

# *Focus Team Year in Review - 2008*

## **G5F1 – Personal and Family Well-Being**

### *Faculty*

	Faculty Name	Unit	Effort*
1	Baugh, Eboni J	Family, Youth and Community Sciences	100%
2	Borgman, Joy A	Osceola County - Central	25%
3	Bradigan-Betancourt, Alicia A	Monroe County - South	30%
4	Brinkley, Monica L	Liberty County - Northwest	10%
5	Converse, Diana L	Hillsborough County – South Central	90%
6	Copeland, Heidi B	Leon County - Northwest	18%
7	Corbus, Judith L	Washington County - Northwest	10%
8	Diehl, David C	Family, Youth and Community Sciences	83%
9	Douglas, Diann	Madison County - Northeast	25%
10	England, Julie B	Lake County - Central	16%
11	Fogarty, Kate	Family, Youth and Community Sciences	35%
12	Forthun, Larry F	Family, Youth and Community Sciences	70%
13	Futch, Heather M	Hamilton County - Northeast	2%
14	Gardner, Cassel S	Florida A&M University	10%
15	Gorimani, Elizabeth T	Gadsden County - Northwest	20%
16	Headlee, Karen S	Lee County - South Central	65%
17	Humphries, Deborah S	Taylor County - Northeast	55%
18	Keith, Mary A	Hillsborough County - South Central	5%
19	Kennington, Mary S	Orange County - Central	5%
20	Lee, Dorothy C	Escambia County - Northwest	20%
21	Lehtola, Carol J	Agricultural and Biological Engineering	10%
22	Leslie, Lisa	Hillsborough County – South Central	90%
23	Miller, Betty M	Leon County - Northwest	25%
24	Muralles, Lester	Gadsden County - Northwest	5%
25	Nayfield-Crisp, Mary E	Pasco County - South Central	20%
26	Negron, Nilda G	Osceola County - Central	95%
27	Norman, Audrey R	Palm Beach County - South	2%
28	Peacock, Donna M	Hernando County - Central	15%
29	Portelos-Rometo, Maria	Sarasota County - South Central	10%
30	Radunovich, Heidi L	Family, Youth and Community Sciences	100%
31	Rogers, Jr, George A	Escambia County - Northwest	10%
32	Ross, Maisie	Palm Beach County - South	75%
33	Simonne, Amarat H	Family, Youth and Community Sciences	5%
34	Smith, Suzanna D	Family, Youth and Community Sciences	100%
35	Stein, Taylor Verne	School of Forest Resources and Conservation	15%

36	Stephens, Glinder	Orange County - Central	5%
37	Swenson, Shelley Elaine	Wakulla County - Northwest	9%
38	Taufer, Jill A	Volusia County - Central	20%
39	Toelle, Stephanie C	Duval County - Northeast	100%
40	Torres, Nayda Ivette	Family, Youth and Community Sciences	12%
41	Whitworth, Gayle O	Brevard County - Central	50%
42	Wilken, Carolyn S	Family, Youth and Community Sciences	100%
43	Wyatt, Carolyn H	Hardee County - South Central	25%

\* 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 3/2/09-data are preliminary; do not distribute or use in reporting)*

Comparison Group	Educational Materials	Field Visits	Office Visits	Group Participation	Phone Consults	Email Consults	Web Visits*
G5F1	629	4,335	1,147	59,794	3,286	4,653	570,826
Goal 5	4,242	18,426	7,495	561,206	43,611	48,922	1,296,420
All Goals	161,329	78,710	157,411	3,503,004	414,886	582,577	32,098,562

\*Web Visits may contain duplicated counts.

*Volunteers (as of 3/2/09-data are preliminary; do not distribute or use in reporting)*

Comparison Group	Volunteer Headcount	Volunteer Hours
G5F1	595	14,416
Goal 5	3,595	142,444
All Goals	27,905	1,138,419

*Multi-State Activity (as of 3/2/09-data are preliminary; do not distribute or use in reporting)*

State	Faculty Headcount
Southern Regional	2
Alabama	3
California	1
Delaware	1
Georgia	1
Iowa	1
Louisiana	2

Mississippi	1
North Carolina	1
Oklahoma	1
Pennsylvania	1
South Carolina	1
Texas	1
Washington	1
West Virginia	1
Unduplicated Headcount	6

*Outcomes (as of 3/2/09-data are preliminary; do not distribute 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	4,004	84.1%	2,516	74.7%	786	57.0%
Goal 5	132,405	73.1%	65,655	71.5%	40,193	84.8%
All Goals	392,660	82.3%	194,294	72.0%	115,438	67.0%

*Impacts (as of 2/18/09-data are unedited and preliminary; do not distribute or use in reporting)*

Faculty (Author) Contact Information	Impact
Baugh, Eboni J Family, Youth and Community Sciences ejbaugh@ufl.edu	Success Story of Family Treasures: Very informative; excellent facilitators. They have strong speech deliveries. They were clear and precise. I am thrilled about using this new tool to keep strengthening families. Thanks to Dr. Baugh and Robyn for their presentation; Excellent; I thought it was just right-in-time, material, and presentation; The facilitators seem to really believe in the Family Treasures materials; great information, all facilitators were good; great job; excellent program; this is a very appropriate curriculum for some of my families; very interesting program; more time should be spent reading through the workbook and doing the activities because there is not much training time; very helpful information; it's good to know that discretion and discernment are important when determining what family to use this with.
Borgman, Joy A Osceola County – Central borgman@ufl.edu	Sonia Ocasio is a resident with her four children in a transitional housing program for homeless women and children. As a requirement of the program, she attended a series of classes that I presented. Utilizing Spectrum Temperament Development, initially as a tool for self-understanding, she and other residents asked for the tool to

	<p>interpret the behaviors of their children. As a result, five sessions were held using the tool for a different application in each session. Sonia expressed appreciation for the self-understanding especially as it applied to job satisfaction and career counseling. She was most astounded though to realize that her four children had basically four different temperaments and that they very normally approached their homelessness and related issues from different perspectives. She said she had thought something was basically “wrong” with her children, especially the middle school aged girl. As a result of the sessions...which invariable gravitated to parenting issues and attempting to understand the behaviors of her children, she realized that she had very normal children who were experiencing abnormal situations and stresses. This understanding greatly reduced her own stress level and gave her greater confidence to maneuver her way through the situations of homelessness, job searching and family management. Additionally, another resident sought additional counseling using the tool to understand and change her attitudes and behaviors to better fit into the regimen required to stay in the program.</p>
<p>Bradigan-Betancourt, Alicia Monroe County – South abb@ufl.edu</p>	<p>Agent assisted 234 residents with a web based “Benefits Check Up” program, low-income outreach efforts to help residents find services. The average benefits savings per resident is \$110 per month for a total year savings of \$308,880. Having residents enrolled in a benefit program reduces the cost for emergency and social services.</p>
<p>Brinkley, Monica L Liberty County – NW brinkley@ufl.edu</p>	<ul style="list-style-type: none"> <li>* 14 of the 25 participants reported a lower score on the Symptom post test, 15 received a lower score on the perceived stress scale.</li> <li>* 46% of the participants who attended “Got Dirt?” reported that they planned to begin gardening with the children in their care. 57% reported that they learned about the importance of children spending time outdoors.</li> <li>* All early childhood professionals attending workshops received continuing education units in order to keep certification for jobs.</li> </ul>
<p>Converse, Diana L Hillsborough County – SC converse@ufl.edu</p>	<p>2008 -Improving Resiliency to Cope with Change - Recent budget-tightening has resulted in many Hillsborough County offices laying-off employees, downsizing hours that employees work, and reacting to a hiring freeze for current vacancies. Extension offered a series of Stress Management workshops to help “surviving” employees cope with the changes. Workshops were conducted for the Parks and Recreation Department, The Tampa Port Authority, Head Start managers, teachers with Hillsborough County Schools’ Early Childhood program, and Healthy Start staff. Two “open” workshops were also offered to general county employees at two locations. Workshop topics included Stress Management: Your Road to Resiliency, Relax Your Body, Calm Your Mind, Managing Your Emotions at Work, Improving Communication Skills and Workplace Relationships, and Goal Setting for Success at Work. Workshops focused on building skills to increase resiliency and more effectively deal with stress, making healthy changes in lifestyle habits, setting goals, managing fear and anger, improving decision-making skills and communicating more effectively.</p>

	<p>A total of 680 county employees attended and participated. 92% of the participants responded that they learned new ways to cope with stress, use relaxation exercises to improve health and/or build resiliency. 76 % said they would make changes in their lifestyle habits, decision-making skills, or communication skills. Extension is seen as a leading provider of practical education for helping county employees cope with difficult change.</p> <p>2008 - Tax Collectors Improve Business Etiquette - In every office there exists an invisible line between professional and unprofessional behavior. A recent survey revealed that 53% of employees lost work time worrying about work-place rudeness. Although rude incidents may not seem to add up to much on their own, when looked at collectively, workplace incivilities can create an atmosphere of rising tension that can take a toll on employee productivity and morale. Disgraceful employee behavior can translate into poor customer service and even potential lawsuits. Managers are becoming aware of an increase in unprofessional employee behavior and strained relationships in the workplace. To help create a more professional image and a more pleasant work environment, Hillsborough County Extension teamed up with the Hillsborough County Tax Collector’s Office to offer programs on workplace manners and successful workplace communication. The topics presented to employees of the tax collector’s office were; “Business Etiquette: How to Enhance Your Professionalism” and “Improving Communication Skills and Workplace Relationships.” Each program was taught on two different dates - with a total of 54 employees attending both lessons. The overall goals of the workshops were to improve workplace etiquette, improve relationships with co-workers, communicate more effectively and create a more positive work environment. Included were discussions and tips on dressing and acting professionally, using technology and office equipment with care, avoiding office gossip, improving communication skills, respecting other people’s space and privacy and awareness of one’s own behavior.</p>
<p>Converse, Diana L Hillsborough County – SC converse@ufl.edu</p>	<p>2008 - Screening for Developmental Delays of Children - The healthy development of a child is something that most of us take for granted. We expect the physical, social, cognitive, behavioral and emotional growth of a child to progress at a constant, predictable and probable rate. Unfortunately, not every child fits that mold. Many children have developmental delays that will make learning difficult or slowed unless intervention programs are recommended and started early - long before formal schooling begins. Hillsborough County Extension participates in monthly Child Developmental Screenings managed and conducted by the Early Childhood Council, Florida Diagnostic and Learning Resources Systems, USF, and Hillsborough County Schools. Free screenings are offered to the community for delays or problems with behaviors, speech, language, motor skills, vision, hearing and cognition for children birth to five years of age in targeted rural or hard to reach populations. Extension provides a valuable service for parents with one-on-one consultations on their child’s behavior and</p>

	<p>development. Parents are also taught how to work with their children to strengthen skills and encourage each child to reach his or her potential. The earlier parents receive this information, the earlier they can work with their child or be referred for help, if needed. Many delays can be removed or reduced if tackled early. About 150 children are screened monthly. There were 1908 children screened in the 2007/08 program year with 90% of these children referred on for further evaluation, assessment or beneficial programs and services. The screening partnership was deemed a “best practice” by the Florida Department of Education in 1996.</p>
<p>Corbus, Judith L Washington County – NW jlcorbus@ufl.edu</p>	<p>Outcomes: Forty-two persons completed a stress management class end-of-class evaluation form. Forty indicated that they had increased their knowledge about the effects of stress on health and/or positive stress management techniques. Forty-two indicated that they planned to make a change in the way they managed stress.</p> <p>Thirty-six persons completed a stress management class follow-up survey administered two to three months after completion of the class. Compared to before completion of the class, the following indicated they were doing “better” or “much better” at the following tasks:</p> <ul style="list-style-type: none"> <li>* 25 - dealing with stress in their life</li> <li>* 32 - identifying sources of stress in their life</li> <li>* 22 - taking a break when needed</li> <li>* 32 - asking for and accepting help from others</li> <li>* 25 - practicing positive stress management techniques (diet, exercise, relaxation, etc.)</li> </ul>
<p>Corbus, Judith L Washington County – NW jlcorbus@ufl.edu</p>	<p>Success Story: On a follow-up survey administered approximately three months after completion of the stress management class, participants indicated the following in response to the question, “How has this program helped you deal with your stress?:”</p> <ul style="list-style-type: none"> <li>o “It made me aware of what is causing the stress. If you know what causes the stress, you can build a corrective path.”</li> <li>o “It helped me to better determine sources of stress in my life.”</li> <li>o “I am better at identifying my source of stress.”</li> <li>o “It helped me to identify stress and control it before it gets out of control.”</li> <li>o “I have realized that I can change things to make my stress level go down.”</li> <li>o “It helped with practicing positive stress management techniques.”</li> <li>o “It helped me realize how stress affects your body and people around you.”</li> <li>o “It enlightened me to the things I can do to relieve stress and manage it.”</li> <li>o “I have learned to handle stress a little bit better.”</li> <li>o “It has helped in some ways. I wouldn’t take a break or ask for someone’s help but now I am more apt to do so.”</li> </ul>

<p>Douglas, Diann Madison County – Northeast ddoug@ufl.edu</p>	<p>Sixty-five people successfully completed state mandated training to make them eligible for employment in the childcare profession. Four childcare Directors were able to maintain their Directors Credential upon completion of the forty-five hour class "Early Childhood Administration and Supervision". After completing a forty-five hour training ten childcare providers were able to achieve a Directors Credential.</p>
<p>England, Julie B Lake County – Central julieeng@ufl.edu</p>	<p>This program goal includes the Lake Reflections newsletter which is distributed to over 1000 individuals. The newsletter provides information of health, nutrition, financial management and other general interest information. A newsletter subscriber approached the agent at a 2008 Extension program and said "You saved my life". She referenced the July 2005 newsletter which included an article on diabetes and pre-diabetes. She was a retired nurse and had been having some health problems and had never given diabetes a thought. The article prompted her to look at the suggested website and talk to her doctor. She was diagnosed with pre-diabetes and has since lost 30 pounds and made other lifestyle changes. He doctor told her that her actions have postponed development of diabetes for at least 10 years.</p>
<p>Fogarty, Kate Family, Youth and Community Sciences kfogarty@ufl.edu</p>	<p>Further promotion of the "Teening-Up" UF/IFAS Curriculum for parents of adolescents occurred at the Northwest Parenting Conference in Vancouver, WA in March, 2008. Copies of the 2006 edition were sold and all 6 chapters/sessions were revised in the fall of 2008 for printing and promotion from UF/IFAS Communications. Of 10 participants in the NW Parenting Conference workshop (promoting Teening-Up and sharing information presented at 2006 FL Extension Symposium and 2007 FCS Summit &amp; EPAF) 9 reported excellence of presentation, knowledge of presenters, usefulness of information for work with parents and families, and intent to share information from the session with others.</p>
<p>Gardner, Cassel S Florida A&amp;M University cassel.gardner@famu.edu</p>	<p>Through the New North Florida Cooperative, our program continues to be a training ground for youth and entrepreneurial farmers in the north west Florida region. This year, 10 enterprising youth farmers were trained in the production of collard greens, snow peas and green beans. The individuals have also developed a vast amount of experience in developing value-added commodities by professionally preparing and packaging these products for sale through the school lunch program. A pilot project was also conducted to introduce a salad mix of vegetable crops into schools menu. From this, four school districts have incorporated the salad nix into their program.</p>
<p>Gorimani, Elizabeth T Gadsden County – NW gorimani@ufl.edu</p>	<p>Of the 100 participants that took the face to face training for the childcare 42 passed the state mandated classes. Those 42 are now certified and work in various childcare centers in Gadsden County.</p>
<p>Headlee, Karen S Lee County - South Central kheadlee@ufl.edu</p>	<p>Real Colors - Lee County Parks &amp; Rec Summer Camps: Agent Headlee partnered with Lee County Parks &amp; Recreation training of Summer Camp workers to present Real Colors to 206 participants. An evaluation of the workshop revealed 97% of all participants reported "Somewhat to Very Likely" to use the information learned in the workshop. Agent Headlee evaluated the same participants at the end of Lee County Summer Camps as a follow up and found the</p>

	<p>following results: Fifty-two participants filled out a 3 month follow up evaluation for a response rate of 25%. 90% stated that the information was useful at work during the 3 months of summer camp and 96% stated the information was useful in dealing with their family and friends. After 3 months, 62% felt confident to very confident in using Real Colors at work while 67% felt confident to very confident in using Real Colors with their family and friends. One hundred percent learned something new during the training and recommended it be taught again next year.</p>
<p>Humphries, Deborah S Taylor County – NE dsusan@ufl.edu</p>	<p>Twenty-one childcare workers completed 40 Hours of state mandated training with 95% successfully completing the test to meet the basic training requirements for the state of Florida in order to continue their employment in the childcare profession. Participants learned how to identify and report child abuse, how to observe children for possible developmental delays, how to provide safe, healthy learning environments, nutrition basics, the principles of child development and the rules and regulations pertaining to childcare in Florida. Eight child care directors completed the Early Supervision and Administration course in order to obtain or renew the state of Florida Director’s Credential mandated to serve as a director at a child care center.</p> <p>Success Story</p> <p>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. Fifty three participants completed required state mandated and advanced child care making them employable in the profession of child care. Eight child care directors were able to obtain or renew the state of Florida Director’s Credential mandated to continue to serve in their capacity as a director at a child care center.</p>
<p>Kennington, Mary S Orange County – Central marysuek@ufl.edu</p>	<p>Wellness Education Through Bingo for Older Citizens</p> <p>Agents Kennington and Mondelus trained three Home &amp; Community Education volunteers (HCE) at the start of the year to implement the ENAFS (Elder Nutrition and Food Safety) Wellness Bingo at community outreach locations. Since that time, the Orange County HCE president, Connie Ouellette, served as the key volunteer leader for the outreach trainings. She, with the help of 2 or 3 other HCE volunteers per program, taught approximately 38 Wellness Bingo programs at senior facilities including Elderly Day Care, Westminster Health, Renaissance Senior Center, Rio Pinar Community Center, etc. The wellness bingo teaches information related to fall prevention, nutrition, diabetes prevention and Alzheimer’s awareness in a fun and interactive method. On average, twenty seniors attended each program. Connie and the other volunteers found donated items or made items to give all bingo “winner” or to give each participate a favor for attending. The game favors were items related to the day’s program topic. At the</p>



	<p>conclusion of the bingo game session, Connie would lead a group discussion and have a verbal exchange to monitor the seniors' learning and comprehension levels of the nutrition and wellness lessons. Based on this verbal exchange, Ms. Ouellette observed about a 70% knowledge gain among the participants. Each volunteer donated about five hours per program and Connie contributed on average another 10-12 hours per month preparing materials, marketing, recruiting bingo prizes. Connie found using the Bingo game method of teaching seniors so successful that she took the initiative to create a bingo game on the topic of Emergency Preparedness for Older Adults. Agent Kennington and HCE President, Connie Ouellette, worked together to create new bingo cards and a PowerPoint Program for hurricane/emergency preparedness. Kennington delivered the program to the Pine Hills Senior group and Ouellette used the bingo game during one of her monthly programs at the Renaissance Center.</p>
<p>Lee, Dorothy C Escambia County – NW dclee@ufl.edu</p>	<p>A total of 89 parents were reached during the year. Follow up evaluations from 60 participants indicated that 89 percent of those had used one or more recommended parenting practices; 72 percent increased their coping skills; and 70 percent used at least one stress management technique. Results of pre and post tests indicated that participants increased their knowledge of parenting skills in one or more areas.</p>
<p>Lee, Dorothy C Escambia County – NW dclee@ufl.edu</p>	<p>Pensacola's Largest Baby Shower was held twice during the year. Five hundred parents and expecting parents attended the program. As a result of an exhibit and presentation parenting programs for military parents were scheduled.</p>
<p>Leslie, Lisa Hillsborough County - SC lmleslie@ufl.edu</p>	<p>*Tampa Bay Saves: In 2008, 113 people have enrolled as a Tampa Bay Saver and committed to a specific savings or debt reduction goal. *Get Checking: 2 people attended a Get Checking class taught by this agent and were made eligible for a checking account at a bank or credit union. It is estimated that un-banked individuals spend \$200 per year in check-cashing and bill-paying fees so these Get Checking graduates will save a cumulative total of \$400 per year. Results from three- five month follow-up evaluations: *16 people reported that they had reduced their debt by a collective total of \$7,800. *5 people reported that they opened a savings or retirement account. *7 people reported increasing monthly savings, collective total increased was \$440/month. -1 person entered a debt management program. *1 person reported obtaining a car loan at favorable terms. *1 person reported purchasing a home after being able to pay down debts</p>
<p>Miller, Betty M Leon County – Northwest bettym@ufl.edu</p>	<p>After completing 4-8 positive parenting classes: * 91% (93) of the parents reported being “better “or “much better “at setting age appropriate limits for their child’s behavior. * 94% (97) of the parents reported being “better” or “much better” able to reinforce their child’s positive behavior. * 83% (87) of the parents reported being “better “or “much better “able to avoid spanking and yelling when disciplining their child.</p>

	<p>Success Story: After completing a four-part Positive Parenting Class, a single mother wrote these comments, "I have a 10 year old daughter. She received her report card from school last week. I was so proud and she was proud too. Her report card was all A's and B's only one C and her behavior could have been better. But in your classes I learned how to encourage her and how to tell her that she must of worked really hard to get those great grades and to keep up the good work, and I bet if she kept up working really hard she could pull her C up to a B or even an A. I told her I didn't care about the C that she could make all the C's in the world and I would still love her no matter what! But I was really proud that I had a smart daughter who tries really hard in school to make good grades. If you could of seen her smile on her face. This technique of communication and encouraging and listening has helped me as a parent. This Parenting Class has really helped me as a parent. Thank you."</p>
<p>Muralles, Lester Gadsden County – NW lester.muralles@famuedu</p>	<p>English classes for Hispanics session one was held between February and April for 13 weeks, as a result there were 36 students registered and 16 teachers/instructors. During the classes the students were taught on how to fill and read forms, read and interpret signs, they learnt the alphabet and they learnt how to handle currency. The exit survey indicated 100% of the participants increase their knowledge and indicated they will put in practice the knowledge learnt.</p>
<p>Muralles, Lester Gadsden County – NW lester.muralles@famuedu</p>	<p>English classes for Hispanics session one was held between September and November for 12 weeks, as a result there were 72 registered students and 31 volunteer teachers/instructors. During the classes the students were taught Basic English, how to answer questions, the alphabet, and numbers, how to give directions on the telephone, and how to do emergency calls. The exit survey indicated 100% of the participants increase their knowledge and indicated they will put in practice the knowledge gained.</p>
<p>Nayfield-Crisp, Mary E Pasco County mecrisp@ufl.edu – SC</p>	<p>Looking for ways to s-t-r-e-t-c-h your paycheck? - Employees (120) signed-up for one of six classes provided by Extension FCS to help participants learn new money management skills to help get them through these tough times. Topic included: making a spending plan you can live with; paying yourself first (saving); managing your credit; planning for retirement and protecting your assets. At the end of the 2-hour class, participants completed a survey to determine knowledge gained. Although significant improvement was made in all areas, the section on credit was rated the highest (99.5%). Attendees learned the best ways to reduce debt and that just giving up buying lunches out daily (\$10/day), the savings can make a big difference in just one year! (almost \$1500/year; invested for 5 years at 8%, almost \$9,000!)</p>
<p>Negron, Nilda G Osceola County – Central gnegron@ufl.edu</p>	<p>Improving Nutrition in Osceola County -</p> <p>Success Story- Food safety and personal hygiene behavior practices like washing hands can help prevent infection/disease among youth, the number one cause for students' school absences according to the Center for Disease Control. EFNEP staff works with 2nd and 4th graders Title I</p>

	<p>elementary schools who host our 6 lesson series educational program focusing on increasing knowledge of the food pyramid, the digestive system, food safety and regular physical activity practices.</p> <p>After practicing this skill in the classroom, teachers noticed students washing hands more often and students reminding each other of washing hands regularly. In addition, a student told one of the program assistants that her mother called a family meeting and at the meeting her mother told the family that from that day on there were going to be changes in the house; more physical activities for all and more vegetables and fruits at meals for everyone to be healthier.</p> <p>Outcomes for Objective 1: Ninety percent (5% higher than expected) of 2nd graders from participating schools in Osceola increased their knowledge of the food pyramid; the digestive system; food safety and regular physical activity practices by increasing their test scores from pre to post by sixty two percent (12% higher than expected).</p> <p>Outcomes for Objective 2: Ninety two percent (7% higher than expected) of 4th graders from participating schools in Osceola increased their knowledge of the food pyramid; the digestive system; food safety and regular physical activity practices by increasing their test scores from pre to post by seventy four percent (34% higher than expected).</p> <p>Impact - Seven thousand and eight hundred and sixty six (7,866) youth completed a basic food and nutrition program. Program participants learned among other things, information on nutrition including food safety and personal hygiene practices. Second graders increased their knowledge and skills by 90% (5% higher) and fourth graders by 92% (7% higher). Healthier students have fewer absences. The cost per child per day for Osceola School District is \$36.90. Our educational program has financial cost benefits to the school district.</p>
<p>Peacock, Donna M Hernando County – Central dpeacock@ufl.edu</p>	<p>Twenty-four couples (48 individuals) received a marriage preparation completion certificate which entitled them to incentives provided by legislation set forth in the Florida Marriage Preservation and Preparation Act. Each couple received a discount of \$32.50 when they purchased their marriage license. All 48 individuals who attended the class signed a commitment statement promising to practice the skills that were introduced during six hours of marriage preparation activities.</p>
<p>Radunovich, Heidi L Family, Youth and Community Sciences hliss@ufl.edu</p>	<p>This year I served as co-leader of the Personal and Family Well-Being team. In this capacity I have led multiple meetings over the course of the year, and have helped coordinate curriculum development. Our team has worked on creating several new curricula, including one on stress management and a CEU curriculum for teaching childcare providers about the autistic spectrum, and we are currently working on two new curricula: coparenting (in conjunction with a professor at USF St. Petersburg) and teens and media. I conducted an in-service</p>

	<p>training on the stress curriculum in May, 2008, and it was well-received by county faculty who attended, with most reporting a significant gain in knowledge and a desire to use the materials in their county. Our team also put on a few training workshops for the FCS summit in February, 2008. In response to a county faculty member's request, I spent an afternoon observing a childcare program and provided feedback to be used for program improvement. Finally, I have created several new EDIS publications and served as a reviewer for Family Album Radio. I have received e-mails from people across the state and country related to EDIS publications I have put out, and they are read by many online.</p>
<p>Rogers, George A Escambia County – NW garogers@ufl.edu</p>	<p>Condominium owners association members and staff attended a hurricane preparedness seminar that provided information to use in preparedness and recovery for and from hurricanes. All of the participants left the seminar with improved plans for before and after a hurricane event. The result will be reduced damage and economic impact for residents of the condominiums following a hurricane. Condominium Staff members will be better prepared to resume work following a hurricane.</p>
<p>Ross, Maisie Palm Beach County – South scrunchy@ufl.edu</p>	<p>Twelve of 24 premarital prep class participants completed both pre and post test and showed knowledge gain between 34% and 100%. 100% of the six couples reached as follow-up were practicing at least two concepts learned in class. This contributes to better communication which can lead to more stable marriage. One stress management class participant reported she has been using the "guided imagery/mental vacation technique which she learned when she feels stressed. This allows her to relax more and see things in a positive light, which has greatly improved her situation. Fifty-five of 64 child care providers who completed class evaluations increased their knowledge by at least 15%. One director stated that what she learned in an all-day workshop led her to look very closely at her center's emergency plan, update all phone contacts, and ensure that all teachers understood exactly what was expected of them before, during, and after an emergency. By improving their knowledge and skill base, child care providers will improve the quality of early childhood care. Good quality care sets parents' minds at ease, thus contributing to their ability to work. this leads to economic gain for all involved.</p>
<p>Stein, Taylor Verne School of Forest Resources and Conservation tstein@ufl.edu</p>	<p>In collaboration with public land management agencies throughout Florida, we assisted in the creation of the "Get Outdoors Florida" Taskforce. This group is in the process of creating a statewide initiative to promote outdoor recreation throughout Florida.</p>
<p>Stein, Taylor Verne School of Forest Resources and Conservation tstein@ufl.edu</p>	<p>The creation of the St. Mary's Shoals County Park in Baker County will provide a variety of new recreation opportunities for families and individuals to receive the vast array of benefits associated with outdoor recreation. We developed a variety of maps that outlined appropriate trail development throughout the park for motorized recreation users (all-terrain vehicles), hikers, and horseback riders.</p>
<p>Stein, Taylor Verne School of Forest Resources</p>	<p>Research in the Ocala National Forest and distribution of those findings allowed managers in the forest to provide recreation</p>

<p>and Conservation tstein@ufl.edu</p>	<p>opportunities specifically designed for individual and family benefits. Over 200 miles of trails have been designated, and our research directly led to the creation of those trails.</p>
<p>Taufer, Jill A Volusia County – Central jtaufer@ufl.edu</p>	<p>Outcomes (3-6 month follow up data) Three to six months after attending the 2¼ hour Stress Management Workshop, County Employees were contacted by phone or surveyed at the county wellness facility. The following data was collected:  <ul style="list-style-type: none"> <li>* 37% of 83 employees reported they started reading food labels with at least one of the following goals: decrease added sugar, increase fiber, eliminate trans fat, increase whole grains.</li> <li>* 30% of 83 participants started a fitness routine.</li> <li>* 10% of 83 employees reported increase intake of fruits/vegetables.</li> <li>* 7% of 83 participants reported using relaxation CD on a regular basis.</li> <li>* 6% of 83 participants replaced drinking soda with water.</li> <li>* 6% of 83 participants stopped using vending machines for an afternoon snack and now bring healthy snacks from home.</li> <li>* 4% of 83 participants reported they started eating breakfast.</li> </ul> <p>Success story In the past two years 304 employees have participated in the Stress Management Workshop. Positive feedback from the election supervisor led to other county departments requesting the program. Individuals also requested additional classes for their co-workers as illustrated in the following letter that was sent to the County Wellness Coordinator: “I wanted to tell you that the stress class was well worth my time and effort in all ways...Jill did absolutely a great job and was a wake up call. I came back to the office and raved and all want to be involved. Since all staff can’t leave to go to the next scheduled class is it possible to schedule two dates?” The success of the program among county workers led to a request to present at the Florida Sheriff’s Executive Assistant State Conference in May 2008.</p> <p>Impacts The workshop demonstrated valuable tools that employees used to make behavior changes in their lives. Statistical data shows a decrease in stress improves both emotional and physical wellbeing. Tools employees can use during work hours improve productivity.</p> </p>
<p>Whitworth, Gayle O Brevard County – Central gowhit@ufl.edu</p>	<p>As a result of the Child Passenger Safety Program, 286 safety seats were checked, with participants demonstrating proper selection, install and use their child's seat. In addition, 97 child safety seats were distributed at a reduced cost, allowing individuals/families who could not otherwise afford them to be able to have one. As a result of the correct selection, installation and use of participants have children who are riding correctly. 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%. This results in reduced medical and insurance costs.</p>

<p>Wilken, Carolyn S Family, Youth and Community Sciences cswilken@ufl.edu</p>	<p>Addressing the needs of older adults in disasters. Presentation to 45 professionals and paraprofessionals at the Annual Meetings of the Florida Council on Aging. Described in detail issues of adults in disasters and provided information for getting Florida Cooperative Extension materials. Evaluation of program=3.45/4.0.</p>
<p>Wyatt, Carolyn H Hardee County – SC chwyatt@ufl.edu</p>	<p>Outcome: 85% of program event participants expressed an increased awareness of Hardee County's plight of being rated number two in the state in births to unwed mothers ages 10-18. Impact: As a result of four major events regarding teen pregnancy &amp; drug prevention, 2,169 junior &amp; high school students &amp; parents heard the message of abstinence &amp; the importance of avoiding risky behaviors. Success story: Statistically: Hardee County has dropped from 2nd to 3rd place in births to mothers under 18 years of age; from 27th to 48th in repeat births to mothers 15-19 (CHARTS, October 2008, Florida Dept. of health). Personal: Participants in one major event reported the information learned would cause them to be less likely to participate in risky behaviors. One mother, who is also a school board member, reported, "Please pass along positive compliments from Hardee Junior High students who participated today. My twin sons are in the 6th grade &amp; they said that all their friends enjoyed &amp; learned a great deal from the speaker."</p>