

Focus Team Year in Review

January –December 2009

G5F1 – Personal and Family Well-Being

Faculty (as of 2/09/10-data are preliminary; do not distribute as final or use in reporting)

	Faculty Name	Unit	Effort*
1	Baugh, Eboni J	Family, Youth and Community Sci	100%
2	Borgman, Joy A	Osceola County - Central	24%
3	Brinkley, Monica L	Liberty County - Northwest	10%
4	Bryant, Kathleen M	Volusia County - Central	20%
5	Converse, Diana L	Hillsborough County - South Central	90%
6	Copeland, Heidi B	Leon County - Northwest	30%
7	Corbus, Judith L	Washington County - Northwest	10%
8	Diehl, David C	Family, Youth and Community Sci	70%
9	Douglas, Diann	Madison County - Northeast	15%
10	England, Julie B	Lake County - Central	15%
11	Fogarty, Kate	Family, Youth and Community Sci	30%
12	Forthun, Larry F	Family, Youth and Community Sci	70%
13	Futch, Heather M	Hamilton County - Northeast	10%
14	Gorimani, Elizabeth T	Gadsden County - Northwest	20%
15	Headlee, Karen S	Lee County - South Central	57%
16	Hinkle, Angela M	Escambia County - Northwest	1%
17	Humphries, Deborah S	Taylor County - Northeast	33%
18	Kennington, Mary S	Orange County - Central	30%
19	Lee, Dorothy C	Escambia County - Northwest	10%
20	Lehtola, Carol J	Ag & Bio Engineering	25%
21	McAlpine, Meg A	Nassau County - Northeast	30%
22	Miller, Betty M	Leon County - Northwest	30%
23	Moon, Molly K	Family, Youth and Community Sci	20%
24	Nayfield-Crisp, Mary E	Pasco County - South Central	15%
25	Pergola, Joseph J	Hillsborough County - South Central	5%
26	Portelos-Rometo, Maria J	Sarasota County - South Central	15%
27	Radunovich, Heidi L	Family, Youth and Community Sci	100%
28	Rey, Jorge R	FL Medical Ento Lab - Vero Beach	50%
29	Ross, Maisie	Palm Beach County - South	50%
30	Smith, Suzanna D	Family, Youth and Community Sci	100%
31	Spence, Lynda M	Marion County - Central	5%
32	Stein, Taylor Verne	Sch Forest Resources & Cons	5%
33	Swenson, Shelley Elaine	Wakulla County - Northwest	1%
34	Toelle, Stephanie C	Duval County - Northeast	100%
35	Turner, Muriel G	Levy County - Northeast	10%

36	Whitworth, Gayle O	Brevard County - Central	57%
37	Wilken, Carolyn S	Family, Youth and Community Sci	100%
38	Williams, Brenda C	Alachua County - Northeast	3%
39	Wyatt, Carolyn H	Hardee County - South Central	20%

* Represents the faculty member's estimated time spent in this focus area as a portion of all programmatic effort expended during the year.

Clientele Contacts (as of 2/09/10-data are preliminary; do not distribute as final or use in reporting)

Comparison Group	Educational Materials	Field Visits	Office Visits	Group Participation	Phone Consults	Email Consults	Web Visits*
G5F1	489	1,523	1,095	30,545	2,580	8,292	1,608,865
Goal 5	2,953	48,290	9,433	740,752	35,626	49,747	4,680,535
All Goals	44,417	133,514	280,822	3,250,883	445,839	754,564	83,948,036

*Web Visits may contain duplicated counts.

Volunteers (as of 2/09/10-data are preliminary; do not distribute as final or use in reporting)

Comparison Group	Volunteer Headcount	Volunteer Hours
G5F1	602	12,395
Goal 5	6,606	177,422
All Goals	34,714	1,342,999

Multi-State Activity (as of 2/09/10-data are preliminary; do not distribute as final or use in reporting)

State	Faculty Headcount
Alabama	4
California	1
Georgia	4
Louisiana	1
Mississippi	1
New York	1
North Carolina	1
Pennsylvania	1
South Carolina	1
Texas	2
Southern Regional	2
Unduplicated Headcount	8

Outcomes (as of 2/09/10-data are preliminary; do not distribute as final or use in reporting)

Comparison Group	Number Evaluated for Change in Knowledge	% Who Changed	Number Evaluated for Change in Behavior	% Who Changed	Number Evaluated for Change in Condition	% Who Changed
G5F1	5,294	84.7%	3,707	63.0%	794	24.4%
Goal 5	110,961	82.6%	111,162	81.4%	18,213	53.7%
All Goals	397,547	86.7%	283,225	75.9%	109,293	63.4%

Impacts (as of 2/03/10-data are unedited and preliminary; do not distribute as final or use in reporting)

Faculty (Author)	Unit	Impact/Outcome/Success Story
Baugh, Eboni J	Family, Youth and Community Sci	<p>Knowing Yourself Inside and Out - Body Image</p> <p>Impacts: Comments from participants have been positive. The individuals in attendance expressed interest in changing the way they view their bodies, finding value in things other than appearance, and applying tips from the program to their daily lives. They valued talking about body image and recognized its importance for African American women over age 50. The Shands Eastside Community Relations & Education administration stated that workshops benefited participants among various demographic groups (Job Corp, older adult, male and female). Parents reported more interest in discussing these issues with children and grandchildren.</p> <p>Success story: A 71-year old woman reported that, "I learned that a negative body image is when you see what is not really there." A 50-year old woman suggested that we should "try not to worry so much about how you look; Being healthy is more important."</p> <p>Other participants commented that the most important thing they learned from the program was to, "Be happy with the way I am", and "How to take care of my body".</p>
Borgman, Joy A	Osceola County - Central	<p>Single parents lacking support systems are at a disadvantage when attempting to parent in challenging circumstances, especially when their own personal development is halted by compounding and overwhelming experiences. Personality temperament assessments were made available to a group of at risk parents who utilized the self assessment for identification of personal strengths and weaknesses, identifying personal goals, stressors in their personal and work environments, and were able to identify successful parenting strategies to employ. The at-risk parents are among the 90% of 186 participants who have recognized, practiced and employed strategies learned in the temperament classes.</p>

Converse, Diana L	Hillsborough County - South Central	What do Homer Simpson, Cliff Huxtable and Al Bundy Have in Common? - They all have a dominant (and ineffective) parenting style - which refers to the way parents communicate with and discipline their children. In fact, it is the extreme behavior of the four basic parenting styles that make these shows (and other family sit-coms) fun to watch. 16 parents learned about the four parenting styles - authoritative, permissive, neglecting and balanced, determined -which styles they use the most, and which styles work best with children and why. A child's development, emotional health, self control and relationship with his/her parents is shaped by the parents' parenting styles. Survey results indicate that 100 percent of the parents reported an increase in knowledge of their parenting styles. 100% identified the style (or styles) they use the most, 100% felt they had gained knowledge for incorporating the balanced parenting style in their home. In a follow-up survey, 50% of the parents felt they had improved their relationship with their child by making changes in their parenting style, while four parents (25%) felt they had made positive changes in the way they discipline their children. 100% of the participants reported an improved confidence in the way they react or respond to and discipline their children.
Copeland, Heidi B	Leon County - Northwest	80% Participants in the child care courses satisfied a State of Florida Mandatory C.E.U. up-date requirement by attending a required class. 100% of Participants in the child care courses demonstrated appropriate activities for young children by participating in hands on learning activity during class. 100 % of Participants in the child care courses reported that they learned "something".
Douglas, Diann	Madison County - Northeast	Five Early Child Care Directors were recertified to operate their Child Care businesses as a result of completing Extension programs and earning CEU credits. Twelve child care providers earned 1 CEU through UF/IFAS Extension and continuing education, which helps them maintain their CDA certification.
England, Julie B	Lake County - Central	Growing Lake Sumter television program is a bi-monthly program available to approximately 160,000 residents of Lake and Sumter Counties. The program, hosted by 2 Lake County Extension agents, provides up-to-date, reliable information from all program areas of the two Extension offices.
Fogarty, Kate	Family, Youth and Community Sci	At the multi-state level in the Southeast (Alabama, Florida and Georgia), a need for parents and youth educators to understand and work with issues in adolescent romantic relationships was made evident to state specialists in Family and Consumer Sciences in Florida in 2009. Last, the 4-H Life Skills Focus Team maintains a specialized subject matter focus on youth health, including risk behavior resistance training (e.g., Health Rocks 2 for teens), healthy eating habits (Up for the Challenge), and exercise (youth yoga and alternative afterschool activities).
Forthun, Larry F	Family, Youth and Community Sci	A workshop was offered to county faculty at the FYC Summit introducing them to the intergenerational approach to extension programming. The objectives for the workshop were to a) increase knowledge of benefits of intergenerational activities, and b) increase knowledge of existing programs within extension that use the intergenerational approach. Following the workshop, one participant stated that she planned to "investigate multi-generational programs within [her] county [office of] Elder Affairs."

Futch, Heather M	Hamilton County - Northeast	Increased health and safety practices as measured by personal interviews and observation by 35%.
Gorimani, Elizabeth T	Gadsden County - Northwest	45 of the 53 participants enrolled in the Child Development courses passed the competency exams and are gainfully employed with local childcare centers are confident teachers who provide research based practices in their classrooms for proper child development. These 45 employees are also earning more than minimum wage therefore improving their financial status and quality of life.
Hinkle, Angela M	Escambia County - Northwest	Success Story Hurricanes are a stressful event to deal with in the Southeast United States. The 'Hurricane Survival Kid's Kit' was created to demonstrate how children can make their own kit of activities for during and after a hurricane. 337 children, parents, and teachers participated in this exercise during Bay Days and the Cordova Mall Hurricane Expo. Many thought this 'Kit' was "pretty cool", "very useful", and "would help the kids stay occupied and feel helpful to their families".
Humphries, Deborah S	Taylor County - Northeast	Participants in child care training gained the knowledge and skills to improve their learning environments and to utilize developmentally appropriate practices in their classrooms. They learned how to observe children and assess their behaviors in order to detect possible developmental delays. They learned how to make referrals for professional assessment and support services and how to individualize programs to meet the needs of all children in their care. Thirty one participants completed required state mandated and advanced child care making them employable in the profession of child care.
Kennington, Mary S	Orange County - Central	A survey of HCE members at the Association meeting in November 2009 revealed the following results (16 returned evaluations) about their HCE experience during 2009: Skills or knowledge learned in 2009 through HCE participation: Personal safety tips (9) , nutrition (9) energy savings (5), food safety from the garden (8) fraud prevention, how to be more helpful and considerate of others, new information about Alzheimer disease, Holiday customs around the world, "should not have a freezer in the garage," "a wonderful program presented that involved sewing for soldiers makes me want to sew again," :choosing light bulbs and how to use maximize use of ceiling fans," sewing and helpful hints on home repair, When asked what social, emotional, and/or leadership benefits they had received through their HCE experience this year, their responses were: Learned new leadership skills at state conference and during each local meeting. Many members commented on the social and emotional benefits of being involved with HCE, and HCE has helped them be more confident and more alert to their surroundings. Members felt benefits from working as a team and meeting new friends through programs and leadership experiences. Personal satisfaction was also rated as a benefit of HCE involvement.
Lee, Dorothy C	Escambia County - Northwest	A total of 89 parents were reached during the year. Follow-up evaluations from 45 participants indicated that 72 percent of those had used one or more recommended parenting practices, increased their coping skills, and used at least one stress management technique.

Lehtola, Carol J	Ag & Bio Engineering	<p>Impact: Getting the Word Out to Florida's Future Agricultural Teachers</p> <p>In January 2009, Carol Lehtola conducted a training program for students in Agricultural Communication and Education who were training to become teachers in Florida's schools. Lehtola conducted a half-day workshop for these students in which they receive a background briefing on the subject of agricultural safety and were trained in specific techniques to bring safety into their curricula. There was also a hands-on component to the workshop in which the students simulate disabilities and practice safety demonstrations.</p>
McAlpine, Meg A	Nassau County - Northeast	<p>Outcomes: Parents who attending the Guiding Good Choices program reported an improvement in communication and increased family bonding.</p>
Miller, Betty M	Leon County - Northwest	<p>After completing a four-part parenting class, an incarcerated mother who was transitioning back into the community, stated, "I've learned a great deal. These classes have helped me to be able to keep my anger under control. I've learned to control my actions. My 13-year-old has anger issues due to her upbringing and she is angry with me for leaving her. I plan on seeking family counseling to help her be able to sort out her angry feelings. I have learned to communicate better. That will help, too."</p>
Nayfield-Crisp, Mary E	Pasco County - South Central	<p>"Survival Skills for Tough Times" -Add to the stress of the current economy, the County was facing severe budget cuts and employee layoffs. Having already earned a reputation for teaching in areas of stress management, time management, money matters, team building and customer service, FCS agent was called upon by several county departments to help employees deal with the tough times they were facing. Over four months, 11 classes (2-hours each) were held, reaching 248 of the 2,039 total staff. By the end of the class, 12% immediately reported reduced stress levels from learning new techniques to better cope; 63% specifically chose relaxation techniques; 75% increased knowledge; 83% reported behavior change; and 88% were satisfied with the program. One remarked "This is the best class that I have ever attended, I hope that you will come back and do more!"</p> <p>"Click-It!" -In this world of modern technology, educators are always looking for tools to make teaching more exciting while educational and evaluation easier. The "clicker" system does all that and more! Program attendees of all ages are intrigued by this new technology. Whether it be learning about the environment or learning techniques to reduce your stress, participants enjoy the game-like atmosphere where they become part of the "poll the audience" approach for educational programs and Extension agents do, too! (FCS agent developed 7 interactive presentations this year for use with participants of all ages.)</p>
Pergola, Joseph J	Hillsborough County - South Central	<p>Partnering with Hillsborough County Human Resources Training Department and the Department of Health and Social Services reached 119 social service professionals learn to deal with a changing service matrix that focused on clients becoming more involved in self sufficiency efforts rather than receiving crisis support.</p>
Portelos-Romero, Maria Johanna	Sarasota County - South Central	<p>On July 7, 2009 the Family and Consumer Science Department held their first advisory meeting under the direction of this agent. Nine committee members were present at the meeting including Commissioner Carolyn Mason. During the meeting we discussed the new classes that the Family Nutrition Program was offering at all four county health departments. Commissioner Mason suggested that we place signs in the SCAT buses to help advertise our new classes.</p>

		<p>The next day, the FCS department began working on this project. Approximately two months later, we had our signs designed by Sarasota County Communication and Graphics Department at no cost. We placed an order to have 45 bus signs produced and to be paid for by our FNP grant. Posters, using the same signage as on the buses were displayed at all four of the health department locations showing the topic that would be discussed at each session.</p> <p>The success of this story is two-fold. First, we were able to fulfill a request made by a county commissioner. Second, in October, our bus signs, which display the University of Florida IFAS, were completed and installed in 45 buses. SCAT has provided information to calculate the average ridership on any given weekday and weekend. We have approximated that 189,153 bus rider's view our UF-IFAS Family Nutrition Program signs on a monthly basis.</p>
Radunovich, Heidi L	Family, Youth and Community Sci	<p>As leader of the Personal and Family Well Being focus team, I have been involved in leading the team in developing materials, and have developed several materials of my own. I have also provided training on the use of my programs. This year 2 of the programs that I developed have been well-utilized by county faculty. These programs include the Stressbuster Stress Management Program, and the Autism Spectrum Childcare Provider CEU program. Materials from the Stressbuster program have been adapted for use in several counties, and reportedly have been in high demand. Data collected on this program suggest that it provides a reduction in stress symptoms and leads to positive behavior changes. The Autism Spectrum Childcare Provider CEU program has been implemented in at least 4 counties across the state. Data suggest that this program leads to significant gain in knowledge about the autism spectrum for the vast majority of participants, and it has allowed for the receipt of CEU credits for many childcare providers. County faculty have reported that these programs are well-received and in high demand. Furthermore, I have had several requests for presentations to be provided on the impact of job loss and financial strain on the individual and family, and have provided 3 presentations on this topic.</p>
Ross, Maisie	Palm Beach County - South	<p>Outcomes: Nineteen out of 20 family life professionals who attended the Transitional and Environmental Challenges of Adolescence workshop completed evaluations. On a scale of 1-5, 4 being a lot and 5 being not sure, 10 (52.6%) participants rated their knowledge increase a 4.</p> <p>Impacts: Every dollar invested in child care increases the economy's output (GDP) by \$2.30, one of the highest GDP impacts of all major sectors (ExchangeEveryDay -Benefits of Child Care). More parents are able to enter the workforce, thus contributing to the economy. Teachers report that their students have benefitted in that they are more outgoing and excited to try new things, eager to know "what is the project of the day," and respond positively to activities and ideas.</p>
Smith, Suzanna D	Family, Youth and Community Sci	<p>Family Album Radio continued to add stations carrying the program in 2009. Family Album continued to reach a large regional audience in the north central Florida market, reaching an estimated 20,000 listeners per week. Family Album won the USDA's Kobbé Innovation in Extension Award in 2009.</p>
Toelle, Stephanie C	Duval County - Northeast	<p>Fifteen classes were offered to 570 childcare providers, offering them 3.0 CEUs (30 hours) from the University of Florida. These CEUs are valuable for recertification of the Child Development Associate (CDA) credential. Local</p>

		<p>and state criteria for child care provider education is increasing, requiring more providers to seek CDA certification, an associates' or bachelor's degree, depending on their current class assignment and aspirations. Non-credit classes through Extension are most economical, though may be sought less in years to come based on market demands. Examples of this year's lessons taught childcare providers about impact of the media on young children, ethics for child care providers, using photography, and autism. The classes on autism came from a new curriculum developed by our human development specialist. It consists of six hours, covering appropriate developmental milestones, indicators and red flags of autism, the various forms of autism across the spectrum, and ways for child care providers to adapt and include autistic children in their classroom. Using pre- and post-tests for each of the three sessions, 98% showed an increase in knowledge ($t(50)=-13.94, p <.001$), with a gain of 36%. Providers remarked that they appreciated the more intensive study and were challenged with the material. Little training is available to them on children with special needs, and often, the child care center is children's port of entry to a public and social environment, where autistic characteristics will be even more apparent. Early intervention is critical to the greatest success with these children.</p>
Whitworth, Gayle O	Brevard County - Central	<p>As a result of the Child Passenger Safety Program, 223 safety seats were checked, with 100% of participants actively demonstrating how to correctly install and use their child's seat. In addition, 128 child safety seats were distributed at a reduced cost, allowing individuals/families who could not otherwise afford them to be able to have one.</p> <p>Education in the area of child passenger safety can lead to safer practices in motor vehicles. Research has shown that correct use of child safety seats reduces fatal injuries by 71% for infants (younger than one year old) and by 54% for toddlers (1 -4 years old) in passenger cars. Correct use also reduces the need for hospitalization by 69% and reduces minor injuries by 50%.</p> <p>According to the reports "Injury Prevention: What Works? A Summary of Cost-Outcome Analysis for Injury Prevention Programs" (Pacific Institute for Research and Evaluation, 2005) and "Child Safety Seats: How Large Are The Benefits And Who Should Pay?" (Children's Safety Network, 2005), child safety seats yield an estimated cost savings of \$1,900 for an average cost of only \$46. This is broken down into \$140 savings in medical expenses, \$470 savings in future earnings and other resource costs, and \$1,300 savings in quality of life costs (Costs in 2004 dollars). In addition, every child safety seat saves society \$330 in insurance and tax payments including \$160 in auto insurance costs, \$100 in health costs, and \$70 in taxes (Costs in 2003 dollars). As part of the child passenger safety program, 128 child safety seats were distributed to participants, yielding a cost savings of \$243,200.</p> <p>Findings of the same studies also found that, averaged across all seats, child safety seat misuse reduction saves just over \$500 per seat (Costs in 2004 dollars), including \$27 in insurance and taxes (Costs in 2003 dollars) and costs only \$6 per seat. As part of the child passenger safety program, 223 were checked and re-installed properly, and parents were shown or demonstrated correct usage of the seats, thereby reducing misuse. This yields a cost savings of \$111,500.</p>

		Participants responding to a follow-up survey report feeling safer driving with their children in the car and that the child seat check service is invaluable. One parent responded with the following, "I greatly appreciate the seat check service that UF provides. I have had two car seats checked for my son's safety, and both times adjustments were made as we had not installed the seats properly. As a result of the car seat check, I feel much more secure knowing that my son is safe while in the car. Thank you for providing this life saving service!"
Wyatt, Carolyn H	Hardee County - South Central	Outcome: Abstinence events held throughout the school year were followed by student evaluations. Results of the student evaluations of the largest abstinence event, the 8th grade Teen Summit, were extremely positive with 90% reporting an increased awareness of the consequences of risky behaviors.