

V(A). Planned Program (Summary)

Program # 3

1. Name of the Planned Program

Healthy Individuals, Families and Communities

Reporting on this Program

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
502	New and Improved Food Products	5%		0%	
504	Home and Commercial Food Service	20%		0%	
703	Nutrition Education and Behavior	15%		0%	
724	Healthy Lifestyle	20%		0%	
801	Individual and Family Resource Management	10%		0%	
802	Human Development and Family Well-Being	15%		0%	
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures	10%		0%	
805	Community Institutions, Health, and Social Services	5%		0%	
	Total	100%		0%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2015	Extension		Research	
	1862	1890	1862	1890
Plan	7.6	0.0	0.0	0.0
Actual Paid	5.7	0.0	0.0	0.0
Actual Volunteer	0.0	0.0	0.0	0.0

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

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
232476	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
308125	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
1364869	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

- Conduct workshops, presentations, meetings
- Develop and deliver curriculum
- Consult with clients
- Provide training
- Develop products
- Partner with other agencies and organizations
- Write numbered publications, fact sheets, articles
- Work with media
- Facilitate events, activities and teachable moments

2. Brief description of the target audience

- Parents and caregivers of children
- Schoolchildren
- School teachers
- Individuals interested in healthy lifestyles
- Low income individuals and families
- Clients interested in food preservation and subsistence lifestyle
- Clients needing assistance with managing finances
- Human development and social work professionals
- Individuals and professionals interested in emergency preparedness
- Food banks
- Housing and energy authorities and organizations
- Home and building owners
- Managers and employees of food-based businesses
- Individuals interested in making or selling foods

3. How was eXtension used?

Though not all personnel used eXtension, many did incorporate eXtension resources into their programming. Specifically, eXtension provision of Qualtrics training and access has been critical in

increasing our evaluation efforts. Several Extension employees, including Family Nutrition Program agents, signed up for Qualtrics access as a result of eXtension's help. Agents are members of eXtension communities including Financial Security for All; Families, Food and Fitness; Food Safety; Home Energy; Just in Time Parenting; Community, Local and Regional Food Systems; Cooperatives; Entrepreneurs and their Communities. Some accept and have answered questions through eXtension's Ask an Expert feature. The foods research technician successfully applied for the I-Three Corps.

V(E). Planned Program (Outputs)

1. Standard output measures

2015	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	9576	740100	2313	38952

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

Patent Applications Submitted

Year: 2015
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2015	Extension	Research	Total
Actual	0	1	1

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Output 1: Extension faculty will offer workshops in a wide range of home economics and family and consumer science topics.

Year	Actual
2015	247

Output #2

Output Measure

- Output 2: Extension district offices will update emergency planning for internal operations and constituent communities.

Year	Actual
2015	12

Output #3

Output Measure

- Output 3: Home energy extension workshops and conferences will provide individuals and families with immediate and long-term actions they can implement for energy conservation.

Year	Actual
2015	32

Output #4

Output Measure

- Output Target 4: Field faculty will provide physical activity and nutrition programming for teachers and parents. Output is the number of teachers and parents who are trained.

Year	Actual
2015	476

Output #5

Output Measure

- Output Target 5: Field faculty will provide physical activity and nutrition programming through one-on-one consultations and consultations with other organizations.

Year	Actual
2015	538

Output #6

Output Measure

- Output Target 6: Extension faculty will offer workshops in harvesting and food preservation techniques. Counting number of workshops.

Year	Actual
2015	109

Output #7

Output Measure

- Output Target 7: New food products will be developed using Alaska-produced ingredients.

Year	Actual
2015	20

Output #8

Output Measure

- Output Target 8: Extension faculty will offer workshops in food safety. Counting number of workshops.

Year	Actual
2015	113

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Outcome 1: Participants in healthy lifestyle classes and workshops will adopt knowledge gained to maintain healthy lifestyle practices one year after participation.
2	Outcome 2: Participants will use knowledge gained in parent education classes to increase their application of developmentally appropriate practices.
3	Outcome 3: Increase consumer knowledge about energy conservation.
4	Outcome 4: Awareness gained in workshops will result in increased knowledge of energy conservation.
5	Outcome Target 5: Participants in food preservation and food safety classes will improve their food preservation and food safety practices.
6	Outcome Target 6: New varieties and new uses of animal and plant products will result in increased production of Alaska-based products. Counting number of products and publications.
7	Outcome Target 7: Increase youth and parents' understanding of healthy food choices. Counting contacts with youth and parents.
8	Outcome Target 8: Youth and families have a more positive attitude toward healthful foods and/or willing to try new foods. Counting number of families.
9	Outcome Target 9: Increase knowledge, attitudes, skills and aspirations to increase physical activity habits. Counting number of youth.
10	Outcome 10: Increase knowledge about improving healthy home conditions, including indoor air quality. Counting number of individuals in healthy home workshops.
11	Outcome 11: Prepare small food producers in Alaska for the marketplace and improve regulatory compliance. Counting individuals who attend training or receive technical assistance on starting a small food business.

Outcome #1

1. Outcome Measures

Outcome 1: Participants in healthy lifestyle classes and workshops will adopt knowledge gained to maintain healthy lifestyle practices one year after participation.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2015	300

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Alaska's senior population must remain active and healthy in a difficult environment. Alaska, per capita, has one of the fastest-growing populations of seniors in the nation, and the state expects the number of seniors to double in the next 30 years. All of Alaska is considered medically underserved, and costs to individuals for medical care are higher than the national average. It is imperative that Alaskans focus on health strategies to maintain health and independence throughout life.

What has been done

New sites were also added for the StrongWomen Stay Young and StrongWomen Strong Bones programs. In total, over 50 StrongWomen volunteers reached over 400 participants in FY15. The Anchorage district of CES disseminates the Chronic Disease Self Management Program in Alaska. One agent conducted a leader course with 11 new trainees that will offer workshops in new locations. About 150 participants attended Living Well Workshops this year offered in seven different cities. StrongWomen volunteer leaders in ten different locations performed 1957 hours of service, which carries an estimated value of over \$52,000.

Results

StrongWomen is a national evidence-based program in which participants regularly report improved bone density and fewer or less debilitating falls every year. In the Tanana District, six of the groups have been active for more than a year. In Anchorage, seven StrongWomen groups have almost 100 participants that have continued over a year. The StrongWomen programs have been so successful that they have been adopted into the communities they were started in. Extension-trained leaders now work under the umbrella of other local agencies. One agent reported the Kenaitze Indian Tribe group has been meeting since 2004, the Kenai Senior Center

since 2009 and the Homer Senior Center since 2010. For the Chronic Disease Self-Management Program, CES-trained leaders had 75 continuing participants in 2015. Since 2007, over 380 Living Well leaders have been trained and have reached more than 2,000 seniors and others with chronic health conditions.

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Outcome 2: Participants will use knowledge gained in parent education classes to increase their application of developmentally appropriate practices.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2015	97

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Alaska is a dangerous place for women and children with high rates for violence and abuse. Opportunities for parent education and training for child-care providers are lacking in many communities, particularly in rural Alaska, where many communities are accessible only by air. Transportation costs to deliver programs also limit what is offered. Because Alaska communities often suffer from high rates of substance abuse and related violence, education is a desperate need.

What has been done

The Nome agent delivered Green Dot Violence Prevention training to 29 adults and 39 youth in the community. The Nome agent also trained 13 individuals to teach Knowing Who You Are, a curriculum that trains personnel who work with foster children or serve their families. In addition she offered a Historic Trauma workshop to 55 adults at the Anchorage Prevention Summit, which was a meeting focused on preventing domestic violence and assault.

Results

This year one of the Knowing Who You Are trainings was a train-the-trainer facilitator for participants from rural communities. Past trainings have not always resulted in workshops being offered in rural communities, but that is changing. In the latest training there were several members from a community that agreed to hosting future workshops after the training.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Outcome 3: Increase consumer knowledge about energy conservation.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2015	104

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Alaska historically has some of the highest energy prices in the country, and interest in energy conservation remains high. It is a pocketbook issue, particularly in rural areas, where energy costs are the highest.

What has been done

The energy specialist offered 10 energy courses in five different communities resulting in 104 contacts. The workshops covered topics including camping energy, greenhouse heat, home heating, log home energy efficiency, and remote energy.

Results

Participants learned about what potential sources of energy they might use to lower traditional oil or wood heating costs. Evaluations and further information on energy classes offered by the

energy specialist, including rocket stoves and alternative energy sources, are reported in the sustainable energy section.

4. Associated Knowledge Areas

KA Code	Knowledge Area
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

Outcome #4

1. Outcome Measures

Outcome 4: Awareness gained in workshops will result in increased knowledge of energy conservation.

Not Reporting on this Outcome Measure

Outcome #5

1. Outcome Measures

Outcome Target 5: Participants in food preservation and food safety classes will improve their food preservation and food safety practices.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2015	1170

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Many Alaskans live a subsistence lifestyle or supplement their diets with fish and game meat. Alaska also has a large military population, and most have not previously preserved game meat or fish. Our state has one of the nation's highest rates of botulism, which occurs in low-acid foods such as fish and game meat. It is particularly important that we teach residents how to safely preserve these Alaska staples. An estimated 90 to 95 percent of Alaska's food is imported, so food preservation training increases Alaska's food security.

What has been done

Agents delivered 115 food preservation and food safety classes to 35 communities and one military installation. Of those, 85 were hands-on classes in which 1181 participants practiced food preservation/safety skills. Extension offers a series of 23 online food preservation modules and 10 DVDs about preserving local foods, ranging from canning fish in jars and cans to drying herbs. Agents also tested 875 pressure canner gauges used by community members. Food safety instruction required by the state for food workers was offered through certified food protection manager (CFPM) training in 15 of the communities to 158 people, many of whom were reached through distance education.

Results

Flash modules reached users who may not have access to food preservation classes. Between 2009 and 2015, 128 users filled out the survey with an average of over 90 percent agreeing they will use the information or share it with others. In the 10 new responses from 2015, 80 percent of users indicated they feel more confident about using a boiler water canner or a pressure canner. Checking pressure canner gauges means that foods will be preserved safely within recommended ranges. In addition to testing gauges, nine people were taught how to test to increase community capacity to keep canning safe. The majority of tested gauges required adjustment or replacement, demonstrating the continued need for the service. Follow up surveys of the CFPM training indicated participants saved money and time by having a distance delivery option, and 43 indicated that receiving the training and passing the exam resulted in them either getting a job, keeping a job, receiving a promotion, or starting their own food business.

4. Associated Knowledge Areas

KA Code	Knowledge Area
504	Home and Commercial Food Service

Outcome #6

1. Outcome Measures

Outcome Target 6: New varieties and new uses of animal and plant products will result in increased production of Alaska-based products. Counting number of products and publications.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2015	21

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

A greater interest by Alaskans in eating local foods, combined with state programs that encourage school districts to purchase foods harvested in Alaska, have led to increased interest in recipes using Alaska-grown foods that school districts can use and that students like. This may also lead to new markets for local producers.

What has been done

In 2015, the food research technician and a research and development chef worked with the Alaska Department of Health and Social Services (DHSS) to produce a cookbook with 20 recipes for salad bars in Alaska schools. The recipe book is called "The Alaska School Salad Book." The food technician says the cookbook includes innovative recipes to use year-round in our arctic climate. It includes family size portions to use in one's own home too, including Curried Barley Salad and recipes with kale, such as Two-Bean Salad and Superfood Salad.

Results

The cookbook was posted on the DHSS website in January of 2016, and Extension will inquire about its popularity and use in schools after stakeholders have had a chance to download the cookbook and try the recipes.

4. Associated Knowledge Areas

KA Code	Knowledge Area
502	New and Improved Food Products
504	Home and Commercial Food Service

Outcome #7

1. Outcome Measures

Outcome Target 7: Increase youth and parents' understanding of healthy food choices. Counting contacts with youth and parents.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2015	1286

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Childhood obesity is a major concern in Alaska, as elsewhere. In 2011, 65 percent of Alaskan adults were overweight or obese. A 2013 State of Alaska report says that 26 percent of Alaska high school students were overweight or obese. Helping parents and students learn about better nutrition and eating habits is essential to combating obesity in youth and in adults.

What has been done

Six nutrition educators in Anchorage, Bethel, Fairbanks, Mat-Su Valley, Tok and Soldotna presented USDA-approved curricula and activities in single and multipart programs in nine different public schools and two Head Start programs as well as at shelters, WIC programs, community centers, public housing and libraries. Adults in each community also received nutrition education. Agents provided information on healthy eating to children's agencies, schools and other community audiences. Other programs emphasized adding vegetables, shopping and making healthy foods such as whole wheat bread and yogurt. An agent also published the Alaska Kids' Healthy Harvest Cookbook.

Results

Nutrition educators with the SNAP-Ed Program presented nutrition education programs that reached 1071 youth and 215 adults. There were 14 different series offered lasting between five to nine sessions. Pre and post tests were given to participants asking if they think about healthy food choices. On the pretest only 13% indicated they think about healthy food choices, while on the posttest 38% indicated they did. For reading nutritional labels, 19% said they did on the pretest, which rose to 38% on the posttest.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle
802	Human Development and Family Well-Being

Outcome #8

1. Outcome Measures

Outcome Target 8: Youth and families have a more positive attitude toward healthful foods and/or willing to try new foods. Counting number of families.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2015	42

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Aside from an increased likelihood of becoming overweight adults, children and adolescents who are overweight or obese are at increased risk for a variety of negative physical, social and emotional problems. According to one survey, 77 percent of Alaska elementary students eat breakfast every day. Families have an important influence on making healthy food choices available and enticing to youth.

What has been done

Agents provided training on healthy food choices and nutrition in hands-on food preparation classes. SNAP-Ed worked with multiple families on hands-on cooking skills on how to prepare nutritious meals on a lean budget. Our SNAP-Ed program teaches individuals and addresses policy, systems and environmental factors. Staff also serve on coalitions and wellness councils.

Results

Evaluations from the SNAP-Ed course showed that for the 42 survey respondents completing pre and post tests, the number answering "Almost always eat vegetables" was 0% prior to nutrition education, but post-education the number rose to 40%. The information that youth learn in school programs is shared at home. For example, a middle-school teacher who hosted an educator for a series in her classroom wrote, "Parents have emailed me to ask for the site she recommended, MyPlate, so they can start eating healthier at home."

4. Associated Knowledge Areas

KA Code	Knowledge Area
504	Home and Commercial Food Service
703	Nutrition Education and Behavior
801	Individual and Family Resource Management

Outcome #9

1. Outcome Measures

Outcome Target 9: Increase knowledge, attitudes, skills and aspirations to increase physical activity habits. Counting number of youth.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2015	7461

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Alaska youth spend a lot of time indoors during the long winters. According to a 2009 state health report, only 19 percent of high school students meet the U.S. Department of Social Services guidelines of 60 minutes of exercise a day. Lack of exercise is tied to higher rates of obesity. Increased physical activity relates to physical and emotional health.

What has been done

Nutrition educators discuss the importance of being active every day as well as lead physical activity demonstrations with school youth. Educators also work with teachers and staff to encourage activity among youth at eligible low income sites. Additionally, the Alaska 4-H program offered youth across the state a number of projects that emphasized physical activity, including fitness and sports skills and outdoor education. Activities included hiking, dance, shooting sports, rock climbing, skiing, camping, martial arts, dog mushing, sailing, luge and more.

Results

4-H enrollment numbers indicate that 5066 youth participated in health activities, which include a strong focus on staying physically active, and 2395 youth participated in foods and nutrition projects which have a physical fitness component. Nutrition educators documented that their programming increased physical activity among parents, which can have a positive modeling effect for youth. When asked if they have 30 minutes of physical activity daily, on a pretest only 13 percent said they did participate, while on the posttest 40 percent of adults in nutrition programming did participate.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

Outcome #10

1. Outcome Measures

Outcome 10: Increase knowledge about improving healthy home conditions, including indoor air quality. Counting number of individuals in healthy home workshops.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2015	228

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Poorly ventilated homes and negative pressure inside homes can lead to respiratory problems and also worsen radon levels. Radon is a colorless, odorless, radioactive gas that is present in Alaska, particularly in Interior Alaska uplands and parts of the Matanuska and Susitna valleys. The Environmental Protection Agency says that radon is the second leading cause of lung cancer. Awareness of radon, radon testing and mitigation are important health issues to Alaskans.

What has been done

Agents offered seven workshops in seven communities that addressed radon prevention, testing and mitigation. Extension also makes kits available statewide for radon testing. Seven additional workshops addressed healthy homes and the importance of ventilation, indoor air quality, carbon monoxide testing and the relationship between moisture and mold.

Results

Over 220 individuals received healthy homes, air quality or radon testing and mitigation education through workshops. Five of six participants in an Anchorage radon workshop returned post-workshop surveys. and all five agreed the workshop met their expectations and named at least one new skill learned including use of insulation, radon testing, and how to put in mitigation piping. All five participants who returned a survey after a healthy homes workshop in Juneau indicated they intend to use the information. One person wrote, "The vapor barrier and ventilation ideas were very helpful- will implement at my home." Continued interest in these topics was also shown through the 17 copies of an Extension-produced radon DVD sold during FY15 as well as 52 radon kits. In addition, 495 radon and 603 carbon monoxide publications were distributed. A YouTube video developed to explain radon and steps to mitigate it has received 104 hits since it

was posted in 2014.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

Outcome #11

1. Outcome Measures

Outcome 11: Prepare small food producers in Alaska for the marketplace and improve regulatory compliance. Counting individuals who attend training or receive technical assistance on starting a small food business.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2015	150

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Small food producers in Alaska do not have access to technical assistance when starting their food businesses. Many are out of regulatory compliance because they do not know the requirements, and the Alaska Department of Environmental Conservation is not able to provide public outreach and education on the rules.

What has been done

Our food research technician and Southeast agent conducted 11 workshops reaching 98 people. The Southeast agent reached eight different locations, many remote, including Juneau, Klukwan, Hollis, Hoonah, Hydaburg, Petersburg, Sitka, and Skagway. The workshops covered starting and operating a specialty food business; cottage foods; and food rules, permitting and regulations for specialty food businesses. The food research technician also helped nine individuals with nutrition labeling, four with pH testing, 36 with product testing and three with test kitchen rental.

Results

Thirteen people returned surveys for cottage foods classes in Sitka, Skagway and Hoonah. Of the 11 who answered a question about intent to start their own business, two moved from the "neutral" rating to the agreement range after the class (five point scale ranging from strongly disagree to strongly agree). Of the 10 answering a question about their confidence in navigating DEC and other regulations, on average the participants felt more confident after the class, with five neutral responses before and only one after. The class also helped raise awareness about Extension; one participant wrote, "I plan on using UAF as a resource. Didn't know I could do that."

4. Associated Knowledge Areas

KA Code	Knowledge Area
502	New and Improved Food Products
504	Home and Commercial Food Service

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

The Home, Health and Family Development Program staff in Alaska is small and agents cover large geographic areas. Travel dollars are an issue because air and ferry travel is often necessary, along with travel accommodations, for most agents to travel beyond their district offices. Though agents have been successful in partnering with other governmental and private entities to make each travel dollar go farther, they are still unable to travel as often as requested. Travel is also hampered by time constraints as traveling in rural Alaska takes time. Distance delivery has been used more and sometimes there have been technical issues. Staff vacancies and funding fluctuations have also been issues. Staff vacancies have also been a factor in the Alaska Nutrition Education Program (formerly FSNE). We have had difficulties finding nutrition aides who were willing to work 20 hours a week at the pay rate. Even when we have been successful in rehiring, the time for recruiting and filling positions has left positions open in the Alaska Nutrition Education Program (SNAP-Ed) and EFNEP and has pulled agents away from their normal duties to complete the process.

V(I). Planned Program (Evaluation Studies)

Evaluation Results

The evaluation specialist is working with agents to create statewide measures of commonly taught skills including food safety and preservation procedures. In a Juneau school presentation, seven participants rated their understanding of the elements of preserving food safely as an average of 3 on a 5 point scale (strongly disagree

to strongly agree) before the workshop, which rose to 4.71 afterwards. Their inspiration to preserve at home also improved from an average of 3.86 to 4.86, and respondents cited their intent to do pickling and use a pressure canner and herbs. Similarly, in a canning salmon workshop, 11 participants went from an average of 3.27 to 4.64 on understanding, and 4.18 to 4.73 on inspiration. Twenty-four combined evaluations from canning soups and sauces classes in four communities showed that participants improved their understanding, moving from 3.04 to 4.75, of how to find and follow tested recipes and USDA approved guidelines for home-canned food. Several feel more inspired to can at home, with an average movement in agreement of almost two units, from 2.87 to 4.83. Twenty-four combined evaluations from pickling and fermenting classes in Sitka, Skagway and Klukwan showed that participants rated their understanding of how to safety waterbath process acidified foods as an average of 2.64 before the workshop and 4.54 after, and their confidence levels for making the products at home rose from an average of 2.05 to 4.54. Several mentioned they were excited to try the recipes and mentioned they plan to preserve foraged and home garden produce. Thirteen people returned surveys for cottage foods classes in Sitka, Skagway and Hoonah. Of the 11 who answered a question about intent to start their own business, two moved from the "neutral" rating to the agreement range after the class (five point scale ranging from strongly disagree to strongly agree). Of the 10 answering a question about their confidence in navigating DEC and other regulations, on average the participants felt more confident after the class, with 5 neutral responses before and only 1 after. One wrote, "I plan on using UAF as a resource. Didn't know I could do that." Follow up surveys of the CFPM training garnered 54 responses from past participants from 11 different communities around the state, representing food workers in a diverse array of settings from fast food, food trucks and restaurants to hospitals, nursing homes, daycare centers and processing plants. When asked if completion of the class and exam helped them with employment, 80% said yes; for 43 it helped them keep their job, 28 get a new job, three get a promotion at a food establishment, and nine start a new food business. For those respondents who took advantage of the distance delivery option, they mentioned time saved as well as estimated travel costs savings ranging from the hundreds to thousands. The lead agent on the CFPM program uses participant responses to plan future classes.

Key Items of Evaluation

Feedback on the courses, trainings and online tools we offer is overwhelmingly positive. Forty-three participants in the Certified Food Protection Managers training reported that receiving the training and passing the exam helped them find or keep a food industry job or start their own food business. Extension is responsive to community needs, and agents have changed their focus areas based upon client feedback. For example, the Nome agent meets regularly with community groups and says that in her region, violence is a concern and area residents support programs like Green Dot violence prevention. We have increased our mediated outreach as well, and often receive feedback through multiple channels including Facebook, where clients will see a flier for an event and request that the topic be offered in their area too. Agents use client feedback to continuously improve workshops. The StrongWomen programs have been so successful that they have been adopted into the communities they were started in. Extension-trained leaders now work under the umbrella of other local agencies. One agent reported the Kenaitze Indian Tribe group has been meeting since 2004, the Kenai Senior Center since 2009 and the Homer Senior Center since 2010.

