned, this stakeholder-drive work remains an important element in prioritizing our work in climate change.

2. Scope of the Program

- In-State Extension
- In-State Research
- Multistate Research

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

1. Assumptions made for the Program

UMaine has the expertise and capacity through its outreach mission to educate Maine youth and adults about the projected impacts of climate change on individuals, families, communities and businesses and how to plan accordingly. In addition, Extension and campus-based faculty believe that when informed about the consequences of individual and group decisions that affect the environment and climate, individuals and groups will make reasonable choices to mitigate the negative effects of climate change as they factor in their social, economic and environmental priorities.

2. Ultimate goal(s) of this Program

- Healthier Climate and Environment

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
2014	6.5	0.0	0.0	0.0
2015	6.5	0.0	0.0	0.0
2016	6.5	0.0	0.0	0.0
2017	6.5	0.0	0.0	0.0
2018	6.5	0.0	0.0	0.0

V(F). Planned Program (Activity)

1. Activity for the Program

- General activities in support of Climate Change (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)

- General activities in support of Climate Change (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- Marine Resources Management Activities (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- Marine Resources Management Activities (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- Water Quality Resource Management Activities (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- Water Quality Resource Management Activities (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)

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"> • Education Class • Workshop • One-on-One Intervention • Demonstrations • Other 1 (Scholarship) • Other 2 (Training) 	<ul style="list-style-type: none"> • Newsletters • Web sites other than eXtension • Other 1 (Research) • Other 2 (Train the trainer)

3. Description of targeted audience

- Community Leaders (Adult)
- General Public (Adult)
- Small or Home-Based Business Owners - Current (Adult)
- Teachers (Adult)
- Volunteers (Adult)
- Watershed Stewards (Adult)
- 4-H Youth (Youth)
- Families (Youth)

V(G). Planned Program (Outputs)

NIFA no longer requires you to report target numbers for standard output measures in the Plan of Work. However, all institutions will report actual numbers for standard output measures in the Annual Report of Accomplishments and Results. The standard outputs for which you must continue to collect data are:

- Number of contacts
 - Direct Adult Contacts
 - Indirect Adult Contacts
 - Direct Youth Contacts
 - Indirect Youth Contact
- Number of patents submitted
- Number of peer reviewed publications

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(H). State Defined Outputs

1. Output Measure

- Direct; Club, Conference, Program, Consultation, Scholarship, or Training
- Indirect; Applied Research, Media, Internet, Publication, Resulting from Training

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(I). State Defined Outcome

O. No	Outcome Name
1	Reduce carbon-based energy consumption
2	Manage natural resources to promote land, water and air quality
3	Reduce carbon footprint
4	Form/join networks for citizen action and education
5	Demonstrate application of leadership skills
6	Demonstrate civic engagement
7	Adopt sustainable living practices
8	Adopt effective community strategies and solutions

Outcome # 1

1. Outcome Target

Reduce carbon-based energy consumption

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 132 - Weather and Climate

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 2

1. Outcome Target

Manage natural resources to promote land, water and air quality

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 112 - Watershed Protection and Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 3

1. Outcome Target

Reduce carbon footprint

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 112 - Watershed Protection and Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 4

1. Outcome Target

Form/join networks for citizen action and education

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 112 - Watershed Protection and Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 5

1. Outcome Target

Demonstrate application of leadership skills

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 112 - Watershed Protection and Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 6

1. Outcome Target

Demonstrate civic engagement

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 112 - Watershed Protection and Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 7

1. Outcome Target

Adopt sustainable living practices

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 112 - Watershed Protection and Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 8

1. Outcome Target

Adopt effective community strategies and solutions

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 112 - Watershed Protection and Management

4. Associated Institute Type(s)

- 1862 Extension

V(J). Planned Program (External Factors)

1. External Factors which may affect Outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Public Policy changes
- Populations changes (immigration, new cultural groupings, etc.)

Description

V(K). Planned Program - Planned Evaluation Studies

Description of Planned Evaluation Studies

Evaluation initiatives will measure behavioral changes that contribute to a healthy climate and environment in Maine. Methods will include:

- Pre and post activity assessments
- Surveys
- Interviews
- Case Studies
- Observations

V(A). Planned Program (Summary)

Program # 3

1. Name of the Planned Program

Sustainable Energy

2. Brief summary about Planned Program

This plan addresses USDA/NIFA national priority to achieve a healthier climate and environment, and includes work related to:

- A. Farm Energy
- B. Fisheries Energy Efficiency
- C. Home Energy Conservation

A. When you support home energy educational programs, participants will make informed decisions about implementing techniques that will reduce their consumption of fossil fuels and reduce their carbon footprint, through conservation practices, and change to alternative energy sources.

B. When you support farming and fishing energy educational programs, participants will use energy more efficiently and reduce the use of fossil and other fuels, which will lead to reduced expenses and increased profitability, which will benefit other community members by keeping local businesses viable and shrinking the region's carbon footprint.

C. When you support on-the-farm or on-the-boat fishing business energy innovation, program participants will reduce the use of fossil fuels and may in fact produce energy, leading to increased farm/fishing income and/or reduced costs, which will benefit other community members by creating job and income opportunities and by conserving farmland and working waterfront, by making food producing & enterprises more profitable.

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
111	Conservation and Efficient Use of Water	5%			
131	Alternative Uses of Land	35%			
401	Structures, Facilities, and General Purpose Farm Supplies	20%			
403	Waste Disposal, Recycling, and Reuse	35%			
608	Community Resource Planning and Development	5%			
	Total	100%			

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

1. Situation and priorities

This plan addresses USDA/NIFA national priority to achieve a healthier climate and environment, and includes work related to:

- A. Farm Energy
- B. Fisheries Energy Efficiency
- C. Home Energy Conservation

A. When you support home energy educational programs, participants will make informed decisions about implementing techniques that will reduce their consumption of fossil fuels and reduce their carbon footprint, through conservation practices, and change to alternative energy sources.

B. When you support farming and fishing energy educational programs, participants will use energy more efficiently and reduce the use of fossil and other fuels, which will lead to reduced expenses and increased profitability, which will benefit other community members by keeping local businesses viable and shrinking the region's carbon footprint.

C. When you support on-the-farm or on-the-boat fishing business energy innovation, program participants will reduce the use of fossil fuels and may in fact produce energy, leading to increased farm/fishing income and/or reduced costs, which will benefit other community members by creating job and income opportunities and by conserving farmland and working waterfront, by making food producing & enterprises more profitable.

2. Scope of the Program

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

- Multistate Integrated Research and Extension

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

1. Assumptions made for the Program

A. Residents in Maine and Maine business owners, including farmers and fishermen, are having problems meeting the bare minimum of their needs for heating, transportation and food due to rising costs. Many clients have requested specific information on energy conservation and the relative value of alternative energy sources and hybrid cars.

B. Maine farmers and fishermen are very concerned about the high cost of energy. They are looking at ways to reduce energy consumption through conservation as well as exploring generating energy on the farm or boat/business (in the case of fishermen/aquaculturists). A 2009 survey of farmers showed that they need help assessing their sites for conservation and wind energy potential, knowing what solar technology vendors to call and what to ask them, calculating financial paybacks, and learning more about many other types of alternative energy options. Some farmers are interested in developing new methods of on-farm energy production and they need technical assistance for this development.

With the other demands of their farming or fishing business, Maine food producers often are limited in the amount of time they can dedicate to exploring energy options. Cooperative Extension educators and specialists are often on commercial farms and vessels, they host programs for industry, and they can be an essential link between producers and the information that can positively affect their businesses. With links to University and federal researchers across the state and country, Extension can provide valuable support for new energy technology innovations for both farming and fishing businesses.

C. Agricultural industry members, community members and policy makers will engage in public issues education, develop vision-to-action projects devoted to environmental improvement and transitions to sustainable sources of energy, and demonstrate sustainable practices.

2. Ultimate goal(s) of this Program

- Healthier Climate and Environment

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
2014	1.1	0.0	0.0	0.0
2015	1.1	0.0	0.0	0.0
2016	1.1	0.0	0.0	0.0
2017	1.1	0.0	0.0	0.0
2018	1.1	0.0	0.0	0.0

V(F). Planned Program (Activity)

1. Activity for the Program

- Farm Energy Activities (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- Farm Energy Activities (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - General Sustainable Energy Activities (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - Home Energy Conservation (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - Home Energy Conservation (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)

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"> • Education Class • Workshop • One-on-One Intervention • Demonstrations • Other 1 (Scholarship) • Other 2 (Training) 	<ul style="list-style-type: none"> • Newsletters • Web sites other than eXtension • Other 1 (Research) • Other 2 (Train the trainer)

3. Description of targeted audience

- Agricultural Producers (Adult)
- Agricultural Workers (Adult)
- General Public (Adult)

V(G). Planned Program (Outputs)

NIFA no longer requires you to report target numbers for standard output measures in the Plan of Work. However, all institutions will report actual numbers for standard output measures in the Annual Report of Accomplishments and Results. The standard outputs for which you must continue to collect data are:

- Number of contacts
 - Direct Adult Contacts
 - Indirect Adult Contacts
 - Direct Youth Contacts
 - Indirect Youth Contact
- Number of patents submitted
- Number of peer reviewed publications

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(H). State Defined Outputs

1. Output Measure

- Direct; Club, Conference, Program, Consultation, Scholarship, or Training
- Indirect; Applied Research, Media, Internet, Publication, Resulting from Training

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(I). State Defined Outcome

O. No	Outcome Name
1	Obtain an energy audit or conduct a self audit
2	Implement techniques to reduce energy consumption
3	Evaluate alternative sources of energy and act
4	Convert to non-fossil-based energy fuels
5	Decide not to convert to/install an inefficient new source of energy (example: installing a wind turbine in a poor location)
6	Research and evaluate novel energy production methods, and act accordingly
7	Make a decision to install or not install a novel energy production method

Outcome # 1

1. Outcome Target

Obtain an energy audit or conduct a self audit

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 111 - Conservation and Efficient Use of Water
- 403 - Waste Disposal, Recycling, and Reuse
- 608 - Community Resource Planning and Development

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 2

1. Outcome Target

Implement techniques to reduce energy consumption

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 111 - Conservation and Efficient Use of Water
- 403 - Waste Disposal, Recycling, and Reuse
- 608 - Community Resource Planning and Development

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 3

1. Outcome Target

Evaluate alternative sources of energy and act

2. Outcome Type : Change in Knowledge Outcome Measure

3. Associated Knowledge Area(s)

- 111 - Conservation and Efficient Use of Water

- 403 - Waste Disposal, Recycling, and Reuse
- 608 - Community Resource Planning and Development

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 4

1. Outcome Target

Convert to non-fossil-based energy fuels

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 111 - Conservation and Efficient Use of Water
- 403 - Waste Disposal, Recycling, and Reuse
- 608 - Community Resource Planning and Development

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 5

1. Outcome Target

Decide not to convert to/install an inefficient new source of energy (example: installing a wind turbine in a poor location)

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 403 - Waste Disposal, Recycling, and Reuse
- 608 - Community Resource Planning and Development

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 6

1. Outcome Target

Research and evaluate novel energy production methods, and act accordingly

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 111 - Conservation and Efficient Use of Water
- 403 - Waste Disposal, Recycling, and Reuse
- 608 - Community Resource Planning and Development

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 7

1. Outcome Target

Make a decision to install or not install a novel energy production method

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 111 - Conservation and Efficient Use of Water
- 403 - Waste Disposal, Recycling, and Reuse
- 608 - Community Resource Planning and Development

4. Associated Institute Type(s)

- 1862 Extension

V(J). Planned Program (External Factors)

1. External Factors which may affect Outcomes

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

- Other (Climate Change)

Description

{NO DATA ENTERED}

V(K). Planned Program - Planned Evaluation Studies

Description of Planned Evaluation Studies

Evaluation Studies Planned:

Evaluation initiatives will measure behavioral changes related to improved nutrition and increased physical activity that contribute to decrease incidence of overweight and obesity in children and adults in Maine. Methods will include:

- Pre and post activity assessments
- Surveys
- Observations
- Case Studies

V(A). Planned Program (Summary)

Program # 4

1. Name of the Planned Program

Childhood Obesity

2. Brief summary about Planned Program

This plan addresses USDA/NIFA national priority to improve food safety and nutrition. When you support University of Maine Cooperative Extension 's educational initiatives in nutrition, participants will adopt healthy dietary practices, increase physical activity and consume locally-grown and produced foods. This will contribute to decreased incidence of chronic disease and benefit others through improved community wellness and decreased health care costs.

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
703	Nutrition Education and Behavior	35%			
704	Nutrition and Hunger in the Population	15%			
712	Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins	10%			
724	Healthy Lifestyle	10%			
802	Human Development and Family Well-Being	22%			
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	8%			
	Total	100%			

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

1. Situation and priorities

Overweight and obesity, physical inactivity, and poor dietary intake among all stages of the life cycle continue to cause chronic health conditions in Maine and throughout the United States. In the United States, 67 percent of adults over the age of 20 are overweight or obese (1). In children age 2-18,

overweight is defined as having a BMI that falls at or above the 85th percentile on the CDC growth charts. In the United States, 18 percent of adolescents age 12-19 are overweight, 15 percent of children age 6-11 are overweight, and 11 percent of children age 2-5 are overweight ⁽¹⁾.

In Maine, 61.9 percent of the adult population is either overweight or obese (2), and more than 28 percent of children age 10-17 are overweight or obese. In Maine, low income children are twice as likely to be overweight or obese as their middle income peers (3). Maine is also one of ten states with the highest rate of food-insecure children under the age of eighteen. The average monthly number of households in Maine receiving Supplemental Nutrition Assistance Program (SNAP) benefits in FY09 was 99,557 (4). The contradiction between the high rate of obesity and food insecurity in Maine demonstrates that poor food choice and lack of nutrient-rich food availability have a significant impact on Maine's population.

1. Centers for Disease Control and Prevention. FASTATS - Overweight Prevalence. Available at: <http://www.cdc.gov/nchs/fastats/overwt.htm>. Accessed March 19, 2010.

2. Centers for Disease Control and Prevention. BRFSS Prevalence and Trends Data. Maine 2008. Overweight and Obesity (BMI). Available at: http://apps.nccd.cdc.gov/brfss/display_PF.asp. Accessed March 19, 2010.

3. Child and Adolescent Health Measurement Initiative. 2007 National Survey of Children's Health, Data Resource Center for Child and Adolescent Health website. 2009. www.nschdata.org. Accessed March 19, 2010.

4. United States Department of Agriculture. Food and Nutrition Services. SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM: AVERAGE MONTHLY PARTICIPATION (HOUSEHOLDS). Available at: <http://www.fns.usda.gov/pd/16SNAPpartHH.htm>. Accessed March 19, 2010.

2. Scope of the Program

- In-State Extension

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

1. Assumptions made for the Program

Overweight and obesity both continue to increase significantly. Being overweight or obese increases one's chances of high blood pressure, high cholesterol, type 2 diabetes, heart disease, stroke, gall bladder disease, arthritis, sleep disorders, and cancers of the breast, prostate, colon and endometrium. A majority of Maine people die from only four diseases: heart disease and stroke, cancer, lung disease, and type 2 diabetes.

2. Ultimate goal(s) of this Program

- Improved Food Safety and Nutrition
- Improved Food Security Through Sustainable Agricultural Practices
- Vibrant and Resilient Youth, Families and Communities

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
2014	6.5	0.0	0.0	0.0
2015	6.5	0.0	0.0	0.0
2016	6.5	0.0	0.0	0.0
2017	6.5	0.0	0.0	0.0
2018	6.5	0.0	0.0	0.0

V(F). Planned Program (Activity)

1. Activity for the Program

- Eat Well (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- Eat Well (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- General Activities to address Childhood Obesity (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - General activities to address Childhood Obesity (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - Nutrition Education (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - Nutrition Education (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)

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"> • Education Class • Workshop • One-on-One Intervention • Demonstrations • Other 1 (Scholarship) • Other 2 (Training) 	<ul style="list-style-type: none"> • Newsletters • Web sites other than eXtension • Other 1 (Research) • Other 2 (Train the trainer)

3. Description of targeted audience

- 4-H Volunteers (Adult)
- Community Leaders (Adult)
- Eat Well Participants (Adult)
- Eat Well Volunteers (Adult)
- Extension - staff (Adult)
- Families (Adult)

- Food Stamp Recipients (Adult)
- General Public (Adult)
- Volunteers (Adult)
- 4-H Youth (Youth)
- Eat Well Participants (Youth)
- Extension Staff (Adult)
- General Public (Youth)

V(G). Planned Program (Outputs)

NIFA no longer requires you to report target numbers for standard output measures in the Plan of Work. However, all institutions will report actual numbers for standard output measures in the Annual Report of Accomplishments and Results. The standard outputs for which you must continue to collect data are:

- Number of contacts
 - Direct Adult Contacts
 - Indirect Adult Contacts
 - Direct Youth Contacts
 - Indirect Youth Contact
- Number of patents submitted
- Number of peer reviewed publications

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(H). State Defined Outputs

1. Output Measure

- Direct; Club, Conference, Program, Consultation, Scholarship, or Training
- Indirect; Applied Research, Media, Internet, Publication, Resulting from Training

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(I). State Defined Outcome

O. No	Outcome Name
1	Adopt healthy dietary practices (consume nutrient-rich foods, follow current Dietary Guidelines for Americans or (Dietary Approaches to Stop Hypertension), etc)
2	Integrate regular physical activity into daily life
3	Engage positively in their community
4	Demonstrate application of leadership skills
5	Increase consumption of healthful, locally-grown and -produced food (farm to school program, food preservation, etc.)
6	Reduce consumption of highly processed foods (fast foods, convenience foods, etc.)

Outcome # 1

1. Outcome Target

Adopt healthy dietary practices (consume nutrient-rich foods, follow current Dietary Guidelines for Americans or (Dietary Approaches to Stop Hypertension), etc)

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 703 - Nutrition Education and Behavior
- 704 - Nutrition and Hunger in the Population
- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 2

1. Outcome Target

Integrate regular physical activity into daily life

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 3

1. Outcome Target

Engage positively in their community

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 4

1. Outcome Target

Demonstrate application of leadership skills

2. Outcome Type : Change in Knowledge Outcome Measure

3. Associated Knowledge Area(s)

- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 5

1. Outcome Target

Increase consumption of healthful, locally-grown and -produced food (farm to school program, food preservation, etc.)

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 703 - Nutrition Education and Behavior
- 704 - Nutrition and Hunger in the Population
- 712 - Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins
- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 6

1. Outcome Target

Reduce consumption of highly processed foods (fast foods, convenience foods, etc.)

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 703 - Nutrition Education and Behavior
- 704 - Nutrition and Hunger in the Population
- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

V(J). Planned Program (External Factors)

1. External Factors which may affect Outcomes

- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Populations changes (immigration, new cultural groupings, etc.)
- Other (Legislative changes)

Description

Federal legislation and State contract procedures are in transition, the results of which are unknown at this time. Changes may have an affect on the way we deliver nutrition and healthy lifestyle education programs to Maine youth and families.

V(K). Planned Program - Planned Evaluation Studies

Description of Planned Evaluation Studies

Evaluation initiatives will measure behavioral changes related to improved nutrition and increased

physical activity that contribute to decrease incidence of overweight and obesity in children and adults in Maine. Methods will include:

- Pre and post activity assessments
- Surveys
- Observations
- Case Studies

V(A). Planned Program (Summary)

Program # 5

1. Name of the Planned Program

Food Safety

2. Brief summary about Planned Program

This plan addresses USDA/NIFA national priority to improve human health through greater implementation of food safety practices, and includes work related to:

- Food Safety
- Specialty Food Products

When you support the University of Maine Cooperative Extension's educational initiatives in food safety, participants will become aware of the risks associated with food contamination and learn appropriate food production and handling practices, leading to improved food safety skills that will benefit other community members through reduced risk of foodborne illnesses and a safer food supply.

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
501	New and Improved Food Processing Technologies	30%			
502	New and Improved Food Products	30%			
504	Home and Commercial Food Service	30%			
512	Quality Maintenance in Storing and Marketing Non-Food Products	10%			
	Total	100%			

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

1. Situation and priorities

Food safety programs seek to address two major needs; protecting foods from contamination and keeping foods free from harmful chemicals and residues. Food safety is a concern from production through harvest, processing, purchase, preparation, and serving. An estimated 76 million people get sick, 300,000 people are hospitalized, and 5,000 people die as a result of complications from foodborne illness in the

United States. Programs are tailored to the sector of the food system being addressed and the issues encountered by that sector. From commercial producers and processors, home gardeners and preservers and volunteer quantity food handlers, a variety of educational methods will be used to engage clients, including youth, in acquiring and applying new knowledge and skills in reducing food safety risks.

Maine Centers for Disease Control. Food Safety in Maine .
http://www.maine.gov/dhhs/boh/food_safety_in_maine.htm. Accessed June 22, 2010.

2. Scope of the Program

- In-State Extension

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

1. Assumptions made for the Program

Food-borne illness is a major health issue in America today, with thousands of deaths and millions of illnesses annually in the U S. that can be traced to contaminated food. Illnesses from pathogenic bacteria are increasing each year. The economic devastation of this disease through direct medical costs and lost productivity is considerable.

2. Ultimate goal(s) of this Program

- Improved Food Safety and Nutrition
- Vibrant and Resilient Youth, Families and Communities

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
2014	7.2	0.0	0.0	0.0
2015	7.2	0.0	0.0	0.0
2016	7.2	0.0	0.0	0.0
2017	7.2	0.0	0.0	0.0
2018	7.2	0.0	0.0	0.0

V(F). Planned Program (Activity)

1. Activity for the Program

- Food Preservation (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- Food Preservation (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- Food Safety (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- Food Safety (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- Food Safety, Food Preservation Workshops and consumer questions answered
- General Food Safety Activities (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- General Food Safety Activities (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- Specialty Food Products (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- Specialty Food Products (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)

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"> • Education Class • Workshop • One-on-One Intervention • Demonstrations • Other 1 (Scholarship) • Other 2 (Training) 	<ul style="list-style-type: none"> • Newsletters • Web sites other than eXtension • Other 1 (Research) • Other 2 (Train the trainer)

3. Description of targeted audience

- Agricultural Producers (Adult)
- General Public (Adult)
- Small or Home-Based Business Owners - Current (Adult)
- Small or Home-Based Business Owners - Potential (Adult)
- Volunteers (Adult)
- General Public (Youth)

V(G). Planned Program (Outputs)

NIFA no longer requires you to report target numbers for standard output measures in the Plan of Work. However, all institutions will report actual numbers for standard output measures in the Annual Report of Accomplishments and Results. The standard outputs for which you must continue to collect data are:

- Number of contacts
 - Direct Adult Contacts
 - Indirect Adult Contacts
 - Direct Youth Contacts
 - Indirect Youth Contact
- Number of patents submitted
- Number of peer reviewed publications

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(H). State Defined Outputs

1. Output Measure

- Direct; Club, Conference, Program, Consultation, Scholarship, or Training
- Indirect; Applied Research, Media, Internet, Publication, Resulting from Training

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(I). State Defined Outcome

O. No	Outcome Name
1	Apply knowledge of risks to food safety
2	Adopt food safety practices
3	Adopt specific food safety plans and/or policies (HACCP, GAP, SOP, SSOP, IPM, etc)
4	Train, support and mentor others in leadership roles
5	Engage positively in their community
6	Increase career aspirations & goal setting

Outcome # 1

1. Outcome Target

Apply knowledge of risks to food safety

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 501 - New and Improved Food Processing Technologies
- 502 - New and Improved Food Products
- 504 - Home and Commercial Food Service
- 512 - Quality Maintenance in Storing and Marketing Non-Food Products

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 2

1. Outcome Target

Adopt food safety practices

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 501 - New and Improved Food Processing Technologies
- 502 - New and Improved Food Products
- 504 - Home and Commercial Food Service
- 512 - Quality Maintenance in Storing and Marketing Non-Food Products

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 3

1. Outcome Target

Adopt specific food safety plans and/or policies (HACCP, GAP, SOP, SSOP, IPM, etc)

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 501 - New and Improved Food Processing Technologies
- 502 - New and Improved Food Products
- 504 - Home and Commercial Food Service
- 512 - Quality Maintenance in Storing and Marketing Non-Food Products

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 4

1. Outcome Target

Train, support and mentor others in leadership roles

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 504 - Home and Commercial Food Service
- 512 - Quality Maintenance in Storing and Marketing Non-Food Products

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 5

1. Outcome Target

Engage positively in their community

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 504 - Home and Commercial Food Service
- 512 - Quality Maintenance in Storing and Marketing Non-Food Products

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 6

1. Outcome Target

Increase career aspirations & goal setting

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 504 - Home and Commercial Food Service

4. Associated Institute Type(s)

- 1862 Extension

V(J). Planned Program (External Factors)

1. External Factors which may affect Outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Competing Programmatic Challenges

Description

V(K). Planned Program - Planned Evaluation Studies

Description of Planned Evaluation Studies

Evaluation initiatives will measure behavioral changes that contribute to improved food safety practices in Maine. Methods will include:

- Pre and post activity assessments
- Surveys
- Observations
- Case Studies

V(A). Planned Program (Summary)

Program # 6

1. Name of the Planned Program

Sustainable Community & Economic Development

2. Brief summary about Planned Program

This plan addresses USDA/NIFA national priority to create sustainable communities through economic development, and includes work related to:

- Small & Home Based Business Management Education
- Tourism Economic Development
- Personal, Family and Community Resource Management Education
- Farm Business Management

When you support Extension's educational initiatives in community and economic development, program participants learn how to effectively manage and sustain: small and home-based businesses, household resources and community assets. This contributes to viable businesses, households and communities that will benefit other community members by contributing to gainful employment, quality of place and municipal tax revenues that support community services.

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%			
604	Marketing and Distribution Practices	20%			
607	Consumer Economics	15%			
608	Community Resource Planning and Development	15%			
801	Individual and Family Resource Management	20%			
805	Community Institutions, Health, and Social Services	5%			
	Total	100%			

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

1. Situation and priorities

A 2010 statewide poll of Maine residents, conducted by Market Decisions of South Portland, found the economy, specifically jobs, to be the top concern. Since the start of the recession in December 2007, Maine has lost more than 35,000 jobs, about 6,000 in the high-wage manufacturing sector. The economic outlook calls for very slow economic growth in the years ahead.

A growing number of Maine residents are considering starting a small business as a way of securing and sustaining a livable wage. Unfortunately, those interested in starting or expanding their own business are often unaware of the resources available to help them, and many lack the business management skills necessary to successfully evaluate potential business viability, and start and grow a small business. Research has shown that participation in relevant and effective training can reduce the failure rate and help business owners make better business management decisions and avoid costly mistakes.

For some Mainers, meeting the needs of daily life is a struggle. According to the U.S. Census Bureau, more than one in ten Maine residents live below the poverty line. Over one-quarter of Mainers have a household income that classifies them as poor or near poor. These households feel the pinch of rising costs for shelter, fuel, food, and medical care.

Poverty is not just a problem for the people who experience it; it is a problem for everyone. Those in poverty are often isolated from community life, are unable to participate fully in the economy, and can't support local businesses.

It is clear that some populations struggle more than others in Maine and nationwide. Of particular concern are children, people age 65 and older, and female-headed households. These populations are often referred to as "at-risk" because they generally have higher rates in or near poverty than the population overall.

Another major cost for Maine families is health care. Medical costs can be particularly burdensome to those with low incomes, since low-paying jobs also tend to have few or no benefits. Recent studies have shown that an inability to pay medical costs is a leading cause of bankruptcy filings.

References:

- Market Decisions of South Portland, "FY2010 Statewide Poll of Maine Residents." Available at: <http://www.marketdecisions.com/>. (Accessed March 2010)
- Maine Department of Labor, "Maine Employment Outlook to 2016." Available at: http://www.maine.gov/labor/lmis/publications/pdf/ME_Emp_Outlook_to_2016.pdf. (Accessed March 2010)
- Maine Development Foundation, Measures of Growth 2010: "Performance Measures and Benchmarks to Achieve a Vibrant and Sustainable Economy for Maine." Available at: <http://www.mdf.org/publications/Measures-of-Growth-in-Focus-2010/214/>. (Accessed March 2010)
- James C. McConnon, "Maine Microbusinesses and Employment Levels by County, 2007," (working paper, University of Maine Cooperative Extension, Orono, Maine, 2009). Available at: <http://extension.umaine.edu/business/reports/>. (Accessed March 2010)
- Maine State Planning Office, Economics and Demographics Team, "2010 Report on Poverty." Available at: www.maine.gov/spo/economics. (Accessed May 2010)
- Springen, Karen. (2006). "Health Hazards: How Mounting Medical Costs are Plunging More Families into Debilitating Debt and Why Insurance Doesn't Always Keep Them Out of Bankruptcy." Available at: <http://www.msnbc.msn.com/id/14470912/site/newsweek/print/1/displaymode/1098/> (Accessed May 2010)

2. Scope of the Program

- Multistate Extension

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

1. Assumptions made for the Program

Maine's economic future is dependent on the successful start-up, continuation and expansion of small businesses. There are nearly 160,000 small businesses in Maine. About 90 percent of them employ five or fewer employees, accounting for about 22 percent of the labor force ⁽⁴⁾. Many of these businesses are home-based and located in the rural areas of the state.

Successful start-up and growth of small businesses is expected to lead Maine and the nation out of the recent recession and play an increasingly important role in Maine's employment growth in the next decade. Many of these businesses are expected to be home-based or micro-enterprises that produce value-added products from Maine's natural resources. Small and home-based businesses represent entrepreneurial strength, diversity and durability, which contribute to the economic vitality of the state.

2. Ultimate goal(s) of this Program

- Improved Food Safety and Nutrition
- Improved Food Security Through Sustainable Agricultural Practices
- Vibrant and Resilient Youth, Families and Communities

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
2014	11.9	0.0	0.0	0.0
2015	9.3	0.0	0.0	0.0
2016	9.3	0.0	0.0	0.0
2017	9.3	0.0	0.0	0.0
2018	9.3	0.0	0.0	0.0

V(F). Planned Program (Activity)

1. Activity for the Program

- Create Connecting Kids to e-Commerce Curriculum
- General activities in support of Sustainable Community and Economic Development (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - General activities in support of Sustainable Community and Economic Development (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - Personal and Family Resource Management Education (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - Personal and Family Resource Management Education (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)

- Resource Development and Management for Sustainable Communities (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- Resource Development and Management for Sustainable Communities (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- Small and Home Based Business Management Education (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- Small and Home Based Business Management Education (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
- Tourism Economic Development Education (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
- Tourism Economic Development Education (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)

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"> • Education Class • Workshop • One-on-One Intervention • Demonstrations • Other 1 (Scholarship) • Other 2 (Training) 	<ul style="list-style-type: none"> • Newsletters • Web sites other than eXtension • Other 1 (Research) • Other 2 (Train the trainer)

3. Description of targeted audience

- Agricultural Producers (Adult)
- Business Assist Organization Staff (Adult)
- Community Leaders (Adult)
- Extension - staff (Adult)
- Families (Adult)
- General Public (Adult)
- Small or Home-Based Business Owners - Current (Adult)
- Small or Home-Based Business Owners - Potential (Adult)
- Volunteers (Adult)
- 4-H Youth (Youth)
- Extension Staff (Adult)
- Families (Youth)
- General Public (Youth)

V(G). Planned Program (Outputs)

NIFA no longer requires you to report target numbers for standard output measures in the Plan of Work. However, all institutions will report actual numbers for standard output measures in the Annual Report of Accomplishments and Results. The standard outputs for which you must continue to collect data are:

- Number of contacts
 - Direct Adult Contacts
 - Indirect Adult Contacts
 - Direct Youth Contacts
 - Indirect Youth Contact
- Number of patents submitted
- Number of peer reviewed publications

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(H). State Defined Outputs

1. Output Measure

- Direct; Club, Conference, Program, Consultation, Scholarship, or Training
- Indirect; Applied Research, Media, Internet, Publication, Resulting from Training

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(I). State Defined Outcome

O. No	Outcome Name
1	Adopt sound business management practices
2	Increase profitability
3	Create jobs
4	Increase career aspirations and goal setting
5	Assess community needs and assets
6	Adopt effective community strategies
7	Mobilize community capacities, assets or resources
8	Assess current and projected impacts of climate change and adopt effective strategies to respond to and mitigate such change
9	Develop and assess a financial plan for managing household resources
10	Adopt a sustainable household budget
11	Make informed financial decisions
12	Model positive financial management behaviors to others
13	Engage positively in their community
14	Train, support and mentor others in leadership roles
15	Demonstrate leadership skills

Outcome # 1

1. Outcome Target

Adopt sound business management practices

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

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

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 2

1. Outcome Target

Increase profitability

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 602 - Business Management, Finance, and Taxation
- 604 - Marketing and Distribution Practices
- 607 - Consumer Economics
- 608 - Community Resource Planning and Development
- 801 - Individual and Family Resource Management
- 805 - Community Institutions, Health, and Social Services

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 3

1. Outcome Target

Create jobs

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

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

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 4

1. Outcome Target

Increase career aspirations and goal setting

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 602 - Business Management, Finance, and Taxation
- 801 - Individual and Family Resource Management
- 805 - Community Institutions, Health, and Social Services

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 5

1. Outcome Target

Assess community needs and assets

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

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

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 6

1. Outcome Target

Adopt effective community strategies

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

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

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 7

1. Outcome Target

Mobilize community capacities, assets or resources

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 602 - Business Management, Finance, and Taxation
- 604 - Marketing and Distribution Practices
- 607 - Consumer Economics
- 608 - Community Resource Planning and Development
- 801 - Individual and Family Resource Management
- 805 - Community Institutions, Health, and Social Services

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 8

1. Outcome Target

Assess current and projected impacts of climate change and adopt effective strategies to respond to and mitigate such change

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

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

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 9

1. Outcome Target

Develop and assess a financial plan for managing household resources

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 607 - Consumer Economics
- 801 - Individual and Family Resource Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 10

1. Outcome Target

Adopt a sustainable household budget

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 607 - Consumer Economics

- 801 - Individual and Family Resource Management

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 11

1. Outcome Target

Make informed financial decisions

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 602 - Business Management, Finance, and Taxation
- 607 - Consumer Economics
- 608 - Community Resource Planning and Development
- 801 - Individual and Family Resource Management
- 805 - Community Institutions, Health, and Social Services

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 12

1. Outcome Target

Model positive financial management behaviors to others

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

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

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 13

1. Outcome Target

Engage positively in their community

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 602 - Business Management, Finance, and Taxation
- 604 - Marketing and Distribution Practices
- 607 - Consumer Economics
- 608 - Community Resource Planning and Development
- 801 - Individual and Family Resource Management
- 805 - Community Institutions, Health, and Social Services

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 14

1. Outcome Target

Train, support and mentor others in leadership roles

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

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

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 15

1. Outcome Target

Demonstrate leadership skills

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

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

4. Associated Institute Type(s)

- 1862 Extension

V(J). Planned Program (External Factors)

1. External Factors which may affect Outcomes

- Economy
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Populations changes (immigration, new cultural groupings, etc.)

Description

{NO DATA ENTERED}

V(K). Planned Program - Planned Evaluation Studies

Description of Planned Evaluation Studies

Evaluation initiatives will measure behavioral changes that contribute to sustainable community and economic development in Maine. Methods will include:

- Pre, post and retrospective activity assessments
- Surveys
- Observations
- Case Studies

V(A). Planned Program (Summary)

Program # 7

1. Name of the Planned Program

Sustainable Youth, Families, and Communities

2. Brief summary about Planned Program

This plan addresses a Maine priority to achieve sustainable youth, families and communities, and includes work related to:

- 4-H Youth Development
- Parenting Education
- Human Development
- Senior Companion Program
- Community Development

When Extension's educational initiatives in youth, family, and community development are supported, participants learn skills that help build positive relationships, increase understanding about the lifespan, and encourage community engagement. This leads to healthy families, stronger communities, and increased skills and knowledge. As a result, the public benefits by a more informed, involved, and self-reliant citizenry, increased community engagement, and a state that values its people.

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
608	Community Resource Planning and Development	20%			
724	Healthy Lifestyle	60%			
802	Human Development and Family Well-Being	15%			
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	5%			
	Total	100%			

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

1. Situation and priorities

Maine has a population of about 1.3 million people, but we live in a large, rural state. Within our borders there are 16 counties that contain over 430 diverse communities, each governed by a collection of citizen councils, boards, and committees that are challenged to address a broad range of issues unique to their communities.

The National Extension Parent Education Model states that "parents experience special pressure today not faced by previous generations . . . a majority of American adults, regardless of age, race, marital or parental status believe that it is harder to be a parent today than it used to be." Today's communities face evolving challenges in supporting families.

The Guiding Principles of the Maine Learning Results require that each student leave school as a "clear and effective communicator, a self-directed and life-long learner, a creative and practical problem solver, a responsible and involved citizen, a collaborative and quality worker, and an integrative and informed thinker."

Maine has the oldest median age in the US, of 41.2 years, compared to the national median age of 36.2 years. This creates a situation where Maine's families face aging members who need support from within the family or from the larger community.

2. Scope of the Program

- In-State Extension

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

1. Assumptions made for the Program

Community leaders and volunteers need to be able to bring effective leadership skills to the process of addressing diverse social issues. A community's capacity, or ability to achieve identified goals, is realized when potential community assets, resources, gifts and talents are mobilized.

Strong families are essential to the well-being of our children and our communities, regardless of how they are configured or what transitions they are experiencing. Core to strong families are good relational skills and parenting skills. Research shows that education about specific issues related to human development can increase the capacity of individuals to contribute positively to their communities and develop healthy relationships.

Maine youth benefit by making healthy choices that help them develop the life skills necessary to lead successful and productive lives. This will affect their workforce preparation and future aspirations in sustainable and healthy lifestyles, including environmental and Science, Technology, Engineering, and Math (STEM) education, community engagement, youth-adult partnerships.

Maine families with aging members benefit from support within the family unit and the community at large. Families need to be informed and educated about the aging process, community resources, and how to adapt to the changes in family dynamics.

2. Ultimate goal(s) of this Program

- Improved Food Safety and Nutrition
- Vibrant and Resilient Youth, Families and Communities

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
2014	30.5	0.0	0.0	0.0
2015	24.8	0.0	0.0	0.0
2016	24.0	0.0	0.0	0.0
2017	23.9	0.0	0.0	0.0
2018	23.9	0.0	0.0	0.0

V(F). Planned Program (Activity)

1. Activity for the Program

- Community Development (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - General Activities-Sustainable Youth, Family and Community Development (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - General Activities-Sustainable Youth, Family and Community Development (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - Human Development (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - Human Development (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - Parenting Education (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)
 - Parenting Education (Direct; Club, Conference, Program, Consultation, Scholarship, or Training)
 - Senior Companion Program (Indirect; Applied Research, Media, Internet, Publication, Resulting from Training)

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"> • Education Class • Workshop • One-on-One Intervention • Demonstrations • Other 1 (Scholarship) • Other 2 (Training) 	<ul style="list-style-type: none"> • Newsletters • Web sites other than eXtension • Other 1 (Research) • Other 2 (Train the trainer)

3. Description of targeted audience

- 4-H Volunteers (Adult)
- Agricultural Service Providers
- Community Leaders (Adult)
- Elders or Seniors (Adult)
- Families (Adult)
- General Public (Adult)
- Parent Educators (Adult)
- Parents (Adult)
- Senior Companion Program Volunteers (Adult)
- Teachers (Adult)
- Volunteers (Adult)
- 4-H Youth (Youth)
- Extension Staff (Adult)
- Families (Youth)

V(G). Planned Program (Outputs)

NIFA no longer requires you to report target numbers for standard output measures in the Plan of Work. However, all institutions will report actual numbers for standard output measures in the Annual Report of Accomplishments and Results. The standard outputs for which you must continue to collect data are:

- Number of contacts
 - Direct Adult Contacts
 - Indirect Adult Contacts
 - Direct Youth Contacts
 - Indirect Youth Contact
- Number of patents submitted
- Number of peer reviewed publications

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(H). State Defined Outputs

1. Output Measure

- Direct; Club, Conference, Program, Consultation, Scholarship, or Training
- Indirect; Applied Research, Media, Internet, Publication, Resulting from Training

Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(I). State Defined Outcome

O. No	Outcome Name
1	Increase life skills (healthy relationships, decision making, problem solving, parenting, lifespan development, communication, etc
2	Demonstrate application of subject matter knowledge
3	Increase career aspirations & goal setting
4	Reduce carbon footprint
5	Reduce waste
6	Adopt sustainable living practices
7	Engage positively in their community
8	Train, support and mentor others in leadership roles
9	Demonstrate application of leadership skills
10	Demonstrate civic engagement
11	Assess community needs and assets
12	Strengthen community capacities, human capital, building partnerships
13	Adopt effective community strategies

Outcome # 1

1. Outcome Target

Increase life skills (healthy relationships, decision making, problem solving, parenting, lifespan development, communication, etc)

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 2

1. Outcome Target

Demonstrate application of subject matter knowledge

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 3

1. Outcome Target

Increase career aspirations & goal setting

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 4

1. Outcome Target

Reduce carbon footprint

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 5

1. Outcome Target

Reduce waste

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 6

1. Outcome Target

Adopt sustainable living practices

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 7

1. Outcome Target

Engage positively in their community

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 724 - Healthy Lifestyle
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 8

1. Outcome Target

Train, support and mentor others in leadership roles

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 9

1. Outcome Target

Demonstrate application of leadership skills

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 10

1. Outcome Target

Demonstrate civic engagement

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 802 - Human Development and Family Well-Being
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 11

1. Outcome Target

Assess community needs and assets

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 12

1. Outcome Target

Strengthen community capacities, human capital, building partnerships

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

Outcome # 13

1. Outcome Target

Adopt effective community strategies

2. Outcome Type : Change in Action Outcome Measure

3. Associated Knowledge Area(s)

- 608 - Community Resource Planning and Development
- 803 - Sociological and Technological Change Affecting Individuals, Families, and Communities

4. Associated Institute Type(s)

- 1862 Extension

V(J). Planned Program (External Factors)

1. External Factors which may affect Outcomes

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

Description

{NO DATA ENTERED}

V(K). Planned Program - Planned Evaluation Studies

Description of Planned Evaluation Studies

Evaluation initiatives will measure knowledge gained and behavioral changes that contribute to sustainable youth, families, and communities in Maine. Methods will include:

- Pre, post, and retrospective activity assessments
- Surveys
- Observations
- Case studies

V(A). Planned Program (Summary)

Program # 8

1. Name of the Planned Program

Administrative Plan of Work; Planning and Supervision

2. Brief summary about Planned Program

Inputs related to administrative contributions to the University of Maine Cooperative Extension Plan of Work.

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 : 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
902	Administration of Projects and Programs	100%		0%	
	Total	100%		0%	

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

1. Situation and priorities

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

2. Ultimate goal(s) of this Program

- Protect and enhance Maine's natural resources and environment through sustainable stewardship.

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
2014	8.4	0.0	0.0	0.0
2015	0.0	0.0	0.0	0.0
2016	0.0	0.0	0.0	0.0
2017	0.0	0.0	0.0	0.0
2018	0.0	0.0	0.0	0.0

V(F). Planned Program (Activity)

1. Activity for the Program

- Eat Well Administration
- Eat Well Regional Management
- General Administrative Activities
- Maine Agricultural Center
- Maine Planning and Reporting System
- Plan of Work Oversight and Supervision

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"> • Other 1 (Supervision) • Other 2 (Staff Training) 	<ul style="list-style-type: none"> • Other 1 (External Staff Development)

3. Description of targeted audience

- Extension - all staff (Adult)
- Extension Faculty (Adult)
- Extension Professionals (Adult)
- Nutrition Associates (Adult)

V(G). Planned Program (Outputs)

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- Number of contacts
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V(H). State Defined Outputs

1. Output Measure

- Multiple-undefined delivery method
- Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(I). State Defined Outcome

O. No	Outcome Name
1	Planning and Reporting Compliance

Outcome # 1

1. Outcome Target

Planning and Reporting Compliance

2. Outcome Type : Change in Knowledge Outcome Measure

3. Associated Knowledge Area(s)

- 902 - Administration of Projects and Programs

4. Associated Institute Type(s)

- 1862 Extension

V(J). Planned Program (External Factors)

1. External Factors which may affect Outcomes

- Economy
- Appropriations changes

Description

V(K). Planned Program - Planned Evaluation Studies

Description of Planned Evaluation Studies