V(A). Planned Program (Summary)

Program # 5

1. Name of the Planned Program
Promote Individual, family, and community well-being and economic security

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>
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<tr>
<td>136</td>
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<tr>
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<tr>
<td>603</td>
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<tr>
<td>703</td>
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<td>5%</td>
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<td>723</td>
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<tr>
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<tr>
<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>5%</td>
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<td>5%</td>
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<td>806</td>
<td>Youth Development</td>
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<td>5%</td>
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<tr>
<td>901</td>
<td>Program and Project Design, and Statistics</td>
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<tr>
<td>902</td>
<td>Administration of Projects and Programs</td>
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<td>Communication, Education, and Information Delivery</td>
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</table>

Total 100% 100% 100%

V(C). Planned Program (Inputs)

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

<table>
<thead>
<tr>
<th>Year: 2009</th>
<th>Extension</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1862</td>
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<tr>
<td>Actual</td>
<td>68.4</td>
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</tbody>
</table>

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)
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 Operations
   Individual and Family Service Operations
   Includes all for profit business or industries.
   Individuals that own property or have established legal residency in the state of Florida.
   Includes all personnel that are supervised by IFAS.
   Finance, Insurance, and Real Estate Operations
   Adults
   Families
   Youth
   Administrators of Education
   Administrators of Social, Human Resource and Income Maintenance Programs
   Florida Based Non-governmental 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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<td>9000000</td>
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<td>Actual</td>
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<td>0</td>
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<td>0</td>
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</tbody>
</table>

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

   Patent Applications Submitted
   Year: 2009
   Plan: 0
   Actual: 0

   Patents listed

3. Publications (Standard General Output Measure)

   Number of Peer Reviewed Publications

<table>
<thead>
<tr>
<th>Year</th>
<th>Extension</th>
<th>Research</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>
V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- {No Data Entered}
### V. State Defined Outcomes Table of Content

<table>
<thead>
<tr>
<th>O. No.</th>
<th>OUTCOME NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Improve competencies of Extension faculty from inservice training</td>
</tr>
<tr>
<td>2</td>
<td>improved delivery of Extension programs</td>
</tr>
<tr>
<td>3</td>
<td>Improved practices to strengthen individuals, couples, and families</td>
</tr>
<tr>
<td>4</td>
<td>Improved knowledge and skills of professionals who work with individuals, couples and families</td>
</tr>
<tr>
<td>5</td>
<td>Promote self reliance and independence</td>
</tr>
<tr>
<td>6</td>
<td>Encourage community diversity and harmony</td>
</tr>
<tr>
<td>7</td>
<td>Improve and enhance responsiveness to community</td>
</tr>
<tr>
<td>8</td>
<td>Enhance community engagement and awareness of resources</td>
</tr>
<tr>
<td>9</td>
<td>improved procedures and techniques to manage debt</td>
</tr>
<tr>
<td>10</td>
<td>improved procedures and techniques to manage assets</td>
</tr>
<tr>
<td>11</td>
<td>improved procedures and techniques to reduce fraud</td>
</tr>
<tr>
<td>12</td>
<td>Develop improved family and consumer skills</td>
</tr>
<tr>
<td>13</td>
<td>Improve nutrition and other lifestyle behaviors</td>
</tr>
<tr>
<td>14</td>
<td>Improved procedures and techniques for handling and preparing food</td>
</tr>
<tr>
<td>15</td>
<td>Improved management of food resources</td>
</tr>
<tr>
<td>16</td>
<td>Develop improved family and consumer skills</td>
</tr>
<tr>
<td>17</td>
<td>Improve procedures and techniques to improve home ownership</td>
</tr>
<tr>
<td>18</td>
<td>Improve procedures and techniques to maintain a healthy and safe home</td>
</tr>
<tr>
<td>19</td>
<td>Improve procedures and techniques to increase low-impact development (LID)</td>
</tr>
<tr>
<td>20</td>
<td>Improve compliance with local, state, and federal regulations</td>
</tr>
</tbody>
</table>

Report Date 06/09/2010
Outcome #1

1. Outcome Measures

Improve competencies of Extension faculty from inservice training

2. Associated Institution Types

● 1862 Extension
● 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

**Issue (Who cares and Why)**
This year 2 of the programs developed have been well-utilized by county faculty. These programs include the Stressbuster Stress Management Program, and the Autism Spectrum Childcare Provider CEU program.

**What has been done**
Materials from the Stressbuster program have been adapted for use in several counties, and reportedly have been in high demand. The Autism Spectrum Childcare Provider CEU program has been implemented in at least 4 counties across the state.

**Results**
Data collected suggest that the Stressbuster program provides a reduction in stress symptoms and leads to positive behavior changes. The Autism Spectrum Childcare Provider CEU program has been implemented in at least 4 counties across the state. Data suggest the Autism Spectrum Childcare Provider CEU program leads to significant gain in knowledge about the autism spectrum for the vast majority of participants, and it has allowed for the receipt of CEU credits for many childcare providers. County faculty have reported that these programs are well-received and in high demand.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
</tbody>
</table>

Outcome #2

1. Outcome Measures

improved delivery of Extension programs

2. Associated Institution Types
3a. Outcome Type:
Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Hurricanes are a stressful event to deal with in the Southeast United States.

What has been done
The 'Hurricane Survival Kid's Kit' was created to demonstrate how children can make their own kit of activities for during and after a hurricane.

Results
337 children, parents, and teachers participated in this exercise during Bay Days and the Mall Hurricane Expo. Many thought this 'Kit' was "pretty cool", "very useful", and "would help the kids stay occupied and feel helpful to their families".

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
</tbody>
</table>

Outcome #3

1. Outcome Measures
Improved practices to strengthen individuals, couples, and families

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:
Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>100</td>
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</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
A child's development, emotional health, self control and relationship with his/her parents is shaped by the parents’ parenting styles.

Report Date 06/09/2010
Done

What has been done
16 parents learned about the four parenting styles - authoritative, permissive, neglecting and balanced, determined -which styles they use the most, and which styles work best with children and why.

Results
Survey results indicate that 100 percent of the parents reported an increase in knowledge of their parenting styles. 100% identified the style (or styles) they use the most, 100% felt they had gained knowledge for incorporating the balanced parenting style in their home. In a follow-up survey, 50% of the parents felt they had improved their relationship with their child by making changes in their parenting style, while four parents (25%) felt they had made positive changes in the way they discipline their children. 100% of the participants reported an improved confidence in the way they react or respond to and discipline their children.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>801</td>
<td>Individual and Family Resource Management</td>
</tr>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
</tbody>
</table>

Outcome #4

1. Outcome Measures

Improved knowledge and skills of professionals who work with individuals, couples and families

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
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</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
{No Data Entered}

What has been done
{No Data Entered}

Results
{No Data Entered}

4. Associated Knowledge Areas

<table>
<thead>
<tr>
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</table>
Outcome #5

1. Outcome Measures

Promote self reliance and independence

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Of the 18 youth that originally started the independent living series, seven (39%) successfully completed the program.

What has been done
Students were asked to write on end of year evaluations three things they learned in the program.

Results
Statements included:
-I have learned how to manage money (4) ; I have learned how to apply for an interview for a job successfully (5); What a 401 K is; How to prioritize; How to work hard to achieve goals for the future; How to save money and put it away instead of spending it all (2); How to fill out a resume (2); How to use an ATM card; Don't spend more money than I have; Learned the difference between wants and needs (2);

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
<tr>
<td>803</td>
<td>Sociological and Technological Change Affecting Individuals, Families, and Communities</td>
</tr>
</tbody>
</table>

Outcome #6

1. Outcome Measures

Encourage community diversity and harmony

Not Reporting on this Outcome Measure
Outcome #7

1. Outcome Measures

Improve and enhance responsiveness to community

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
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</thead>
<tbody>
<tr>
<td>2009</td>
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<td>0</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

**Issue (Who cares and Why)**

Students who participated in required community service were 22 percentage points more likely to graduate from college than those that had not and had higher reading, math, history, and science score.

**What has been done**

A factor revealed from current research is that if youth are engaged in discussing their role in volunteer service they are more likely to continue on a regular basis and being asked to volunteer is their number one reason for doing so. As to the two organizations that young people tend to volunteer most--youth organizations or community civic groups. (Lopez and Marcelo, Center for Information and Research on Civic Learning and Engagement, 2007)

**Results**

This year 110 youth completed 4-H project records in Seminole County. 52% or 57 youth reported involvement in community service. They recorded 1,885.5 hours or an average of 33 hours of service/child. This is an 18% increase in the average number of hours/child from 2008.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
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<tr>
<td>805</td>
<td>Community Institutions, Health, and Social Services</td>
</tr>
<tr>
<td>806</td>
<td>Youth Development</td>
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</tbody>
</table>

Outcome #8

1. Outcome Measures

Enhance community engagement and awareness of resources

2. Associated Institution Types

- 1862 Extension
- 1890 Extension
3a. Outcome Type:
Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
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</thead>
<tbody>
<tr>
<td>2009</td>
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<td>0</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
This year, 1,400 volunteers were enlisted county-wide to collect trash (16.1 tons this year, .1 more than last year) from the coast, rivers, lakes, and roadways.

What has been done
FCS agent promotes the event county-wide as well as coordinates the volunteers at one of 28 sites (up from only 13 last year) that consistently has the largest number of volunteers (429 = 30.5% of total and showing a 5% increase in participation over last year).

Results
The generosity of local merchants in sponsorship and cash donations is approx. $5,000/year and has remained about the same since the beginning of this event organized by FCS agent in Central Pasco 20 years ago.). Total volunteer support $43,436 shows enhanced civic engagement/community involvement. Not only do 75-80% of participants return each year, they bring additional family, friends and neighbors!

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
<tr>
<td>803</td>
<td>Sociological and Technological Change Affecting Individuals, Families, and Communities</td>
</tr>
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</table>

Outcome #9

1. Outcome Measures
improved procedures and techniques to manage debt

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:
Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
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<tr>
<th>Year</th>
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<tbody>
<tr>
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</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Florida?s economy along with the rest of the United States has been facing ?The Great Recession.? Florida?s unemployment rate is higher than the national rate and has unprecedented losses in housing values. Several
Florida cities’ foreclosure and employment rates are among the worst in the country. Families were trying to maintain their households with fewer resources and rising costs. Home value losses and tightening of credit has limited many families’ resources. Lack of access to credit has limited liquidity for families, which leads to late payments; missing payments, increase in cost of borrowing, and other negative financial outcomes.

**What has been done**
Web resources specifically the Managing in Tough Times-Downsized pages that provides resources and tools for persons whose income has been (or may be) reduced. This includes fact sheets, articulate presentations, worksheets, and on-line calculators. Social media sites were used to distribute information, including face book, Twitter, You Tube. Ten Money Matter$ videos were created and posted on You Tube, as well as 2 additional websites.

Group learning events: Over 300 classes have been taught on financial education topics that have reached over 5000 Floridians.

Displays, Exhibits were developed and utilized to create a culture of savings and financial responsibility management.

**Results**
**Managing in Tough Times**
Over 10,000 Managing in Tough Times ?flip books? were distributed to Floridians through classes and exhibits. The Managing in Tough Times: Down sized website was developed and provides resources and tools for persons whose income has been (or may be) reduced. This includes fact sheets, articulate presentations, worksheets, and on-line calculators.

Over 800 participants increased their knowledge in at least one or more key financial management areas (e.g. budgeting); over 500 increased their knowledge about savings. In specific response to the economic downturn, over 440 learned steps to improve their financial situation; 4015 were more confident in their ability to manage through the recession. All in all over 3180 people participated in financial education programs in 7 counties.

**Florida Saves**
Several counties contributed data to provide a picture of what is happening. Further evaluation is planned for 2010. Classes focused on basic money management and general resource management. In just a few counties there were almost 300 events for adults reaching over 3700 participants. When accounting for indirect methods of web, email, phone, and field visits, almost 7000 people were reached in just two counties. Youth also remain an important audience. In two counties over 12,600 youth were reached through classes and other events. Note that over 40 agents reported efforts in family financial education. Over 1100 volunteers were trained on the Money Smart program.

Other programs focused on banking the unbanked and encouraging people to take positive steps toward saving; such as Get Checking, and local Saves campaigns. In just one county, 199 people successfully completed the Get Checking program. These would be people who prior to this program were unbanked, spending their income on check cashing, money orders, and payday loans. In a similar vein, Florida Saves 2009 was extremely successful; 24 counties reported participating in the social marketing and outreach campaign. The Governor and Cabinet issued a proclamation naming the last week of February, Florida Saves Week. Over 900 Floridians reported an increase in knowledge about savings and strategies to improving savings. We documented 199 people set new savings goals. Floridians signed up en masse pledging to save in excess of $40,000 each month for the next 12 months.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>801</td>
<td>Individual and Family Resource Management</td>
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<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
<tr>
<td>803</td>
<td>Sociological and Technological Change Affecting Individuals, Families, and Communities</td>
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</tbody>
</table>
Outcome #10

1. Outcome Measures

   improved procedures and techniques to manage assets

2. Associated Institution Types

   ● 1862 Extension
   ● 1890 Extension

3a. Outcome Type:

   Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
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</thead>
<tbody>
<tr>
<td>2009</td>
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<td>0</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

   Issue (Who cares and Why)
   Improved credit scores, reduce individuals costs associated with buying a home and interest rates and costs associated with other loans. Increased savings and reduced debt increase the likelihood individuals will be able to purchase a home and increase their purchasing power.

   What has been done
   Attending homeownership classes

   Results
   * 100% of 46 participants in the homeownership class developed a savings plan as evidenced by observation.
   * 50% of 46 participants in the homeownership class reported acquiring a copy of their credit report as evidenced through observation.
   * In 2009, 11 of the 46 participants of the homeownership class received down payment assistance. The homeownership class is required to receive down payment assistance.
   * 22 of the 46 participants of homeownership classes returned completed surveys. 100% reported knowledge gain, 63% reported they would make changes based on what they learned. Some planned to improve their credit score, some planned to implement and/or improve their budget.

4. Associated Knowledge Areas

   KA Code | Knowledge Area
   --------|------------------
   801     | Individual and Family Resource Management
   802     | Human Development and Family Well-Being

Outcome #11

1. Outcome Measures

   improved procedures and techniques to reduce fraud

   Not Reporting on this Outcome Measure
Outcome #12

1. Outcome Measures
   Develop improved family and consumer skills

2. Associated Institution Types
   • 1862 Extension
   • 1890 Extension

3a. Outcome Type:
   Change in Knowledge Outcome Measure

3b. Quantitative Outcome
<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
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<tbody>
<tr>
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</table>

3c. Qualitative Outcome or Impact Statement
   Issue (Who cares and Why)
   {No Data Entered}
   What has been done
   {No Data Entered}
   Results
   {No Data Entered}

4. Associated Knowledge Areas
   KA Code  Knowledge Area
   (No Data)  null

Outcome #13

1. Outcome Measures
   Improve nutrition and other lifestyle behaviors

2. Associated Institution Types
   • 1862 Extension
   • 1890 Extension

3a. Outcome Type:
   Change in Knowledge Outcome Measure

3b. Quantitative Outcome
<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
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</thead>
<tbody>
<tr>
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</tbody>
</table>
3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Poverty rates in Florida continue to raise, with children, single minority women with families (racial and ethnic minorities), and older adults accounting for a substantial proportion of the population. U.S. Census estimates from 2008, indicate that 12.6% of individuals in the state, with 17.6% as children and 10% as adults over 65 years old. Family poverty estimates comprise over 9% of the state’s population, with 34% of families headed by single females with no husband present. Florida’s most vulnerable population faces increased risk of low food security and obesity, which is the precursor for many chronic diseases such as heart disease, hypertension, diabetes and some cancers. The vulnerability of this population is further confirmed by Gleason, Rangarajan, & Olson (2000), suggesting that many low-income adults lack the knowledge and skills to maintain food security and a healthy diet.

What has been done
The Family Nutrition Program (FNP) provides nutrition education to individuals and their families eligible to receive SNAP benefits (formally known as food stamps), known as SNAP education (SNAP-Ed). The program provides nutrition education interventions to five different target populations in an effort to address the state’s disparities. In the 2009 fiscal year, the FNP program provided 862,829 direct nutrition education interventions (as either single lesson or as a multi-lesson education series) in 33 counties to 153,937 adults and children eligible to receive SNAP benefits. In addition, the FNP program provided indirect nutrition education interventions reaching 100,000 SNAP eligible adults and children through radio PSAs, 100,000 through TV PSAs, 870,689 through nutrition articles, 422 through billboards, bus wraps, and over sized signage, 97,468 through community health fairs, and 6,896 through other unique methods. Adult and youth participants reported increases in intent to change nutrition, physical activity, food resource management, and food safety behaviors. The following outlines specific outcomes from FY 09 programming efforts in their respective project areas

Results
Project Area 2: Pregnant Women/Teen and Families with Children
*47.5% increase in parents reporting an intent to eat more fruits and vegetables
*96% increase in parents reporting an increase in nutritional knowledge to increase fruit and vegetable intake, eat breakfast and reduce sugars and high fat foods
*3% increase in parents reporting an intent to be physically active every day
Project Area 3: Older Adult
*68% increase in elders reporting an intent to eat more fruits and vegetables
*84% increase in elders reporting an intent to consume recommended servings
*56% increase in elders reporting an increase in nutrition knowledge about topics such as dairy, eating smart, being active, nutritional values and food labels and proteins
*41% increase in elders reporting an intent to be physically active every day
*87% increase in elders reporting an intent to use non-emergency food assistance
*59% increase in elders reporting an intent to apply to the supplemental nutrition assistance program
*59% increase in elders reporting always having enough to eat
*57% increase in elders reporting an intent to use a menu plan
Project Area 4: General Adults
*Participants were 5 times more likely to report an intent to eat more fruits and vegetables
*Participants were 2.8 times more likely to report an intent to increase physical activity
*Participants were 21 times more likely to report an intent to consume recommended servings
*Participants were 4.5 times more likely to report an increase in nutrition knowledge

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
<tr>
<td>806</td>
<td>Youth Development</td>
</tr>
</tbody>
</table>
Outcome #14

1. Outcome Measures

   Improved procedures and techniques for handling and preparing food

2. Associated Institution Types

   ● 1862 Extension
   ● 1890 Extension

3a. Outcome Type:

   Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
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<tbody>
<tr>
<td>2009</td>
<td>0</td>
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</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

   Issue (Who cares and Why)
   Citrus growers, harvesters, packers and processors need employee Personal Hygiene and Food Safety training to fulfill internal standards, audit criteria, to ship their products to international overseas markets.

   What has been done
   St. Lucie County Extension collaborated with UF/IFAS/IRREC to provide Personal Hygiene for Citrus Produce Handlers (plus H1N1/ Seasonal Flu and WPS) workshops and programs to 59% of Indian River Citrus League member companies, training 3181 employees.

   Results
   2926 citrus produce workers were trained in proper personal hygiene and hand washing practices. 65% (1902) of the participants successfully washed their hands as measured by an interactive hand-washing activity. 1709 citrus worker participants increased their knowledge of potential of cross contamination and health conditions associated with improper hand washing and produce handling. 80% (1367) of participants were able to identify 4 likely ways to spread biological contaminants as demonstrated by an end of course survey.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
<tr>
<td>712</td>
<td>Protect Food from Contamination by Pathogenic Microorganisms, Parasites, and Naturally Occurring Toxins</td>
</tr>
<tr>
<td>723</td>
<td>Hazards to Human Health and Safety</td>
</tr>
</tbody>
</table>

Outcome #15

1. Outcome Measures

   Improved management of food resources

2. Associated Institution Types
3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
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</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Based on research conducted at UVA, ISU, and Cornell University (2008) Cooperative Extensions, it is estimated for every $1.00 spent on EFNEP, the potential exists for $10.64 to be saved on future health care costs. In FY 09, $260,926 was spent on Leon County EFNEP. The potential exists for $2,776,252 to be saved on future health care costs in Leon County.

What has been done
The use of food resource management strategies led to the reduction of food costs for Leon County EFNEP families.

Results
The average reduction in food costs per family was $18.36 per month; which when extrapolated yielded an overall monthly savings of $21,132 and a yearly reduction in food costs of $253,588.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>701</td>
<td>Nutrient Composition of Food</td>
</tr>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
</tr>
<tr>
<td>724</td>
<td>Healthy Lifestyle</td>
</tr>
<tr>
<td>801</td>
<td>Individual and Family Resource Management</td>
</tr>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
</tbody>
</table>

Outcome #16

1. Outcome Measures

Develop improved family and consumer skills

2. Associated Institution Types

• 1862 Extension
• 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>
3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
{No Data Entered}

What has been done
{No Data Entered}

Results
{No Data Entered}

4. Associated Knowledge Areas

KA Code  Knowledge Area
{No Data}  null

Outcome #17

1. Outcome Measures

Improve procedures and techniques to improve home ownership

2. Associated Institution Types

● 1862 Extension
● 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
<th>Quantitative Target</th>
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<tbody>
<tr>
<td>2009</td>
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</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Becoming a homeowner is one of the most important investments a family can make. Home ownership has many benefits. However, without sufficient preparation and proper financial management practices, home ownership cannot be obtained or maintained. According to a recent industrial report, during 2009, 5.9% of Florida homes were foreclosed which means one in every 17 housing units had foreclosure filings (national foreclosure rate in 2009: 2.2%). Sustainable homeownership became a major issue in Florida.

In 2009, one of the major Housing outreach education programs was a homeownership education program to help potential and current homeowners in Florida better prepare for and maintain their homeownership. Preparedness for homeownership includes making informed decision for housing choices that fits for a household?s situation, setting up a budget plan for long-term mortgage management, and finding manageable mortgage plans. Post-purchase education included home care, maintenance and remodeling as it was closely related to maintaining the property values and residents' health, proper management of their household budget, energy efficiency for sustainable living, and emergency planning.

What has been done
Educational Information was disseminated to the target audiences by using the following methods:
- Home ownership education workshop classes
- Newsletter: Research News You Can Use (RNYCU) -- FYCS newsletter
- Fact sheets
- In-service trainings
- Exhibits
- Websites
- Media (TV, radio, newspaper)

Results
In 2009, it was reported that 2,850 households participated in home ownership education programs. The outcomes and impacts as results of the programs included:
- Increased knowledge on home purchase process
- Increased knowledge on assessing a household’s situation to make a proper housing choices
- Successfully purchased existing homes or built new homes
- Made a decision to remain as renters for better preparation of homeownership
- Developed budget management plan to improve their household finance to obtain and maintain home ownership
- Adopted home care and maintenance practices to improve their home environment
- Adopted energy saving practices
- Intended for home mitigation and personal preparedness planning

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>801</td>
<td>Individual and Family Resource Management</td>
</tr>
</tbody>
</table>

Outcome #18

1. Outcome Measures

Improve procedures and techniques to maintain a healthy and safe home

2. Associated Institution Types

- 1862 Extension
- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
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</thead>
<tbody>
<tr>
<td>2009</td>
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<td>0</td>
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</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
The Orange County Saves: Eco-Nomic Living Expo won state, regional and national recognition for being an innovative program responding to emerging needs of families and communities.

What has been done
The Orange County Saves: Eco-Nomic Living Expo conducted a 6-month and a 12-month random survey of participants to determine behavior changes after the workshop.

Results
Two Year Success
175 attendees 2008
152 attendees 2009
88% Set the thermostat to 78 degrees or higher during the warm weather
75% Regularly changed their air conditioner filter
67% Used "green" cleaning products
67% Purchased an organic or locally produced food
63% Shut off irrigation system when it was raining
46% Installed a water saving device

4. Associated Knowledge Areas

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>723</td>
<td>Hazards to Human Health and Safety</td>
</tr>
<tr>
<td>724</td>
<td>Healthy Lifestyle</td>
</tr>
</tbody>
</table>

Outcome #19

1. Outcome Measures

Improve procedures and techniques to increase low-impact development (LID)

Not Reporting on this Outcome Measure

Outcome #20

1. Outcome Measures

Improve compliance with local, state, and federal regulations

2. Associated Institution Types

● 1862 Extension
● 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
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</thead>
<tbody>
<tr>
<td>2009</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)
Local and state criteria for child care provider education is increasing, requiring more providers to seek CDA certification, an associates’ or bachelor's degree, depending on their current class assignment and aspirations. Non-credit classes through Extension are most economical, though may be sought less in years to come based on market demands.

What has been done
Fifteen classes were offered to 570 childcare providers, offering them 3.0 CEUs (30 hours) from the University of Florida. These CEUs are valuable for recertification of the Child Development Associate (CDA) credential.

Results
Using pre- and post-tests for each of the three sessions, 98% showed an increase in knowledge.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
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<tbody>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
</tr>
<tr>
<td>803</td>
<td>Sociological and Technological Change Affecting Individuals, Families, and Communities</td>
</tr>
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</table>

Outcome #21

1. Outcome Measures

   Improve construction and/or development/redevelopment procedures and techniques

2. Associated Institution Types

   ● 1862 Extension
   ● 1890 Extension

3a. Outcome Type:

   Change in Knowledge Outcome Measure

3b. Quantitative Outcome

<table>
<thead>
<tr>
<th>Year</th>
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<tbody>
<tr>
<td>2009</td>
<td>0</td>
<td>0</td>
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</tbody>
</table>

3c. Qualitative Outcome or Impact Statement

   Issue (Who cares and Why)
   The value of mitigation education is something that is measured in the future. Disasters have adverse consequences on the social and economic wellbeing of a community. Damage and conditions after a disaster can overwhelm government and community.

   What has been done
   Hundreds of residents are better prepared for future storms with the knowledge and skills necessary to make informed decisions about surviving wind events, including personal preparedness planning, retrofitting property to withstand hurricane winds and reducing potential building and property damage.

   Results
   270 out of 355 (76%) of homeowner workshop participants increased their knowledge of windstorm damage mitigation for their home and personal safety as indicated by an end of course survey.

4. Associated Knowledge Areas

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>608</td>
<td>Community Resource Planning and Development</td>
</tr>
</tbody>
</table>
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
(No Data Entered)

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

In this program area, "Promote Individual, Family, and Community Well-being and Economic Security", faculty reported that 110,961 people were evaluated for change in knowledge and 82.6% or 91,605 said they increased their knowledge following an Extension Educational program. A total of 111,162 were surveyed for changes in behavior and 81.4% or 90,505 made positive behavioral changes. Over 18,213 were asked about broader changes to their community and 9,778 or 53.7% concluded that the changes they had made brought about broader social, environmental or economic changes in their communities.

Key Items of Evaluation

Improving lifestyle behaviors and health parameters such as blood pressure and A1C concentrations has the potential to significantly reduce the cost burden of type 2 diabetes. By helping Floridians with type 2 diabetes better manage their disease and improve their glycemic control, University of Florida IFAS Extension and our partners are making a significant contribution to the health of Floridians with diabetes, as well as reducing health care costs to individuals, the state, and the Federal government.

University of Florida Extension also provides train-the-trainer workshops on an annual basis with funding provided by the Florida Department of Health. These workshops expand the impact of TCYD beyond the reach of Extension educators into the broader health community in Florida. Although outcomes of the TCYD programs conducted by health professionals who were trained by Extension have not been evaluated, the potential for further improvements in diabetes control and associated reductions in morbidity and health care costs are substantial.

Through faculty at the Marion County Extension office, TCYD came to the attention of the Antigua Ministry of Health. They invited a team from the University of Florida to provide diabetes self-management education training for health professionals on the island and the training was designed and planned by University of Florida faculty in 2009. In January 2010, Linda Bobroff (Department of Family, Youth and Community Sciences), Nancy Gal (Marion County Extension), Paul Doering (UF College of Pharmacy), Nan Jensen (Pinellas County Extension), and Trina Thompson (Florida Dept of Health), traveled to Antigua to
present three days of training to 30 health professionals on TCYD and current diabetes research. The Ministry of Health has followed up by planning the implementation of TCYD to address the critical need for diabetes self-management education in their country.