

**Shelley Swenson**  
**2011 POW (Program of Work)**  
**2010 ROW (Report of Accomplishments)**  
**2009 ROA (Report of Accomplishments)**  
**2008 ROA (Report of Accomplishments)**

## 2. DESCRIPTION OF JOB DUTIES

UF/IFAS Wakulla County Family Consumer Sciences/EFNEP/FNP Agent is responsible for planning, implementing, and evaluating educational programs for families. The FCS/EFNEP/FNP Agent trains and manages the 4-H Expanded Food and Nutrition Education and the Family Nutrition Program Assistant who deliver nutrition education to targeted audiences. The Agent collaborates with community agencies, the FCS/EFNEP/FNP Advisory Committee the Extension Council, and the media. The FCS/EFNEP/FNP agent recruits, trains and utilizes volunteers to build strong programs. The Agent seeks grant funds to support county Extension programs. The FCS agent works with a diverse audience and encourages programming on a multi-county/multi-state level.

### Individual and Family Development

Programs	2011	2010	2009	2008
I. Health, Nutrition and Food Safety	35%	34%	34%	34%
II. Wakulla Environment Issues and Sustainability	30%	33%	18%	18%
III. Wakulla 4-H EFNEP/FNP and other 4-H Activities	25%	25%	38%	38%
IV. Other Extension Activities	10%	8%	10%	10%
	100%	100%	100%	100%

## 3. AREAS OF SPECIALIZATION:

- Health, Nutrition, and Food Safety
- Environment Issues and Sustainability.

## 4. ASSIGNED ACTIVITY SINCE LAST PROMOTION, OR SINCE UF EMPLOYMENT, whichever is more recent.

	2010-11	2009-10	2009	2008
Teaching	0%	0%	0%	0%
Research	0%	0%	0%	0%
Service	0%	0%	0%	0%
Extension	100%	100%	100%	100%
Clinical	0%	0%	0%	0%
TOTAL	100%	100%	100%	100%

## 5. EDUCATION BACKGROUND

Education Background			
University	Program Area	Degree	Year
Kansas State University	Home Economics Education	MS	1986
South Dakota State University	Home Economics Education	BS	1974

**6. EMPLOYMENT****Employment Listing**

<b>University/ Organization</b>	<b>Title</b>	<b>Permanent Status</b>	<b>Year</b>
<b>UF/IFAS Wakulla County Extension</b>	<b>Extension Agent II</b>	<b>Accruing</b>	<b>June 30, 2008- present</b>
<b>Cloud County Community College</b>	<b>Satellite Campus Director, Grants Coordinator, and Career Center Director</b>	<b>NA</b>	<b>July, 1988-June, 2007</b>
<b>Kansas State University/Cloud County, Kansas</b>	<b>Extension Agent, Extension Home Economist</b>	<b>NA</b>	<b>July, 1975-June, 1988</b>

**7. YEAR TENURE/PERMANENT STATUS WAS AWARDED BY UNIVERSITY OF FLORIDA – NA**

**8. UF TENURE AND PROMOTION CRITERIA: Florida Cooperative Extension Service:**

**9. TEACHING, ADVISING AND/OR INSTRUCTION ACCOMPLISHMENTS-None**

**10. TEACHING EVALUATION – NA**

**11. GRADUATE FACULTY STATUS –NA**

**12. GRADUATE COMMITTEE ACTIVITIES – NA**

**13. RESEARCH NARRATIVE – NA**

**14. CREATIVE WORKS OR ACTIVITIES**

**Exhibits and Displays: 2010 (Total 8)**

Brinkley, M., Swenson, S., Rudisill, K., Moore, M., Copeland, H., Maddox, M., Corbus, J.L., “Good-bye Sodium; Hello Herbs”, tabletop display promoting use of herbs in food preparation to reduce sodium intake, Sunbelt Agriculture Expo, Approximately 900 visitors, Moultrie, Georgia, October.

Swenson.S., “Recycouture Day Camp”, tabletop display promoting the summer camp that encouraged the re-purposing of clothing items for youth, NW Extension Meeting, Approximately 25 visitors, Jackson County, Florida, October.

Swenson.S., “Recycouture Day Camp”, tabletop display promoting the summer camp that encouraged the re-purposing of clothing items for youth, Extension Professional Association of Florida Meeting, Approximately 100 visitors, Orlando, Florida, August.

Swenson.S., “Drinking Sports Drinks versus Water”, tabletop display promoting the consumption of water over sports drinks, Toward Permanent Weight Management Class, Approximately 30 visitors, April.

Swenson.S., “A Perfect Partnership: FNP/EFNEP and the Department of Education’s Summer Feeding Program”, tabletop display promoting the cooperation between the Wakulla County Extension Service and the Department of Education’s Summer Feeding Program, FNP/EFNEP Annual Workshop, Approximately 150 visitors, Gainesville, Florida, April.

Swenson.S., “Sustainability Suggestions”, table top display telling of ways that UF/IFAS is promoting sustainable living, Florida State University’s Earth Day Celebration: Eco-Arts on the Green”, Approximately 300 visitors, Tallahassee, Florida, March.

Swenson.S., “MyFood Pyramid”, table top display promoting the understanding of the food pyramid, Toward Permanent Weight Management Class, Approximately 30 people, Crawfordville, March.

Swenson.S., “Towards Permanent Weight Management”, table top display promoting weight management practices, Arbor Day Festival, Approximately 30 visitors, January.

**Exhibits and Displays: 2009 (Total 16)**

Swenson, S., Craig, T., MyFood Pyramid, (Medart Holiday Festival), December 4.

Swenson, S., Green Living Energy Educational Expo and Education Fair, (Wakulla County Commissioners’ Meeting), September.

Swenson, S., Green Living Energy Educational Expo and Education Fair, (Extension Professional Association of Florida), August 31-September 3.

Swenson S., Craig, T., What is EFNEP? What are We Teaching Your Children? (Medart Elementary School Parent Teacher Association Meeting) August.

Swenson, Shelley., Portion Distortion, Wakulla County Health Fair (Wakulla County Concerned Citizens) July.

Swenson S.; Portion Distortion (Wakulla for an Active America Health Fair) June.

Swenson S.; Fruit and Vegetable Up-date (Ochlocknee Bay Food Pantry), June 27.

Swenson S.; Green Living (Chamber after Hours at the Workforce plus Center) June.

Swenson S.; Spring into Action-Get Moving (Senior Citizens Health Fair) May.

Swenson S.; Water versus Sports Drinks/Other Alternatives (Sports Physicals Day at Wakulla Schools) May.

Swenson S.; What Can I Do With This Food? (Food Pantry) May.

Swenson S.; Calcium/Folic Acid Needs During Pregnancy (Baby Shower for Pregnant/New Mothers sponsored by the Health Department) May.

Swenson S.; Smart Snacking (Senior Citizens Meal Site) April.

Swenson S.; Feeding Wakulla County: Can You Help? (Make a Difference Day) April. and UF/IFAS Wakulla County Extension Office Lobby, May.

Swenson S.; My Food Pyramid (Wakulla County Pre-K Chili Supper), January.

Swenson, S., Jackson, S., How Long Will These Products Remain on our Earth and In Our Seas? (Sustainable Big Bend Sustainability Meeting), October.

**Exhibits and Displays: 2008 (Total 3)**

Swenson, S., *Extension Programs through Family and Consumer Sciences/Expanded Food and Nutrition*, December.

Swenson, S., *County Commissioners Orientation Meeting*, December.

Swenson, S., *UF/IFAS Wakulla County Extension*, Volunteer WAKULLA Volunteer Fair, September. Fact Sheets: (3)

Swenson, S., *Citrus for Christmas*, December; *Bring on the Veggies....and Recipe Tips for Adding Color and Flavor to Lunch and Dinner*, Water, *The Indispensable Nutrient*, September.

#### **Instructional Multi-Media Presentation: (Total 2010: 6)**

Swenson, S., “Wakulla County Green Living Expo”, 26 slides, National Extension Association Family and Consumer Sciences Agents National Meeting, September.

Swenson, S., “Calcium and Osteoporosis”, 32 slides, First United Methodist Church Women’s Meeting, September. Adapted from Power Point developed by Julie England, Lake County FCS Agent.

Sinclair C., Swenson, S., “What Can the UF/IFAS Internship Offer?” 42 slides, State UF/IFAS Internship Program Celebration.

Swenson, S., “Sodium Up-date”, 12 slides. NW Extension EFFNP/EFNEP NW District Training.

Swenson, S. and Craig T., “My Pyramid: Super-Sized”, 13 slides, FNP/EFNEP Training Conference.

Swenson, S., “Nutrition Up-date”, 33 slides, Wakulla County School District’s School Lunch Providers.

Swenson, S., Shuford-Law, Jo., “Provide the Fishing Pole Along with the Fish”, 13 slides, Second Harvest of the Big Bend Food Pantry Managers Meeting, .

#### **Instructional Multi-Media Presentations: (Total 2009: 8)**

Time/ Stuff Management (15 slides), (Workforce Plus); Sustainable Big Bend’s Green Expo and Education Fair (32 slides), (EPAF); Small Steps to Health and Wealth™ (23 slides), (Workforce Plus); Hypertension (28 slides) (Senior Center Presentation); Small Steps to Health and Wealth™ (17 slides) (Farm Bureau Meeting); UF/IFAS Wakulla County Extension Service: What Can We Do for You? (10 slides) (Alzheimer’s Support Group); Preserving the Harvest (28 slides) (Green Expo); Community Based Initiative to Feed Those in Need (35 slides), (EPAF);

#### **Radio and TV**

##### **Radio: (2010:1)**

Swenson, S., The Green Living Expo, *98.9/Gulf 104*, Radio Households: 120,000 ; 2,400 average number of listeners.

##### **Television: (2010: 2)**

Swenson, S., Green Living Expo. *WFSU-TV/4fsu*, Households: 43,000

Swenson, S., Thanksgiving Food Safety, *wtxABC27*, Viewers: 360,000

#### **Web-based Communication and Teaching: (2010: None)**

**15. PATENTS AND COPYRIGHTS: None**

**16. PUBLICATIONS**

**a. Books, Sole Author:** None

**b. Books, Co-authored:** None

**c. Books, Edited:** None

**d. Books, Contributor of Chapter(s):** None

**e. Monographs:** None

**f. Refereed Publications:** None

**g. None-referred Publications:** None

**h. Bibliographies/Catalogs:** None

**i. Abstracts:** None

**j. Reviews:**

**k. Miscellaneous:**

**Journal of Extension**

Diehl, D.C., Swenson, S & Wentz, J.N. (Submitted), Evaluation of the Sustainable Green Living Expo Event: Attendees' reports of satisfaction, learning, and behavior change.

**News Articles: (2010: 24)**

Swenson, S., *The Wakulla Area Times*, Magazine circulation: 16,700 households

Topics:      Avoiding Holiday Stress, December  
                 Thanksgiving Food Safety, November  
                 Stress Resulting from the Gulf Shore Tragedy, October.  
                 Gardening/Food Preservation and Hypertension Up-date, September.  
                 The Latest on Nutrition gained through attending the Society of Nutrition  
                 Educators National Meeting, August.  
                 How to Best Handle the Stress Resulting from the Gulf Spill: Communicate with  
                 Your Family Members, July.  
                 Water, The Most Important Nutrient, June.  
                 What can You Learn through a Pizza?, June.  
                 The History of the Green Living Expo in Wakulla County, Cover Article, May.  
                 Twenty Reasons to attend the Green Living Expo, April.  
                 What Are the reasons to Attend the Green Living Expo?, February.  
                 The Challenge of Weight Management, January.

Swenson, S., Sinclair C., UF Summer Intern, The Wakulla County Extension Service: A College Student's Perspective, May.

Swenson, S., *The Wakulla News*, Circulation: Newspaper Circulation: 5,254; Readership: 12,900; On-line: 7,600 unique visitors; Total Visits: approximately 25,000.

Topics:      Bottled Water, December.  
                 Food Preservation Up-date, October.  
                 Stress Resulting from the Gulf Shore Tragedy, September.  
                 What can You Learn through a Pizza?, June.  
                 Recycle, Reuse, and Repair, April and June.

Come to the Green Expo and A Road to Re-purposing, Green Living Expo  
Tabloid, May.

Hypertension and the Computer; How are They Related? January.

Swenson, S., *The Tallahassee Democrat*, Newspaper Circulation: 55,560 printed weekly;  
155,000 online readers weekly.

Topics: Cranberries and Other Popular Seasonal Food, December.  
Apple Cider Safety, October.  
Wow! What Did We Do Before Bottled Water?????? May.  
Summer Snacking For Kids, March.

**News Articles: (2009: 24)**

Swenson, S., *The Wakulla Area Times*, Magazine circulation: 17,000 households.

Topics: 2010 Extension Programming Plans: Save that Date!!, December.  
Incorporating Exercise into Daily Plan, October.  
Consider Alternatives to Salt, September.  
Wise After School Snack Ideas, August.  
The Ultimate Pizza Camp, July.  
Vacationing Close to Home, June.  
Feeding Wakulla County during Tough Economic Times, April.  
UF/IFAS Wakulla County Extension Office Launches web-based  
Newsletter, *News from the Panhandle*, April.  
FSU Intern Joins staff at the UF/IFAS Wakulla County Extension Office, April.  
The Ultimate Pizza Camp, April,  
Leaving your Home Safely as You Depart for the North, March.  
Portion Distortion, February.  
Dark Chocolate: Health Benefits and Health Challenges, February.  
Wakulla County Expanded Food and Nutrition Activities, January.

Swenson, S., Jackson, S., Hylton, T., Consuming and Preserving Garden Greens, September.

Swenson S., *The Wakulla News*, Newspaper Circulation: 6,000 households.

The Ultimate Pizza Camp, July.  
Feeding Wakulla County during Tough Economic Times, April.  
UF/IFAS Wakulla County Extension Office Launches web-based newsletter, *News on  
the Panhandle*, April.  
FSU Intern joins Staff at the UF/IFAS Wakulla County Extension Office, April.  
Tara Craig joins Staff at the UF/IFAS Wakulla County Extension Office as an EFNEP  
Program Assistant, April.  
The Ultimate Pizza Camp, April.  
Pistachio/Pistachio Products Recall, April.  
Peanut Recall, February.  
Salmonella in Chocolate, February.  
Sustainable Food Practices, January.

Swenson, S., Hood, S. Gibson, C., Recycouture Camp, October.

Swenson, S., *The Tallahassee Democrat*, Newspaper Circulation: 55,556 households.

Topics: Avocado Bravado, July.  
Water, the Indispensable Nutrient, June.  
Practice Food Safety while Picnicking, May.  
Portion Distortion, February.

Swenson, S., ***The Wakulla County Chamber of Commerce Newsletter, Distribution: 360.***

Topics: Feeding Wakulla County During Tough Economic Times, April.

Swenson, S., ***Wakulla.com: Estimated Hits per year: 500,000***

Topics: Feeding Wakulla County During Tough Economic Times, April.  
UF/IFAS Wakulla County Extension Office Launches web-based newsletter, *News from the Panhandle*, April.  
FSU Intern Joins Staff at the UF/IFAS Wakulla County Extension Office, April.  
Tara Craig joins Staff at the UF/IFAS Wakulla County Extension Office as an EFNEP Program Assistant, April.  
The Ultimate Pizza Camp, April.  
Pistachio/ Pistachio Products Recall, April.  
Salmonella in Chocolate, February.

#### **News Articles: (2008) (8)**

Swenson, S., ***The Wakulla News, Newspaper circulation: 6000 households.***

Topics: Reuse, Recycle, Rejoice: Stop Holiday Waste Before it Starts.  
EFNEP Programming at Medart Elementary School After School Program,  
Wakulla County Ultimate Pizza Camp.

Swenson, S., ***The Tallahassee Democrat, Newspaper circulation: 55,556 households.***

Topics: The Incredible, Edible Sweet Potato.

Swenson, S., ***The Wakulla Area Times, Magazine circulation: 17,000 households***

Topics: Reuse, Recycle, Rejoice: Stop Holiday Waste Before it Starts.  
The Incredible, Edible Sweet Potato.  
Cookie Bake-Off (VolunteerWAKULLA) and How to Control Calories While Dining Out.  
Overview of UF/Wakulla County Extension.

#### **Newsletter Articles: (2010: 2 in 4 issues)**

[Corbus, J., \(editor\), Moore, M., Allen P., Lee, D., Hinkle, J., Gorimani, E., Elmore, J., Miler, B., Shufford-Law, J., Copeland H., Brinkley, M., Courtney, E., Swenson, S., Taylor, M., Zamojski K., Living Well in the Panhandle.](#) Quarterly Family and Consumer Sciences newsletter for the general public. Gainesville, Florida. 3 issues. 10-12 pages. 2010. Circulation: 2,928 (2010).

#### **Newsletters: (2009: 3)**

[Corbus, J., \(editor\), Moore, M., Allen P., Lee, D., Hinkle, J., Gorimani, E., Elmore, J., Miler, B., Shufford-Law, J., Copeland H., Brinkley, M., Courtney, E., Swenson, S., Taylor, M., Zamojski K., Living Well in the Panhandle.](#) Quarterly Family and Consumer Sciences newsletter for the general public. Gainesville, Florida. 3 issues. 10-12 pages. 2010. Circulation: 2,928 (2009).



**Brochures: (2010: 11)**

Swenson.S., “Putting Color On Your Plate!” Crawfordville Elementary School AfterSchool Program, October, Circulation: 20

Swenson.S., Wakulla County Family Consumer Sciences Faculty Member, Shelley Swenson, Dr. Payne’s Introduction to the Northwest Extension District, October, Circulation: 100.

Swenson.S., “What is the Food Nutrition Program in Wakulla County?”, School Recruitment to Program, August, Circulation 30.

Swenson.S., Green Living Expo Tabloid, Green Living Expo, May, Circulation: 7,000.

Swenson.S., Green Living Expo Flyer, Green Living Expo, April, Circulation: 1200.

Swenson.S., “Know Your Numbers: Be Health-Wise”, Hypertension/Computer Class, Toward Permanent Weight Management Class, March, Circulation: 50.

Swenson S., “Wakulla County Resource Directory”, March, Circulation: 1000.

Swenson.S., “Stretching Your Food Dollars”, Alzheimer’s Care-givers Support Group, March, Circulation: 20.

Swenson.S., Save the Date Postcard, Green Living Expo, February, Circulation: 1200.

Swenson.S., Watch for Hidden Sodium in Your Foods, Hypertension/Computer Class, February, Circulation: 30.

Swenson.S., Eating More Fruits and Vegetables,(Wakulla County Senior Citizens Meal Site, January, Circulation 70.

**Brochures/Flyers: (2009: 20)**

Swenson, S.,

Topics: Feel Better with Fiber! (Senior Citizens Center Presentation and Meals on Wheels) August, Circulation: 100.

How to Cook with Dried Bean/Legumes; Adapted Flyer from Escambia UF/IFAS/WIC; (Ochlocknee angelfood™/ Food Pantry). July, Circulation: 60.

Family Disaster Emergency Kit, Adapted materials from the Jackson County Extension, (Senior Citizens Center Presentation and Meals on Wheels), June, Circulation: 100.

Hurricane Food Preparation Checklist: How much you will need for your family for three days?, Adapted Brochure written by Dr. Mary A. Keith, Hillsborough County Family Consumer Sciences Agent, (Senior Citizens Center Presentation and Meals on Wheels), June, Circulation: 100.

The Ultimate Pizza Camp Recipe Instructional Sheet, June, Circulation: 38.

Water, the Indispensable Nutrient, (Wakulla Schools Sports Physical Day), May, Circulation: 25.

Smart Snacking Refrigerator Door Post-It, (Wakulla County Senior Citizens and Meals on Wheels recipients), May, Circulation: 100.

Incorporating Adequate Vitamin D into One’s Life, (Wakulla Count Senior Citizens and Meals on Wheels recipients), March, Circulation: 100.

Alternative Laundry Soap/Using Re-cycled Wrapping Paper, Green Living Expo and Educational Fair, March, Circulation: 20.

Small Steps to Health and Wealth™ flyer, (Body and Soul Workshops), March, Circulation: 50.

Incorporating Calcium into Your Diet (Wakulla County Senior Citizens and Meals on Wheels recipients), February, Circulation: 100.

Fruits/Vegetables Buying Guide, (General Public), February, Circulation: 30.



Pocket Guide to Nutrient Needs, July, (General Public), Circulation: 30.

Finding Fiber in Your Fruits and Vegetables, May, (Riversprings School Educational Program), Circulation: 68.

Swenson S., Candi Boucher, FSU Dietetics Master Student Intern. DASH Diet Tips, Adapted Flyer from materials provided by the National Heart, Lung and Blood Institute, (Senior Citizens Center Presentation and Meals on Wheels distribution), July, Circulation: 100.

Swenson, S., Carrie McAliley, FSU Dietetics Masters Student Intern, Reading a Food Label, May, (Riversprings School Educational Program), Circulation: 60.

Calcium Content of Select Foods, May, (Wakulla County Health Department's "Baby Shower" for pregnant women and those with young children), Circulation: 40.

Folic Acid in Select Foods, May, (Wakulla County Health Department's "Baby Shower" for pregnant women and those with young children), Circulation: 40.

**Brochures /Flyers: (2008: 0)**

**Websites: (2010: 6)**

Swenson, S., 2010, **UF/IFAS Wakulla County Extension Website:**

[www.wakulla.ifas.ufl.edu](http://www.wakulla.ifas.ufl.edu); **24,900 website visits**

**Topics:** "Thanksgiving Food Safety", November.

"Apple Cider Safety", October.

"What does Hypertension and Computers Relate?" September.

"Eating Fish Safely", May.

Swenson, S., 2010, **Green Living Expo Website:** [www.greenlivingenergyexpo.com](http://www.greenlivingenergyexpo.com)

**Topics:** "Reasons to Attend the 2010 Green Living Expo", April.

Swenson, S., **UF/IFAS Northwest District Extension Website:**

[www.nwdistrict.ifas.ufl.edu](http://www.nwdistrict.ifas.ufl.edu), "Hypertension and Sodium: How are they Related?"

Swenson, S.: [www.wakulla.com](http://www.wakulla.com): **202,812 Website Visits**

**Topics:** "The Challenge of Weight Management", January.

"Hypertension and the Computer; How are They Related?", January.

**Websites: (2009: 13)**

Swenson, S., [www.wakulla.ifas.ufl.edu](http://www.wakulla.ifas.ufl.edu)

**Topics:** Planning Creative after School Snacks, August.

Living Well in Wakulla County, August.

Hurricane Preparedness, June.

The Five R's of Buying Smarter, *UF/IFAS Northwest FCS Newsletter, Living Well in the Panhandle*, May – July Issue

Practice Food Safety while Picnicking, May.

The Ultimate Pizza Camp, April.

FSU Intern Joins staff at the UF/IFAS Wakulla County Extension Office, April.

Tara Craig joins staff at the UF/IFAS Wakulla County Extension Office as an EFNEP Program Assistant, April.

UF/IFAS Wakulla County Extension Office Launches web-based newsletter,  
*News from the Panhandle*, April 15.

Feeding Wakulla County During Tough Economic Times, April.

**Website: (2008: 2)**

Swenson, S., [www.wakulla.ifas.ufl.edu](http://www.wakulla.ifas.ufl.edu))

Topics: Reduce, Reuse, Recycle and Rejoice: Stop Holiday Waste Before it Starts.

ENFEP Nutrition Newsletter enhanced with additional UF/IFAS materials,

**17. LECTURES, SPEECHES OR POSTERS PRESENTED AT PROFESSIONAL  
CONFERENCE/MEETINGS**

**International: none**

**National: *Selected* (2010: 1)**

[Swenson S.](#), “Wakulla County Green Energy Expo and Education Fair”, National  
Extension Association of Family and Consumer Science Agents, September.

**State: *Selected* (2010: 2)**

[Swenson S.](#), “Recycouture Day Camp”, Extension Professional Association of Florida  
Meeting, Orlando, Florida, August.

[Swenson S.](#), “Innovative Teaching Method: Hypertension through Computer Training”,  
Extension Professional Association of Florida Meeting, Orlando, Florida, August.

**Local: *Invited* (2010: 10)**

[Swenson, S.](#), Topics Included: Series of Programs on increasing Fruit and Vegetable  
Intact , Increasing Exercise and Food Safety, Wakulla County Senior Citizens Center,  
2010.

[Gampbill, K. and Swenson, S.](#), “The Principles of Budgeting”, Wakulla County Head  
Start Parents, November.

[Swenson, S. and Heidi Copeland](#), “Creating Positive Mealtime Attitudes”, Leon County  
Headstart Teachers, October.

[Craig, T.](#), “Healthy Breakfast and Lunch Choices”, Coast Charter Title 1 Parent Night,  
September.

[Swenson.S.](#), “Managing Your Household Demands a Plan”, Habitat for Humanity  
Family Meeting, June.

[Swenson, S.](#), “Managing Your Food Budget”, Alzheimer’s Support Group, June.

[Swenson, S.](#), “Stitching Circle: A Road to Repurposing”, 2010 Green Living Expo, May.

[Swenson, S.](#), “Calcium and Osteoporosis”, United Methodist Church Women, May.

[Swenson. S. and Shufford-Law, J.](#), “Provide the Fishing Pole Along with the Fish”,  
Second Harvest of the Big Bend’s Food Bank Managers Annual Meeting, April.

[Swenson., S.](#), “Nutrition Up-date”, Wakulla County School District School Lunch  
Managers, January.

(2010: 2)

**State: *Selected* (2)**

Swenson S., Diehl D., Wakulla County Green Energy Expo and Education Fair, Extension Professional Association of Florida Meeting, Orlando, Florida, August.  
 Swenson S., Jackson, S., Hylton, T., Extension's Role in Fostering a Community Network for Feed Those in Need, Extension Professional Association of Florida Meeting, Orlando, Florida, August.

## 18. CONTRACTS AND GRANTS

### a. Funded Externally

Years	Contractor or Grantor	Project Title	Grant Amount	PI, Co-PI or Investigator	If Co-PI, Specify %
2010	Wakulla Coalition for Youth	Wakulla County Resource Directory	\$1500.00	PI	
2010	Wakulla County Tobacco Prevention Committee	Wakulla County Resource Directory	\$500.00	PI	
2010	Florida Department of Health	Healthy Communities, Healthy People Grant	\$5000.00	Co-PI	25%
2010	Operation Frontline	Eating Smart from the Start	\$750.00	Co-PI	50%
2009	National Extension Association of Family Consumer Sciences Agents	Professional Development Grant	\$1,000.00	Co-PI	50%
2008	None				
<b>Total</b>			<b>2010: \$8,500.00 2009: \$1,000.00</b>		

### Summary of External Grant Funding Received (Current)

Role	<u>Summary of External Grant Funding</u>		
	Total	Direct Costs	Indirect Costs
Principal Investigator	\$2,000.00	\$ 0	\$ 0
Co-Principal Investigator	\$6,500.00	\$ 0	\$ 0
Investigator	\$ 0	\$ 0	\$ 0
Sponsor of Junior Faculty	\$ 0	\$ 0	\$ 0

TOTALS      \$8,500.00      \$      0      \$      0

**Summary of External Grant Funding Received  
2009**

**Summary of External Grant Funding**

<b>Role</b>	<b>Total</b>	<b>Direct Costs</b>	<b>Indirect Costs</b>
Principal Investigator	\$ 0	\$ 0	\$ 0
Co-Principal Investigator	\$1,000.00	\$ 0	\$ 0
Investigator	\$ 0	\$ 0	\$ 0
Sponsor of Junior Faculty	\$ 0	\$ 0	\$ 0
TOTALS	\$1,000.00	\$ 0	\$ 0

**b. Funded Internally:**

<b>Years</b>	<b>Contractor or Grantor</b>	<b>Project Title</b>	<b>Grant Amount</b>	<b>PI, Co-PI or Investigator</b>	<b>If Co-PI, Specify %</b>
2010	UF/IFAS Food and Nutrition Program	Scholarship to attend the Society of Nutrition Educators National Meeting	\$2,376.00	PI	
2010	UF/IFAS Extension	UF Internship Program	\$3,840.00	PI	
2010	UF/IFAS Extension	Food Nutrition Program Grant	\$22,958.00	PI	
2010	UF/IFAS Extension	Expanded Food and Education Nutrition Program Grant	\$43,727.00	PI	
2009	UF/IFAS Extension	Expanded Food and Nutrition Education Program Grant	\$29,753.00	PI	100%
2008	UF/IFAS Extension	Expanded Food and Nutrition Education Program Grant	\$32,736.00	PI	100%
<b>Total</b>			<b>2010: \$72,901.00 2009: \$62,489.00</b>		

**Summary of Internal Grant Funding (2010)**

<b>Role</b>	<b>Total</b>	<b>Direct Costs</b>	<b>Indirect Costs</b>
Principal Investigator	\$72,901.00	\$	\$

Co-principal Investigator	\$	\$	\$
Investigator	\$	\$	\$
Sponsor of Junior	\$_____	\$_____	\$_____
<b>TOTAL</b>	<b>\$72,901.00</b>	<b>\$</b>	<b>\$</b>

**Summary of Internal Grant Funding**

<b>Role</b>	<b>Total</b>	<b>Direct Costs</b>	<b>Indirect Costs</b>
Principal Investigator	\$		
Co-principal Investigator	\$		
Investigator	\$		
Sponsor of Junior Faculty	\$xxxxx		
<b>TOTAL</b>	<b>\$72,901.00</b>		

**c. Submitted, Pending Decision**

<b>Years of Contract or Grant</b>	<b>Contractor or Grantor</b>	<b>Project Title</b>	<b>PI, Co-PI, or Investigator</b>	<b>If Co-PI, Specific Responsibilities</b>
2010-2013	Food and Nutrition Service of the USDA	Addressing Food Insecurity in Wakulla County	PI	
2010	Pepsi-Cola	Fighting Children Obesity	PI	

**d. Submitted, But Not Funded**

<b>Years of Contract Or Grant</b>	<b>Contractor Or Grantor</b>	<b>Project Title</b>	<b>PI, Co-PI, or Investigator</b>	<b>If Co-PI, Specific Responsibilities</b>
2010	Workforce Center, Tallahassee	Staffing assistance to carry out programming	PI	
2010	UF/IFAS Program Implementation Grant	Cooking Made Easy: Nutritious and Delicious Meal Assembly	Co-PI	Co-writer with Kendra Zamojski, Walton County FCS Agent
2010	UF/IFAS Extension Administration	John and Martha Woeste Professional Improvement Award	PI	
2010	UF/IFAS Extension Administration	Marshall and Mildred Watkins Professional Improvement Award	PI	
2009	UF/IFAS Program	Cooking Made Easy: Nutritious and Delicious	Co-PI	Co-writer with Kendra

	Implementation Grant	Meal Assembly		Zamjoski, Walton County FCS Agent
2009	UF/IFAS Extension Administration	John and Martha Woeste Professional Improvement Award	PI	
2009	UF/IFAS Extension Administration	Marshall and Mildred Watkins Professional Improvement Award	PI	
2009	Robert Wood Johnson Foundation	Healthy Kids, Healthy Communities	Co-PI	Assisted in the research, writing and final submission.
2008	UF/IFAS Cooperative Extension Program Enhancement Grant	A Pocket Guide: Volunteering During Storm Recovery	Co-PI	Wrote in conjunction with Scott Jackson, Wakulla County Extension Director
2008	UF/IFAS Cooperative Extension Program Enhancement Grant	Shopping Close to Home: Save Resources, Discover the Richness, and Support the Local Economy	PI	

**e. In-kind Contributions**

<u>Year</u>	<u>Type</u>	<u>Donor</u>	<u>Amount</u>
2010	Computer	Individual chooses to remain anonymous	\$100.00
2010	10 Computers	PC Recyclers and Consultants of North Florida, Inc.	\$3,000.00
	10 Computer Desks	Wakulla County	\$ 750.00
2010	Interior Design Fabric	Bass & Bass Interior Design, Tallahassee, Florida	\$1,000.00
2010	Food Samples	General Mills	\$ 330.00
2010	Food	Wakulla County Senior Center	\$ 60.00
2010	Food	Volunteers	\$ 20.00
2010	Food	Wakulla County Senior Center	\$ 20.00
2010	Curriculum	United States Rice Association	\$ 360.00
2010	Reinforcement Gifts for Students	Florida Department of Education	\$1,000.00
2010	Volunteer	FCS Programming Assistant	3583 hrs./ \$65,211.
2010	Volunteer	Green Living Expo Committee Members:	470/\$8,554.
2010	Volunteer	Radical Restoration Garden Volunteers	230/\$4,186.
2010	Volunteer	EFNEP and FNP: Medart Elementary, District Pre-school and COAST Charter School Teachers and	229/\$4,167.



		Teacher Assistants	
2010	Volunteer	Consulting and Planning: Advisory Members	48/\$873.
2010	Volunteer	Consulting and Planning: Advisory Members	48/\$873.
2010	Volunteer	Consulting and Planning: Extension Council Members	24/\$437.
2010	Space	Complimentary Booth Space, Exclusive use of space for educational offerings,	\$8,910.
2010		<b>Total</b>	<b>\$98,979.</b>

**Volunteers:** According to the 2008 Florida data from the Independent Sector ([http://independentsector.org/programs/research/volunteer\\_time.html](http://independentsector.org/programs/research/volunteer_time.html)) the estimated dollar value of a volunteer hour is \$18.20. (this includes estimated fringe benefits, update this value yearly and the values used for each year should be reported individually). In Extension, trained volunteers are contributing to Extension Programs by dedicating their time, skills, talent, and expertise under supervision or guidance by faculty.

<b>Year</b>	<b>Type</b>	<b>Donor</b>	<b>Amount</b>
2009	EFNEP Storage Units	Donor who chooses to remain anonymous	\$70.
2009	Fabric for Summer Camps	Donor who chooses to remain anonymous	\$50.
2009	Reinforcement items for students	General Mills	\$84.
2009	Curriculum	U.S. Rice Commission	\$25.00
2009	Display Rack	FDA Women's Health Organization	\$25.
2009	Volunteer	VolunteerWAKULLA Planning Meetings	204/\$3,722.
2009	Volunteer	Me dart Elementary Kindergarten Teachers and Teacher Assistants	66/\$1,201.
2009	Volunteer	Sustainable Big Bend/Green Living Expo Planning Meetings	6148/\$111,894.
2009	Volunteer	Ultimate Pizza Camp	189/\$3,439.
2009	Volunteer	Advisory Members Consulting and Planning	264/\$4,805.
2009	Volunteer	Extension Council Members Consulting and Planning	24/\$437.
2009	Volunteer	Community Agency Volunteers (Robert Wood Johnson Foundation Grant)	96/\$1,747.
2009	Volunteer	Community Volunteers for Feeding Wakulla Task Force	4559/\$82,974.
2009	Volunteer	Recycouture 4-H Day Camp Teaching Assistance	46/\$837.
2009	Volunteers	Sewing Machine Inspection	8/\$146.
2009	Volunteers	Summer Feeding Program Day Camp Instructors/Educational Assitants	1152/\$20,966.
2009	Consultant Volunteers	Commercial Kitchen Planning	2/\$36.
2009	Student Volunteers	Florida State University Dietetics Master Student	2240/

		Interns	\$40,768.
2009	Volunteers	Education Assistants: Riversink Elementary School	75/\$1,365.
2009	Volunteer Consultants	Panacea Women's Club Renovation	972/ \$17,690.
2009	Volunteers	Sustainable Big Bend Sustainability Workshop	240/\$4,368.
2009	Volunteers	Sustainable Big Bend Evaluation of Programming	256/\$4,659.
2009	Volunteers	4-H Youth Volunteers for Health Rocks™ Program	1194/ \$21,731.
2009	Volunteers	Wakulla Coalition for Youth Resource Directory Publication	416/\$7,571.
2009	Volunteers	Research, Volunteer Manager, Client Consultation, Office Assistance and Booth Dismantlement	15/\$273.
2009	Space	Complimentary Booth Space, Exclusive use of space for educational offerings	\$4,375.
<b>2009</b>		<b>Total</b>	<b>\$335,250.</b>

**Volunteers:** According to the 2008 Florida data from the Independent Sector ([http://independentsector.org/programs/research/volunteer\\_time.html](http://independentsector.org/programs/research/volunteer_time.html)) the estimated dollar value of a volunteer hour is \$17.38. In Extension, trained volunteers are contributing to Extension Program by dedicating their time, skills, talent, and expertise under supervision or guidance by faculty.

<b>Year</b>	<b>Type</b>	<b>Donor</b>	<b>Amount</b>
2008	Volunteer	Volunteer WAKULLA: Volunteer Fair/Cookie Bake Off	100/\$1738.
2008			990/\$17,206.
2008	EFNEP Teacher Assistants	Medart Elementary Kindergarten Series	18/\$313.
2008	EFNEP Teacher Assistants	Medart Elementary After School Program	598/\$10,393.
2008	Instructors	Ultimate Pizza Camp	24/\$417.
2008	FCS/ EFNEP Advisory Committee	Meeting Attendance and Preparation	42/\$730
2008	Advisory Council	Meeting Attendance And Preparation	1772/\$30.979.
		<b>Total</b>	

**Volunteers:** According to the 2008 Florida data from the Independent Sector ([http://independentsector.org/programs/research/volunteer\\_time.html](http://independentsector.org/programs/research/volunteer_time.html)) the estimated dollar value of a volunteer hour is \$18.20. (this includes estimated fringe benefits, update this value yearly and the values used for each year should be reported individually). In Extension, trained volunteers are contributing to Extension Programs by dedicating their time, skills, talent, and expertise under supervision or guidance by faculty.

#### **F. Monetary Contributions**

<b>Year</b>	<b>Donor</b>	<b>Amount</b>
<b>2008</b>	<b>None</b>	
<b>2009</b>	<b>None</b>	
<b>2010</b>	<b>Green Living Expo:</b>	

<b>Total</b>		
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**19. UNIVERSITY GOVERNANCE AND SERVICE**

<b>Years</b>	<b>Name of Activity, Committee, etc.</b>	<b>Your role, e.g. member, chair, etc.</b>
2011	UF/IFAS Screening Committee	Member
2008 to present	Northwest Florida Program Implementation Team	Chairperson, 2011 Chairperson, 2010 Co-Chairperson, 2009 Member, 2008-present
2011, 2010	UF/IFAS Health, Nutrition and Food Safety (HNFS) Focus Team	Member Member
2010	Northwest Florida's Program Implementation Team/Multi-State for Multi-State Programming	Co-Leader for Multi-State Event
2010	EFNEP 5-Year Planning Committee	Member
2010	7 UF/IFAS publications on Nutrition and Food Buying for Dr. Glenda Warren, Claudia Penuela and Jennifer Hillan	Curriculum Reviewer
2010	2 UF/IFAS publications on Nutrition and Wise Cooking Practices for Emily Menton and Martha Maddox	Curriculum Reviewer
2010	11 UF/IFAS publications on Diversity and Extension for Dr. David Diehl	Curriculum Reviewer
2010, 2009	Sunbelt Expo Booth	Representative Coordination Committee and Booth Representative
2009	Family Nutrition Program/Expanded Food and Nutrition Education Program's Assistant Training Planning Committee	Member
2009	2 UF/IFAS publications on Feeding Toddlers and Farmer's Markets for Claudia Penuela	Curriculum Reviewer
2009	1 UF/IFAS publications on	Curriculum Reviewer

	“Small Steps to Health and Wealth™ Dr. Linda Bobroff	
2009	1 UF/IFAS publications on Diversity and Extension for Dr. David Diehl	Curriculum Reviewer
2009	“Health Rocks® curriculum	National Trainee
2009	“Health Rocks® curriculum	State-wide Trainer

**20. CONSULTATIONS OUTSIDE THE UNIVERSITY- None**

**21. EDITOR OF A SCHOLARLY JOURNAL, SERVICE ON AN EDITORIAL ADVISORY BOARD OR REVIEWER FOR A SCHOLARLY JOURNAL- None**

**22. INTERNATIONAL ACTIVITIES-None**

**23. EXTENSION PROGRAM**

The UF/IFAS Wakulla County Family and Consumer Sciences (FCS)/Expanded Food and Nutrition Education Programs (EFNEP)/ Food Nutrition Program (FNP) are planned by an Advisory Committee made up of representatives from Wakulla Counties. They were chosen to serve because of their place of residence, economic status, race, gender and because of the persons they have contact with through their neighborhoods, activities, affiliations, and/or their work.

The FCS/EFNEP/FNP Advisory Committee meets formally at least twice in 2010 to assist in the planning of the FCS program and to make suggestions on programming methodology and marketing techniques to insure that all citizens of Wakulla County have equal access to the services of the UF/IFAS Wakulla County Extension Service.

After each meeting the meeting minutes were submitted to the UF/IFAS Wakulla County Extension Director, to the UF/IFAS Northwest District Extension Director and are filed for public review at the County Extension Office for affirmative action purposes.

The Wakulla County Extension Council meets at least once during the year to assist in the development of the overall Extension Program. Their emphasis continues to be to identify and obtain more sustainable funding sources in addition to the county and state funding and to plan a facility maintenance enhancement plan.

Program Title	2011Days Planned	2011Days Expended	2010 Days Planned	2010 Days Expended
Health, Nutrition and Food Safety	48		41	84
Environment and Sustainability	43		40	66
4-H EFNEP/FNP and Other 4-H	35		30	45

<b>Other Extension Activities</b>	14		10	29
<b>Total</b>	140		140	224

## **I. Health, Nutrition and Food Safety in Wakulla County**

### **A. Situation:**

**People Living in Poverty:** According to USDA's *Economic Research Service in 2009*, 14% of U.S. families struggled to put food on the table last year. The USDA report found Americans' food insecurity at its highest level since the government started keeping statistics on hunger in 1995. In September of 2010, the Supplemental Nutrition Assistance Program (SNAP; formerly Food Stamps) data, 3,102 or 7% (based on the number of individuals 16 years or older) of Wakulla County individuals received food stamps. Many report exhausting these benefits five to ten days before the end of the month. Wakulla County received federal dollars from USDA to provide nutrition education to SNAP participants to help them understand how to eat a healthy diet on a limited food budget and how to incorporate more physical activity into their lifestyle.

**Obesity:** Wakulla County residents are typical of other Floridians. The Florida Department of Health, in 2005, 61% of Florida adults are overweight or obese, 27% were physically inactive, only 26% ate the recommended five servings of fruits and vegetables and obesity-related medical expenditure for adults in Florida total over \$3.9 billion, with over half of the costs being financed by Medicare and Medicaid. Additionally, Florida adults with the lowest incomes and the least education have the highest prevalence of obesity (26.5% for those earning less than \$25,000/year and 30.7% for those with less than a high school diploma). This disparity, along with the persistent risk for a number of chronic diseases, including heart disease, hypertension, diabetes and some cancers is cause for concern.

**Leading of Causes of Death in the United States:** Chronic diseases and condition such as heart disease, cancer, stroke, diabetes, and obesity are leading causes of disability and death and contribute to the rising cost of health care. Risk of these conditions can be reduced through changes in lifestyle behaviors including eating behaviors, physical activity and participants in health screenings. (Source: UF/IFAS Focus Team Goal, 2008-2012) In 2007, 3500 Wakulla County citizens had various stages of Type II Diabetes. In 2008 it was the 8<sup>th</sup> leading cause of death in this county. (Source: Wakulla County Health Department)

**Commuters:** 10,475 residents of Wakulla County commute to work with the mean travel time being 36 minutes. Time spent commuting places time restraints on Wakulla County families for family activities, time for meal planning and preparation, and meeting attendance. Many citizens, when faced to time and money crunch are turning to less nutritious, expensive foods available through fast food establishments. Homemakers often lack food preparation skills to allow them to purchase and prepare quality foods at home with an acceptable amount of time investment.

**Food Safety:** Foodborne illnesses continue to be a major health concern (CDC data) especially for person with compromised immunity such as infants, young children, older adults and persons with certain medical conditions. In Florida the majority of foodborne illnesses are attributed to commercial food serve and foods prepared in private homes. Home food preservation is returning as a popular activity across Florida. Many home food processors are using practices that put them at high risk for food borne illness and economic losses due to food spoilage.

2001 Objectives: Persons at risk or who wish to prevent chronic disease will do one or more of the following:

1. Annually 125 people will demonstrate increased knowledge of chronic disease risk factors and discover lifestyle choices that reduce health risks through varying educational methodology as determined through the utilization of appropriate evaluation tools such as pre/post-test assessment of food, nutrition, and physical activity knowledge and intent to change behavior.
2. Annually 30 people will improve one or more modifiable health risk factors through Extension programming as determined through the utilization of appropriate evaluation tools such as pre/post-test assessment of food, nutrition, and physical activity knowledge and intent to change behavior commitment. Behavior change evaluations will be utilized when determined to be appropriate.
3. Annually 30% of 40 elders, after attending a series of lessons, will indicate their intent to eat more fruits, vegetables, whole grains, fat-free or low fat dairy products and be more physically active as determined through appropriate evaluation techniques such as pre/post-test assessment of food, nutrition, and physical activity knowledge and through intent to change behavior.
4. Annually 35 participants will indicate intent to improve one or more food safety and preservation techniques and 20 participants will improve one or more modifiable food safety and food through Extension programming and determined through the utilization of appropriate evaluation tools. Committing to the tasks necessary for success offers each participant a “plan” through which many need to make the necessary behavior changes.

**Methods and Activities:**

1. Education presentations and in-depth series using lecture, multi-media, games, and food demonstrations.
2. Articles in newspapers and through other media or methods (e.g. CDs, websites)
3. Displays at community partner sites and special events.

**Target Audience:**

1. Consumer organizations, farmers, consumers, produce vendors, food service industry.

**Anticipated Results:**

1. Increased knowledge using pre-/post and or follow up tests.
2. Skills demonstrated during class activities (observation).
3. Intent to change practice measured immediately after class or program.
4. Changes in selected behaviors or practices as evaluated by follow up surveys distributed when determined appropriate.

**Anticipated Impact:** These increases in knowledge, intent to change and behavior changes will lead to healthier individuals and greater economic stability for Wakulla County families.

**2010 Program Objectives:**

1. 125 people will demonstrate increased knowledge of chronic disease risk factors and discover lifestyle choices that reduce health risks through varying educational methodology as determined through the utilization of appropriate evaluation tools such as pre/post-test assessment of food, nutrition, and physical activity knowledge and intent to change behavior.



2. Annually 30 people will improve one or more modifiable health risk factors (e.g. Body Mass, weight, etc) through Extension programming as determined through the utilization of appropriate evaluation tools such as pre/post-test assessment of food, nutrition, and physical activity knowledge and intent to change behavior commitment. Behavior change evaluations will be utilized when determined to be appropriate.

3. Annually 30% of 25 elders, after a series of lessons, will indicate their intent to eat more fruits, vegetables, whole grains, fat-free or low fat dairy products and be more physically active as determined through appropriate evaluation techniques such as pre/post-test assessment of food, nutrition, and physical activity knowledge and through intent to change behavior.

### Target Audiences:

1. Consumers, food service industry representatives with an emphasis on the older Wakulla citizens.

### C: Educational Methods and Activities

- Three 10 session workshops on Hypertension utilizing the UF/IFAS curriculum **“Keeping the Pressure Down”** was taught in conjunction with computer training on Microsoft’s™ Word, Excel and Power Point. A volunteer assisted with the instruction offered. 30 participants began the series with 15 completed the course. The support materials developed included: “Know Your Numbers” Fact Sheet. Thirty professional presentations were given. Two of the three classes were offered at the Wakulla County Library and one at the Wakulla County Extension Office.
- Two 10 session workshops utilizing the UF/IFAS curriculum **“Toward Permanent Weight Management”**. A volunteer continues to work weekly with the core group of graduates. 20 participants began the series with 10 completing the series. The support materials developed included: “Know Your Numbers” Fact Sheet Booth displays on: “MYFood Pyramid” and “Water versus Sports Drinks Consumption” 20 professional presentations were given. The classes were held at the Wakulla County Extension Office.
- Ten 45 minute sessions were given at the Wakulla County Congregate Meal Site utilizing the UF/IFAS curriculum “Elder Nutrition and Food Safety” and the USDA curriculum “Eat Smart, Live Strong”. A volunteer instructor used UF/IFAS materials when I was unavailable to make a presentation. The audience numbers ranged from 30 to 80 with the average attendance being 55.10 professional presentations were given. Classes were held at the Wakulla County Senior Citizens Center
- Twenty-eight articles were published in three printed news sources and 10 were posted on websites. One television spot was aired.
- Ten presentations were made on the Local, District, and State levels on the related topics to this Objective.

The support materials developed included:

Power Points: MyFood Pyramid: Super-sized  
 Controlling Hypertension through Sodium Intake Power Point  
 Nutrition Up-date  
 Building Strong Bones  
 Educational Exhibits: Healthy Snacking  
 MYFood Pyramid

## Power Drink versus Water Consumption

## Partnering EFENP with the D.O.E. Summer Feeding Program

Programs were held at state meetings at hotels, Extension Offices, churches, and schools

**Summary of group teaching events for Program I: Health, Nutrition and Food Safety**

<b>Instructor</b>	<b>Event</b>	<b>Number of Events</b>	<b>Number of Participants</b>
<b>Self</b>	“Keeping the Pressure Down” / Computer Workshop Series	30 sessions	30 began; 15 completed Series
	“Toward Permanent Weight Management” Workshop Series	20 sessions	20 began; 10 completed series
	Monthly presentations at the Wakulla County Congregate Meal Site: MYFood Pyramid, Eating More Fruits and Vegetables and Increasing Exercise Series	10	Average Attendance: 55
	Osteoporosis: Women’s Group	1	11
	“Living with a Food Budget”: Alzheimer’s’ Support Group	1	4
	“Food Safety and Nutrition Up-date”: Wakulla County Food Service Workers	2	42
	“Pre-Natal Nutrition”: Wakulla Pregnancy Center	1	2
	“Stretching Your Food Dollars”: Second Harvest of the Big Bend’s Agency Relations Conference	1	26
	“Super Sized Food Pyramid”: FNP/EFNEP Training Conference	1	154
	“Healthy Snacking”: FNP/EFNEP Training Conference,	1	154
	Multi-State Event (Florida, Georgia and Alabama) “Small Steps to Health and Wealth” Polycom	1	52
	“Sodium and Hypertension” FNP/EFNEP NW Extension District Training	1	19
	“Keeping Pressure Down” EPAF	1	30
	“Creating Positive Mealtime Attitudes” : Leon County HeadStart Teachers	1	65
<b>Program Assistants</b>	“Super Sized Food Pyramid”, FNP/EFNEP Training Conference	<b>1</b>	154
	“Healthy Snacking”: FNP/EFNEP Conference	1	154
	“Healthy Breakfast and Lunch Choices”, Coast Charter School’s Title 1 Parent Night	1	33
	“Back to School Health Fair”, Crawfordville United Methodist Church	1	62
<b>Volunteer</b>	Monthly presentations at the Wakulla County Congregate Meal Site: “Use Extra Calories Carefully”	1	47

	"Square Foot Gardens Class"	<b>3</b>	<b>7</b>
	"Keeping the Pressure Down" / Computer Workshop Series	30 sessions	30

### Summary of clientele reached for Program I:

Nutrition, Health and Food Safety	
Number of Educational Materials Developed	18
Number of Clientele Contacts	
Field Consultations	66
Office Consultations	23
Telephone Consultations	37
Group Teaching Participants	2150
E-mail Consultations	78
Web site Visits	24,900

## D. Outcomes and Impacts

### Objective 1

1. Annually 125 people will demonstrate increased knowledge of chronic disease risk factors and discover lifestyle choices that reduce health risks through varying educational methodology as determined through the utilization of appropriate evaluation tools such as pre/post-test assessment of food, nutrition, and physical activity knowledge and intent to change behavior.

**Outcome:** Of the 2,150 people we reached through group teaching methods, 950 indicated a gain in knowledge and 440 indicated an intent to change their behavior.

**Impact:** Increasing knowledge in this area will lay the foundation upon which participants can learn the benefits of making lifestyle changes. For *every person* who reduces his/her need for drugs and other artery-clearing procedures, or surgery, an estimated \$10,930 is saved (FDA, 1996).

### Objective 2

2. Annually 30 people will improve one or more modifiable health risk factors (e.g. Body Mass, weight, etc) as determined through the utilization of appropriate evaluation tools of food, nutrition, and physical activity knowledge and intent to change behavior.

**Outcome:** 25 people indicated that they had improved their behavior through lifestyle changes.

**Impact:** Risk of these conditions can be reduced through changes in lifestyle behaviors including eating behaviors, physical activity and participants in health screenings. (Source: UF/IFAS Focus Team Goal, 2008-2012) Changes in these lifestyle choices can lead to lower health costs and greater life satisfaction.

### Objective 3

3. After a series of lessons, at least 30% of elders will indicate their intent to eat more fruits,

vegetables, whole grains, fat-free or low fat dairy products and be more physically active as determined through appropriate evaluation techniques such as pre/post-test assessment of food, nutrition, and physical activity knowledge and intent to change.

**Outcome:** At half of the 11 sessions offered at the Wakulla County Senior Meal Site, an evaluation was completed, 45% of the 215 of those persons completing the survey indicated that they intended to change one or more of the lifestyle choices.

**Impact:** Ninety-seven seniors made nutritious choices and became more physically active realized greater health benefits leading to reduced medical costs and a greater sense of well-being. These increases in knowledge, intent to change and behavior changes will lead to healthier individuals and greater economic stability for Wakulla County families.

**Success Stories include:**

- Persons completing the “Keeping the Pressure Down” Hypertension series remarked “I was unaware, until taking this class, the amount of sodium that is in foods. I now find myself looking at the sodium content on labels and am trying to make better choices for my kids.”
- The utilization of UF/IFAS Hypertension curriculum to teach a basic computer skills class was an innovative methodology. One participant noted at the end of the series, “The incorporation of the teaching of computer skills and health enhanced the learning environment.”
- The use of health living skills practice exercises made the computer training more practical which enhanced retention and increased the likelihood that I would continue to use the learned skills” Another commented, “This is an excellent teaching method.” The creative educational methodology resulted in greater learning.

**Race and Ethnicity Data**

Race and Ethnicity	Projected Target Audience (2010)		Audience Reached (2010)		*Parity (± 4%) Reached	Projected Target Audience (2011)	
	No.	%	No.	%	Yes/No	No.	%
Hispanic	45	3	28	2	Yes	45	3
Multi-racial		1					
Pacific Islander		0					
American Indian		0					
Asian		0	4	0			
Black	195	13	627	39	No	195	13
White	1245	83	892	58	No	1245	83
Unknown			16	1			
Total	1500	100%	1567	100%		1500	100%
Gender							
Male	555	37	251	16	No	555	37

Female	945	63	1309	83	No	945	63
Unknown			7	0			
Total	1500	100%	1567	100%		1500	100%

**Explanation for Parity Issues:** Due to our involvement with the Head Start staff and doing programs at the Wakulla County Sr. Congregate Meal Site, our parity reflects the high number of blacks and women in attendance at these activities. We did reach the black population of Wakulla County for which I am satisfied. We made all reasonable effort to make our programs available to all citizens of Wakulla County.

### 2009 Program Objectives:

1. 50% of the 100 program participants will change their eating habits and level of exercise to incorporate more nutrition foods and greater levels of exercise into their daily lives. Risk of these chronic disease conditions can be reduced through changes in lifestyle behaviors including eating behaviors, physical activity and participants in health screenings; (Source: UF/IFAS Focus Team Goal, 2008-2012) These changes will result in better personal health conditions and less medical expense incurred to remedy nutrition-related illnesses. Appropriate evaluation tools will be utilized to determine anticipated behavior changes.
2. At least 50% of the 50 program participants will indicate a willingness to change some aspect of how they manage their resources. Greater time and money savings will result in additional resources being realized for the family's realization of goals. Pre and post assessments will be used to indicate a willingness to incorporate change into their resource management practices.

### Educational Methods and Activities:

1. Newspaper articles were used to keep the general public abreast of food and nutrition issues.
2. Education sessions were offered to community groups as requested.
3. Booths and/or displays were placed at health fairs and/or at public places on nutrition, healthy lifestyle choices, and food safety topics.

**Table 1a. Group Teaching Events – Agent 2009**

Type of Event/Topic	Number of Events	Number of Participants
Lunch and Learn Sessions at the Wakulla County Senior Meal Site. Subjects Covered included: MyFood Pyramid, Healthy Snacks, Hydration, Heart Health, Vitamin D, Hypertension, Fiber, Organic, Exercise, UF/IFAS Wakulla County EFNEP Program Overview and Holiday Safety	11	Average 53/session Range of 12-115 or 583 participants
Small Steps to Health and Wealth™	4	Average 53/session
Preserving the Harvest	1	17
Understanding the Mediterranean Diet	2	10

**Table 1c. Group Teaching Events – Volunteers 2009**

Type of Event/Topic	Number of Events	Number of Participants
Lunch and Learn Sessions at the Wakulla County Senior Meal Site. Subjects Covered included:	11	Average 53/session Range of 12-115

MyFood Pyramid, Healthy Snacks, Hydration, Heart Health, Vitamin D, Hypertension, Fiber, Organic, Exercise, UF/IFAS Wakulla County EFNEP Program Overview and Holiday Safety		or 583 participants
Preserving the Harvest	1	17

### Evaluations Completed of Activities Utilized to Reach Objectives

Activity	Type of Evaluation Utilized	Outcome	Proposed Change to Future Programming										
Lunch and Learn Sessions at the Senior Center	Oral question and answer at completion and written post test	<p>Of the 11 sessions, 4 written evaluation were completed and 7 verbal evaluations were secured</p> <table><thead><tr><th>Lesson Title</th><th>% of Intent to change Behavior</th></tr></thead><tbody><tr><td>Healthy Snacks</td><td>74%</td></tr><tr><td>Fiber</td><td>76%</td></tr><tr><td>Fluids</td><td>77%</td></tr><tr><td>Calcium</td><td>81%</td></tr></tbody></table> <p>When asked how they intended to change most indicated changing their food choices, become more physically active, shop more carefully and the majority plan to share the information with others.</p>	Lesson Title	% of Intent to change Behavior	Healthy Snacks	74%	Fiber	76%	Fluids	77%	Calcium	81%	<p>We will consider more in-depth educational seminars with Seniors.</p> <p>We will consider a follow-up survey to see if behavior changes have resulted.</p> <p>We will consider developing more in-depth evaluation tools.</p>
Lesson Title	% of Intent to change Behavior												
Healthy Snacks	74%												
Fiber	76%												
Fluids	77%												
Calcium	81%												
Small Steps to Health and Wealth™ Work-Shops	2 of the 4 sessions completed written evaluations	<p>All who evaluated the sessions “learned a new approach that I can use toward changing my own behavior and intend to change a health or wealth related behavior.”</p> <p>Being aware of portion size was the most noted intended behavior change listed.</p>	<p>This offering was a short summation of this curriculum as a test of acceptability.</p> <p>The feedback received insures that this program can be incorporated in 2010 programming</p>										
Preserving the Harvest	Written evaluation	<p>16 of the 17 participants evaluated the program as follows:</p> <p>The Mean Overall Quality: 3.75</p> <p>The Mean Usefulness: 3.94</p> <p>The Mean Application to Life:</p>	<p>A six month e-mail and phone call interview was completed with 95 participants in</p>										



		3.62 (4 POINT Scale) 75% of participants at the completion of the event indicated they planned to make changes in their lives. 34% indicated specific behavior changes. 62% indicated that they could apply what they learned.	the Green Expo. (See Sustainable Living Section III for details.)
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**Table 2. “Workload Data”2009**

<b>Total number of Education Materials Prepared this Year</b>	40
<b>Your Number of Clientele Contacts:</b>	
<b>Field consultations</b>	32
<b>Office consultations</b>	23
<b>Telephone consultations</b>	29
<b>Group learning participants</b>	203
<b>e-mail consultations</b>	21

**Impacts and Outcomes:**

202 Wakulla County citizens learned ways to change their lifestyle concerning nutrition and exercise which hopefully will lead to behavior changes. Chronic diseases and conditions such as heart disease, cancer, stroke, diabetes, and obesity are leading causes of disability and death and contribute to the rising cost of health care. Risk of these conditions can be reduced through changes in lifestyle behaviors including eating behaviors, physical activity and participating in health screenings. (Source: UF/IFAS Focus Team Goal, 2008-2012). Greater time and money savings results as citizens better manage their resources. This will allow more personal and family goals being realized.

**Target Audience:** At least 400 citizens of Wakulla County will reached with health, nutrition and food safety programming.

**2008 Program Objectives:**

1. At least 50% of the program participants will change their eating habits and level of exercise to incorporate more nutrition foods and greater levels of exercise into their daily lives.
2. At least 50% of the program participants will indicate a willingness to change some aspect of how they manage their resources. Greater time and money savings will result in additional resources being realized for the family’s realization of goals. Pre and post assessments will be used to indicate a willingness to incorporate change into their resource management practices.
3. At least 40% of the program participants will indicate a willingness to practice better safety procedures which will result in fewer accidents and health risks. Pre and post assessments will be used to indicate a willingness to modify behaviors.

**Educational Methods and Activities:**

1. Newspaper articles were used to keep the general public abreast of food and nutrition issues.

2. Lunch and Learn series were offered at the Wakulla County Senior Citizens Center/Trace Housing Project.
3. Booths at health fairs on nutrition, healthy lifestyle choices, and food safety topics.
4. Presented programs to interested Wakulla County groups on nutrition, healthy lifestyle choices and food safety topics.

**Table 1a. Group Teaching Events – Agent**

<b>Type of Event/Topic</b>	<b>Number of Events</b>	<b>Number of Participants</b>
Presentation to the Wakulla High School Culinary Arts and Family Life students/Water, the Indispensable Nutrient	7 Presentations	239
Presentation to the Wakulla County Senior Citizens/ <i>Bring on the Veggies.....</i>	1 Presentation	75
Presentation to the Wakulla County Head Start Parents/ <i>Nutrition Topics for Growing Children</i>	1 Presentation	11
Presentation to the Wakulla County Senior Citizens/Citrus for Christmas	1 Presentation	42

**Table 1b. Group Teaching Events – PAS**

<b>Type of Event/Topic</b>	<b>Number of Events</b>	<b>Number of Participants</b>

**Table 1c. Group Teaching Events – Volunteers**

<b>Type of Event/Topic</b>	<b>Number of Events</b>	<b>Number of Participants</b>

**Table 2. “Workload Data”**

<b>Total number of Education Materials prepared this Year</b>	<b>7</b>
<b>Your Number of Clientele contacts:</b>	
<b>field consultations</b>	<b>16</b>
<b>office consultations</b>	<b>29</b>
<b>telephone consultations</b>	<b>36</b>
<b>group learning participants</b>	<b>352</b>
<b>e-mail consultations</b>	<b>14</b>

**Outcomes and Impacts:**

\*Evaluation surveys revealed the following: In a survey of 199 high school students (78% of total participants) who heard the presentation on Water, the Indispensable Nutrient, the following results were evident:

\*89% indicated that they had increased in the amount of water they consumed,

\*100% confirmed that Americans are suffering from obesity or from being overweight, and 100% noted that the bottle water industry does impact our environment negatively due to the use of petroleum-based plastics and the lack of re-cycling of bottles.

When these students change their behavior and by telling others of damage on our environment bottled water makes, greater preservation of our environment will result. This will save money in the future repair to our environment that will be needed. Increased consumption of water by these students will raise their bodies' efficiency and cut down the medical expenses that accompany poor nutrition.

## **II. Sustainable Communities and Families**

### **Situation:**

**Housing:** Wakulla County is a high growth, rural community realizing a 34% population change from 2000-2008 (From 22,866 to 31,089). It is anticipated that our county will have 47,300 residents by 2030. (Leon Jacobs, Attorney, Williams & Jacobs, Attorney at Law, LLC, with special interest in Environmental Law, October 8, 2009) In the year 2006 there were 12,652 housing units compared to 9,820 in 2000. In addition, 11.3% of Wakulla County population lives below poverty line. Choosing and maintaining homes and quality family life is of concern to those who do not have the financial means to spend a great deal of money on maintaining and up-dating their homes.

**Sustaining our Environment:** Globally we are using more of our natural resources than nature can generate. Everyone must be encouraged to make changes in their lifestyle to become less demanding on these resources by using more sustainable practices. According to Leon Jacobs, Leon County Environmental Attorney who lives in Wakulla County, the county's citizens are at risk of the major economic impacts from global warming in the future. He predicts harsher weather, more category 4-5 hurricanes, sea level rise and higher temperatures. These changes will results in higher electric bills, potential loss of tourism and the readjustment of citizens' lives. (Leon Jacobs's seminar, October 8, 2009).

### **2011 Program Objectives:**

1. Annually 50% of the 700 anticipated participants in the Green Living Energy Expo and/or sustainability learning experiences will report behavior changes which they accredit to their participation as indicated through a follow up survey. Incorporating sustainability practices into the lives of Wakulla County citizens leads to great financial savings and less negative impact on the environment.
2. Annually 100 persons will increase their knowledge on sustainability issues. Raising the level of understanding of Wakulla County citizens on these important issues can lead residents to make a commitment to change and to incorporate behavior changes into their lives.

### **Educational Methods and Activities:**

1. The publication and distribution of newspaper and newsletter articles, fact sheets, educational booths that address sustainability.
2. Plan, implement and evaluate the Sustainability Study Groups.

### **Anticipated Impacts:**

The distribution of sustainability education will raise the knowledge of Wakulla County citizens on how small lifestyle changes and make a significant difference to our economy and our environment. Participants, through these changes, will save money and will have less negative impact on the environment.

**2010 Program Objectives:**

1. Annually 50% of the 700 anticipated participants in the Green Living Energy Expo and Education Fair will report behavior changes which they accredit to their participation as indicated through a follow up survey. Incorporating sustainability practices into the lives of Wakulla County citizens leads to great financial savings and less negative impact on the environment.
2. Annually 100 persons will increase their knowledge on sustainability issues. Raising the level of understanding of Wakulla County citizens on these important issues can lead residents to make a commitment to change and to incorporate behavior changes into their lives.

**Educational Methods and Activities:**

1. The publication and distribution of newspaper and newsletter articles, fact sheets, educational booths that address sustainability.
2. The Planning, implementing and evaluating of the Green Living Energy Expo.

The Wakulla County Green Living Expo was a valuable methodology for reaching people with education on all aspects of sustainability. With over 500 hours of volunteer labor and the leadership provided by the UF/IFAS Wakulla County Extension Staff, the Expo again surpassed all expectations. Educational workshops, hands-on demonstrations, on-site “field trips” to farmers markets, and booth displays of sustainability products were utilized to reach the goals. Youth were reached by on-going children’s activities based on sustainability practices and eco-living education stations.

The Green Living Homes Tour was a field trip that allowed participants to travel to four Wakulla County homes to see firsthand the sustainability practices that residents had incorporated.

Eco-camp was used as a day camp theme to further explore sustainability practices with youth (Program Area III for details.)

**Support Materials Developed Include:**

Power Points: Wakulla County Green Living Expo  
How to Live Sustainability?  
Booths: Recycouture Camp: Re-Purposing Instead of Discarding  
Fact Sheets: 4  
Newsletters Articles: 5  
Number of professional presentations: 4  
Educational Media Releases: 9

Meetings were held at schools, convention centers and the Wakulla County Extension Office.

**Summary of group teaching event for Program II:**

**Wakulla Environmental Issues and Sustainability**

<b>Instructor</b>	<b>Event</b>	<b>Number of Events</b>	<b>Number of Participants</b>
<b>Self</b>	Living Sustainably: Macadonia C.O.C.W.I.H. Church	1	50
	Wakulla County Green Living Expo: National Extension Association of Family and Consumer Sciences	1	18
	NW Extension Agents: Repurposing as a part of Sustainability Educational Program	1	12
	Green Living Expo Workshop: Stitching Circle: A Road to Repurposing	1	15
<b>Volunteer</b>	Living Sustainably: Macadonia C.O.C.W.I.H. Church	1	50
	Green Living Expo Workshop: Stitching Circle: A Road to Repurposing	1	15
	Green Living Expo Workshop: "Water, Energy, and Land Development in Florida"	1	60
	Green Living Expo Workshop: "What Does It Mean to Live Green?"	1	4
	Green Living Expo Workshop: "Green Jobs: What and Where are They?"	1	10
	Green Living Expo Workshop: "Solar Energy for the Home"	1	6
	Green Living Expo Workshop: "Organic Gardening"	1	16
	Green Living Expo Workshop: "How to Recycle Everything"	1	12
	Green Living Expo Workshop: "Solar Hot Water Heating"	1	12
	Green Living Expo Workshop: "Conduct Your Own Home Energy Audit"	1	4
	Green Living Expo Workshop: "The Impact of Our Consumption Around the World"	1	7
	Green Living Expo Workshop: "Be the Solution to Pollution"	1	10
	Green Living Expo Workshop: "Hydroponic Gardening"	1	22
	Green Living Expo Workshop: "Making Your Own Compost"	1	13
	Green Living Expo Workshop: "Save Money on Your Electric Bill"	1	4
	Green Living Expo Workshop: "Harvesting Rainwater and New Irrigation Methods"	1	10
	Green Living Expo Workshop: "Making Rain Barrels"	2	30
	Green Living Expo Workshop: "Learning about Electric Bikes"	1	19
	Green Living Expo Workshop: "Landscaping with Native Plants"	1	10

	Green Living Expo Workshop: “Simple Ways to Create a Green and Healthy Home”	1	8
	Green Living Expo Workshop: “What is Your Carbon Footprint”	1	8
	Green Living Expo Film Festival	4	27
	Green Living Homes Tours	2	10

#### Summary of clientele reached for Program II:

Wakulla Environmental Issues and Sustainability	
Number of Educational Materials Developed	4
Number of Clientele Contacts	
Field Consultations	1055
Office Consultations	104
Telephone Consultations	210
Group Teaching Participants	242
E-mail Consultations	197
Web site Visits	24,900

#### D. Outcomes and Impacts

**Objective 1:** At least 50% of the 700 anticipated participants in the Green Living Energy Expo and Education Fair will report behavior changes which they credit to their participation as indicated through a survey.

##### Outcome:

- 300 persons who attended the Green Living Expo Workshops indicated they intended to change behaviors as a result of attending Expo workshops.
- 100 event attendees indicated they intended to change behavior as a result of attending the Expo. (Very small survey return rate.)
  - A sampling of the participants suggestions of how they would change behavior include: pursue more green building projects; promote re-training of unemployed for green jobs.; support green job services; incorporate different techniques in the garden ; drive less; more recycling; turn off lights; use a rain barrel; compost more; eat less meat; look into a solar hot water heater; solarize the home; consider purchasing an electric bike; re-purpose items instead of discarding them; eat local; guttering properly; and make green cleaners.
- Four participants who evaluated the National Meeting presentation felt that they gained additional tools to address sustainability in their program.

##### Impact:

One hundred Wakulla County and surrounding county-citizens incorporated sustainability practices into their lives leading to greater financial savings and less negative impact on the environment. These individuals will serve as models in their respective communities and neighborhoods to show how small lifestyle change can make a difference in their financial well-being and to our environment.



**Objective 2:** At least 100 persons will increase their knowledge on sustainability issues.

**Outcome:** 210 of the 317 participants in the 2010 Green Living Expo workshop sessions found the information very or somewhat useful.

The six participants who evaluated the Green Living Expo presentation at NEAFCS felt that gained new information on sustainability issues. As people learn about sustainable living,

**Impact:** Raising the level of understanding of Wakulla County citizens and FCS Agents across the nation of sustainability practices results in residents making a commitment to change their behavior in their daily lives. FCS Agents from across the United States discovered an educational process to implement in their home counties to aid in a national effort in sustainability education. This results in a nation practicing more sustainability methods to preserve our environment and to save money.

#### **Success Story:**

The 2010 Green Living Expo resulted in many participants committing to change their practices. These practices include: pursue more green building projects; promote re-training of unemployed for green jobs.; support green job services; incorporate different techniques in the garden; drive less; more recycling; turn off lights; use a rain barrel; compost more; eat less meat; look into a solar hot water heater; utilize solar energy in my home; buy an electric bike; re-purpose items instead of discarding them; eat local; gutter my home properly; and make green cleaners.

The NEAFCS presentation resulted in the idea of incorporating sustainability education into the Extension curriculum is of interest to many. This experience could lead to varied activities nation-wide to aid in more citizens utilizing sustainability practices.

#### **Race and Ethnicity Data**

<b>Race and Ethnicity</b>	<b>Projected Target Audience (2010)</b>		<b>Audience Reached (2010)</b>		<b>*Parity (± 4%) Reached</b>	<b>Projected Target Audience (2011)</b>	
	<b>No.</b>	<b>%</b>	<b>No.</b>	<b>%</b>		<b>No.</b>	<b>%</b>
<b>Hispanic</b>	24	3	24	3	Yes	12	3
<b>Multi-racial</b>	8	1				4	1
<b>Pacific Islander</b>			5	0			
<b>American Indian</b>							
<b>Asian</b>							
<b>Black</b>	104	13	150	16	Yes	52	13
<b>White</b>	664	83	740	79	Yes	332	83
<b>Unknown</b>			15	2			
<b>Total</b>	800	100%	934	100%		400	100%

<b>Gender</b>							
<b>Male</b>	296	37	366	39	Yes	148	37
<b>Female</b>	504	63	568	61	Yes	252	63
<b>Unknown</b>	800	100%	934	100			
<b>Total</b>	800	100%	934	100%		400	100%

**2009 Program Objectives:**

1. At least 50 % of the persons interviewed after attending the Big Bend Green Living Expo and Education Fair/Big Bend Living and Housing Tour will report changed behavior as indicated through a follow-up survey or other evaluation tool. More sustainable practices incorporated into the lives of Wakulla County citizens will result in long term financial and environmental gains.
2. At least 50% of the persons who attend the seminar on parenting will report behavior changes as indicated through a follow-up survey. Research indicates that better parenting skills practiced in the homes leads to children with higher self-esteem and coping skills.

**Education Methods and Activities:**

1. Newspaper articles to address the topics related to above stated objectives were submitted.
2. Assisted in the planning, implementation and evaluation of the Big Bend Green Living Expo and Education Fair.
3. Educational seminars were presented on parenting.

**Impacts and Outcomes:**

The 2009 Green Expo and Education Fair attracted more men due to our increased and different marketing techniques. Changes in behaviors concerning preserving our environment resulted with effects seen within the community. This resulted in a cleaner environment for everyone to enjoy. Wakulla County citizens became better parents resulting in less domestic and child abuse. Healthier children attended school and were better able to achieve success with their academics.

**Table 1a. Group Teaching Events – Agent**

Type of Event/Topic	Number of Events	Number of Participants
Hurricane Preparation	1	59
Field Trip: Gulf County's County-wide Food Bank	1	8
Preserving the Harvest	1	17
DOE Summer Enrichment Program	1	47

**Table 1b. Group Teaching Events – PAS**

Type of Event/Topic	Number of Events	Number of Participants
DOE Summer Enrichment Program	1	47

**Table 1c. Group Teaching Events – Volunteers**

Type of Event/Topic	Number of Events	Number of Participants
Guiding Good Choices®	2	8
Biofuels 101	1	8
Household Composting	1	32
Cheese/Yogurt Making	1	10
Eating a Healthy Raw Food Diet	1	13
Containerized Herb Garden	1	13
Landscaping with Native Plants	1	22
Growing a Stronger Community Through Gardening: The Damayan Project	1	8
Growing a Stronger Community Through Gardening: The Damayan Project	1	8
Retrofitting Your Home for Energy Efficiency	1	15
Informed Gardener/Wise Gardener	1	11
Green Kitchen/Clean Kitchen	1	21
Efficient Simpler Solar Homes	1	14
Bicycle Tune-ups	1	4
Getting More for Your Gas Dollars	1	2
Introduction to Green Wheels	1	11
How to make a Rain Barrel	1	20
Building a Living Fence	1	6
Preserving the Harvest	1	17
Shopping Close to Home	1	11
Smart Living-Save Energy, Save Money in Wakulla County	1	21
Field Trip: Gulf County's County-wide Food Bank	1	8
Preserving the Harvest	1	17
DOE Summer Enrichment Program	1	47

Table 2. "Workload Data"

<b>Total number of Education Materials prepared this Year</b>	16
<b>Your Number of Clientele contacts:</b>	
field consultations	58
office consultations	30
telephone consultations	66
group learning participants	496
e-mail consultations	72

**Evaluation:**

**Wakulla County Green Expo and Education Fair Evaluation Summary Data:** Those who evaluated the event at the completion of the day offered these comments:

\*Overall, judgments of the quality of the event were high (92% reporting 'good' or 'excellent').

- \*Most people are saying they will make some sort of behavior change. (84%)
- \*Those who attended educational workshops are more likely report higher level of quality for the expo overall.
- \*Those who rate higher quality are most likely to say they will make behavioral changes.
- \*Those who were willing to be re-contacted are more likely to report that they will make behavioral changes.

### **Wakulla County Green Expo and Education Fair Evaluation Summary Data**

Prepared by David C. Diehl, Ph.D., Assistant Professor, Program Planning and Evaluation and Shelley Swenson, Wakulla County FCS/EFNEP, UF/IFAS.

The data presented here is based on internet-based surveys and phone interviews conducted with 121 individuals who attended the 2009 Wakulla County Green Expo. Ninety-four individuals completed the survey via an internet-based survey, while 27 completed the survey through a phone interview. These surveys were completed approximately 6 months after the event.

Sex	66% female; 35% male
Income	14% under \$25,000; 27% \$25,000-49,999; 31% \$50,000-74,999; 21% \$75,000-99,999; 7% \$100,000 or more
Education	4% high school or less; 26% some college; 34% college degree; 36% graduate school or more
Age	8% 20-29; 14% 30-39; 13% 40-49; 27% 50-59; 33% 60-69; 5% 70+ (youngest was 22, oldest was 82)
Race	93% White/non-Hispanic; 4% Black/non-Hispanic; 2% Hispanic/ Latino; 2% Other

- When it comes to the environment, what are the two most important problems to you and your family? (please choose any two of the following) Response: Polluted Air and Water (65%) and Destruction of wilderness and forests (56%).
- How much would you say energy and environmental issues impact the quality of life of your family? 87% of respondents said “some” or “a lot”
- How much do you think energy and the environment impacts on the overall health of your family? **77% of respondents said “some” or “a lot”**
- Do you consider energy and climate change to be a major problem, a minor problem, or not a problem? **81% said “a major problem”**
- The Green Expo is successfully reaching audiences that come from a variety of racial and economic backgrounds. **74% either agree or strongly agree**
- I have learned new environmental practices by attending the Green Expo. **91% either agree or strongly agree**
- I would recommend the Green Expo to a friend. **98% either agree or strongly agree**
- If next year’s Green Expo is held at a time that is convenient for me, I am likely to attend. **96% either agree or strongly agree**
- Have you shared some information from the Green Expo with people you know? **96% said yes**
- As a result of the Green Expo, have you made any changes in your life? **87% said yes**

Examples of behavior changes included: Recycling; Composting and Mulching; Installation and Use of Rain Barrels; Conservation of Energy; House Insulation; Low Energy Light Bulbs; Other Efficiencies; Purchase of Locally Grown Foods; Use of Less Toxic Cleaners; Purchase of Fuel Efficient Cars and Use of Bicycles for Transportation

At the completion of the **Leon Jacobs' Smart Living-Save Energy, Save Money in Wakulla County** workshop, ½ of our attendees evaluated the program with the following evaluation data secured:

- 100% of those surveyed reported knowledge gain;
- 100% said they planned to practice more sustainable living;
- Anticipated behavior change indicated: weathering home and practice more sustainability methods.

### **Sunbelt Expo:**

Approximately 5500 people gained knowledge at an educational booth on Saving Energy, Saving Money coordinated by the UF/IFAS FCS Agents. Many who stopped at our booth indicated their intent to change light bulbs to a more efficient energy-saving style. Many showed their understanding of the concepts taught by interacting with the display.

**Guiding Good Choices® Evaluation Results:** The curriculum is based on opening discussion between parents and their children on the use/abuse of alcohol and drugs. Many of the evaluation questions that deal with factors beyond knowledge base growth reflect the family's ability to communicate.

Most of the evaluation questions were at the level of determining intent to change behavior and included the following:

- 50% of the participants pledge to hold a family meeting in the next week.
- 75% of the participants pledged to hold a family meeting to plan family fun and to strengthen family bonding.
- 67% of the participants pledged to hold a family meeting to coach their children on alcohol/drug communication refusal skills in the next week.
- 50% of the participants pledged to hold a family meeting to establish a family position on alcohol and drugs.
- 44% of the participants pledged to discuss family conflict issues in the next week.
- 75% of the participants pledged to meet to discuss the reallocation of family tasks.
- 33% of the participants pledged to hold a family meeting to establish a family position on alcohol and drugs.
- 43% of the participants pledged to hold a family meeting to coach their children on alcohol/drug communication refusal skills in the next week.

The following behavior changes resulted in the lives of the participants:

- 70% of the participants said they had held (a) family meeting(s) since the last session.
- 43% of the participants said that they now hold family meetings at least once a month.
- 80% of the participants said they held a family meeting to plan family fun and to strengthen family bonding.

**Outcomes and Impacts:** Participants of the Green Expo and Educational Fair who evaluated the event at the completion of the day offered these summations: 1. Overall, judgments of the quality of the event were high (92% reporting 'good' or 'excellent'). 2. Most people are saying they will make some sort of behavior change (84%). 4. Those who attended educational workshops are more likely report higher level of quality for the expo overall.

Participants in the Green Expo and Educational Fair who evaluated the event 6 months after it was held reported the following: 1. They learned new environmental practices by attending (91% either agree or strongly agree). 2. They have been able to apply what they have learned in their own lives (91% either agree or strongly agree). 3. They have shared some information from the event with people they know (96% said yes). 4. As a result of the Green Expo they have made changes in their lives (87% said yes). They could cite specific changes in their behaviors. (See above). Changes in behaviors concerning sustainability practices will result in families having more long term economic stability and an environment that will survive and thrive.

Those who participated in the Making Good Choices Curriculum™ indicated on an average of 60% intent to change (a) behavior(s) on the areas related to family communication and carried through with on an average of 54% by incorporating change in their family dynamics through enhanced communication skills. Research proves that enhanced communication skills among family members results in children possessing greater self-esteem and greater academic success.

**Target Audience 2008:** 500 residents of Wakulla County and surrounding counties who are interested in making wise consumer decisions based on environmentally friendly practices.

### **2008 Program Objectives:**

1. At least 50% of the Wakulla County citizens who attend the 2008 Big Bend Green Living Expo and Education Fair will change their home management practices resulting in less damage to the environment as measured by a post interview or other evaluation tool completed.
2. At least 3 homeowners will change their home management practices as a result of the educational materials provided as determined by a follow up survey or other appropriate evaluation tool.
3. At least 20 citizens will develop positive parenting skills through the planned workshops as determined by a follow up survey or interview.

### **Education Methods and Activities**

1. Became a committee member and assisted in the planning, implementation and evaluation of the Big Bend Green Living Expo and Education Fair.
2. Investigated the work of the Wakulla County Habitat for Humanity organization to determine if UF/IFAS Extension materials are appropriate for their use.
3. Investigated what parenting classes are offered in the county to determine if UF/IFAS Extension materials are appropriate for their use and to recruit their input on other educational offerings needed in the county.

### **2008 Outcomes:**

\*The 2009 Big Bend Green Living Expo and Education Fair is scheduled for March 21, 2009. Through the work of the planning committee a successful educational experience will be held.

\*Investigation was completed on potential parenting classes and classes will be coordinated in 2009.

\*Materials will be secured and distributed to new and existing Habitat for Humanity home owners and/or committee members.

The will result in Wakulla County citizens incorporating more sustainable practices into their daily lives resulting in financial savings and savings on our environment.

**Table 1a. Group Teaching Events – Agent**

Type of Event/Topic	Number of Events	Number of Participants
Big Bend Green Living Expo and Education Fair Planning Meetings	6	21
Parenting Class Planning Meetings	5	20
Habitat for Humanity Planning Meetings	5	25

**Table 1b. Group Teaching Events – PAS**

Type of Event/Topic	Number of Events	Number of Participants

**Table 1c. Group Teaching Events – Volunteers**

Type of Event/Topic	Number of Events	Number of Participants

### **2008 Program Objectives:**

1. At least 50% of the Wakulla County citizens who attend the 2008 Big Bend Green Living Expo and Education Fair will change their home management practices resulting in less damage to the environment as measured by a post interview or other evaluation tool completed.
2. At least 3 homeowners will change their home management practices as a result of the educational materials provided as determined by a follow up survey or other appropriate evaluation tool.
3. At least 20 citizens will develop positive parenting skills through the planned workshops as determined by a follow up survey or interview.

### **Education Methods and Activities**

1. Become a committee member to assist in the planning, implementation and evaluation of the Big Bend Green Living Expo and Education Fair.
2. Investigate the work of the Wakulla County Habitat for Humanity organization to determine if UF/IFAS Extension materials are appropriate for their use.
3. Investigate what parenting classes are offered in the county to determine if UF/IFAS Extension materials are appropriate for their use and to recruit their input on other educational offerings needed in the county.



**Outcomes for 2008:**

\*The 2009 Big Bend Green Living Expo and Education Fair is scheduled for March 21, 2009. Through the work of the planning committee a successful educational experience will be held.

\*Investigation was completed on potential parenting classes and classes will be coordinated in 2009.

\*Materials will be secured and distributed to new and existing Habitat for Humanity home owners and/or committee members.

The will result in Wakulla County citizens incorporating more sustainable practices into their daily lives resulting in financial savings and savings on our environment.

**Table 1a. Group Teaching Events – Agent**

Type of Event/Topic	Number of Events	Number of Participants
<b>Big Bend Green Living Expo and Education Fair Planning Meetings</b>	<b>6</b>	<b>21</b>
<b>Parenting Class Planning Meetings</b>	<b>5</b>	<b>20</b>
<b>Habitat for Humanity Planning Meetings</b>	<b>5</b>	<b>25</b>

**Table 1b. Group Teaching Events – PAS**

Type of Event/Topic	Number of Events	Number of Participants
	<b>None</b>	<b>None</b>

**Table 1c. Group Teaching Events – Volunteers**

Type of Event/Topic	Number of Events	Number of Participants
	<b>None</b>	<b>None</b>

**Table 2. “Workload Data”**

<b>Total number of Education Materials prepared this Year</b>	<b>10</b>
<b>Your Number of Clientele contacts:</b>	
field consultations	<b>12</b>
office consultations	<b>24</b>
telephone consultations	<b>26</b>
group learning participants	<b>45</b>
e-mail consultations	<b>43</b>

**III. 4-H EFNEP, FNP and other 4-H Activities**

**Situation: Children Living in Poverty:** The U.S. 2000 Census shows 19.8% of Wakulla County children age 18 and under to be living at or below poverty level. In September of 2010, the Supplemental Nutrition Assistance Program data, 3102 or 7% (based on the number of

individuals 16 years or older) Wakulla County individuals received food stamps. According to data secured in the fall of 2010, 47% of children attending Wakulla County Districts schools utilize the free or reduced lunch program.

**Childhood Obesity:** According to the American Academy of Child and Adolescent Psychiatry, childhood obesity in the United States has grown considerably in recent years. Between 16 and 33% of children and adolescents are obese. In 2008, the Wakulla County Health Department research data revealed 30% of public school 6<sup>th</sup> graders were obese and 15% of high school students were found to be overweight. The annual cost to society for obesity is estimated at nearly \$100 billion. Overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise. The Academy suggests that the causes of obesity include poor eating habits. Further research indicates that those children who have had experience investigating foods and learning how to prepare them are more likely to be willing to do so when in their homes. According to the National Center for Health Statistics (2003), the top three leading causes of death in the U.S. are linked to nutrition. Lifestyle changes, including choosing nutrition foods, can result in a better state of health and less medical expenses incurred to remedy nutrition-related illnesses.

**Reaching Youth through Traditional 4-H:** Under the leadership of the Wakulla County 4-H Agent, Wakulla County 4-H involvement continues to grow. Children who have had experience investigating foods and learning how to prepare them are more likely to be willing to do so when in their homes. 4-H day-camps, the traditional summer camp experience for Wakulla County youth and school workshops provide an excellent opportunity to influence the eating habits of today's youth.

**Target Audience: 4-H EFNEP/FNP:** Wakulla County youth from the Medart Elementary, Coast Charter Schools, and District Pre-Schools. These children meet the eligibility requirements for the EFNEP/FNP Program. **Other 4-H Youth:** 20 Wakulla County youth and/or 4-H leaders.

### **Program Objectives:**

1. Annually 600 Wakulla County youth will be involved in a 4-H educational opportunity to increase their knowledge of foods, nutrition, exercise, health, sustainability and various other topics. Appropriate evaluation tools will be utilized to note behavior change, intent to change and/or knowledge gain.

### **Education Methods and Activities:**

1. Graduate at least 600 youth from our EFNEP/FNP, school-based and summer day camp program based food safety, foods, nutrition, health, sustainability and other curriculum. These educational experiences will lay the foundation to assist youth in making better choices. A well-educated Wakulla County youth leads to a stronger, wiser Wakulla County adult who is more likely to contribute positively to our communities.

**Target Audience:** 600 Wakulla County youth of 4-H age.

### **Projected Impact and Outcome:**

The Wakulla County youth involved with our programming will gain knowledge; they will pledge intent to change their behaviors. Follow up surveys will be conducted to learn if behavior changes resulted when determined appropriate. If positive changes are noted, it will be implied that participants will incorporate more sustainable practices and healthier lifestyle choices into their lives. The volunteer assistants will note changes in their own lives due to the involvement.

The long term affect of programming will result in healthier Wakulla County citizens and more attuned citizens practicing sustainable and healthier lifestyle choices.

**Program Objectives:**

1. Annually 460 Wakulla County youth will be involved in a 4-H educational experience to increase their knowledge of foods, nutrition, exercise, health and sustainability. Appropriate evaluation tools will be utilized to note knowledge gain. These changes will lay the foundation for the informed youth to make choices reflective of healthier lifestyle and sustainability practices.
2. Annually 30% of 460 EFNEP/FNP participants will report the intent to change one or more nutrition behaviors, food handling practices and increased exercise through the delivery of a multi-channel intervention targeting this segment of the Wakulla County population as determined through appropriate evaluation techniques. These lifestyle choice changes will lead to lower health cost and greater life satisfaction.

**C. Education Methods and Activities included:**

1. Wakulla County utilized the Expanded Food and Nutrition Education and Food and Nutrition Program youth curriculum. The Program Assistants worked in three schools and offered 6 week class series in each participating school. They incorporated songs, demonstrations, hands-on activities, poem memorization, and taste tests.
2. The Department of Education Summer Feeding Sites offered an opportunity for a nutrition series utilizing similar methodology. A nutrition series was offered to one After School Program which also utilized the same methodology.
3. To aid in the educational process of the 2010 Ag Adventure Days, nutritious treats were added to the goody bags provided for over 200 Wakulla County youth. The methodology of taste tests was incorporated.
4. A hands-on workshop was given for youth in one 4-H Club to aid in their understanding of how to give a demonstration.
5. A Day Camp called "Eco-Camp" utilized songs, demonstration, field trips, hands on activities, and taste tests as their educational methodology.

Volunteer staff was utilized in all classrooms through the teachers and their assistants. One volunteer assisted with the afterschool program as a teacher's assistant. Two volunteers assisted with the Day Camp.

The EFNEP and FNP Grant provided all of the funds for those curriculums and donations were utilized for both the After School Program and the Ag Adventure Day. A small fee was charged to offset the cost of the Day Camp.

The majority of the programs were held at schools where designated classrooms were provided for this auxiliary educational school experience. The Day Camp was held at the Wakulla County Extension Office. The After School Cooking School/Nutrition Program was held in the cafeteria of a public school.

Support Materials developed:

- Nutrition Lesson Sheets included:  
The Breakfast Rule  
Bone Up on Calcium  
Taste Test Summary Sheet  
Animal or Plant Test Sheet  
Mystery Foods Worksheet  
Fruit and Vegetable Identification Match Game
- Power Points included:  
Junk Food: Hidden Sugars, Salt and Fat  
Fresh 2 U: Florida Fruits and Vegetables  
A Look Inside the Food Guide Pyramid  
Make Mine Milk  
Make ½ Your Grains Whole  
Sustain Your Environment
- Educational Packets included:  
Breakfast for Bright Day  
Two-Bite Tasting Club Packet  
Clean Teach for a Happy Smile
- Miscellaneous Educational Materials  
MyPyramid Cheer

Professional Presentations:

Family and Nutrition Program: 96 class presentations  
Expanded Food and Nutrition Education Program: 156 class presentations  
Family Consumer Sciences Agent: 8 class presentations

**Summary of group teaching event for Program III:  
4-H EFNEP, FNP and other 4-H Activities**

Instructor	Number of Events	Number of Participants
Self	9	90
Program Assistants	267	936
Volunteer	41	284

**Summary of clientele reached in Program III.**

EFNEP, FNP and other 4-H Activities		
Number of Educational Materials Developed		16
Number of Clientele Contacts		
Field consultations		13

<b>Office consultations</b>	<b>6</b>
<b>Telephone Consultations</b>	<b>27</b>
<b>Group Teaching Participants</b>	<b>1338</b>
<b>Web Site Visits</b>	<b>24,900</b>
<b>E-mail</b>	<b>23</b>

**D. Outcomes and Impact:****Event Evaluation Summary:**

**Eco Camp Day Camp:** Participants had an average of 31% increase in knowledge.

<b>Curriculum Topics</b>	<b>% Increase in Knowledge</b>
Eat Local Food	12
Food Preservation and Canning	48
Manners and Eating Out	31
Food Safety	0
Sustainability Practices	12
Composting	44

**DO.E.'s Summer Feeding Program**

<b>Curriculum Topics</b>	<b>% Intent to Change Behaviors</b>	<b>% Increase in Knowledge</b>
MYFoodPyramid, Fruits and Vegetables More Matters, Make Mine Milk, Healthy Breakfasts, Healthy Snacks	91%	12%

**Cooking School through the After School Program:** Participants had an average of 74% increase in knowledge.

<b>Curriculum Topics</b>	<b>% Increase in Knowledge</b>
MyFoodPyramid	Not tested
Grains	Of the 6 students tested, 5 increased knowledge by 100% resulting in an 83% increase.
The Meat and Bean Group	Of the 3 students tested, all increased knowledge by 100% resulting in a 100% increase.
The Milk Group	Of the 7 students tested; 3 increased knowledge 100% resulting in a 47% increase in knowledge.
Reading Food Labels	Of the 6 students tested, 4 increased knowledge by 100% resulting in a 67% increase in knowledge

**EFNEP Programming Results:**

<b>Grade Level</b>	<b>Indicated an Intent to Change</b>	<b>% Increase in Knowledge</b>
Medart Kindergarten	Of the 117 children involved, 75% indicated	13%

	intent to change some aspect of their eating and lifestyle habits.	
COAST School Grade 1	Of the 16 children involved, 96% indicated intent to change some aspect of their eating and lifestyle habits.	6%
Medart Elementary 1st Grade	Of the 74 children involved, 70% indicated intent to change some aspect of their eating and lifestyle habits.	6%
Medart Elementary 2 <sup>nd</sup> Grade	Of the 87 children involved, 79% indicated intent to change some aspect of their eating and lifestyle habits.	15%

**Objective 1:** Annually 460 (unduplicated numbers) Wakulla County youth will be involved in a 4-H educational experience to increase their knowledge of foods, nutrition, exercise, health and sustainability. Appropriate evaluation tools will be utilized to note knowledge gain. The volunteers involved will note changes in their own lives due to the involvement they had in the programming.

**Outcome:** The Wakulla County Extension staff far surpassed our objective in terms of the number of youth reached. Through the utilization of a new program, FNP we were able to almost double our number reached. Since the program started so late in the year, this realization was not anticipated.

770 individual youth were reached through the program. Due to the difficulty of evaluating children's knowledge and behavior change on the pre-school level, only evaluation data was obtained only from older children. For all of the evaluations obtained, the youth involved averaged a 37% increase in knowledge.

**Impact:** Reaching children through these Extension healthy lifestyle programs lays the foundation for the involved youth to make choices reflective of healthier lifestyle and sustainability practices. The volunteers involved also noted changes in their own lives due to their involvement. The long term affect will result in healthier Wakulla County citizens and citizens practicing sustainable lifestyle choices.

**Objective 2:** Annually 30% of 460 EFNEP/FNP participants will report the intent to change one or more nutrition behaviors, food handling practices and increased exercise through the delivery of a multi-channel intervention targeting this segment of the Wakulla County population as determined through appropriate evaluation techniques.

**Outcome:** 80% of the youth who were given the opportunity indicated their intent to change some aspect of their eating and lifestyle habits.

#### **Success Stories:**

- EFNEP/FNP teachers noted changes in their students' behavior and credit it to this particular programming. The teachers wrote "Some of the students are bringing fruit for a snack when they always previously had brought chips." "When we come back from lunch and discuss the food they eat, they show a lot of knowledge that comes directly

from the lessons.” (The lessons)” keep me on track with what I eat and drink in class.....that’s great!!” “I love the hands-on experiences for my ESE students.” “I hear my students at snack time discussing who has the ‘healthy snack’.” These programs have changed the lives of Wakulla County children. By offering one of the only nutrition educational programs within the schools of Wakulla County should impact the overall health and well-being of its citizens resulting in a reduction of health care costs.

#### Race and Ethnicity Data:

Race and Ethnicity	Projected Target Audience (2010)		Audience Reached in 2010 Unduplicated		Parity (± 4%) Reached	Projected Target Audience (for 2011 POW)	
	No.	%	No.	%		No.	%
Hispanic			4				
Multi-racial	28	6	7	1	Yes	36	6
Pacific Islander							
American Indian							
Asian							
Black	32	7	48	6	Yes	42	7
White	400	87	680	88	Yes	522	87
Unknown			31				
<b>Total</b>	<b>460</b>	<b>100%</b>	<b>770</b>	<b>100%</b>		<b>600</b>	<b>100%</b>
<b>Gender</b>							
Male	257	56	378	54	Yes	336	56
Female	202	44	392	47	Yes	264	44
Unknown							
<b>Total</b>	<b>460</b>	<b>100%</b>	<b>770</b>	<b>100%</b>		<b>600</b>	<b>100</b>

#### Program Objectives: 2009

1. 180 Wakulla County youth will incorporate more nutritious foods and greater levels of exercise in their daily lives. According to the National Center for Health Statistics (2003), the top three leading causes of death in the U.S. are linked to nutrition. Lifestyle changes, including choosing nutrition foods, can result in a better state of health and less medical expenses incurred to remedy nutrition-related illnesses. Appropriate evaluation tools will be utilized to monitor change, intent to change, and/or knowledge gain.
2. Two volunteers indicated behavior changes in their personal lives and the lives of their families and their contemporaries as a result of making wiser food choices and by incorporating more exercise into their lives. The changes will result in better health experienced and less medical expenses incurred to remedy nutrition related illnesses. The changes will be obtained through a post interview completed with the volunteers involved.

#### Education Methods and Activities:



1. Developed a marketing plan for the Wakulla County Youth Healthy Lifestyle/Nutrition Program and distributed 200 promotional flyers to the youth of the county.
2. Graduated least 420 EFNEP students through a classroom experience with a minimum of 6 hours of contact.
3. Graduated 110 EFNEP students through a summer day camp program/or alternative program with a minimum of 6 hours of contact.

**Table 1a. Group Teaching Events-Agent 2009**

<b>Type of Event/Topic</b>	<b>Number of Events</b>	<b>Number of Participants</b>
Florida Department of Education/Coalition for Student Enrichment Summer Feeding Program Education Series	6-1 hour sessions covering Food Guide Pyramid, Fruits/Vegetables, Calcium, Snacks, Portion Control	234
Sopchoppy Ultimate Pizza Camp	2 day-day camp sessions covering Alternative Protein Sources, Composting, Food Guide Pyramid, Recycling, Gardening, Shopping Close to Home	42
St. Marks Ultimate Pizza Camp	2 day/day camp sessions covering Alternative Protein Sources, Composting, Food Guide Pyramid, Recycling, Gardening, and Shopping Close to Home.	36
Riversink Elementary 3 <sup>rd</sup> Grade Nutrition Series	3-1 hour session covering Food guide Pyramid, Portion Control, Calcium	272
Gulf County Fashion Revue Training	1-1/2 day workshop	3
State-wide training: Health Rocks®	1-3 day training	30
Recycouture Camp	3-1/2 day camp	10
4-H District Day	1-6 hour session	124

**Table 1b. Group Teaching Events- PAS (Program Assistant)**

<b>Type of Event/Topic</b>	<b>Number of Days</b>	<b>Number of Participants</b>
EFNEP Nutrition Series COAST Charter School Kindergarden-1 <sup>st</sup> and 2 <sup>nd</sup> grade	6-1 hour session covering Food Guide Pyramid, Fruits/Vegetables, Healthy Snacks, Healthy Beverages, Portion Control, the Importance of Breakfast, Exercise	240
EFNEP Nutrition Series COAST Charter School 3 <sup>rd</sup> -4 <sup>th</sup> grade	6-1 hour session covering Food Guide Pyramid, Fruits/Vegetables, Healthy Snacks, Healthy Beverages, Portion Control, the Importance of Breakfast, Exercise	228
EFNEP Nutrition Series Medart Elementary Kindergarten	6-1 hour session covering Food Guide Pyramid, Fruits/Vegetables, Healthy Snacks, Healthy Beverages, Portion Control, the Importance of	414

	Breakfast, Exercise	
EFNEP Nutrition Series Medart 1 <sup>st</sup> Grade	6-1 hour session covering Food Guide Pyramid, Fruits/Vegetables, Healthy Snacks, Healthy Beverages, Portion Control, the Importance of Breakfast, Exercise	360
EFNEP Nutrition series Medart Elementary 4 <sup>th</sup> Grade	Food Guide Pyramid, Fruits/Vegetables, grains, Food Safety, Sugar, Fat , Beverages	480
Florida Department of Education/Coalition for Student Enrichment Summer Feeding Program Education Series	6-1 hour sessions covering Food Guide Pyramid, Fruits/Vegetables, Calcium, Snacks, Portion Control	234
Sopchoppy Ultimate Pizza Camp	2 day-day camp sessions covering Alternative Protein Sources, Composting, Food Guide Pyramid, Recycling, Gardening, Shopping Close to Home	42
St. Marks Ultimate Pizza Camp	2 day-day camp sessions covering Alternative Protein Sources, Composting, Food Guide Pyramid, Recycling, Gardening, Shopping Close to Home	36

**Table 1c. Group Teaching Events- Volunteers**

<b>Type of Event/Topic</b>	<b>Number of Days</b>	<b>Number of Participants</b>
EFNEP Nutrition Series COAST Charter School Kindergarden-2nd grade	6-1 hour session covering Food Guide Pyramid, Fruits/Vegetables, Healthy Snacks, Healthy Beverages, Portion Control, the Importance of Breakfast, Exercise	240
EFNEP Nutrition Series COAST Charter School 3rd-4 <sup>th</sup> grade	6-1 hour session covering Food Guide Pyramid, Fruits/Vegetables, Healthy Snacks, Healthy Beverages, Portion Control, the Importance of Breakfast, Exercise	228
EFNEP Nutrition Series Medart Elementary Kindergarten	6-1 hour session covering Food Guide Pyramid, Fruits/Vegetables, Healthy Snacks, Healthy Beverages, Portion Control, the Importance of Breakfast, Exercise	414
EFNEP Nutrition Series Medart 1 <sup>st</sup> grade	6-1 hour session covering Food Guide Pyramid, Fruits/Vegetables, Healthy Snacks, Healthy Beverages, Portion Control, the Importance of Breakfast, Exercise	360
EFNEP Nutrition series Medart Elementary 4 <sup>th</sup> Grade	Food Guide Pyramid, Fruits/Vegetables, grains, Food Safety, Sugar, Fat , Beverages	480
Florida Department of Education/Coalition for	6-1 hour sessions covering Food Guide Pyramid, Fruits/Vegetables, Calcium, Snacks,	234

Student Enrichment Summer Feeding Program Education Series	Portion Control	
Sopchoppy Ultimate Pizza Camp	2 day-day camp sessions covering Alternative Protein Sources, Composting, Food Guide Pyramid, Recycling, Gardening, Shopping Close to Home	42 Participants 8 Volunteers
St. Marks Ultimate Pizza Camp	2 day-day camp sessions covering Alternative Protein Sources, Composting, Food Guide Pyramid, Recycling, Gardening, Shopping Close to Home	36 Participants 7 Volunteers
State-wide training: Health Rocks®	1-3 day training	23
Recycouture Camp	3-1/2 day camp	10

**Impact:**

Six Hundred Wakulla County youth who were involved with our nutrition/healthy lifestyle programming made gains in their knowledge base on the subject matters offers. Behavior changes in the food choices made and the exercise incorporated into their lives were reported by parents and youth.

The volunteers who were involved with assisting with the experiences reported knowledge gain in the area of foods, nutrition and healthy lifestyle.

These changes will contribute to a healthier future Wakulla County citizen. A foundation of nutrition/healthy lifestyle knowledge has been laid for the involved youth on which we can build through future programming. The result of our educational efforts assisted graduates to make wiser consumer choices enabling long term health benefits. The lifestyle behavior changes will decrease the medical expenses that are influenced by nutritional status and exercise.

Wakulla County Extension staff successfully expanded their audiences and reached our target populations. We utilized different marketing techniques to reach our targeted populations with limited success. We partnered with an existing program that was receptive to having an educational component added. Their audience directly reflected our target EFNEP audience. Our evaluations indicated that knowledge was gained. Participants, their parents and their teachers have assisted us with documenting an intent to change and/or behavior change on the part of the youth.

**Table 2. "Workload Data"**

<b>Total number of Education Materials prepared this Year 2009</b>	26
<b>Your Number of Clientele contacts:</b>	
<b>field consultations</b>	19
<b>office consultations</b>	13
<b>telephone consultations</b>	17
<b>group learning participants</b>	4,855

Wakulla County Extension staff successfully expanded their audiences and reached our target populations. We utilized different marketing techniques to reach our targeted populations with limited success. We partnered with an existing program that was receptive to having an educational component added. Their audience directly reflected our target EFNEP audience. Our evaluations indicated that knowledge was gained. Participants, their parents and their teachers have assisted us with documenting an intent to change and/or behavior change on the part of the youth.

### **2008 Program Objectives:**

1. At least 40% of all participants in Wakulla County youth programming will chose better foods and exercise more as a result of participating in the healthy lifestyle program offered. The participants will live healthier lives resulting in lower medical expenses according to research available from UF/IFAS specialists.
2. At least two volunteers involved in this program will recommend changes to their family members and/or contemporaries on choosing healthier foods and incorporating more exercise in one's life. Those reached will live healthier lives resulting in lower medical expenses as reported by subject matter Extension specialists through UF/IFAS.

### **Education Methods and Activities:**

1. A nutrition series will be offered during the fall semester at Medart Elementary School for kindergarten students.
2. A nutrition series will be offered during the fall semester at the Medart Elementary School After-School program.
3. A day camp on foods, nutrition and healthy lifestyles will be offered.
4. Through the VolunteerWAKULLA, the Medart School Teacher/Community Advisory and through other means, volunteer teachers will be recruited to expand the EFNEP program.

**Table 1a. Group Teaching Events – Agent**

<b>Type of Event/Topic</b>	<b>Number of Events</b>	<b>Number of Participants</b>
Ultimate Pizza Day Camp: Grain and Food Pyramid Day, Vegetable and Garden Planting Day, Protein and Healthy Heart Day, Dairy and Food Label Day and Fruit and Junk Food Day.	5 Day Camp	110
Medart Elementary School EFNEP After School Program MYFoodPryamid: The Grain Group, The Vegetable Group, The Fruit Group, The Milk Group, The Meat and Bean Group, The Oil and Fat Group,	6 sessions	72
Medart Elementary School EFNEP Kindergarten Program:"Slow Foods"—Junk Foods/Healthy Foods; More Matters--Fruits and Veggies Every Day; A Rainbow on My Plate-- Planning a Nutritious Meal; Be Wise About Your Portion Size-- Healthy Portion Sizes/Moderation; Power Drinks-- Sodas, Sports Drinks, Milk and Water; Move for Your Health-Exercise--Be a Couch Potato, the	6 sessions	750

Choice is Yours.		
Sopchoppy Summer Educational Program / <i>Drinking Milk for Long Term Health Benefits</i>	1 session	20

Table 1b. Group Teaching Events – PAS

**Table 1a. Group Teaching Events – Agent**

<b>Type of Event/Topic</b>	<b>Number of Events</b>	<b>Number of Participants</b>
Ultimate Pizza Day Camp: Grain and Food Pyramid Day, Vegetable and Garden Planting Day, Protein and Healthy Heart Day, Dairy and Food Label Day and Fruit and Junk Food Day.	5 Day Camp	110
Medart Elementary School EFNEP After School Program MYFoodPyramid: The Grain Group, The Vegetable Group, The Fruit Group, The Milk Group, The Meat and Bean Group, The Oil and Fat Group,	6 sessions	72
Medart Elementary School EFNEP Kindergarten Program: "Slow Foods"—Junk Foods/Healthy Foods; More Matters--Fruits and Veggies Every Day; A Rainbow on My Plate-- Planning a Nutritious Meal; Be Wise About Your Portion Size-- Healthy Portion Sizes/Moderation; Power Drinks-- Sodas, Sports Drinks, Milk and Water; Move for Your Health-Exercise--Be a Couch Potato, the Choice is Yours.	6 sessions	750
Sopchoppy Summer Educational Program / <i>Drinking Milk for Long Term Health Benefits</i>	1 session	20

**Table 1c. Group Teaching Events – Volunteers**

<b>Type of Event/Topic</b>	<b>Number of Events</b>	<b>Number of Participants</b>
Ultimate Pizza Day Camp: Grain and Food Pyramid Day, Vegetable and Garden Planting Day, Protein and Healthy Heart Day, Dairy and Food Label Day and Fruit and Junk Food Day.	5 Day Camp	110
Medart Elementary School EFNEP After School Program MYFoodPyramid: The Grain Group, The Vegetable Group, The Fruit Group, The Milk Group, The Meat and Bean Group, The Oil and Fat Group,	6 sessions	72
Medart Elementary School EFNEP Kindergarten Program: "Slow Foods"—Junk Foods/Healthy Foods; More Matters--Fruits and Veggies Every Day; A Rainbow on My Plate-- Planning a Nutritious Meal; Be Wise About Your Portion Size-- Healthy Portion Sizes/Moderation; Power Drinks-- Sodas, Sports Drinks, Milk and Water; Move for Your Health-Exercise--Be a Couch Potato, the Choice is Yours.	6 sessions	750

Table 2. "Workload Data"

<b>Total number of Education Materials prepared this Year</b>	<b>26</b>
<b>Your Number of Clientele contacts:</b>	
<b>field consultations</b>	<b>25</b>
<b>office consultations</b>	<b>20</b>
<b>telephone consultations</b>	<b>45</b>
<b>group learning participants</b>	<b>2,796</b>
<b>e-mail consultations</b>	<b>25</b>

**Outcomes and Impacts:** The Wakulla County youth involved with our nutrition/healthy lifestyle programming made gains in their knowledge base on the subject matters offers. Behavior changes in the food choices made and the exercise incorporated into their lives were reported by parents.

The volunteers who were involved with assisting with the experiences reported knowledge gain in the area of foods, nutrition and healthy lifestyle

These changes will contribute to a healthier future Wakulla County citizen. A foundation of nutrition/healthy lifestyle knowledge has been laid for 125 youth on which we can build through future programming. Students did not reach my personal goals for them which will lead to the curriculum being revamped in hopes of encouraging additional behavior changes.

The result will decrease medical expenses for those lifestyle changes that are related to nutrition.

#### **IV. Other Extension Activities:**

##### **Situation:**

**Volunteer Recruitment and Management:** Volunteering is a meaningful activity for all ages. Research has proven the positive rewards of doing for others and finding meaning in the volunteer activities. The delay of retirement and the return and staying power of women in the workforce have contributed to the decline in volunteer numbers. The need for volunteers of all ages continues. According to L.R. Fischer and K.B. Schaffer in *Older Volunteers*, Newbury Park, CA.: Sage Publication, the benefits of volunteering include: self satisfaction, altruism, acquisition of new skills, relaxation, socialization, career opportunities and community improvement.

**People Living in Poverty:** The U.S. 2000 Census shows 19.8% of Wakulla County children age 18 and under to be living at or below poverty level. In September of 2010, the Supplemental Nutrition Assistance Program data, 7% (based on the number of individuals 16 years or older) Wakulla County individuals received food stamps. According to data secured in the fall of 2010, 47% of all children attending Wakulla District schools qualify for free/reduced lunches. With data secured from Second Harvest of the Big Bend, a supply house for food pantries to purchase food at minimal cost, there has been a 1260% increase in the number of individuals served through the Wakulla County food pantries. (Data: Second Harvest of the Big Bend, December 2010)

**Advisory Committee/Task Force Recruitment and Management:** Extension Advisory Committee members play a major role in UF/IFAS Extension. Their roles include identifying needed programs, supporting their development, assisting in locating resources and as an Extension advocate. The Family Consumer Science/EFNEP Agent has responsibilities to two Advisory groups- the FCS/EFNEP Programming Planning Advisory and the overall Extension Council. Sometimes the program planning needs go beyond the scope of the Advisory Committee and a task force must be recruited. The task force may be more focused in their approach and function to accomplish a smaller task and disband upon completion of the task.

**Professional Development/Organizational Efficiency and Effectiveness:** To keep abreast of our changing world, professional development is a requirement for an Agent's time. Assisting other Extension Agents from Wakulla County and on the District, State and National levels with programming planning, implementation and evaluation is a requirement for success.

**Target Audience:** Individuals from Wakulla County who are looking for ways to give back to the community through an organized volunteer effort. Advisory, task force members and other volunteers are committed to assist in the development of quality programs. In addition, my audience also includes other Extension Agents and myself as it concerns showing support for other's programs and my necessity to keep abreast of current research through in-service opportunities offered by the University.

**2011 Program Objectives:**

1. Annually 25 persons will volunteer for programs coordinated through UF/IFAS Wakulla County Extension Office and report an average 10 hours each of service to the community. Interviews will be held at the completion of their volunteer service to summarize their feelings towards volunteerism to allow us to enhance the systems for coordinating volunteer.
2. Annually 15 Wakulla County citizens will assist in the planning, implementation and evaluation of Wakulla County Extension Programs as determined by meeting attendance and the discussions recorded in the minutes. This will result in the Wakulla County Extension Service programs to be planned by citizens who feel invested in our success. This will result in more support for the UF/IFAS Wakulla County Extension Programs.

**Education Methods and Activities:**

1. Recruit, train, manage and evaluate volunteers for Extension activities.
2. Attend at least two activities which show support for other Extension agents and their programs.
3. Meet with the Wakulla County FCS/EFNEP/FNP Advisory Committee and Advisory Council at least twice during the year.
4. Attend in-service trainings offered by UF/IFAS and others.

**Anticipated Impacts and Outcomes:**

Wakulla County will see added community projects being completed through the efforts of the volunteers. Advisory Committee members will insure that Extension programs are reflective of the needs of the county citizens. Greater support for our Extension Service will result.

**Target Audience:**

Wakulla County citizens of all ages.

**2010 Program Objectives:**

1. Annually 30 volunteers will involve themselves in UF/IFAS Wakulla County Extension Office programs and report on an average 10 hours each of service to the community. Interviews will be held at the completion of their volunteer service to summarize their feedback towards their volunteer experience. This will allow for enhancement of future volunteer efforts.
2. Annually 15 Wakulla County citizens will assist in the planning, implementation and evaluation of Wakulla County Extension Programs as determined by meeting attendance and the discussions recorded in the minutes. This will allow the Wakulla County Extension Office to be planned by citizens who feel invested in staff success resulting in a more widely known and supported UF/IFAS Wakulla County Extension Programs.

**C. Education Methods and Activities:**

1. Recruited, trained, managed and evaluated Extension volunteers.
2. Attended at least two activities which show support for other Extension Agents and their programs.
3. Met with the Wakulla County FCS/EFNEP/FNP Advisory Committee and Advisory Council four during the year.
4. Attended trainings offered by University of Florida and others to stay on the cutting edge of the field of Family and Consumer Sciences education.

**Education Methods and Activities** included the use of many volunteers to carry out the activities of the UF/IFAS Wakulla County Extension Office. They included the following:

- The coordination of a demonstration garden to teach women in transition from prison how to become more sustainable and save money through gardening.
- A volunteer assisted in the teaching of three- 10 session computer classes where we incorporated the UF/IFAS Curriculum “Keeping Pressure Down.”
- A volunteer assisted in the development of the Wakulla County Resource Directory.
- 18 volunteers were utilized to coordinate, implement and evaluate the 2010 Green Living Expo.
- One volunteer assisted in managing the day to day operations of the Family and Consumer Sciences program.
- The Advisory Committee members met to insure that the UF/IFAS Wakulla County Extension programming and specifically the FCS program was reaching the needed participants with programs that were reflected by needs of its citizens.
- A volunteer assisted in a presentation for Head Start parents on Budgeting and taught a three session series on “Square Foot Gardening”.

Support Materials Developed:

- Fact Sheets  
How to utilize Microsoft <sup>TM</sup>Word, Excel and PowerPoint
- Power Points Developed:  
Living Sustainably  
Budgeting
- Demonstration Items



- Raised Bed Gardens for Demonstration Purposes  
 Computer Lab Walls and Computer set up  
 Major Accomplishments  
 Wakulla County Resource Directory  
 Gardening Project at Radical Restoration, a transition house for females

Number of Presentation:

- Keeping Pressure Down/ Computer Training: 30 class presentations
- HeadStart Parents Meeting: 1 presentation
- Raised Bed Gardening Workshop: 3 presentations

**Summary of group teaching event for Program III:  
Other Extension Programs**

Instructor	Number of Events	Number of Participants
Self	34	69
Program Assistant	0	0
Volunteer	29	301

**Volunteers in 2010**

Number of Volunteers	Volunteer Hours (Average hours each)	Assistance Provided & Teaching Methods Utilized
1	3583	Workshops, Presentations, Resource Directory Development, Day to day assistance with FCS programming , building enhancement, grant-writing
18	26	2010 Green Living Expo Coordination ; Hands-on learning and workshops
18	5	2010 Green Living Expo Workshop Leaders
6	38	Radical Restoration Garden Project: Hands-on Learning
20	4	Advisory Committee Members: Discussions and Research
16	6	FNP/EFNEP Teacher Assistants: Assisted in the delivery of the educational program
1	2240	Summer Intern: Data analysis, day camp coordination and implementation and day to day assistance with FCS programming

**Summary of clientele reached in Program IV.**

Program Title: Extension Activities and Other	
Number of Educational Materials Developed	10
Number of Clientele Contacts	
Field consultations	965
Office consultations	21
Telephone Consultations	5

<b>Group Teach Participants</b>	<b>260</b>
<b>E-mail consultations</b>	<b>89</b>
<b>Web Site Visits</b>	<b>24,900</b>

## D. Outcomes and Impact

### Objective 1:

Annually 30 volunteers will involve themselves in UF/IFAS Wakulla County Extension Office activities and report on an average 10 hours each of service to the community as measured in a follow-up survey. Interviews were held at the completion of their volunteer service to summarize their feelings towards volunteerism. This allowed us to enhance the systems for coordinating volunteer ventures.

### Outcomes:

49 volunteers assisted to expand the services of the UF/IFAS Wakulla County Extension Office by donating 4584 hours or an average of 94 per volunteer. Because of the large number provided by one individual, the average was figured without his hours or an average of 21 per volunteer.

The Wakulla County Resource Directory was completed through the assistance of a volunteer. 1000 copies were printed and financial support was provided by outside sources. Of the 100 who were sent evaluation surveys, 27 responded. The results are follows:

#### UF/IFAS Wakulla County/Coalition for Youth Resource Directory

Directory Usefulness	96% yes
Acceptable Format	96% yes
How many times have you utilized it in the last 6 months?	41% 0-5 times 22% 6-10 times 37% more than 10 times
What sections are most useful?	Child Welfare, Family Needs, Food, Housing

The Feeding Wakulla Task Force assisted the food pantries with securing food. The Wakulla County Extension Service served as a clearing house for connecting the parties involved which was largely facilitated by volunteers. The volunteers raised, collected and/or delivered 21,132 pounds of food to the Wakulla County food pantries.

Data received from the Second Harvest of the Big Bend indicates that there was a 1260% increase in the number of individuals being served through them. (Second Harvest of the Big Bend Data; December, 2010) This serves as an indicator that the food pantries have had an increased need for a food to serve the community. Our being able to assist in providing additional sources of food for the Wakulla County Food Pantries is an important contribution. Fresh produce is a resource that many families in need do not have ready access to. Approximately ½ of the pounds of food provided were fresh fruits and vegetables.

**Impact:** Wakulla County saw added community projects being completed due to the efforts of the Extension volunteers. Research has proven the positive rewards of doing for others and finding meaning in volunteer activities. Volunteering is a meaningful activity for all ages. According to L.R. Fischer and K.B. Schaffer in *Older Volunteers*, Newbury Park, CA: Sage Publications, the benefit of volunteering include: “self satisfaction, altruism, acquisition of new skills, relaxation, socialization, career opportunities and community improvement.

**Objective 2:** Annually 15 Wakulla County citizens will assist in the planning, implementation and evaluation of Wakulla County Extension Programs as determined by meeting attendance and the discussions recorded in the minutes. This allowed the Wakulla County Extension Office programming to be planned by citizens who feel invested in our success. This results in a more widely know and widely accepted UF/IFAS Wakulla County Extension Program.

**Outcome:** 18 Wakulla County citizens assisted with achieving this objective with an average dollar contribution of \$1310 for an average of 72 volunteer hours. Through the efforts of our Advisory Committee members, the 2010 Extension programs were reflective of the needs of Wakulla County citizens.

**Impact:** Wakulla County volunteers found additional meaning to their lives by contributing their time to furthering the efforts of the Agents and the programs they represent. The volunteers played a significant role in their neighborhoods, churches and communities by representing the Wakulla County Extension Office staff and Extension programs. The volunteers provided the necessarily leadership within their respective communities to discover the unique needs of the residents and provided their findings to be utilized by the Agents.

**Success Story:** Volunteer service has become an important aspect of the Wakulla County Extension Service Agents' commitment to allow volunteers to expand the services offered.

One volunteer wrote, "My year and a half of volunteer work at the UF/IFAS Wakulla County Extension Office has provided the perfect transition from professional employment to community service. Wakulla County is a small, sparsely populated, rural county. The population is generally located in small autonomous communities that can at time resist county government's efforts to improve the futures of the communities. The almost universal acceptance and the respect by the county's population of the Extension Office staff has allowed the agent to have a significant positive impact on lifestyle and education. My association with the Extension Office has enabled me to achieve a level of effectiveness that I could never have achieved on my own. My background makes working with the FCS agent a natural fit and the tireless efforts of the agent has enable me to be a full time volunteer working on extremely gratifying projects. I feel that I have found the way in which I would like to spend my retirement years."

A volunteer assisted in the Wakulla County Resource Directory. The following were statements made about the Directory:

"The Directory is a quick reference to help in locating needed facilities for all types of problems. I also learned of resources I did not know were available." "Copies were sent to floor nurses at Tallahassee Memorial Hospital, as they said that many times they don't know of resources available to Wakulla County residents". "Our staff is able to easily carry the guide with them into the "field" for quick reference when needs arise. This avoids having to tell the family that they will get the information and bring it back (it is right there when needed)." "It has helped me to find resources for my clients, and I was able to give them a directory to empower them to find resources in their community."

**Race and Ethnicity Data**

<b>Race and Ethnicity</b>	<b>Projected Target Audience (2010)</b>		<b>Audience Reached in 2010</b>		<b>Parity (± 4%) Reached</b>	<b>Projected Target Audience (for 2011 POW)</b>	
	<b>No.</b>	<b>%</b>	<b>No.</b>	<b>%</b>	<b>Yes or No</b>	<b>No.</b>	<b>%</b>
<b>Hispanic</b>	1	3			Yes	1	3
<b>Multi-racial</b>		1					3
<b>Pacific Islander</b>							
<b>American Indian</b>							
<b>Asian</b>							
<b>Black</b>	6	13	7	8	No	6	13
<b>White</b>	37	83	83	90	No	42	83
<b>Unknown</b>							
<b>Total</b>	<b>45</b>	<b>100</b>	<b>80</b>	<b>100</b>		<b>50</b>	<b>100</b>
<b>Gender</b>							
<b>Male</b>	17	37	34	42	No	18	37
<b>Female</b>	28	63	46	57	No	31	63
<b>Unknown</b>							
<b>Total</b>	<b>45</b>	<b>100</b>	<b>80</b>	<b>100</b>		<b>50</b>	<b>100</b>

Parity: I will continue to try to recruit people to allow our advisory committees and volunteers to be of all races, ethnicity and gender. Working closely with the religious groups of Wakulla County will aid in this process. .

**2009 Program Objectives**

The program objectives include:

1. VolunteerWAKULLA's Volunteer Fair/Cookie Bake-Off will result in at least 10 agencies registering new volunteers as indicated by a follow up telephone survey. Well-organized, additional volunteer opportunities being recognized and filled will make a stronger Wakulla County.
2. At least 8 people will be recruited to serve on the Wakulla County Extension Advisory Committees and assist with the planning, implementation, and evaluation of Wakulla County Extension Programs. The input of the tax-paying citizens of Wakulla County forms the foundation for a strong, widely-supported Extension Program.
3. At least 5 activities will be coordinated with other UF/IFAS Extension Agents to show support for the team approach to build strong Extension programs. These shared activities will be evaluated through verbal evaluation and exchange of ideas at the completion of the activities.

**Education Methods and Activities**

1. VolunteerWAKULLA activities to support the development of a corps of Wakulla County volunteers.

2. Jointly planned activities among Extension Agents to include but not limited to: Consumer Choices, day camps, and/or county-wide events.
3. Recruit and meet with the Wakulla County Advisory Committees at least twice during the year and file appropriate records of the meetings with the County Extension Director and the District Extension Director.

**Table 1a. Group Teaching Events – Agent**

Type of Event/Topic	Number of Events	Number of Participants
<b>VolunteerWAKULLA Volunteer Fair</b>	<b>1 event</b>	<b>110</b>
<b>VolunteerWAKULLA Cookie Bake-Off</b>	<b>1 event</b>	<b>30</b>
<b>County Commissioner/Extension Advisory Meeting</b>	<b>1 event</b>	<b>15</b>
<b>Wakulla County Farm Bureau/Wakulla County Extension Service Farm/City Breakfast</b>	<b>1 event</b>	<b>65</b>
<b>Wakulla County Family and Consumer Sciences Advisory Committee</b>	<b>1 event</b>	<b>13</b>
<b>Wakulla County Extension Council Meeting</b>	<b>1 event</b>	<b>13</b>

**Table 1b. Group Teaching Events – PAS**

Type of Event/Topic	Number of Events	Number of Participants

**Table 1c. Group Teaching Events – Volunteers**

Type of Event/Topic	Number of Events	Number of Participants
<b>VolunteerWAKULLA Volunteer Fair</b>	<b>1 event</b>	<b>110</b>
<b>VolunteerWAKULLA Cookie Bake-Off</b>	<b>1 event</b>	<b>30</b>
<b>County Commissioner/Extension Advisory Meeting</b>	<b>1 event</b>	<b>15</b>
<b>Wakulla County Farm Bureau/Wakulla County Extension Service Farm City Breakfast</b>	<b>1 event</b>	<b>65</b>
<b>Wakulla County Family and Consumer Sciences/EFNEP Advisory Committee</b>	<b>1 event</b>	<b>13</b>
<b>Wakulla County Extension Council Meeting</b>	<b>1 event</b>	<b>13</b>

**Table 2. “Workload Data”**

<b>Total number of Education Materials prepared this Year</b>	<b>11</b>
<b>Your Number of Clientele contacts:</b>	
<b>field consultations</b>	<b>10</b>
<b>office consultations</b>	<b>20</b>
<b>telephone consultations</b>	<b>35</b>

<b>group learning participants</b>	<b>480</b>
<b>e-mail consultations</b>	<b>25</b>

**Outcomes and Impacts:**

VolunteerWAKULLA's Volunteer Fair/Cookie Bake-Off was held but no follow up evaluation was held to determine if at least 10 agencies registered new volunteers. Over 100 persons attended and the verbal feedback received from the agency representatives who had booths was positive.

Thirteen people attended both the Wakulla County Extension Council and the Family Consumer Sciences/EFNEP Advisory Committee meetings to assist with the planning, implementation, and evaluation of Wakulla County Extension Programs.

Four Advisory Committee members attended a meeting to further orient the Wakulla County Administrators and Wakulla County Commissioners on the programming done through the Wakulla County Extension Office

The Agent assisted with the North Florida Fair's Consumer Judging Contest in support of the Extension Committee who coordinates it.

The Agent attended the 4-H Camp Counselor Training, the 4-H Achievement Banquet and 4-H Movie Night to assist in any way determined necessary to insure the events' success.

**2008 Program Objectives**

1. At least 30 volunteers will involve themselves in activities sponsored by VolunteerWAKULLA and report on an average 10 hours each of service to the community as measured in a follow up survey. Greater and well organized volunteer efforts in Wakulla County will lead to more satisfied citizens and a stronger county leadership base.
2. At least 15 Wakulla County citizens will assist in the planning, implementation and evaluation of Wakulla County Extension Programs as determined by meeting attendance and the discussions recorded in the minutes. This will lead to a more widely known and widely accepted UF/IFAS Wakulla County Extension Program.
3. Engage in at least two county or area wide events that show support for the programs of other Extension Agents as reported in feedback received. The team approach to programming leads to a stronger staff and more widely
4. At least 15 people who be involved in county-wide task forces and indicate an attitude change concerning challenges facing Wakulla County citizens as determined by a follow up survey or alternative evaluation tool utilized.

**Education Methods and Activities:**

1. Assist in the coordination of at least two county-wide activities sponsored by VolunteerWAKULLA.
2. Attend at least two activities which show support for other Extension agents and their programs.

3. Meet with the Wakulla County Advisory Committees at least twice during the year and file appropriate meeting records with the County Extension Director and the District Extension Director.
4. Form a committee will be formed to investigate the feasibility of a county-wide food bank which would include the distribution of materials and/or classes on nutrition, healthy lifestyle choices and food safety topics.

### **Impacts and Outcomes:**

Wakulla County will see added community projects being completed due to the efforts of the volunteers. Through the efforts of our Advisory Committee members, Extension programs will be reflective of the citizens of the county. An event better Extension staff will be built due to the support among the Agents in Florida in sharing programs and providing necessary positive feedback. Those citizens in need will know where to turn for food assistance and the food assistance programs will be more fully stocked to serve their growing audience.

**Table 1a. Group Teaching Events – Agent**

<b>Type of Event/Topic</b>	<b>Number of Events</b>	<b>Number of Participants</b>
Feeding Wakulla County Task Force Committee Meetings	10	Average Attendance: 12
Wakulla County Roads Clean County Committee Meetings	6	Average Attendance: 8
Wakulla County Farm Bureau/Wakulla County Extension Service Farm/City Breakfast	1	60
Wakulla County Family and Consumer Sciences/EFNEP Advisory Committee Meeting	5	Average Attendance:8
Wakulla County Extension Council Meeting	3	Average Attendance:5

**Table 1b. Group Teaching Events – PAS**

<b>Type of Event/Topic</b>	<b>Number of Events</b>	<b>Number of Participants</b>
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**Table 1c. Group Teaching Events – Volunteers**

<b>Type of Event/Topic</b>	<b>Number of Events</b>	<b>Number of Participants</b>
Feeding Wakulla County Task Force Committee Meetings	10	Average Attendance:12
Wakulla County Roads Clean County Committee Meetings	6	Average Attendance:8
Wakulla County Farm Bureau/Wakulla County Extension Service Farm City Breakfast	1	60

Wakulla County Family and Consumer Sciences/EFNEP Advisory Committee Meetings	4	Average Attendance:8
Wakulla County Extension Council Meeting	3	Average Attendance:5

**Table 2. "Workload Data"**

<b>Total number of Education Materials prepared this Year</b>	5
<b>Your Number of Clientele contacts:</b>	
<b>field consultations</b>	80
<b>office consultations</b>	12
<b>telephone consultations</b>	9
<b>group learning participants</b>	266
<b>e-mail consultations</b>	29

**Outcomes and Impacts:** Activities related to Volunteer WAKULLA did not materialize this year as the Board of Directors placed their emphasis on re-organizing and the pursuit of their 501-c3.

Our use of volunteers to assist in enhancing our program was tremendous. Almost \$13,000 in volunteer labor was contributed to our efforts. The FCS/EFNEP Advisory Committee has taken a greater role in planning the FCS Extension Program. The rotational system for the Advisory Committee was put in place so we should always realize new ideas and enthusiasm for planning. Feeding Wakulla County Task Force has made significant inroads in assisting citizens in need. The leadership of this Task Force has been passed to a volunteer so not as much involvement from Extension Staff will be necessary. Statistics noted earlier in this report indicates an increased use of the Second Harvest of the Big Bend. I believe is the result of many of our efforts. Serving on the County Committee for Keeping Wakulla County Roads Clean has introduced a new group to the offerings of the UF/IFAS Wakulla County Extension Office while engaging those individuals in future involvement of the Green Expo and Education Fair.

### **Program Objectives**

The program objectives include:

1. VolunteerWAKULLA's Volunteer Fair/Cookie Bake-Off will result in at least 10 agencies registering new volunteers as indicated by a follow up telephone survey. Well-organized, additional volunteer opportunities being recognized and filled will make a stronger Wakulla County.
2. At least 8 people will be recruited to serve on the Wakulla County Extension Advisory Committees and assist with the planning, implementation, and evaluation of Wakulla County Extension Programs. The input of the tax-paying citizens of Wakulla County forms the foundation for a strong, widely-supported Extension Program.
3. At least 5 activities will be coordinated with other UF/IFAS Extension Agents to show support for the team approach to build strong Extension programs. These shared activities will be evaluated through verbal evaluation and exchange of ideas at the completion of the activities.

### **Education Methods and Activities**



1. VolunteerWAKULLA activities to support the development of a corps of Wakulla County volunteers.
2. Jointly planned activities among Extension Agents to include but not limited to: Consumer Choices, day camps, and/or county-wide events.
3. Recruit and meet with the Wakulla County Advisory Committees at least twice during the year and file appropriate records of the meetings with the County Extension Director and the District Extension Director.

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<b>Wakulla County Extension Council Meeting</b>	<b>1 event</b>	<b>13</b>

**Table 1b. Group Teaching Events – PAS**

Type of Event/Topic	Number of Events	Number of Participants
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**Table 1c. Group Teaching Events – Volunteers**

Type of Event/Topic	Number of Events	Number of Participants
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<b>group learning participants</b>	<b>480</b>

**Outcomes and Impacts:**

VolunteerWAKULLA's Volunteer Fair/Cookie Bake-Off was held but no follow up evaluation was held to determine if at least 10 agencies registered new volunteers. Over 100 persons attended and the verbal feedback received from the agency representatives who had booths was positive.

Thirteen people attended both the Wakulla County Extension Council and the Family Consumer Sciences/EFNEP Advisory Committee meetings to assist with the planning, implementation, and evaluation of Wakulla County Extension Programs.

Four Advisory Committee members attended a meeting to further orient the Wakulla County Administrators and Wakulla County Commissioners on the programming done through the Wakulla County Extension Office

The Agent assisted with the North Florida Fair's Consumer Judging Contest in support of the Extension Committee who coordinates it.

The Agent attended the 4-H Camp Counselor Training, the 4-H Achievement Banquet and 4-H Movie Night to assist in any way determined necessary to insure the events' success.

**24. CLINICAL SERVICE OR CLINICAL ACTIVITIES-NA****25. SERVICE TO SCHOOLS:**

Medart Elementary School Parent/Community Site-Based Council, 2008 to **present**.

Wakulla County School District's Health and Wellness Committee, 2008 to **present**.

Wakulla High School Family and Consumer Sciences Advisory Committee, September 2008-2009.

MyFoodPyramid Game coordinated for the Wakulla District Pre-School Chili Feed, 2009.

MyFoodPyramid Game and What is EFNEP? Booths coordinated for the Medart Elementary School's Holiday Festival, 2009.

**26. MEMBERSHIPS AND ACTIVITIES IN THE PROFESSION**

Association	Role (e.g., member, committee, elected office, etc.)	Years
UF/IFAS EFNEP 5-Year Strategic Planning Committee	Member	2011,2010
American Association of Family and Consumer Sciences Agents	Member	20112010
Florida Association of Family & Consumer Sciences Agents	Northwest Extension District Director Member and Nominations and Professional Development Committee Member and Marketing	2011, 2010, 2009, 2008

	Committee	
National Extension Association of Family and Consumer Sciences Agents	Member National Meeting Facilities Chairperson in training Member National Meeting Facilities Chairperson in training	2011, 2010, 2009, 2008
Northwest District Spring Meeting Planning Committee	Program Presenter	2009
Alpha Delta Chapter Epsilon Sigma Phi	Member	2011-2008

**27. Honors**

Year	Organization	Award
2010	National Extension Association of Family and Consumer Sciences Agents	Newsletter, Second Place, Southern Region Winner
2010	Florida Association of Family and Consumer Sciences Agents	1) Program of Excellence Award: Wakulla County Resource Directory 2) Environmental Education Award: Green Living Expo 3) Newsletter Award: Team 4) Written Press Release Award: Individual

**30. BIOSKETCHES OF INDIVIDUALS WRITING SOLICITED LETTERS OF EVALUATION****32. COPIES OF THE LAST FIVE (or since last promoted) ANNUAL LETTER OF EVALUATION**

Year	Your Overall Rating	Scales
2010		Not Acceptable-Exemplary
2009	Exemplary	Needs Improvement-Exemplary
2008	Commendable	Needs Improvement – Exemplary

**33. THE FURTHER INFORMATION SECTION****Submitted Publications: 2010***Journal of Extension*

Diehl, D.C., Swenson, S & Wentz, J.N. (Submitted), Evaluation of the Sustainable Green Living Expo Event: Attendees' reports of satisfaction, learning, and behavior change.

**Community Service Activities: 2010****Shelley Swenson, UF/IFAS Wakulla County Extension Agent:**

- Participated in the Shop Local Campaign promoted by the Wakulla County Chamber of Commerce both financially and by buying more from the local markets.

- Participated in VolunteerWAKULLA's Make a Difference Day.
- Assisted with the Mythical Maritime Masquerade, Mighty Mullet Festival.
- Collected food for the Wakulla County Food Pantries as the Men's Fraternity Christian Concert.
- Served on the Medart Elementary School Site-Based Council as a community volunteer. 2008-present.
- Served as a chaperone for the Sharing Environmental Education Knowledge (SEEK) Camp.
- Serve on the Wakulla County Coalition for Youth Committee. 2008-present.
- Serve as UF/IFAS Wakulla County Extension Service representative to the County Commissioner's *Keep Wakulla County Roads Clean* Committee.
- Serve on the Wakulla County Tobacco Free Committee.
- Serve on the Board of Director for Habitat for Humanity.

**Tara Craig: EFNEP Program Assistant**

- 4-H Leader
- Member, Tallahassee Home Schooling Cooperative

**Sharon Fox: FNP Program Assistant**

- Assistant facilitator volunteers at the Alzheimer's support group, monthly.
- Perform music/entertainment for churches, Wakulla Senior Center and Alzheimer's respite care, periodically.

**34. ISTs AND OTHER PROFESSIONAL DEVELOPMENT**

Title	No. of Days
Florida Association for Food Protection Meeting	1
Raising Healthy Eaters	2
NEAFCS National Meeting	5
Program Implementation Team Meetings	6 meeting/3 hours each
Extension Professional Association Extension Professional Associations of Florida Meeting	3
Child Care Work Requirements: Module on Early Childhood Education	.5
Food and Nutrition Program (FNP) Project Manager Training	1
Society of Nutrition Educators National Meeting	5
Sustainable Floridians	2
FNP Staff Training	1
Food and Nutrition for The Frail Elderly	1
Diabetes Train-the-Trainer Workshop 2010	3
Food Preservation Up-date	1
Serve Safety and Quality Program Training	.5
FNP/EFNEP Training	4
Multi-State Food Science and Quality Up-date	.5
Northwest District Spring Faculty Meeting	1
Hurricane Exercise on Storm Recovery: Wakulla County Working Together	.5

USDA Farm to school: Opportunities to Increase Local Food in School Meals	.5
FNP Up-date	1
UF/IFAS Family and Consumer Sciences Summit	4
NW Program Improvement Team Retreat	2
Middle Managers Urban Task Force: Garnering Grants in the County	.5
GET MOTIVATED! BUSINESS SEMINAR	1
Tenure and Permanent Status Training	1
Small Steps to Health and Wealth Multi-State Meeting	1
Nutrition Food Program (NFP) Record-Keeping Workshop	1
Food Safety and Quality (Serve Safe)	.5
Evaluation and Accountability (New Agent Training)	2
Current Issues and Multi-Disciplinary Approaches in Personal Financial Education and Health, Nutrition and Food Safety	1
NEAFCS National Meeting	4
Depression and Diabetes	.5
Autism Training	.5
Food Stamp Nutrition Education Civil Rights Training	.5
ENFEP Program Assistants Training Session	4
Program Improvement Team Idea Exchange polycom sessions	2009 6/3 hours each
Money Matters: Teen's Money Management polycom	1
Health Rocks®	4
Managing at UF: The Supervisory Challenge: *A Practical Guide to Fair and Legal Supervision *Ages and Stages: Generations in the Workplace *The Power of Feedback *Interviewing and Hiring *Making Meetings Work	5
Food Preservation and Safety	1
Sustainable Homeownership in Florida	1
Multi-State Program Planning Conference	1
Grant Writing Workshop Series	5sessions/.5 each
Turning Point Training	1
Program Improvement Team Meetings	2008 6/3 hours each
UF/IFAS New Faculty Training: Teaching Techniques and Adult Education Strategies	2
UF/IFAS New Faculty Training: Teaching Techniques and Adult Education Strategies	2
Family Consumer Sciences Summit	4
Florida Saves	.5
Tenure and Promotion Training	1
Preventing Sexual Harassment	.5
UF/IFAS Extension Specialists Visits	2
Sustainable Government Conference	.5

Wecan! Training	.5
NW District Professional Development Meeting	1
Katrina's Classroom	.5
Managing in Tough Times	1
Extension Professional Associations of Florida Meeting	3
Community Development Training	2

### 35. Marketing Efforts:

**Marketing Strategy:** To more fully utilize volunteers to represent us with the public to encourage support for the Wakulla County Extension Office programs.

Launch a social marketing campaign.

**New Audience:** Northwest Florida Family and Consumer Sciences Program Implementation Team (PIT) (Allen, P., Brinkley, M., Copeland, H., Corbus, J., Courtney, E., Gorimani, E., Hinkle, A. Hinton, G., Lee, D., Miller, B., Moore, M., Shuford-Law, J., .Swenson, S., Taylor, M., Zamojski, K.) “So Easy to Preserve” Tabletop display promoting research-based food preservation techniques, North Florida Fair, Tallahassee, 2010 (900 attendees).

**Multi-State Marketing Effort:** Brinkley, M., Swenson, S., Rudisill, K., Moore, M., Copeland, H., Maddox, M., Corbus, J.L., “Good-bye Sodium; Hello Herbs”, tabletop display promoting use of herbs in food preparation to reduce sodium intake, Sunbelt Agriculture Expo, Approximately 900 visitors, Moultrie, Georgia, October.

**New Audience and Marketing Strategy:** Demonstration gardens were placed at Radical Restoration, a transition home for women who have just been released from prison. This is a new site, new audience and I new community for us to have a garden. In addition, this is a food pantry so many people see the garden and ask questions of the residents there.

**Marketing Strategy:** An attempt was made to host a summer day camp for children in a largely black community utilizing a church fellowship hall at a predominately black church. We were warmly embraced by a church volunteer with the request that ½ of the spaces be held for children from this congregation. No church children registered; we were unable to fill the camp and it was cancelled.