Assist Individuals and Families to Achieve Economic Well-being and Life Quality

V(A). Planned Program (Summary)

1. Name of the Planned Program
Assist Individuals and Families to Achieve Economic Well-being and Life Quality

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
<th>%1862 Extension</th>
<th>%1890 Extension</th>
<th>%1862 Research</th>
<th>%1890 Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>112</td>
<td>Watershed Protection and Management</td>
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<td>5%</td>
<td>0%</td>
<td>0%</td>
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<tr>
<td>136</td>
<td>Conservation of Biological Diversity</td>
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<tr>
<td>602</td>
<td>Business Management, Finance, and Taxation</td>
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<tr>
<td>603</td>
<td>Market Economics</td>
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<td>0%</td>
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<td>604</td>
<td>Marketing and Distribution Practices</td>
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<tr>
<td>608</td>
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<tr>
<td>701</td>
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<td>703</td>
<td>Nutrition Education and Behavior</td>
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<td>712</td>
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<td>0%</td>
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<tr>
<td>723</td>
<td>Hazards to Human Health and Safety</td>
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<tr>
<td>724</td>
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<td>801</td>
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<td>802</td>
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<td>803</td>
<td>Sociological and Technological Change Affecting Individuals, Families and Communities</td>
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<td>804</td>
<td>Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures</td>
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<td>805</td>
<td>Community Institutions, Health, and Social Services</td>
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<td>806</td>
<td>Youth Development</td>
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<tr>
<td>901</td>
<td>Program and Project Design, and Statistics</td>
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<td>5%</td>
<td>0%</td>
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<tr>
<td>902</td>
<td>Administration of Projects and Programs</td>
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<td>5%</td>
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<td>0%</td>
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<tr>
<td>903</td>
<td>Communication, Education, and Information Delivery</td>
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<td>5%</td>
<td>0%</td>
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</table>

Total 100% 100% 0%

V(C). Planned Program (Inputs)

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

<table>
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<tr>
<th>Year: 2008</th>
<th>Extension</th>
<th>Research</th>
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</thead>
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<tr>
<td></td>
<td>%1862</td>
<td>%1890</td>
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<tr>
<td>Plan</td>
<td>63.2</td>
<td>1.2</td>
</tr>
<tr>
<td>Actual</td>
<td>66.9</td>
<td>11.0</td>
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</table>

Report Date 10/16/2009
2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

<table>
<thead>
<tr>
<th></th>
<th>Extension</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smith-Lever 3b &amp; 1862 Matching</td>
<td>671674</td>
<td>535162</td>
</tr>
<tr>
<td>Hatch</td>
<td>1862 All Other</td>
<td>1890 All Other</td>
</tr>
<tr>
<td>Evans-Allen</td>
<td></td>
<td></td>
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</table>

V(D). Planned Program (Activity)

1. Brief description of the Activity
   - Conduct workshops and meetings
   - Deliver services
   - Develop products, curriculum, resources
   - Provide training
   - Provide counseling
   - Make assessments
   - Work with the media
   - Develop partnerships

2. Brief description of the target audience

- Childcare, after-school, and elder care providers
- Individual and family service personnel
- Parents, couples, and individuals
- UF/IFAS county and state faculty.
- Children and adolescents
- Families with children
- Adults of all ages including those with special needs
- Elderly at-risk persons
- Adults with obesity issues
- High-risk ethnic group.
- Persons with type 2 diabetes
- Food service operators: food handlers (adults; youth); consumers; volunteers, and county faculty
  i. Consumers
    - Homeowners
    - Prospective homeowners
    - Renters
    - Temporary/seasonal residents
    - Households with child(ren) age 6 years and younger
    - Seniors
    - Persons with disabilities
  ii. Housing professionals
    - Developers
    - Building/construction professionals
    - Housing sales professionals
    - Residential property management professionals
    - Non-government organizations
    - UF/IFAS faculty and staff
- Extension county faculty
- Community organizations
V(E). Planned Program (Outputs)

1. Standard output measures

<table>
<thead>
<tr>
<th>Year</th>
<th>Direct Contacts Adults</th>
<th>Indirect Contacts Adults</th>
<th>Direct Contacts Youth</th>
<th>Indirect Contacts Youth</th>
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<tbody>
<tr>
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<td>2008</td>
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<td>208624</td>
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</table>

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

Patent Applications Submitted

<table>
<thead>
<tr>
<th>Year</th>
<th>Target</th>
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<tr>
<td>Plan: 0</td>
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<tr>
<td>2008: 0</td>
<td></td>
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</table>

Patents listed

3. Publications (Standard General Output Measure)

<table>
<thead>
<tr>
<th>Year</th>
<th>Extension</th>
<th>Research</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Plan</td>
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</tr>
<tr>
<td>2008</td>
<td>140</td>
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<td>140</td>
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</tbody>
</table>

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- {No Data Entered}

Not reporting on this Output in this Annual Report

<table>
<thead>
<tr>
<th>Year</th>
<th>Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>{No Data Entered}</td>
<td>{No Data Entered}</td>
</tr>
</tbody>
</table>
Assist Individuals and Families to Achieve Economic Well-being and Life Quality

V(G). State Defined Outcomes

<table>
<thead>
<tr>
<th>O No.</th>
<th>Outcome Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Number of program participants that indicate satisfaction with Extension's information Number of program participants that are satisfied with Extension's services. Family members will learn strategies to prepare for the changes they face over the course of the family life cycle (e.g., marriage, parenting, retirement, etc.) Individuals will develop the skills needed to manage stress effectively, thereby improving their personal health and relationships. Individuals will learn the knowledge and skills necessary to attain strong, healthy family relationships Participants will develop effective communication skills. Participants will encourage curiosity, exploration and development of problem solving skills in a safe environment. Participants will use positive techniques for guiding children's/teen's behavior. Participants will develop safe/healthy learning environments for children/youth. Participants will balance work and family. Participants will increase their knowledge in subject matter and confidence in teaching. Participants will encourage curiosity, exploration and development of problem solving skills in a safe environment for children in their care. Participants will increase knowledge and skills of social and emotional development for children in their care. Participants will learn teaching methods and how to prepare learning materials for various audiences. Number of program participants who indicate satisfaction with Extension's information Number of program participants who increase knowledge about positive lifestyle changes. Number of program participants who report intent to make one or more positive lifestyle changes. Number of program participants who report one or more positive lifestyle changes. Number of program participants who increase knowledge about health indicators. Number of program participants who improve one or more health indicators. Number of program participants who increase knowledge about recommended food handling practices. Number of program participants who report intent to adopt one or more recommended food handling practices. Number of program participants who report adopting one or more recommended food handling practices. Number of program participants who pass food manager certification exam. Number of program participants who increase knowledge of food resource management. Number of program participants who report intent to adopt one or more food resource management practices. Number of program participants who report having an adequate monthly food supply. Number of program participants that indicate satisfaction with Extension's information Number of program participants that are satisfied with Extension's services. Number of participants purchasing homes Number of participants that understood housing financial documents Number of participants completing required home ownership classes Number of families that developed a spending plan. Number of families with improved financial condition Number of participants resolved credit problem Number of participants that adopt one or more energy efficiency practices Number of participants that adopt one or more practices for home safety Number of participants that maintain appropriate homeowners insurance Number of participants that adopt one or more home maintenance practices Number of participants that understand building codes and regulations related to home maintenance or renovations Number of participants adopting one or more low-impact development principles Number of non-profits that use Extension's information Number of non-profit organizations that indicate that Extension information solved a problem or answered a question. Number of non-profit organizations that are satisfied with Extension's services. Number of new volunteers Number of organizations using best management practices for volunteer development. Number of volunteers identified and recruited (I) Number of volunteers selected and screened (S) Number of volunteers oriented with extension (O) Number of volunteers trained (T) Number of volunteers utilized (U) Number of volunteers recognized for accomplishments (R) Number of volunteers evaluated (E) Number of CBOs with marketing plans Number of organizations with a strategic plan Number of organizations increasing membership Number of organizations increasing public initiatives Number of public policy programs offered Number of organizations increasing public policy programs</td>
</tr>
</tbody>
</table>
Assist Individuals and Families to Achieve Economic Well-being and Life Quality

**Outcome #1**

1. **Outcome Measures**

   *Not reporting on this Outcome for this Annual Report*

2. **Associated Institution Types**

3. **Outcome Type:**

3b. **Quantitative Outcome**

   | Year | Quantitative Target | Actual |

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

   **Issue (Who cares and Why)**

   *What has been done*

   **Results*

4. **Associated Knowledge Areas**

   | KA Code | Knowledge Area |

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

**External factors which affected outcomes**

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

**Brief Explanation**

- Natural Disasters (drought, weather extremities, etc.)
  - Economy
  - Appropriation changes
  - Government regulations
  - Competing Public priorities
  - Competing Programmatic Challenges
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V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned
   - After Only (post program)
   - Retrospective (post program)
   - Before-After (before and after program)
   - During (during program)
   - Time series (multiple points before and after program)
   - Case Study
   - Comparisons between program participants (individuals, group, organizations) and non-participants
   - Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.
   - Comparison between locales where the program operates and sites without program intervention

Evaluation Results

Personal Financial Education- Florida A&M University Cooperative Extension Outreach Program’s economic development initiative, the Entrepreneurial Business Development Project (ERBDP) implemented the Rattler Business Success Club (RBSC) in four target communities (Gadsden, Hamilton, Jackson and Madison) with the most economic need. Members commit themselves to improving their personal credit worthiness and financial literacy. To date fifteen individuals with a business entity are enrolled in the club. Initial outcomes are all fifteen have taken a pre-test in credit worthiness and financial literacy, and eleven have completed Individual Work Plans that address the areas that need improvement and the steps to be taken to make those improvements. Member Story: Issue: Member received coaching and mentoring to develop a contracting system to employ independent contractors to assist him with service deliveries. Member has now developed a concrete form and so far has hired 6 independent contractors. Member is working on gathering revenue sales figure for 2008.

Change: Member has been consistently working toward capturing his target 15 counties for fire hose testing services highlighted in the company’s business plan. The following is a list of organizations under contract to date: 3 contracts in Jackson County (VFD of Chipley Fl, Walton County (City of Freeport and DeFuniak Springs); West Point Stevens, Inc.; 9 contracts w/ Gadsden County Fire Departments; Chippola College: 11 contracts w/Wakulla County, Skyline Fire Protection & Rescue- Santa Rose County, Gulf Coast Community College and Naval Coastal System in Bay County.

Personal and Family Well-being

As with much of the US, Florida has a high number of children ages 3 and under (over 670,000). In Florida, 65% of women with children under age 3 are in the workforce at least part-time, which means that there are many children under age 3 in Florida needing some type of care (National Infant and Toddler Childcare Initiative: http://www.nccic. org/itcc/statess/FloridaFINAL.html). Working parents need assistance in caring for their youngest dependent family members, particularly through safe, high quality care that will benefit their child’s learning and development. High quality child care has been associated with positive short- and long-term outcomes for children. Furthermore, the availability of child care allows parents to remain in the workforce who might otherwise need to stay at home with their children if child care was not available. If parents can’t work because they need to stay at home with their children, this would likely lead to increases in the utilization of state and federally sponsored social programs that provide a safety net, such as food stamps, WIC, unemployment funds, Medicaid, etc. by families.

Child care providers are required by the state to have basic training and annual updates to be licensed. Further, the state requires that one child care provider have a credential beyond the license for every 20 children.

In 2008 252 child care personnel from across the state received CDA credentialing training or CEU training through Florida Cooperative Extension, and hundreds of others received child care training that may be used for continuing education credit. Program evaluation conducted at each site suggests that participants learned much from the programs that they will be able to implement in the child care setting, and that will improve their ability to provide a quality child care experience for children. Furthermore, getting this training allowed these child care professionals to either gain employment or remain employed in their chosen field, thereby increasing the availability of quality child care in the state of Florida.

Forty-nine child care providers participated in the workshop “Growing Up in a Multilingual/Multicultural World.” 100% learned something new. They were measured on three variables: 100% indicated they understood the misconceptions of young bilingual learners; 100% have new ideas to try to help a young English Language Learner when they join their class; and 97% felt they could help non-native parents become more comfortable with their teaching style and classroom. A participant in this class stated that she would “learn words and phrases that the child/family use in the home to help make the child feel more comfortable.”

Thirty-four child care providers participated in the workshop “Disaster Recovery: Children’s Needs.” 100% learned something new. They were measured on their knowledge of how children of different ages react (100%) and display stress as well as knowledge of ways to soothe a child’s response to stress (100%). A participant in this class remarked, “There are many tools and ideas that I will use. Three of my children [in the classroom] just experienced a traumatic loss in the family. The points shown will help me to explain things better to them…. “
Assist Individuals and Families to Achieve Economic Well-being and Life Quality

Key Items of Evaluation
Florida along with the rest of the United States Population is facing a serious economic downturn. Home values are declining, foreclosures are rising. Families are facing higher costs, greater job instability, reduced access to credit, and substantial losses in invested assets. Lack of understanding about financial products, budgeting, credit use, and other issues have harmed consumers. Faced with these challenges, families are trying to maintain their overall economic well being, an increasingly more challenging task. In essence, families need help Managing in Tough Times. Faculty have developed a pocket-sized flipbook addressing several topics relating to family financial management and household production. Families can learn important and practical tips on how to manage household resources. To date, 10,000 flipbooks have been distributed. An additional 15,000 were printed in anticipation of continuing requests and Saves Week 2009. Almost 10,000 of these were distributed around Florida Saves Week alone. Over 20 counties have been involved. The flipbook is available in English and Spanish and is available online. In fact, extension.org has included the program on its public site as well as through our own websites. This has allowed our program to reach more Floridians and also to reach others throughout the United States. Preliminary evaluation questions have shown that most participants have learned from the class and intend to implement some of the strategies suggested in Managing in Tough Times. In Okaloosa County, we had evaluation forms from 99 participants. On the various knowledge changes, over 90% felt that they had learned some of the key messages we wanted to convey. Our behavioral goals included a commitment to creating a spending plan, living within one’s budget, and improving communication about money. Finally nearly 100% planned to share the information they had learned and felt more confident about their ability to manage their finances. Preliminary evaluation questions have shown that most participants have learned from the class and intend to implement some of the strategies suggested in Managing in Tough Times. In Okaloosa County, we had evaluation forms from 99 participants. On the various knowledge changes, over 90% felt that they had learned some of the key messages we wanted to convey. Our behavioral goals included a commitment to creating a spending plan, living within one’s budget, and improving communication about money. Finally nearly 100% planned to share the information they had learned and felt more confident about their ability to manage their finances. Additional data continues to arrive from counties.

Food Safety

Foodborne illnesses continue to be one of the major health concerns in the U.S. (CDC data), especially for persons with immature or compromised immunity such as infants, young children, older adults and persons with certain medical conditions. A majority of foodborne illnesses in the US are due to microbial causes and in Florida about 50% of foodborne illness outbreaks are attributed to restaurants and other commercial food service establishments. Food safety education can reduce the burden of foodborne illness by teaching proper food handling practices to those who handle food in restaurants and other food service establishments. Each year University of Florida IFAS Extension faculty in about 20 counties teach food safety education classes to food handlers using the ServSafe® program. In the last eight years an average of 850 people participated in the program annually.

In 2008, an estimated 750 people participated in the ServSafe® program in 20 counties. The program impacted both changes in knowledge as well as plans to change specific food handling practices to improve food safety in their food establishment.

Based on the post test evaluation surveys collected at the state level from 10% of program participants, more than 95% of the participants evaluated increased their knowledge of food safety. Among the 2008 program participants evaluated to date, 79% passed the certification exam and became certified food protection managers. One county reported that 96% (n=27) of the participants stated that they plan to improve food safety practices such as frequently washing hands and/or preventing cross-contamination through proper food handling and storage. A follow-up survey was sent to the 27 ServSafe® participants with six (22%) responding. Since the training, all of those responding conducted food safety training for their employees and half purchased food safety posters, created a temperature log, and began recording food temperatures.

A calculation used by the University of Georgia Extension allows an estimation of the economic value of food service educational programs by multiplying the number of establishments reached by food handling programs by the estimated economic burden of a foodborne illness outbreak ($75,000). In 2008, 25 establishments were reached by the ServSafe® program in Pinellas County (one of 20 counties in Florida offering ServSafe®). Based on the University of Georgia estimation, the economic value of the ServSafe® Manager Certification Training in this one Florida county in 2008 was approximately $1.875 million (25 x $75,000).

Housing

A house can impact the health and financial situation as well as the social and emotional well-being of its occupants. Many households are affected by current economic conditions and Florida is listed as one of the top states with high foreclosure rates which results in declining home and neighborhood environments. Because of its demographic, geographical and current economic situation, Florida faces several different housing challenges including availability of affordable and durable housing, sustainability of homeownership, and home care and maintenance for healthy indoor environmental quality. Two significant programs of statewide Extension Housing programs that are related to those problems are homebuyer education and home care and maintenance education for healthy homes.

In 2008, it was reported that more than 4,100 Florida residents participated in county pre-purchase education programs and home care and maintenance programs, and more than 1,600 individuals and families participated in
Assist Individuals and Families to Achieve Economic Well-being and Life Quality

financial and credit management workshops and counseling. More than 1,900 participants who responded to pre- and post-program survey indicated that the information they received improved their knowledge, and 743 reported that the information actually impacted their behavioral changes. Some major impacts that could be measured included:

- About 150 households applied and qualified for homebuyer assistance program after pre-purchase education workshops;

- More than 1,000 participants developed their budget and/or debt repayment plans after financial management workshops and counseling; and

- More than 460 participants plan to reduce debt systematically within the next six months from the workshops and counseling.