

2007 Tuskegee University Extension Annual Report

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2007 Tuskegee University Extension Annual Report

I. Report Overview

1. Executive Summary

Tuskegee University Cooperative Extension Program (TUCEP) works in cooperation with the Alabama Cooperative Extension System to carry out a comprehensive statewide Extension Plan of Work. TUCEP continues to focus its major efforts in 12 Alabama Black Belt counties, but it has programs in other counties such as Marshall County where the Cherokee Tribe of North East Alabama is primarily headquartered. TUCEP contributes thus to 3(d) program objectives as funds are made available. The mission of TUCEP is to help educate and provide research-based educational programs designed for life-long learning and to assist limited resource families, both urban and rural, and other groups and organizations, to improve their quality of life in a rapidly changing technological global society.

Six Extension Team Projects (ETPs) constitute the core of TUCEP and serve as the measurable outcomes or impacts of the program. These ETPs are well defined within the six national goals of Extension outlined in the USDA, CSREES Strategic Plan for 2007-2012 and provide a variety of research-based educational programs designed to assist limited resource families—the targeted populations served. Specialists and agents contribute a significant amount of their time to the work unique to the counties in which they live and serve, and this is not a part of the predefined statewide ETPs. Also, included in the Annual Report are actual FTEs, the Merit Review Process, evaluations of multi-state and joint extension educational activities, stakeholders' input, and planned programs. The Planned Programs found in the FY2007 as reported below provide fiscal accountability for all Federal 1890 Cooperative Extension formula funds and the required matches. These same programs are subject to the benefits of fiscal inputs leveraged from other sources such as county funds and other extramural resources.

The six ETPs are: (1) Alabama Entrepreneurial Initiative (AEI): A Strategy for Workforce Development, (2) Assisting Small-Scale Farmers and Landowners to Manage Change in Agriculture, (3) Enhancing Citizens' Capacity to Transform Communities, (4) Integrated Natural Resources and Environmental Education, (5) Promoting Healthy Lifestyles, Preventive Health and Wellness, and (6) Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences. The agents, specialists as well as support staff for each ETP implemented educational workshops, small group and individual technical assistance follow-ups, and included target audiences in all major conferences such as the 116th Annual Farmers Conference and the 12th Booker T. Washington Economic Development Summit which have become well tailored educational opportunities for the hard-to-reach Alabamians from the Black Belt Counties. In addition, educational opportunities were taken to schools, community settings, summer camps, and other venues as recommended by key stakeholders through the now well established stakeholder input process primarily via the six county advisory councils and the State Advisory council. Program activities and more than 13,000 contacts were made with youth and adults to yield results described in highlights below.

Alabama Entrepreneurial Initiative and Workforce Development

Workshops and a symposium were conducted throughout the year and used the Kaufman Foundation Mini-Society curriculum geared towards providing skills acquisition in entrepreneurship, citizenship, workforce-readiness, and leadership for youth from TUCEP service area and participating HBCU collegiate students. The National Foundation for Teaching Entrepreneurship curriculum was used with students pursuing their GED at Opportunities Industrialization Center (OIC) in and around Montgomery County. All participants in the programs demonstrated significantly increased understanding of basics in business enterprises, citizenship, ethics, skills in decision making, self-esteem, leadership and a sense of self-directedness. Due to additional networking opportunities with the National Business League, a model National Student Business League chapter was started in Tuskegee (Macon County) and has become a source of pride, information, and support for collegiate students and other youth who have developed successful enterprises (barber shops and professional cleaning) already being used as success stories for other young people.

Assisting Small Scale Producers in Managing Change in Agriculture

Small-scale producers, their families and communities face a lack of resources and marketing opportunities. There continues to be a low level of profitability and other production challenges are still difficult to overcome in this region of the Southern Black. Technical assistance and workshops were provided on beef cattle, goats, and poultry management. Also, technical assistance and workshops were provided on vegetables, fruits, nuts, forestry conservation (EQIP), home gardens, and home pest control management, including marketing assistance and other related information. Those producers who have consistently participated in our Extension programs have demonstrated increased knowledge and skills in proper pre-weaning and pre-conditioning in beef cattle production, and increased profits by \$0.22 per pound. Youth participants in our programs have consistently placed better this year in the local and State Beef Cattle Shows. Vegetable producers in TUCEP programs have

achieved higher yields for collars greens, and have used plasticulture to obtain increased yields by 25% for watermelons and all other vegetables. Families who participated in home gardening program activities saved about \$300 to \$500 each on expenditures for fruits and vegetables, while over 90 timber contracts were developed for small land owners, thus securing a rare resource for action in this region if contracts failed to live up to their obligations.

Enhancing Citizens' Capacity to Transform Communities

Educational workshops, one-on-one technical assistance sessions with small groups and individuals, and other assistance with loan applications and incubator space were provided to TUCEP participants in most of the counties in the service area. Successful loan applicants averaged about \$46,000 in small business loans, saved or created 3 jobs each, and have become examples to refer to for the benefits of other participants in Extension programs in the Black Belt. In addition, the Cherokee Tribe of North East Alabama that has been a "nomadic" group for a while and had sought educational and technical assistance opportunities with TUCEP since 2002. This collaboration led to a strategic plan development by 2005, and has yielded a grant from Tuskegee University Mini-grant Program, as well as other funds raised and purchase of land in 2006. As a result of continued collaboration in 2007 and the placement of an Extension resource development specialist with the tribe, Cedar Winds RV Park and Campgrounds were built, the use of the Park has gone from less than 100 to more than 1,100 in one year, 10 new jobs were created for the tribe and the public at large, gross receipts went from less than \$6,000 to about \$120,000 for the tribe, net receipts have allowed for support of other educational and cultural programs, and Extension is thought of now as an honest and caring provider of educational programs for Native American tribes in Alabama.

Integrated Natural Resources and Environmental Education

Well head protection plans were developed for clients whose private wells were tested and found with contamination concerns. Cultural practices of waste management and material storage were the greatest threat. Well owners attended workshops on effective implementation of a well head management plan. Six sites were selected with samples and pre-activity evaluations being done. The wells were resampled three months later and as a result of the owners using proper management plans, the water quality showed less contaminants in nitrates. A survey of the owners showed that their attitudes and perceptions had changed and they adopted the measures outlined in the management plan with better storage of items that have any chemicals on them.

Promoting Healthy Behavior

Macon, Bullock and Barbour Counties have very high rates of diabetes, heart disease, obesity and certain types of cancers. For these reasons, health education classes and programs were conducted primarily in these counties to address the health disparities and improve their health. Nutrition, exercise and behavior modification programs entitled "A Healthy Weigh of Life" were conducted once a week. Each client was provided an action plan tailored to his needs and health with food dairies being kept. Visual aids and food demonstrations were also used to promote healthy lifestyle changes. Exercise classes were offered twice a week. As a result, 95% of the participants began reading food labels and making healthier food choices such as leaner meats, more fruits and vegetables and drinking more water. Of the 85% participating in exercise classes twice a week, 50% reported in continuing to do so at three times a week at home or at a gym. A Healthy Kids program was implemented to 6th, 7th, and 8th graders in Eufaula, Alabama. Fifty-seven youth participated in a twelve-week program on health and healthy lifestyles. The students were observed drinking more water, more diet soft drinks rather than regular ones and increased their fruits and vegetables intake. Six hundred forty-one students learned how to calculate their Body Mass Index (BMI), plot the results on a gender specific growth chart and became more aware of their risk for overweight/obesity.

Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences – TU/FF NEWS-Families

Children participating in the EFNEP program were given a refrigerator thermometer to continuously monitor the family refrigerator and a personal hand sanitizer to use at home. At their graduation each youth gave a simple resolution/plan on how to choose nutritious foods, sample at least eight unfamiliar fruits and vegetables in the following year and to be more active daily. The intent of the program was for them to realize that physical activity could be anything, including dance, that would get their bodies moving. Seventy-six percent of the participants realized that they should be active for at least one hour each day and what constituted physical activity. Youth learned to identify ways to include fruits and vegetables in their daily diets, what foods to eat that help make their bones stronger and what foods and drinks are lower in fats. Eighty percent indicated that they would start ordering small orders of fries rather than large to reduce their daily fat intake. Through the Summer Youth College, school enrichment programs, summer camps about good nutrition, food cost, high fat and calorie dense foods. Programs such as Kids in the Kitchen, Media Smart Youth and Junior Chef curricula A were a combination of lecture, story writing, hands-on demonstration, site visits and educational tours that the youth participated in. Thirty percent of the youth surveyed indicated that after participating in the program they consumed low-cost, healthy foods and tried new fruits and vegetables. Forty-five percent made their own snacks at home and washed their hands more often and properly. They also gained skills in analyzing media food messages.

Total Actual Amount of professional FTEs/SYs for this State

Year:2007	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	16.2	0.0	0.0
Actual	0.0	16.3	0.0	0.0

II. Merit Review Process

1. The Merit Review Process that was Employed for this year

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

2. Brief Explanation

In 2007, the Merit Review Process consisted of local program advisory committees (PAC), six local advisory councils, and a state advisory council, which consists of several committees and representatives from several state agencies. Representatives from each local county advisory council serve on the state advisory council. These representatives consist of county leaders and emerging leaders. Also, three panels were appointed—an internal university panel, an external university panel, and an expert peer review panel which have been more active hence. The state advisory council holds its annual meeting in February. Call meetings are held when necessary. Elements of the Annual Report for 2007 were discussed, and the Updates for the Plan of Work for 2009-2013 were presented and approved by the state advisory council in February of 2008.

III. Stakeholder Input

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

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

Brief Explanation

The Extension personnel, specialists, and agents used all of the above methods to encourage Stakeholders to participate in Extension activities. The media (radio, television, and newspapers) were heavily relied on. Also, field visits, listening sessions, advisory board council meetings at the local and state levels, one-on-one contacts with the local county and state agencies, and personal invitations to attend conferences and workshops in support of Extension activities were utilized in encouraging stakeholders to participate in Extension activities and provide their input. At the core of the process of providing comments on Extension programs, more relevant focus can be seen in most of our educational activities.

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

1. Method to identify individuals and groups

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

Brief Explanation

Several methods were utilized for identifying individuals and groups such as the use of local and state advisory councils, listening sessions, and needs assessments. However, these methods vary according to each Extension Team Project. For example, in assisting small-scale farmers and landowners to manage change in agriculture, the methods were identified by interest levels, e.g., those interested in vegetable production participated in vegetable production; those interested in beef cattle production participated in beef cattle production. Some individuals and groups (professional leaders, elected officials, producers, and landowners) were asked to serve on extension leadership teams, because they were aware of extension program goals and objectives and could provide quality input. Some individuals were targeted at the place where they transact business—producers at the farmers markets—and their inputs were sought. Some individuals and groups were contacted by referrals and from the leadership with partners. Recent demographic data on population were utilized to make contacts with new stakeholders and their input was sought. Collaboration with local, state and federal agencies such as FSA, NRCS, and farm organizations as well as community-based organizations to elicit new stakeholders' input was utilized. In addition to the above, the county agents, specialists, and administrative team worked together to identify individuals and groups that would add to the quality of programming in Extension, and they strategized as to how and when to involve these individuals and groups into the Extension process. Some individuals and groups (professional leaders, elected officials, producers, and landowners) were asked to serve on extension leadership teams, because they were aware of extension program goals and objectives and could provide quality input. Some individuals were targeted at the place where they transact business—producers at the farmers markets—and their inputs were sought. Some individuals and groups were contacted by referrals and from the leadership with partners.

2(B). A brief statement of the process that was used by the recipient institution to identify individuals and groups who are stakeholders and to collect input from them

1. Methods for collecting Stakeholder Input

- Meeting with traditional Stakeholder groups
- Survey of traditional Stakeholder groups
- Meeting with traditional Stakeholder individuals
- Survey of traditional Stakeholder individuals
- Meeting with the general public (open meeting advertised to all)
- Survey of the general public
- Meeting specifically with non-traditional groups
- Survey specifically with non-traditional groups
- Meeting specifically with non-traditional individuals
- Survey specifically with non-traditional individuals
- Meeting with invited selected individuals from the general public
- Survey of selected individuals from the general public

Brief Explanation

All of the above methods were utilized by the TUCEP team to collect stakeholder input. The meetings and surveys with traditional stakeholder groups and individuals are necessary to maintain current program support and to make program modifications, if necessary. Meetings with the general public (open to all) provide TUCEP with the sentiment of the public about programs and their challenges and/or opportunities. Meeting specifically with non-traditional groups, non-traditional individuals, and selected individuals from the general public provides another dimension for program planning. For example, and as a result of these meetings, TUCEP has employed a full-time Community Resource Specialist to provide assistance and coordinate planning, organizing, and conducting entrepreneurial initiatives that address needs of the Cherokee Tribe of Northeast Alabama (CTNEAL), other Native American, and Hispanic groups in South Central Alabama. Also, TUCEP has programmed a course in Beginning Spanish for all TUCEP personnel, especially agents and specialists. This course is designed to enable participants to comprehend and speak Spanish while working with clientele.

Relative to the local county advisory councils and the state advisory council, stakeholders are asked specific questions seeking their input during the local county and state advisory meetings, which are recorded in their minutes, so that the leadership (administrative) team can consider, approve, and implement, if necessary, the recommendations.

3. A statement of how the input was considered

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

Brief Explanation

Input from stakeholders was used to strengthen or change existing program activities and to implement new programs. For example, stakeholders expressed interest in plasticulture in vegetable production and agricultural education to include management workshops, conferences, agricultural marketing information, animal production, and youth agricultural projects. Stakeholder input was used to determine the need for a local farmers' market and related issues—location, size, and type of products to be sold. The ETP leader for assisting small-scale farmers and landowners to manage change in agriculture indicated that through stakeholders it was learned that vegetable and goat producers cannot for various reasons market their products effectively. Some producers lost revenue, because some of their vegetables were left in the field to spoil. Goat producers were not scheduling the birth and sale of their kids to make production more efficient. As a result of this information, agents and specialists have worked in concert with other stakeholders through networking and have included related modules in their workshops, as well as improved the nature and frequency of technical assistance to solve these problems.

Brief Explanation of what you learned from your Stakeholders

- TUCEP is well received and considered a vital part of the community.
- More people depend on TUCEP activities for a better quality of life than was thought.
- Stakeholders are seeking new information and practical guidelines on goats and vegetables.
- Small producers, especially limited resource producers, are financially strapped, and that they neglect some practices (e.g., not feeding animals properly or giving veterinary care. Sometimes they do not ask for assistance and thus require more one-on-one type of Extension activities.
- We cannot enhance our citizens' capacity to transform communities if we do not work on addressing the basic socio-economic needs of the youth and other vulnerable individuals and groups; more community/economic emphasis is warranted.
- While existing programs are beneficial, more comprehensive health-related programs are needed throughout the Black Belt counties.
- Many of the counties are in need of safe recreational facilities to provide residents an opportunity to participate in physical activities.
- Many of the grocery stores in the Black Belt counties do not carry adequate supplies of fresh fruits and vegetables at affordable prices.
- Healthy food preparation continues to be a challenge due to a lack of knowledge, skills, and access to healthy food choices.

IV. Expenditure Summary

1. Total Actual Formula dollars Allocated (prepopulated from C-REEMS)			
Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
0	1722009	0	0

2. Totaled Actual dollars from Planned Programs Inputs				
	Extension		Research	
	Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
Actual Formula	0	1633762	0	0
Actual Matching	0	1722009	0	0
Actual All Other	0	369350	0	0
Total Actual Expended	0	3725121	0	0

3. Amount of Above Actual Formula Dollars Expended which comes from Carryover funds from previous years				
Carryover	0	88247	0	0

V. Planned Program Table of Content

S. NO.	PROGRAM NAME
1	Alabama Entrepreneurial Initiative (AEI): A Strategy for Workforce Development
2	Assisting Small-Scale Farmers and Landowners to Manage Change in Agriculture
3	Enhancing Citizens Capacity to Transform Communities
4	Integrated Natural Resources and Environmental Education
5	Promoting Healthy Behavior
6	Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences - TU/FF NEWS-Fami

Program #1

V(A). Planned Program (Summary)

1. Name of the Planned Program

Alabama Entrepreneurial Initiative (AEI): A Strategy for Workforce Development

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
601	Economics of Agricultural Production and Farm Management		25%		
604	Marketing and Distribution Practices		25%		
801	Individual and Family Resource Management		25%		
806	Youth Development		25%		
	Total		100%		

V(C). Planned Program (Inputs)

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

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	1.0	0.0	0.0
Actual	0.0	2.0	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
0	130701	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	137761	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	29548	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Alabama Entrepreneurial Initiative builds a systematic approach involving youth, adults, and college students in an entrepreneurial education program that prepares them for participation in the workforces as an employee as well as self-employment. Activities include exposure to aged appropriate entrepreneurial curricula conducted in 6-8 weeks in class training as well as short-term day entrepreneurial awareness symposiums. The in-class training curricula include the Kaufman Mini-Society and the National Foundation for Teaching Entrepreneurship. Youth Symposiums that increases entrepreneurial awareness among high school students were conducted at both the Booker T. Wasington Economic Summit and Tuskegee University Annual Farmers Conference. Efforts to promote entrepreneurial education for collegiate students include strategic planning for organizational development for the National Student Business League at college campuses.

2. Brief description of the target audience

- Mini-Society target audience include elementary and junior high school students.
- National Foundation for Teaching Entrepreneurship focuses on high school and young adults.
- National Student Business League targets college students at historical black colleges and universities.
- Youth Symposiums target high school students in central Alabama.

V(E). Planned Program (Outputs)

1. Standard output measures

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	45	500	200	500
2007	200	300	250	850

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

Patent Applications Submitted

Year	Target
Plan:	0
2007 :	0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

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

Year	Target	Actual
2007	20	10

Output #2

Output Measure

- Workshops and training sessions covering topical areas for teaching entrepreneurship education such as: getting the business idea, funding an enterprise, decision-making, business planning, business legal structures, negotiation skills, work environments and modeling other entrepreneurs are conducted with all participants. The success of many of these outcomes will be formally evaluated/measured by using individual activity evaluation forms designed specifically for each activity.

Year	Target	Actual
2007	{No Data Entered}	350

V(G). State Defined Outcomes**V. State Defined Outcomes Table of Content**

O No.	OUTCOME NAME
1	Youth and adults will explore entrepreneurship, economics, law, government and business ethics. Expand participant's knowledge of math, public speaking, marketing, decision-making and business leadership.

Outcome #1

1. Outcome Measures

Youth and adults will explore entrepreneurship, economics, law, government and business ethics. Expand participant's knowledge of math, public speaking, marketing, decision-making and business leadership.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	200	250

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Alabama's Black Belt Region is the targeted twelve counties programming areas for Tuskegee University Cooperative Extension Program. Persistent poverty in this region is being perpetuated by financial distressed schools systems, lack of economic development, unskilled labor forces, high unemployment rates, high school drop out rates, and excessive number of social services participants. Alabama Entrepreneurial Initiative is an effort to provide informational community-based experiential educational opportunities to rural youth and young adults interested in exploring entrepreneurial endeavors as a career opportunity.

What has been done

Tuskegee University Cooperative Extension specialist and agents conducted entrepreneurial training, workshops, and symposiums based on the Kaufman Foundation Mini-Society and the National Foundation for Teaching Entrepreneurship. These instructional systems allowed participants to acquire skills in entrepreneurship, citizenship, and leadership. The Mini-Society curriculum was implemented at Yoro West Junior High School Campus of Discovery. Sixteen students learned techniques for setting and achieving personal and business goals. The National Foundation for Teaching Entrepreneurial was used with 37 students pursuing their GED at the Occupational Industrial Center (OIC) in Montgomery. During the annual Farmers Conference and the Economic Summit over 335 students were exposed to entrepreneurial awareness materials and entrepreneurial careers in agriculture.

Results

All students demonstrated measurable increases in their understanding of business enterprises, citizenship, the workforce, entrepreneurship, ethics as well as life skill in decision-making, self-esteem, leadership and a sense of self-directedness. As results of their participation in the National Student Business League two collegiate students started businesses (one a barber shop and the other a professional business cleaning service). As a follow-up to their strategic planning retreat, chapter of The National Student Business League established at the University of Maryland-Eastern Shore and Tuskegee University. These chapters are now seeking to the establish chapter of the National Student Business Leagues at other historical black colleges and universities, especially, member of the United Negro College Foundation.

4. Associated Knowledge Areas

KA Code	Knowledge Area
604	Marketing and Distribution Practices
801	Individual and Family Resource Management
806	Youth Development
601	Economics of Agricultural Production and Farm Management

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Competing Programmatic Challenges

Brief Explanation

Competing Programmatic changes.Limited activities were conducted in the Mini-Society program due to attrition of staff trained in this curriculum.Additionally, the High School National Foundation for Teaching Entrepreneurship was negatively impacted because the alternative school, OIC, lost their GED program in the spring of 2007.However, the inclusion of the collegiate program exceeds planned expectations and off-set any decrease in audience and/or participant contact.s

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

- Before-After (before and after program)
- During (during program)
- Case Study
- Comparisons between program participants (individuals,group,organizations) and non-participants

Evaluation Results

Throughout the conduct of this Extension Team Project participants, teachers and community leaders have observed positive behavioral changes in the attitudes of students trained in entrepreneurship.

Key Items of Evaluation

CSREES needs to encourage and fund research and Extension education that promote entrepreneurship education among youths and rural citizens that's patterned after programs associated with legislation that promotes science and technology,

Program #2

V(A). Planned Program (Summary)

1. Name of the Planned Program

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

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
102	Soil, Plant, Water, Nutrient Relationships		10%		
111	Conservation and Efficient Use of Water		10%		
123	Management and Sustainability of Forest Resources		10%		
131	Alternative Uses of Land		15%		
141	Air Resource Protection and Management		5%		
201	Plant Genome, Genetics, and Genetic Mechanisms		10%		
211	Insects, Mites, and Other Arthropods Affecting Plants		10%		
301	Reproductive Performance of Animals		10%		
501	New and Improved Food Processing Technologies		10%		
601	Economics of Agricultural Production and Farm Management		10%		
Total			100%		

V(C). Planned Program (Inputs)

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

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	4.2	0.0	0.0
Actual	0.0	5.6	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
0	473791	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	499383	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	107112	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

A. Animal Production Activities

• In Dallas/Perry Counties, we taught limited resource beef producers how to pre-condition and pre-wean calves and move them to market for increased profits. •In Macon/Montgomery Counties, we conducted several workshops (lectures and hands-on demonstrations) on beef herd health, nutrition, and reproductive management; also, selected purebred and crossbred heifers were used in an association’s beef cattle project to teach producers certain production practices, and how to work cooperatively. •In Macon/Montgomery Counties and Lowndes/Wilcox Counties, we worked with 4H, FFA and other youth who participated in livestock projects and shows. •In Macon/Perry Counties, we worked with producers on goat and pastured poultry projects.

B. Crop Production Activities

• In Lowndes/Wilcox Counties, we worked on a plasticulture collard project.

• In Macon/Montgomery Counties, we worked with farmers on site selection, soil testing, soil preparation, as well as cultural practices for various crop varieties; plasticulture projects for vegetables (e.g., watermelons, collards, strawberries, tomatoes, cabbage, broccoli, cauliflower, and pumpkins); cultural practices for nuts and fruits (e.g., pecans, peaches, and plums); home gardens, home lawns, and home pest control.

• In Bullock/Barbour Counties, we collaborated with the Alabama Department of Agriculture and Industries (ADAI) and USDA-NRCS to help farmers implement Environmental Quality Incentive Program (EQIP) practices.

• In several counties, we provided technical assistance to farmers in the area of forestry (e.g., pest management, site preparation, reforestation, contract preparation); also, a survey was conducted to ascertain producers’ knowledge and perceptions on integrated pest management (IPM).

C. Workshops, Conferences, Day Shows

• At Tuskegee University, Annual Goat Day for Goat farmers

• At Tuskegee University, first Annual Goat Show for 4H, FFA, and other youth

• At Tuskegee University, 114th Annual Farmers Conference

• In Macon/Montgomery Counties, we participated in Farmers Market Day Activities (Tuskegee and Montgomery) with demonstrations to producers and the public

General Activities

• In all counties (target area), we provided general technical assistance (e.g., information, one-time contact, follow-up) to producers and other clientele

2. Brief description of the target audience

The targeted audiences included small farmers and landowners, farm families, 4-H, FFA, other youth, and homeowners. Some of the members of the target audience were limited resource producers that are hard-to-reach and needed special assistance and care.

V(E). Planned Program (Outputs)

1. Standard output measures

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	2000	3000	25	75
2007	1822	1653	70	20

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

Patent Applications Submitted

Year	Target
Plan:	0
2007 :	0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications			
	Extension	Research	Total
Plan			
2007	2	0	2

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- The output target will consist of training in Integrated Pest Management, Plasticulture, Organic Farming, Forest Management, Animal Management and Marketing involving farmers, landowners, homeowners, senior citizens, youth farmer organizations, federal and state agencies and private industry.

Year	Target	Actual
2007	400	205

V(G). State Defined Outcomes**V. State Defined Outcomes Table of Content**

O No.	OUTCOME NAME
1	Participants will gain awareness of new techniques in agriculture and natural resources management. The number of participants who change attitudes about existing production techniques will increase.
2	Participants will increase knowledge about crop management, marketing opportunities, and better environmental management

Outcome #1

1. Outcome Measures

Participants will gain awareness of new techniques in agriculture and natural resources management. The number of participants who change attitudes about existing production techniques will increase.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	110	76

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Small-scale producers, their families, and their communities face a lack of resources, lack of marketing opportunities, low profitability, and other production challenges. Emphasis is place on livestock management and marketing opportunities. Also, youth interested in agriculture (livestock) were concerned.

What has been done

Technical assistance and workshops were provided on beef cattle, goats, and poultry management. For beef cattle, herd management including health was emphasized. For goats and poultry, the focus was on management, but with a heavy emphasis on health. In addition, marketing assistance and information were provided to producers.

Results

The results were: increased profits for beef and goat producers; increased knowledge in beef and goat production; increased knowledge for youth in beef production; and increased leadership skills for youth. For example, (1) 32 beef cattle producers in Dallas County gained knowledge and skills in proper pre-weaning and pre-conditioning; 8 producers increased profits from sales of pre-conditioned calves on average by \$0.22 per pound more than previous sales; (2) In the Beef Cattle Show in Macon County, one student placed first in Senior Showmanship; a second student placed second in the heavy weight class; (3) in the beef cattle show in Lowndes County, four students participated in the show and each placed first in different categories at the county level(Grand Champion Steer; Reserves Champion Steer; Supreme Heifer; High Daily Average Gain Steer); at the state level, one student placed fourth in the Showmanship Class;(4) reduction in incidence of diseases and parasites for goats belonging to 5 producers in Dallas and Perry Counties;(5) at Goat Day on Tuskegee University campus, 200 goat farmers gained knowledge in nutrition, health, and reproductive management.

4. Associated Knowledge Areas

KA Code	Knowledge Area
131	Alternative Uses of Land
601	Economics of Agricultural Production and Farm Management
301	Reproductive Performance of Animals

Outcome #2

1. Outcome Measures

Participants will increase knowledge about crop management, marketing opportunities, and better environmental management

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	{No Data Entered}	76

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Small-scale producers, their families, and their communities face a lack of resources, lack of marketing opportunities, low profitability, and other production challenges. Emphasis is placed on crop management, forest land management, and marketing opportunities. Also, home owners interested in home gardens and pest control are in need of the same opportunities.

What has been done

Technical assistance and workshops were provided on vegetables, fruits, nuts, forestry, conservation (EQIP), home garden, and home pest control management. In addition, marketing assistance and information were provided to producers, one-on-one or through workshops.

Results

Results were: increased profits for vegetable producers; increased knowledge in vegetables, fruits, nuts, forestry, home gardens, and pest control; and better environmental management through EQIP practices. More specifically, (1) 30,000 collard plants in Lowndes County had higher yields of 5,700 bunches of collards (after adjusting for survival rate and home consumption). Collards were sold at \$2.50-\$3.00 per bunch, yielding between \$14,250-\$17,100.

(2) A vegetable project in Macon County, under plastic culture, yielded \$60,000 for watermelons and \$50,000 for all other vegetables--a total of \$110,000. Conventional product would have yielded 75% less (i.e., \$82,500).

(3) Producers who learned proper techniques of planting trees and shrubberies were able to save a substantial amount, because they did not have to replant them.

(4) A producer in Barbour County obtained 1,000 bunches of collards from 0.25 acre plot and was able to sell it to a Black-owned restaurant in Eufaula for a better income of \$2,000 at \$2.00 per bunch.

(5) One hundred and fifteen (115) families participated in home gardening in Montgomery County; they saved about \$300 to \$500 per family in expenditures on fruits and vegetables, and at the same time provided nutritious and fresh vegetables for their families.

(6) Ninety (90) timber contracts were developed for landowners, which provided them, among other things, with a resource for action if contractors failed to live up to their obligations. Some in the past were cheated by contractors.

(7) Over 75% of the 50 plus farmers at the Small Farm Area Workshop in Lowndes and Wilcox Counties indicated that they were going to use or are using information received at the conference.

4. Associated Knowledge Areas

KA Code	Knowledge Area
111	Conservation and Efficient Use of Water
601	Economics of Agricultural Production and Farm Management
211	Insects, Mites, and Other Arthropods Affecting Plants
123	Management and Sustainability of Forest Resources
102	Soil, Plant, Water, Nutrient Relationships
131	Alternative Uses of Land

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
- Populations changes (immigration, new cultural groupings, etc.)
- Other (Age)

Brief Explanation

The drought affected agricultural production (both animals and crops). It was difficult for livestock farmers to get hay for their animals. Moreover, because of the drought, feed costs (hay and grain) were prohibitive for livestock producers, thus increasing cost of production. In fact, in some cases producers sold their calves very young due to the cost and lack of adequate feed. Some crop producers lost almost all, if not all, their crops. Crop producers, especially vegetable producers, who cultivate vegetables without irrigation will face the same challenges if droughts occur in the future.

Some producers who were aware of government programs benefited from drought relief funds. In addition, fuel cost prevented some producers from going to the farmers' market to sell their products. Furthermore, cost of doing business was generally up.

Many Black Belt producers are increasing in age, and this will in the near future, affect production in some counties. The answer is to encourage younger persons to enter agriculture.

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)
- Other (Farm surveys)

Evaluation Results

•Increased income for producers from program activities (e.g., pre-conditioned pre-weaned beef cattle sales; plasticulture vegetable (watermelons, collards, broccoli, sales) •Producers need more assistance with marketing products. •Enhanced knowledge for producers in new production techniques (e.g., beef cattle production, vegetable production, cost-share programs). •Youth learned about cattle production and leadership skills. •Information is needed in certain areas (e.g., goats, forestry, IPM). •Workshops, Conferences, Day Shows, etc., are needed for networking and dissemination of information. •On the whole, Extension activities are highly regarded by producers and their families and the activities are considered vital to rural and urban communities. •Producers who are willing to adopt new techniques or practices, change their behavior, acquire new knowledge, and increase income and profits (e.g., pre-conditioned pre-weaned beef cattle, plasticulture). •An alternative way of marketing beef cattle through pre-conditioning and pre-weaning rather than through stockyard auction sale increased income for producers. •Goat farmers need assistance in marketing skills. A key issue is not scheduling births and sale of kids to make production more efficient. •Vegetable producers need more marketing assistance. Some produce vegetables without seeking markets; sometimes they leave produce to spoil in the field. They, therefore, lose twice by spending money but not recovering the money invested. •Some of the limited resource producers are financially strapped and neglect some practices e.g., not feeding animals properly; sometimes they do not ask for help and sometimes it is difficult to convince them to change practices and adopt new ones.

Key Items of Evaluation

Program #3

V(A). Planned Program (Summary)

1. Name of the Planned Program

Enhancing Citizens Capacity to Transform Communities

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
601	Economics of Agricultural Production and Farm Management		25%		
604	Marketing and Distribution Practices		25%		
801	Individual and Family Resource Management		25%		
806	Youth Development		25%		
	Total		100%		

V(C). Planned Program (Inputs)

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

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	1.6	0.0	0.0
Actual	0.0	2.4	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
0	359428	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	378842	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	81257	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

•The Tuskegee Macon County Community Development Corporation (TuskMac CDC) provided training, one-on-one technical assistance, incubator office space and micro-loan funds to start up entrepreneurs; also facilitated development of strategic plans for the Old Montgomery Road Corridor in Tuskegee, Macon County •Workshops and plenary sessions were held at the 12th Booker T. Washington Economic Summit •A strategic development plan was facilitated for implementation for the Cherokee Tribe of North East Alabama •Worked one-on-one with start up entrepreneurs for business development in Dallas and Perry Counties •A series of 12 workshops for Fatherhood Facilitators conducted in Dallas County •Facilitated strategic planning and implementation of resources for family assistance, shelter, employment and development of local non-profit organizations in Dallas and Perry Counties •An 8-week custom designed learning in business development was implemented in Barbour County •Two 10-week of business development training classes were conducted in Greene and Sumter Counties •The Wil-Low Dollars for Scholars volunteer group conducted community resource development in Lowndes and Wilcox Counties •Workshops and concurrent sessions were held at the 65th Professional Agricultural Workers Conference

2. Brief description of the target audience

Targeted audience includes start-up entrepreneurs, community-based organization members, youth interested in entrepreneurship and at weekend programs, members of Boys and Girls Clubs, families at risk and with limited resources, students needing improvement of learning in school settings, potential homeowners, homeless individuals and other families at risk, and community development organizations and leaders.

V(E). Planned Program (Outputs)

1. Standard output measures

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	120	300	20	30
2007	214	600	45	150

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

Patent Applications Submitted

Year	Target
Plan:	0
2007 :	0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

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

Year	Target	Actual
2007	60	60

V(G). State Defined Outcomes**V. State Defined Outcomes Table of Content**

O No.	OUTCOME NAME
1	Thirty will acquire business and leadership development skills. Twenty business plans will be developed and 20 will have business loans approved.
2	Showcase of successful young entrepreneurs, presentation and discussion of elements of self-sufficiency and economic independence, opportunities to network with the National Business League and other Trade Associations
3	Tribe-based enterprise development, creation of at least six jobs, start of revenues inflow

Outcome #1**1. Outcome Measures**

Thirty will acquire business and leadership development skills. Twenty business plans will be developed and 20 will have business loans approved.

2. Associated Institution Types

•1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	70	70

3c. Qualitative Outcome or Impact Statement**Issue (Who cares and Why)**

Many individuals interested in business development in our service area have faced challenges associated with a persistent poverty environment that traditionally has hampered successful enterprises in the Alabama Black Belt Counties. Traditional Extension programs have not been successful in providing proper framework for providing skills needed by young entrepreneurs in order to develop successful loan applications. There has been a need to continue educational workshops centered around business plan development, and augmented by one-on-one technical assistance follow up, non-traditional sources of microloans, and environments for incubation by start-up businesses that can not afford high costs of starting or doing a business in small, rural communities.

What has been done

-Used tailored business development curriculums in Macon, Dallas, Perry, Greene, and Sumter Counties
 -Worked with smaller groups and one-on-one for business plan development, loan application to the SBA Community Express Loan Program and TuskMac Revolving Loan Program
 -Have assisted struggling businesses and organizations in their organizational restructuring, other resource development, and market identification and access

Results

-Out of the more than 60 participants in business development workshops in Macon, Dallas and Sumter Counties, more than 20 developed business plans that led to securing loans for 14 from the Tuskegee-Macon County Community Development Corporation, the Greene-Sumter Enterprise Community and the SBA Community Express Loan Program, for a total of more than \$650,000.
 -Successful loan applicants (businesses) developed and/or saved more than 45 jobs.
 -More than six businesses have secured mini-grants, restructured their organizations and identified markets for sauce, artwork, and new manufacturing products with contracts in hand.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
604	Marketing and Distribution Practices
806	Youth Development
601	Economics of Agricultural Production and Farm Management

Outcome #2**1. Outcome Measures**

Showcase of successful young entrepreneurs, presentation and discussion of elements of self-sufficiency and economic independence, opportunities to network with the National Business League and other Trade Associations

2. Associated Institution Types

•1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	{No Data Entered}	90

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The Booker T. Washington Economic Development Summit has been held every year for the last 12 years with participation primarily from adult community leaders and individuals interested in business development, micro loan acquisition, and plenary sessions intended to help change the general mind set of many in our service area from expecting service to becoming entrepreneurs. The evaluation in 2006 indicated indeed the need for involving youth and other collegiate age people with possibly easier impact on them.

What has been done

The 12th Booker T. Washington Economic Development Summit worked with six Alabama High Schools. Workshop and plenary presentations focused on successful young entrepreneurs and other demonstration/exhibit activities showcasing the alternatives to expecting things done for them versus being entrepreneurial in business and life.

Results

A group of three (3) collegiate entrepreneurs have taken upon themselves to kick-start the local National Student Business League Chapter and have been going once a month to young people businesses to assist with improving the business environment, taking on advertising, and continuing to teach entrepreneurship as needed mind set for African American children. The volume of business at the Hair Cut and Mobile Dry Cleaning businesses has increased two-fold and 1.5 times, respectively.

4. Associated Knowledge Areas

KA Code	Knowledge Area
604	Marketing and Distribution Practices
806	Youth Development

Outcome #3

1. Outcome Measures

Tribe-based enterprise development, creation of at least six jobs, start of revenues inflow

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	{No Data Entered}	1

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The Cherokee Tribe of North East Alabama has been a nomadic group with a strong need to develop an enterprise-based home base. A viable business to support tribal programs, culture teaching, and jobs will go a long way to helping with sustainability of the tribe. Work with the Alabama Indian Affairs Commission introduced CTNEAL to Tuskegee University in 2002 and led to the development of strategic plan and staffing by one resource staff person to help with continued resource development and implementation of the strategic plan for a locally owned enterprise and a stable tribal community.

What has been done

- Secured grant from Tuskegee University Mini Grant Program to strenghten tribal organization and implement the RV Park plans
- Raised funds from tribal members
- Identified and purchased land in Marshall County for the tribe

Results

- Faciliated building and development of Cedar Winds RV Park and Campground to include 20 camp sites with 50 Amp RV hook-ups and 200 primitive camp sites
- Had Grand Opening of Cedar Winds RV Park and Campgrounds in late 2006
- Use of Cedar Winds RV Park increased from less than 100 in 2006 to more than 1,100 campers in 2007, including RV Clubs, Cub Scouts, youth retreats, family retreats, etc.
- Provided 10 new jobs to tribal members and the public at large
- Gross receipts went from less than \$6,000 in 2006 to about \$120,000 for the tribe in 2007
- Some of the net receipts wre used to fund tribal education and cultural programs, 5 scholarships of \$1,000 each, etc.

4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
806	Youth Development
604	Marketing and Distribution Practices

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
- Populations changes (immigration,new cultural groupings,etc.)
- Other (Persistent poverty context)

Brief Explanation

Severe droughts in Alabama, the general economy, history of community development organizations not having access to public policy and influence of government regulations, as well as persistent poverty in the Alabama Black Belt continue to impact the capacity of families to particpate fully in educational programs when it is believed that the ultimate goal of securing business financing will not be met.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

- After Only (post program)

Evaluation Results

- Most evaluation results of the workshops, conferences, and one-on-one technical assistance appreciate the program focus, as well as the continued presence of educators who can related because of being locals.
- Access to business financing and markets has to continue as parts of our programs.
- Focus on the youth is a must in order to develop the new generation of entrepreneurs and business leaders

Key Items of Evaluation

- Most post program evaluations continue to confirm the need for well tailored educational programs that are coupled with capacity building for individuals, youth, families, and in particular community-based organizations to plan and strategically implement plans and business development.
- Working with small groups and one-on-one individuals is still a must in our educational programs in the rural and poor communities

Program #4

V(A). Planned Program (Summary)

1. Name of the Planned Program

Integrated Natural Resources and Environmental Education

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
104	Protect Soil from Harmful Effects of Natural Elements		25%		
112	Watershed Protection and Management		25%		
125	Agroforestry		25%		
131	Alternative Uses of Land		15%		
141	Air Resource Protection and Management		10%		
Total			100%		

V(C). Planned Program (Inputs)

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

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	0.5	0.0	0.0
Actual	0.0	1.4	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
0	212389	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	223861	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	48015	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Several educational activities were conducted for this ETP. The activities were, The Extension Annual Youth Forestry Camp, Kids-N-Creek (3 camps, grades 4-7), Kids Day on the Farm (3 camps, grades K-4), Forestry for Youth (3 camps grades 7-9) the Annual Water Festival for Youth (grades K-6), an Annual Watershed Academy for adults, Home and Farm assessments relative to private well testing/wellhead protection for the 12 Black Belt Counties, timber management, and small acreage water management. PowerPoint presentations and handouts on "Alabama Natural Resources and Conservation," were conducted for elementary and high school students in several counties. Tuskegee Extension agents, in conjunction with ACES, NRCS, and the Forestry Commission, were able to assist hunting and wildlife groups with information relative to improving and enhancing wildlife. Agents conducted one-on-one educational visits with individuals and hunting groups to assist with wildlife management (wildlife food plots). Agents work with area forestry management projects and provided information on reforestation, thinning and prescribed burning. From January through December 2007, Extension specialists, agents, and other state and federal agents worked with a number of youth and youth groups discussing natural resources, water quality, and environmental topics and exploring career choices in the area of natural resources and agriculture.

2. Brief description of the target audience

The target audience was mostly limited resource youth and adults in the Alabama Black Belt Region. Social, economic and geographical indicators were similiar among all program participants.

V(E). Planned Program (Outputs)

1. Standard output measures

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	700	150	850	100
2007	500	300	1100	804

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

Patent Applications Submitted

Year	Target
Plan:	0
2007 :	0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Underserved Black Belt area grade school students will be exposed to specific age appropriate educational activities designed to reinforce current classroom instructional curriculums. While targeting the youth, parents, volunteers and community leaders will also be provided necessary instructions in responsible environmental stewardship practices and principles.

Year	Target	Actual
2007	112	125

V(G). State Defined Outcomes**V. State Defined Outcomes Table of Content**

O No.	OUTCOME NAME
1	Youth participants will acquire knowledge, skills and awareness regarding well head protection, point/non-point source pollution, environmental stewardship, management of natural resources and water conservation. Adult participants will incorporate skills/knowledge and change behavior related to: pollution prevention, management of water resources, litter disposal and waste management, conservation and recycling of natural resources and safe and effective use of fertilizers and pesticides.

Outcome #1

1. Outcome Measures

Youth participants will acquire knowledge, skills and awareness regarding well head protection, point/non-point source pollution, environmental stewardship, management of natural resources and water conservation. Adult participants will incorporate skills/knowledge and change behavior related to: pollution prevention, management of water resources, litter disposal and waste management, conservation and recycling of natural resources and safe and effective use of fertilizers and pesticides.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	177	202

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Data collected via the well head protection sampling program continues to suggest that most instances of on- farm well contamination are the result of situations that can be controlled by a change in management style or cultural practice. Owners of private wells need instruction in well maintenance and well head protection practices.

What has been done

Areas that presented with contamination concerns were targeted for a resample event. Sites were coded and recorded using GPS systems, current cultural practices were noted, and well head protection plans developed for clients. Clients/well owners were asked to attend two of three workshops on the effective implementation of a well head management plan. Pre-activity evaluations were conducted. Six sites per county were selected, and all samples were replicated in triplicate.

Results

The samples results were returned with a relatively minute margin of error. A review of the current cultural practices revealed that proper well head management techniques regarding waste management and the appropriate methods for material storage were the greatest threat to water safety. Approximately three months following the implementation of the individual well head protection plans, wells were resampled and results indicate a positive change in water quality. A survey of owner attitude and perceptions indicate a rapid response and adoption of most measures outlined in the management document.

4. Associated Knowledge Areas

KA Code	Knowledge Area
112	Watershed Protection and Management
104	Protect Soil from Harmful Effects of Natural Elements

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 Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

The 2007 calendar year was one of extreme heat and drought . Outdoor instructional activities were tailored to adjust to these conditions. Kids in the Creek activities were altered because several streams had very little or practically no water present during the summer months when these classes would normally occur. The impact of the economy continues to dictate that several young adults that are often available to attend summer camps must or have chosen to find work to supplement the family income.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

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

Significant response differences are experienced between pre and post evaluation participants. Students demonstrate an increase in overall awareness as indicated by test results. Adult participants indicate a marked change in attitude and perception when reviewing post activity evaluation results. Over 70% of adult participants indicate a change in participant behaviour.

Key Items of Evaluation

While many seminars, conferences, and workshops have been conducted, more local workshops, conferences, and seminars are needed to make citizens aware (especially the minority groups) of environmental stewardship, including the quality and status of drinking water.

Program #5

V(A). Planned Program (Summary)

1. Name of the Planned Program

Promoting Healthy Behavior

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
703	Nutrition Education and Behavior		50%		
724	Healthy Lifestyle		50%		
	Total		100%		

V(C). Planned Program (Inputs)

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

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	4.0	0.0	0.0
Actual	0.0	3.0	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
0	212389	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	223861	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	48015	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Several health education activities focusing on nutrition and health were held in the form of workshops, seminars, and classes. These programs were held at schools, nutrition sites, assisted facilities, churches and community action centers.

A program targeting wellness, "A Healthy Weigh of Life," was implemented to teach youth and adults how to take control of their health by making healthy choices. The program consists of three components: Nutrition, Physical Activity, and Behavior Change. Each lesson was taught once a week for at least twelve weeks. Each session lasted approximately one (1) hour and provided an action plan for achieving and maintaining better health. Visual aids and food demonstrations were used to encourage participants to make healthy lifestyle changes. Exercise classes were offered twice a week to motivate adult participants to be more active while youth participated in daily physical education classes during school.

A New Leaf...Choices for Healthy Living allowed participants the opportunity to acquire knowledge of the importance of incorporating nutrition and physical activity into their lifestyle to have long-term impacts on families and ultimately on communities. This program targeted the reduction of risk factors such as high blood pressure, elevated blood glucose levels, and overweight/obesity associated with the chronic diseases, cardiovascular disease and diabetes. Twelve classes were taught in this area for one and one-half hours each week.

Programming specifically targeted toward increasing the number of African American males screened for prostate cancer was also conducted in the Black Belt counties.

In addition, the Macon County Senior Olympics provides senior citizens from Barbour, Bullock, Macon, Montgomery and Tallapoosa counties the opportunity to participate in a variety of physically challenging activities and games. Free health screenings are provided by nutrition and health professionals along with free health information and a healthy lunch is provided.

In West Alabama, programs were conducted on diabetes awareness, disease prevention and the health challenges facing young children in the school system. In recognition of Asthma Awareness, the entire month of May was allocated for the implementation of workshops, health fairs, and an Asthma Safari in collaboration with Sumter County Health Services. Several health education activities about nutrition and health were held in the form of workshops, seminars, and classes. These programs were held at schools, nutrition sites, assisted facilities, churches and community action centers.

2. Brief description of the target audience

Most of the targeted audiences were at risk youth and adults who were suffering from overweight, obesity, diabetes, hypertension and other chronic diseases. African American men ages 40 and older were targeted as well as minority women ages 18-64. Senior adults were also targeted.

V(E). Planned Program (Outputs)

1. Standard output measures

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	300	100	300	300
2007	1665	100	1340	75

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

Patent Applications Submitted

Year	Target
Plan:	0
2007 :	0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- This ETP will follow Outcome Evaluation Methods by Green and Kreuter, 1991. This type of evaluation will provide data concerning short-term effects of the program, including increased awareness and knowledge, expressed intentions to make recommended changes, and responses to public service announcements. The measures can be self reported (interviews with the intended audience) evident changes in the number of people being screened for a cardiovascular (CVD) risk factor at a local health fair or a comparative study (comparing CVD knowledge of participating audience and of similar group that did not receive the intervention).

Year	Target	Actual
2007	25	25

Output #2

Output Measure

- Team launched various prevention campaigns through health fairs, displays, workshops, seminars, mass media, and roadside billboards. Also food demonstrations, have participants keep food record; bi-weekly exercise class; weekly weigh-ins; support group/counseling.

Year	Target	Actual
2007	{No Data Entered}	3180

V(G). State Defined Outcomes**V. State Defined Outcomes Table of Content**

O No.	OUTCOME NAME
1	The outcome is to decrease the risk of degenerative diseases, improve the quality of life, maintain reasonable weight by monitoring caloric consumption, control disease through diet, exercise, medication, and stress management.
2	Participants will acquire knowledge, skills and awareness regarding: Body Mass Index (BMI), setting nutrition goals, essentials of nutrition, importance of physical activity behavior modification, meal and menu planning, body weight, food intake, health and fitness.

Outcome #1**1. Outcome Measures**

The outcome is to decrease the risk of degenerative diseases, improve the quality of life, maintain reasonable weight by monitoring caloric consumption, control disease through diet, exercise, medication, and stress management.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	50	50

3c. Qualitative Outcome or Impact Statement**Issue (Who cares and Why)**

According to the Alabama Center for Health Statistics (2006), Alabama ranks number two (2) in obesity among other states in the United States. Obesity is a risk factor for several diseases including diabetes, heart disease and certain types of cancers. Macon, Bullock and Barbour Counties have very high rates of these diseases. For these reasons, health education classes and programs are needed in these counties to address these health disparities and improve the health of Alabamians.

What has been done

A wellness program, 'A Healthy Weigh of Life' was implemented to teach adults how to take control of their health by making healthy choices. The health and wellness program consisted of three components: Nutrition, Exercise and Behavior Modification. Each lesson was taught once a week for at least one (1) hour and provided an action plan for participants to achieve various health goals (i.e. weight loss, lowering blood pressure, lowering cholesterol, controlling blood glucose levels and/or improving overall health). Visual aids and food demonstrations were used to promote healthy lifestyle changes. In addition, exercise classes were offered twice a week to motivate participants to be more active.

Results

As a result of the wellness programs, 95% of adult participants reported reading labels more and making healthier eating choices like consuming more reduced fat foods, whole grains and fiber rich foods. Food diaries showed participants making an increased effort to eat leaner meats, drink more water, and exercise more frequently. In addition to the 85% of participants that took part in exercise classes provided twice per week, over 50% of adult participants reported engaging in exercise at least three times a week at home or at a gym.

4. Associated Knowledge Areas

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

Outcome #2**1. Outcome Measures**

Participants will acquire knowledge, skills and awareness regarding: Body Mass Index (BMI), setting nutrition goals, essentials of nutrition, importance of physical activity behavior modification, meal and menu planning, body weight, food intake, health and fitness.

2. Associated Institution Types

- 1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	{No Data Entered}	641

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

According to the Alabama Center for Health Statistics, Alabama ranks number two (2) in obesity among other states in the United States. Additionally, one in four adults in Barbour County is obese (Alabama Center for Health Statistics, 2003) which could be avoided if health awareness and obesity prevention programs are implemented to school aged children. Obesity is a risk factor for several diseases including heart disease, diabetes and certain types of cancers. Macon, Bullock and Barbour Counties have very high rates of these diseases. For these reasons, health education classes and programs are needed in these counties to address these health disparities and improve the health of Alabamians.

What has been done

Admiral Moorer Middle School Healthy Kids program was implemented to 6th, 7th and 8th graders at the Admiral Moorer Middle School in Eufaula, Alabama. The goal of this program was to raise health awareness and teach youth the importance of making healthy choices at an early age to maintain health and prevent disease. The wellness program consisted of three (3) components: Nutrition, Exercise, and Behavior Modification. Visual aids and food demonstrations were used to promote healthy lifestyle changes. Pre-tests and post-tests, as well as food diaries, were used to evaluate changes in knowledge and behavior. There were two phases of the intervention, the first initial step was to determine the Body Mass Index (BMI) of each student and send an explanation of the results home to the parents along with a permission slip asking if the child could participate in the program. Once permission was granted, participants attended this program for one class period. For a total of twelve (12) weeks, classes were held during the physical activity or auxiliary period. Each lesson focused on a particular health topic, included a healthy snack break and provided an action plan for attaining and maintaining a healthy lifestyle. The health classes offered to the youth provided valuable health information about health conditions that are prevalent among their age group. Youth were taught how to make healthier vending machine choices and how to recognize foods with hidden fats. Food demonstrations gave participants healthy snack ideas and showed them how to prepare tasty, healthier snacks.

Results

As a result of the program, 57 youth participated in the twelve (12) week program and were observed drinking more water and choosing flavored water and diet soft drinks over regular ones. Based on the evaluation of food diaries, youth were shown to have significantly increased fruits and vegetables consumption. Post-test results showed that participants' knowledge had increased since the start of the program while group presentations done at the end of the program showcased specific health topics that participants became more knowledgeable of throughout the program. Moreover, due to our efforts, a total of 641 middle school students increased their knowledge of how to calculate his/her Body Mass Index (BMI), plot the results on a gender specific growth chart and became aware of their risk for overweight/obesity.

4. Associated Knowledge Areas

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

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy

Brief Explanation

The economy was a factor in the expected outcomes of health and wellness programs. Increasing cost of fresh fruits, vegetables, dairy products and eggs caused many of the participants that were economically challenged from being able to afford these items. The excessive price of gasoline has also caused many individuals to shift priorities, choosing instead to purchase gasoline to travel to and from work rather than purchase higher priced food items.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

- Before-After (before and after program)

Evaluation Results

As a result of health and wellness programs provided by TUCEP, 68 youth and over 400 adults were exposed to reliable nutrition and health information. While all participants experienced increased awareness of health issues, 41 adults and 57 youth experienced an increase in knowledge which was evaluated by pre/post tests and testimonials. Daily food logs, physical activity logs and testimonials also showed a change in action of participants.

Key Items of Evaluation

More comprehensive health-related programs are needed throughout the Black Belt counties, especially recreational facilities.

Many of the local grocery stores located throughout the Black Belt counties fail to carry adequate supplies of fresh fruits and vegetables at affordable prices.

Healthy food preparation continues to be a challenge due to lack of knowledge, skills, and access to healthy food choices.

Program #6

V(A). Planned Program (Summary)

1. Name of the Planned Program

Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences - TU/FF NEWS-Fami

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
703	Nutrition Education and Behavior		25%		
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sourc		25%		
722	Zoonotic Diseases and Parasites Affecting Humans		5%		
723	Hazards to Human Health and Safety		20%		
724	Healthy Lifestyle		25%		
	Total		100%		

V(C). Planned Program (Inputs)

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

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	4.0	0.0	0.0
Actual	0.0	2.0	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
0	245064	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	258301	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	55403	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Activities that were held included workshops, one-on-one intervention, in school and after school demonstrations and lectures.

2. Brief description of the target audience

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

V(E). Planned Program (Outputs)

1. Standard output measures

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

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	200	50	200	50
2007	900	60	300	70

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

Patent Applications Submitted

Year	Target
Plan:	0
2007 :	0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Measures will include: Participants will incorporate skills and change behaviors; the number of people who follow exercise guidelines on most days 60-minutes, 5 days a week; the percent of participants using food guide pyramids and dietary guidelines and the percent of participants reporting improved quality of life will increase.

Year	Target	Actual
2007	125	180

Output #2

Output Measure

- The CSREES' Expanded Food and Nutrition Education Program (EFNEP) operated in all 50 states through 1862 land-grant institutions and in American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico, and the Virgin Islands until 2006 when 1890 institutions were invited to submit proposals to implement the program. The EFNEP program is designed to assist limited-resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being (CSREES).

Year	Target	Actual
2007	{No Data Entered}	180

V(G). State Defined Outcomes**V. State Defined Outcomes Table of Content**

O No.	OUTCOME NAME
1	Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.
2	Increased consumption of fruits and vegetables and good nutrition habits among adults
3	Increased consumption of fruits and vegetables and good nutrition habits among youth

Outcome #1

1. Outcome Measures

Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.

2. Associated Institution Types

•1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	100	180

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The EFNEP program is designed to assist limited-resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

What has been done

Each child participant was given a refrigerator thermometer to continue monitoring the family refrigerator and a personal hand sanitizer to use at home. At graduation, each youth had a simple resolution which was a plan on how to choose nutritious foods, sample at least 8 unfamiliar fruits and vegetables in the following year and be more active in their daily lives. The program intent was to help them to discover that, physical activity could be anything that gets their bodies moving, including dance.

Results

Seventy-six percent of youth participants knew they should be active for at least 1 hour each day; 81 percent agreed that bike riding is a weight-bearing activity and anything that gets their bodies moving can be considered as physical activity. Through snack foods preparation activities, youth identified various ways to include fruits and vegetables in daily eating and cutting down fruit juices. To help make their bones stronger, participants started eating foods high in calcium and including weight-bearing activities in even play. During and after graduation, youth made decisions to drink more 2% milk and at least be encouraged to try skim milk. 80 percent of youth indicated that they were going to start ordering small orders of fries instead of large to help reduce fat in their daily diet.

4. Associated Knowledge Areas

KA Code	Knowledge Area
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources
724	Healthy Lifestyle
723	Hazards to Human Health and Safety
703	Nutrition Education and Behavior

Outcome #2

1. Outcome Measures

Increased consumption of fruits and vegetables and good nutrition habits among adults

2. Associated Institution Types

•1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	{No Data Entered}	600

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates that low income families, women, and children are at increased risk of poor nutrition and chronic diseases because of a higher incidence of obesity; lower fruit and vegetable consumption due to perception that those food items are more costly; consumption of high fat and calorie dense foods; lack of understanding of nutrition information; and difficulty maximizing food stamp resources.

What has been done

County FCS Educators used Body and Soul, Cent\$ible Nutrition, and Search Your Heart curricula to teach older adults and adults without children about choosing different forms and kinds of healthy fruit and vegetables. The older adults were taught at 8 senior meal sites where the majority of seniors are low income; and the parents of children were reached at WIC clinics. There were 11 lessons taught once a week at each site.

Results

Through analysis of pre and post surveys as well as self reported testimonials, changes indicated that 75 percent graduates wished to demonstrate positive healthy food habits. In addition, only 32 percent of graduates now ran out of food for families by the end of the month and 39 percent report that their children ate healthy breakfast more often. Program participants learned the proper way to feed their families in order to promote good health and to plan and budget their food dollars so their family won't go hungry at the end of the month. Samples of participants' comments are: 'I learned that the best form or kind of fruits and vegetables really depends on the time of year, but all forms are healthy,' 'it depends on what you are going to use it for and when you want to use it; if it is in season and what you like to eat,' 'I still like canned fruits and vegetables, they are convenient. However, I will now rinse them before I eat them, but now I will try fresh ones'

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Increased consumption of fruits and vegetables and good nutrition habits among youth

2. Associated Institution Types

•1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	{No Data Entered}	300

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates that low income families, women, and particularly children are at increased risk of poor nutrition and chronic diseases because of a higher incidence of obesity; lower fruit and vegetable consumption due to perception that those food items are more costly; consumption of high fat and calorie dense foods. In addition, 86 percent of Alabama adolescents eat less than five servings of fruits and vegetables each day.

What has been done

Majority of youth were taught through summer youth college and school enrichment programs, while other children received their nutrition education through monthly short term programs and weekly day camps. Kids in the Kitchen, Media Smart Youth and Junior Chef curricula A combination of lecture, story writing, hands-on demonstration, site visits and educational tours for observation were some of the teaching methods used were adapted and used in the implementation of the program.

Results

After participating in the programs, approximately 30 percent of surveyed youth participants consumed low-cost, healthy foods, and tried new fruits and vegetables. 45 percent made their own snacks at home and washed hands more often, 33 percent used the proper way of hand-washing and 24 percent encouraged and showed other family members to wash their hands and in the proper way. Youth gained skills in analyzing media food messages, gained knowledge of basic principles of healthful and nutritious foods, and built awareness of healthful food choices in real life settings. They now recognize the importance of daily physical activity in promoting health, and new ideas for using play to be more active in their lives.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sources
724	Healthy Lifestyle

V(H). Planned Program (External Factors)**External factors which affected outcomes**

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

Brief Explanation

Drought in Alabama affected the availability of fruits and vegetables, thus an increase in prices.

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

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

Evaluation Results

We will continue with youth EFNEP programs in two of the following counties - Hale or Greene and Perry or Lowndes which are targeted for the establishment of baselines. We plan to continue using the combined curriculum until we review and secure an appropriate science based and culturally effective program curriculum for our youth and adult EFNEP programs.

Key Items of Evaluation

Funding for EFNEP activities and programs at 1890 Institutions has just started to yield preliminary, but strong results. Continued funding will reach populations that were not reachable before.