Activity Report for 4-H Youth Development

01/01/2010 to 12/31/2010

Extension Personnel Hours

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Direct Methods for Extension Personnel

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**Units Reporting Program Activity**

http://super.tennessee.edu/reports/by_unit_roll_up.asp
Activity Report for Agricultural Economics

01/01/2010 to 12/31/2010

Extension Personnel Hours

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

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Volunteer Hours

| Total | 0 |

http://super.tennessee.edu/reports/by_unit_roll_up.asp
### Volunteers Who Served

### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

#### All 2010 Outcomes (entire year)

#### Units Reporting Program Outcomes (entire year)

None

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### Activity Report for Anderson County

#### 01/01/2010 to 12/31/2010

#### Extension Personnel Hours

- **All**: 4766.5
- **Total**: 4766.5

#### Direct Methods for Extension Personnel

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http://super.tennessee.edu/reports/by_unit_roll_up.asp
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### Indirect Methods for Extension Personnel

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### Volunteer Hours

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Volunteers Who Served

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Contacts by Volunteers

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Units Reporting Program Activity

Anderson County

**All 2010 Outcomes (entire year)**

- 99 are concerned about problems in their community.
- 20 classrooms adopted this program.
- 10 dial-gauge lids were tested.
- 13589 miles were walked in the Walk Across Tennessee Program.
- 82 now feel a sense of responsibility toward their school and community.
- 81 now have a sense of pride about their school and community.
- 540 of 540 adults wash hands more often.
- 55 of 75 better understood basic insurance needs.
- 55 of 75 better understood credit reporting and scoring.
- 308 of 308 better understood their parents' concerns about money.
- 15 of 75 checked their credit report.

http://super.tennessee.edu/reports/by_unit_roll_up.asp
3/15/2011
61 of 75 identified ways to reduce spending.
30 of 75 learned better how to communicate with creditors.
33 of 75 learned how to better manage stress caused by financial issues.
35 of 75 learned how to prepare a grab and go bag in case of an emergency home evacuation.
75 of 75 learned how to properly maintain and store household financial records.
55 of 75 learned who to pay first if they can't pay everything.
110 of 308 made a change in career or educational goals.
26 of 40 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
30 of 40 participants are confident they can better manage their diabetes as a result of participating in this program.
30 of 40 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
40 of 40 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
40 of 40 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
40 of 40 participants are regularly checking their blood sugar six months after completing the program.
40 of 40 participants are using the Healthy Plate Method six months after completing the program.
650 of 770 participants ate more whole grains.
55 of 75 participants became more aware of the importance of starting to save and invest early in life.
125 of 383 participants began or increased savings an average of $20 per month.
35 of 75 participants better understood employer benefits.
35 of 75 participants better understood the difference between pre-tax and after-tax investments.
308 of 308 participants better understood their parent’s concerns about money.
20 of 88 participants can better control their chronic disease as a result of participating in the program.
30 of 40 participants can choose foods that do not cause a sharp rise in blood sugar.
285 of 383 participants communicated with other family members about financial matters.
676 of 980 participants decreased consumption of high-sugar foods.
10 of 88 participants decreased their blood pressure six months after completing the program.
20 of 88 participants decreased their cholesterol levels six months after completing the program.
35 of 75 participants determined how to better balance their investments among pre-tax and after-tax options.
120 of 520 participants eat at least six meals together as a family each week.
550 of 860 participants eat fewer high-fat foods.
600 of 750 participants eat more fat-free or low-fat dairy products.
88 of 88 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
50 of 75 participants felt more confident that they could build wealth.
250 of 308 participants felt more strongly that they needed to get a good education.
260 of 308 participants felt more strongly that they needed to pay attention to their financial future.
35 of 75 participants felt that they were taking better advantage of the investment options offered by their employer.
255 of 383 participants followed a spending plan.
55 of 75 participants gained skill in determining their net worth.
55 of 75 participants gained skill in making a spending plan.
16 of 40 participants have reduced their A1c six months after completing the program.
45 of 75 participants identified ways to avoid being victimized by predatory practices or fraud.
500 of 650 participants increased physical activity.
88 of 88 participants increased their exercise routine during Walk Across Tennessee Program.
335 of 383 participants increased their financial management skills.
65 of 75 participants kept a record of spending.
290 of 308 participants learned better how to plan their spending.
353 of 383 participants learned how education will affect the kind of job they can get.
308 of 308 participants learned how having a family can affect their lifestyle.
308 of 308 participants learned how much money it takes to get by.
308 of 308 participants learned how occupation and income will affect their lifestyle.
308 of 308 participants learned how payroll deductions are taken from gross pay.
308 of 308 participants learned how to keep a checkbook register.
308 of 308 participants learned how to write a check.
150 of 228 participants lost weight: 460 total pounds lost.
10 of 88 participants lowered their blood sugar levels six months after completing the program.
220 of 308 participants made a change in financial behavior.
255 of 383 participants made a spending plan.
159 of 308 participants made changes to their future plans.
65 of 88 participants maintained their walking/exercise routine six months after completing the program.
500 of 650 participants now eat more fruit.
500 of 650 participants now eat more vegetables.
40 of 40 participants plan to regularly check their blood sugar as requested by their doctor.
40 of 40 participants plan to use the Healthy Plate Method.
159 of 308 participants planned to change their career goals.
275 of 308 participants planned to get more education after high school.
55 of 75 participants reduced debt an average of $50 per month.
50 of 60 participants refrigerate perishable foods within two hours.
60 of 60 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
50 of 75 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
32 of 32 participants surveyed canned pickles following a tested recipe. (TNCEP)
32 of 32 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
32 of 32 participants surveyed canned vegetables following a tested recipe. (TNCEP)
32 of 32 participants surveyed processed pickles in a water-bath canner. (TNCEP)
32 of 32 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
32 of 32 participants surveyed processed vegetables in a pressure canner. (TNCEP)
45 of 60 participants surveyed used a thermometer to check the internal temperature of food.
50 of 60 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
305 of 383 participants talked about financial goals with their parents or others.
40 of 40 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
75 of 75 participants understood the dangers of using too much credit.
70 of 75 participants were better able to identify appropriate savings and investment options for different financial goals.
438 of 520 participants who increased their intake of dairy foods.
400 of 650 participants who now select foods and beverages that promote healthy weight.
70 of 88 participants will continue to exercise after the Walk Across Tennessee Program.
245 of 383 participants worked toward new savings or investment goals.
75 of 75 participants understood the dangers of using too much credit.
220 of 320 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
320 of 460 students increased amount of time in physical activity.
380 of 460 students who increased their intake of whole grains.
60 of 75 tracked their spending.
45 of 75 worked toward new savings, investment or retirement goals.
1100 of 1300 youth now wash hands more often.
32 participants process high-acid foods in a water bath canner.
88 participants walked in the Walk Across Tennessee Program.
18 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
21 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
28 report that because of their 4-H experiences, they will register to vote when they are eligible.
23 report that because of their 4-H service projects, they have learned about causes and issues.
17 report that because of their 4-H service projects, they know about resources in their community.
8 schools adopted this program.
11 teams participated in the Walk Across Tennessee Program.
64 would assist with or participate in elections, voting and campaigns.
76 youth believe that people working together can help others less fortunate.
26 youth can conduct a meeting.
98 youth now report they are concerned about the well-being of others.
18 youth report being able to break tough jobs down into simpler tasks.
16 youth report being able to resolve problems without losing control of their emotions.
14 youth report being sensitive to the feelings of others when discussing and solving problems.
12 youth report that they are comfortable being responsible for a group.
24 youth report that they are now comfortable being a group leader.
22 youth report that they can now give clear directions.
61 youth report that they learned about important leaders who contributed to our nation.
24 youth report that they now like to work with others and help them reach their goals.
26 youth report using enthusiasm to get a group working.
16 youth seek out others who can help them become a better leader.
74 youth think they can make a big difference in their community by helping others.
59 youth understand how community leaders are elected to office.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Animal Science

01/01/2010 to 12/31/2010

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Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

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Volunteer Hours

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Volunteers Who Served

Indirect Methods for Volunteers

<table>
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<tr>
<th>Method</th>
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Contacts by Volunteers

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Units Reporting Program Activity

Animal Science

All 2010 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)

None

Activity Report for Austin 4-H Center

01/01/2010 to 12/31/2010

Extension Personnel Hours

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Indirect Methods for Extension Personnel
### Contacts by Extension Personnel

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#### Contacts by Extension Personnel

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### Volunteer Hours

**Total:** 0

### Volunteers Who Served

#### Indirect Methods for Volunteers

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Units Reporting Program Activity
Austin 4-H Center
All 2010 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)
None

Activity Report for Bedford County
01/01/2010 to 12/31/2010

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<tr>
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Indirect Methods for Extension Personnel

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Volunteer Hours

| All : | 1097 |
| Total: | 1097 |

Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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<td>19</td>
<td>12</td>
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Units Reporting Program Activity

Bedford County

All 2010 Outcomes (entire year)

- 800 beef producers sold 24000 calves managed according to BQA guidelines to increase returns by $FRM.
- 500 beef producers stored 50000 large, round bales under some type of cover to increase returns by $FRM.
- 800 beef producers utilized bulls with greater genetic potential to produce 24000 head of calves to increase returns by $FRM.
- 900 beef producers utilized hay feeding rings to feed 90000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 200 beef producers utilized improved marketing methods to market 10000 head of calves to increase returns by $FRM.
- 300 farmers increased their knowledge and skills in farm and financial planning.
- 0 of 0 adults wash hands more often.
- 0 of 0 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
- 0 of 0 participants are confident they can better manage their diabetes as a result of participating in this program.
- 0 of 0 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
- 0 of 0 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
- 0 of 0 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
- 0 of 0 participants are regularly checking their blood sugar six months after completing the program.
- 0 of 0 participants are using the Healthy Plate Method six months after completing the program.
- 260 of 334 participants ate more whole grains.
- 0 of 0 participants can choose foods that do not cause a sharp rise in blood sugar.
234 of 334 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
0 of 0 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
304 of 334 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
0 of 0 participants have reduced their A1c six months after completing the program.
256 of 334 participants improved their blood pressure.
270 of 334 participants improved their blood sugar.
274 of 334 participants improved their cholesterol levels.
300 of 334 participants improved their triglyceride levels.
0 of 0 participants increased physical activity.
304 of 334 participants know what cancer screenings they need according to their age and gender.
174 of 334 participants lost weight: 1914 total pounds lost.
13 of 27 participants now eat more fruit.
13 of 27 participants now eat more vegetables.
324 of 334 participants plan to get age and gender appropriate cancer screenings.
0 of 0 participants plan to regularly check their blood sugar as requested by their doctor.
0 of 0 participants plan to use the Healthy Plate Method.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
328 of 334 participants understand that cancer screening and early detection can save their life.
334 of 334 participants understand women age 40 and older should have a mammogram.
308 of 334 participants understand women of all ages need a Pap test.
0 of 0 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
174 of 334 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 youth now wash hands more often.
104 producers planted 2620 acres with clover for an increased production valued at $FRM.
12 producers planted 182 acres with warm-season grasses for an added value of $FRM.
500 producers sprayed 17400 acres for broadleaf weed control for an increased production valued at $FRM.
10 producers stockpiled 400 acres of tall fescue, reducing feeding cost by $FRM.
178 youth are better able to understand and follow directions.
174 youth can deal with their nervousness when giving a speech or talk.
128 youth can explain an idea to others.
182 youth can express ideas with a poster, exhibit or other display.
186 youth can give an informative speech or presentation.
152 youth can now share their ideas through writing.
158 youth can select a topic for a speech or talk.
146 youth can show enthusiasm when giving a speech or presentation.
144 youth can speak loudly enough to be heard when giving a speech or talk.
38 youth can use technology to help themselves express ideas.
118 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
126 youth give a 2-3 minute speech or presentation.
152 youth have a goal set for their job or career.
58 youth have learned at least five jobs in which communication skills are important.
152 youth have set a goal for their job or career.
144 youth know how to organize the parts of a speech or presentation.
144 youth now get information about a problem.
162 youth now set high goals that require work to achieve them.
112 youth report that they have developed confidence to speak in front of groups.
114 youth report that they now achieve goals they set for themselves.
128 youth set deadlines to achieve their goals.
110 youth try to get as much assistance as they can when working toward their goal.
82 youth who are now making plans to achieve their goals.
182 youth who have put their goal(s) in writing.
102 youth who keep trying if they do not achieve their goal the first time.
138 youth who report that they have learned that some choices are better than others.
102 youth who report they can make a decision.
96 youth who report they now listen to people with more experience than themselves.
116 youth who report they now try to identify what causes a problem.
86 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Benton County
01/01/2010 to 12/31/2010

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<tbody>
<tr>
<td>Method</td>
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<tr>
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</tr>
<tr>
<td>Client Visits to Extension Office:</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>Group Meetings / Demonstrations:</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
### Contacts by Extension Personnel

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### Volunteer Hours

- **All**: 544
- **Total**: 544

### Indirect Methods for Volunteers

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Contacts by Volunteers

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<tr>
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<td>62</td>
<td>47</td>
<td>9</td>
<td>5</td>
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Units Reporting Program Activity

Benton County

All 2010 Outcomes (entire year)

- 0 of 0 adults wash hands more often.
- 44 of 70 better understood their parents' concerns about money.
- 24 of 70 made a change in career or educational goals.
- 30 of 441 participants ate more whole grains.
- 0 of 0 participants began or increased savings an average of $0 per month.
- 44 of 70 participants better understood their parent's concerns about money.
- 30 of 70 participants communicated with other family members about financial matters.
- 31 of 441 participants decreased consumption of high-sugar foods.
- 34 of 300 participants eat at least six meals together as a family each week.
- 33 of 300 participants eat fewer high-fat foods.
- 31 of 300 participants eat more fat-free or low-fat dairy products.
- 54 of 70 participants felt more strongly that they needed to get a good education.
- 46 of 70 participants felt more strongly that they needed to pay attention to their financial future.
- 0 of 0 participants followed a spending plan.
- 0 of 0 participants have less arthritis symptoms.
- 0 of 0 participants improved control of their arthritis symptoms.
- 0 of 0 participants improved performance of daily activities.
- 0 of 0 participants improved their balance.
- 0 of 0 participants improved their flexibility.
- 55 of 300 participants increased physical activity.
- 34 of 70 participants increased their financial management skills.
- 50 of 70 participants learned better how to plan their spending.
- 60 of 70 participants learned how education will affect the kind of job they can get.
- 52 of 70 participants learned how having a family can affect their lifestyle.
- 50 of 70 participants learned how much money it takes to get by.
- 50 of 70 participants learned how occupation and income will affect their lifestyle.
26 of 70 participants learned how payroll deductions are taken from gross pay.
54 of 70 participants learned how to keep a checkbook register.
52 of 70 participants learned how to write a check.
5 of 141 participants lost weight: 119 total pounds lost.
0 of 0 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
24 of 70 participants made changes to their future plans.
43 of 300 participants now eat more fruit.
32 of 300 participants now eat more vegetables.
24 of 70 participants planned to change their career goals.
44 of 70 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
30 of 70 participants talked about financial goals with their parents or others.
31 of 300 participants who increased their intake of dairy foods.
32 of 300 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
190 of 441 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
75 of 75 youth now wash hands more often.
4 youth are better able to understand and follow directions.
8 youth are now better listeners.
34 youth can deal with their nervousness when giving a speech or talk.
30 youth can explain an idea to others.
24 youth can express ideas with a poster, exhibit or other display.
18 youth can give an informative speech or presentation.
40 youth can now share their ideas through writing.
42 youth can select a topic for a speech or talk.
24 youth can show enthusiasm when giving a speech or presentation.
50 youth can speak loudly enough to be heard when giving a speech or talk.
16 youth can use technology to help themselves express ideas.
18 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
54 youth give a 2-3 minute speech or presentation.
18 youth have explored careers in communications.
10 youth have learned at least five jobs in which communication skills are important.
26 youth know how to organize the parts of a speech or presentation.
4 youth now get information about a problem.
8 youth now report that they make a decision by thinking about what a person of good character would do.
18 youth now report that they use more than one source of information in making choices.
4 youth now report that they use standards in making choices.
20 youth now report they consider the risks of their choices.
20 youth now report they think about the truthfulness of sources of information when making choices.
26 youth report that they have developed confidence to speak in front of groups.
4 youth report they can now keep records.
20 youth report they have improved photography skills.
20 youth report they have learned skills in visual communications.
24 youth who report that they have learned that some choices are better than others.
40 youth who report they can make a decision.
16 youth who report they now listen to people with more experience than themselves.
10 youth who report they now try to identify what causes a problem.

**Units Reporting Program Outcomes (entire year)**
None

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**Activity Report for Biosystem Engineering and Soil Science**

**01/01/2010 to 12/31/2010**

### Extension Personnel Hours

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<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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### Direct Methods for Extension Personnel

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<th>Contacts Reached</th>
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<tbody>
<tr>
<td>Client Visits to Extension Office:</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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**Total:** 1500 5541

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### Indirect Methods for Extension Personnel

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<td>TV Program(s):</td>
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**Total:** 205 30

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### Contacts by Extension Personnel

| Asian or American |  |  |  |  |

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http://super.tennessee.edu/reports/by_unit_roll_up.asp
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<th>Pacific Islander</th>
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**Volunteer Hours**

Total: 0

**Volunteers Who Served**

Indirect Methods for Volunteers

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<thead>
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<th>Method</th>
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**Contacts by Volunteers**

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**Units Reporting Program Activity**

Biosystem Engineering and Soil Science

All 2010 Outcomes (entire year)
Producers increased corn yield by 0 bushels/acre by selecting top yielding varieties on 0 acres of corn increasing their income by FRM
  0 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
  0 acres of corn scouted by a UT-trained scout to help make crop management decisions.
  0 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
  100 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
  0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
  0 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Bledsoe County
01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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<tr>
<td>Client Visits to Extension Office:</td>
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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>Group Meetings / Demonstrations:</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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<tbody>
<tr>
<td>Method</td>
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<td>-------------------------------------------</td>
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<tr>
<td>Exhibit(s):</td>
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<td>Newspaper Article(s):</td>
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Radio Program(s): 30 169600
TV Program(s): 30 126500
Total: 916 1421357

Contacts by Extension Personnel

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Volunteer Hours

| All : 1425 |
| Total: 1425 |

Volunteers Who Served

Indirect Methods for Volunteers

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## Contacts by Volunteers

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## Units Reporting Program Activity

Bledsoe County

### All 2010 Outcomes (entire year)

- 152 are concerned about problems in their community.
- 56 beef producers sold 814 calves managed according to BQA guidelines to increase returns by $FRM.
- 70 beef producers stored 17800 large, round bales under some type of cover to increase returns by $FRM.
- 54 beef producers utilized bulls with greater genetic potential to produce 1260 head of calves to increase returns by $FRM.
- 58 beef producers utilized hay feeding rings to feed 15000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 56 beef producers utilized improved marketing methods to market 560 head of calves to increase returns by $FRM.
- 6 classrooms adopted this program.
- 0 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 24 consumers learned how to apply landscape fertilizers and pesticides safely.
- 0 consumers learned how to conserve and protect water quality in the landscape.
- 38 consumers learned how to properly take a soil test and interpret the results.
- 20 Master Gardeners gained knowledge and confidence in entomology.
- 20 Master Gardeners gained knowledge and confidence in integrated pest management.
- 20 Master Gardeners gained knowledge and confidence in ornamentals.
- 20 Master Gardeners gained knowledge and confidence in plant diseases.
- 20 Master Gardeners gained knowledge and confidence in soils.
- 20 Master Gardeners gained knowledge and confidence in turfgrass.
- 10 Master Gardeners have used the knowledge and skills they learned in this program to assist 44 people in turf selection or management.
- 16 Master Gardeners have used the knowledge and skills they learned in this program to assist 52 people to control pests through integrated pest management.
- 22 Master Gardeners have used the knowledge and skills they learned in this program to assist 144 people to identify pests and/or the damage they cause.

http://super.tennessee.edu/reports/by_unit_roll_up.asp
18 Master Gardeners have used the knowledge and skills they learned in this program to assist 322 people to identify symptoms of plant disease.
12 Master Gardeners have used the knowledge and skills they learned in this program to assist 64 people to improve soil through soil test results.
10328 miles were walked in the Walk Across Tennessee Program.
164 now feel a sense of responsibility toward their school and community.
146 now have a sense of pride about their school and community.
105 of 105 adults wash hands more often.
0 of 0 homeowners increased their knowledge of fire ant management.
0 of 23 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 23 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
18 of 23 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
18 of 23 parents/caregivers learned about issues related to stages of child development.
19 of 23 parents/caregivers report an increase in use of appropriate child guidance techniques.
19 of 23 parents/caregivers report an increase in use of positive communication techniques with their children.
17 of 23 parents/caregivers report feeling better about their abilities as parents.
15 of 23 parents/caregivers report feeling less stressed as parents.
0 of 23 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
0 of 23 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
0 of 23 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
0 of 23 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)
36 of 55 participants are better able to manage their health.
43 of 55 participants are better able to manage their living environments.
48 of 55 participants are better able to store and prepare foods to keep them safe to consume.
0 of 0 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
0 of 0 participants are confident they can better manage their diabetes as a result of participating in this program.
0 of 0 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
0 of 0 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
24 of 55 participants are more confident in relationships with family and friends.
0 of 0 participants are more physically active six months after completing the program.
0 of 0 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
0 of 0 participants are regularly checking their blood sugar six months after completing the program.
0 of 0 participants are using the Healthy Plate Method six months after completing the program.
81 of 126 participants ate more whole grains.
26 of 28 participants can apply joint protection techniques.
0 of 0 participants can better control their chronic disease as a result of participating in the program.
0 of 0 participants can choose foods that do not cause a sharp rise in blood sugar.
26 of 28 participants can use relaxation techniques to better manage their arthritis symptoms.
107 of 172 participants decreased consumption of high-sugar foods.
110 of 172 participants eat at least six meals together as a family each week.
77 of 172 participants eat fewer high-fat foods.
134 of 172 participants eat more fat-free or low-fat dairy products.
0 of 0 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
26 of 28 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
0 of 0 participants have added exercise to their action steps for managing their arthritis.
0 of 0 participants have improved performance of daily activities six months after completing the program.
22 of 28 participants have improved their arthritis symptoms as a result of participating in this program.
20 of 28 participants have less arthritis symptoms from their arthritis six months after completing the program.
13 of 18 participants have less arthritis symptoms.
0 of 0 participants have less pain from their arthritis six months after completing the program.
0 of 0 participants have less stiffness six months after completing the program.
0 of 0 participants have reduced their A1c six months after completing the program.
12 of 18 participants improved control of their arthritis symptoms.
13 of 18 participants improved performance of daily activities.
22 of 28 participants improved their balance six months after completing the program.
11 of 18 participants improved their balance.
20 of 28 participants improved their flexibility six months after completing the program.
12 of 18 participants improved their flexibility.
20 of 28 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
22 of 28 participants improved their range of motion in their joints six months after completing the program.
491 of 655 participants increased physical activity.
400 of 463 participants increased their exercise routine during Walk Across Tennessee Program.
21 of 55 participants know better how to manage and protect their assets for a secure retirement.
3 of 15 participants lost weight: 10 total pounds lost.
110 of 172 participants now eat more fruit.
110 of 172 participants now eat more vegetables.
0 of 0 participants now take fewer medications for arthritis pain six months after completing the program.
0 of 0 participants plan to regularly check their blood sugar as requested by their doctor.
0 of 0 participants plan to use the Healthy Plate Method.
55 of 55 participants refrigerate perishable foods within two hours.
55 of 55 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
35 of 55 participants surveyed used a thermometer to check the internal temperature of food.
35 of 55 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
13 of 28 participants take fewer medications for arthritis symptoms six months after completing the program.
0 of 0 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
0 of 0 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
0 of 0 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.

26 of 28 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.

41 of 55 participants understand the special nutritional needs of the elderly.

442 of 560 participants who increased their intake of dairy foods.

114 of 176 participants who now select foods and beverages that promote healthy weight.

0 of 0 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.

366 of 463 participants will continue to exercise after the Walk Across Tennessee Program.

520 of 560 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

17 of 23 respondents plan to decrease exposure of their children to parental conflict.

19 of 23 respondents report understanding the importance of working together for the sakes of their children.

2200 of 2680 youth now wash hands more often.

23 parents/caregivers learned effective communication techniques to use with their children.

23 parents/caregivers learned strategies for dealing with parenting stress.

463 participants walked in the Walk Across Tennessee Program.

24 producers planted 1450 acres with clover for an increased production valued at $FRM.

26 producers planted 800 acres with warm-season grasses for an added value of $FRM.

26 producers sprayed 1280 acres for broadleaf weed control for an increased production valued at $FRM.

44 producers stockpiled 1950 acres of tall fescue, reducing feeding cost by $FRM.

1 schools adopted this program.

23 teams participated in the Walk Across Tennessee Program.

156 would assist with or participate in elections, voting and campaigns.

146 youth believe that people working together can help others less fortunate.

104 youth can conduct a meeting.

166 youth now get information about a problem.

156 youth now report they are concerned about the well-being of others.

92 youth report that they are now comfortable being a group leader.

192 youth report that they can now cooperate and work in a group.

96 youth report that they can now give clear directions.

132 youth report that they know how to set goals and they use that ability when leading a group.

164 youth report that they learned about important leaders who contributed to our nation.

136 youth report that they make sure everyone gets an opportunity to say what they think.

110 youth report that they now like to work with others and help them reach their goals.

172 youth report that they take their jobs seriously as members of a committee.

172 youth report that when in charge of a group, they treat everyone fairly and equally.

132 youth report using enthusiasm to get a group working.

180 youth think they can make a big difference in their community by helping others.

158 youth understand how community leaders are elected to office.

204 youth who report that they have learned that some choices are better than others.

202 youth who report they can make a decision.

182 youth who report they now listen to people with more experience than themselves.

170 youth who report they now try to identify what causes a problem.

**Units Reporting Program Outcomes (entire year)**

None
## Activity Report for Blount County

### 01/01/2010 to 12/31/2010

### Extension Personnel Hours

<table>
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<th>All</th>
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### Direct Methods for Extension Personnel

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<tr>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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**Volunteer Hours**

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**Volunteers Who Served**

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity
Blount County

All 2010 Outcomes (entire year)

Producers increased corn yield by 5 bushels/acre by selecting top yielding varieties on 400 acres of corn increasing their income by FRM.
500 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
0 acres of corn scouted by a UT-trained scout to help make crop management decisions.
276 are concerned about problems in their community.
10 beef producers sold 100 calves managed according to BQA guidelines to increase returns by FRM.
10 beef producers stored 1800 large, round bales under some type of cover to increase returns by FRM.
12 beef producers utilized bulls with greater genetic potential to produce 272 head of calves to increase returns by FRM.
12 beef producers utilized hay feeding rings to feed 160 bales and improved feeding methods to reduce wastage/spoilage, saving FRM.
10 beef producers utilized improved marketing methods to market 80 head of calves to increase returns by FRM.
4 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
7 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
7 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
68 dial-gauge lids were tested.
24 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
44 farm families and rural business operators implementing improved record systems.
74 farm families evaluated new farm enterprises and value added activities.
30 farm families used FINPACK for developing and implementing whole farm plans.
842 farmers and rural business operators participating in Quickbooks, fIRM and other record keeping workshops.
30 farmers developed financial plans for their farms.
4384 farmers increased their knowledge and skills in farm and financial planning.
4 farmers increased their potential cash income from their farming operation by $ 147099 by implementing a financial plan.
6 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
8 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
6 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
60 home lawn insect, disease and weed samples submitted for identification and control recommendations.
80 home lawn soil samples submitted for testing.
36 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by
county Extension professional.

44 homeowners established new turfgrass species and varieties.
60 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
4 horse owners fed 14 horses according to specific nutrient requirements for each class of horse, saving $FRM annually.
6 horse owners managed 26 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
6 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 16 horses, saving $FRM annually.
0 horse owners schedule routine hoof care on 0 horses, saving $FRM annually.
36 Master Gardeners gained knowledge and confidence in entomology.
48 Master Gardeners gained knowledge and confidence in integrated pest management.
56 Master Gardeners gained knowledge and confidence in ornamentals.
44 Master Gardeners gained knowledge and confidence in plant diseases.
36 Master Gardeners gained knowledge and confidence in soils.
28 Master Gardeners gained knowledge and confidence in turfgrass.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 28 people in turf selection or management.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 48 people to control pests through integrated pest management.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 60 people to identify pests and/or the damage they cause.
12 Master Gardeners have used the knowledge and skills they learned in this program to assist 36 people to identify symptoms of plant disease.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 40 people to improve soil through soil test results.
284 now feel a sense of responsibility toward their school and community.
280 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
133 of 139 better understood basic insurance needs.
85 of 111 better understood credit reporting and scoring.
97 of 125 better understood their parents' concerns about money.
95 of 111 checked their credit report.
30 of 30 gained skill in evaluating their housing options.
20 of 43 identified ways to reduce spending.
85 of 111 learned better how to communicate with creditors.
0 of 0 learned how to better manage stress caused by financial issues.
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
0 of 0 learned how to properly maintain and store household financial records.
0 of 0 learned who to pay first if they can't pay everything.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
70 of 70 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
0 of 0 parents/caregivers learned about issues related to stages of child development.
30 of 30 participants analyzed their readiness for home ownership.
208 of 368 participants ate more whole grains.
133 of 139 participants became more aware of the importance of starting to save and invest early in
26 of 26 participants began or increased savings an average of $265 per month.
128 of 139 participants better understood employer benefits.
33 of 43 participants better understood the difference between pre-tax and after-tax investments.
97 of 125 participants better understood their parent's concerns about money.
13 of 16 participants can apply joint protection techniques.
14 of 16 participants can use relaxation techniques to better manage their arthritis symptoms.
122 of 122 participants communicated with other family members about financial matters.
24 of 30 participants determined how much they could pay for a home.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
938 of 1025 participants eat more fat-free or low-fat dairy products.
14 of 16 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
48 of 48 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
18 of 18 participants feel confident they know what to do in case of a poisoning.
99 of 125 participants felt more strongly that they needed to get a good education.
97 of 125 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
38 of 43 participants followed a spending plan.
24 of 30 participants gained better understanding of the mortgage process.
0 of 0 participants gained skill in determining their net worth.
130 of 139 participants gained skill in making a spending plan.
13 of 16 participants have improved their arthritis symptoms as a result of participating in this program.
13 of 16 participants have less arthritis symptoms from their arthritis six months after completing the program.
13 of 17 participants have less arthritis symptoms.
136 of 139 participants identified ways to avoid being victimized by predatory practices or fraud.
13 of 17 participants improved control of their arthritis symptoms.
14 of 17 participants improved performance of daily activities.
10 of 16 participants improved their balance six months after completing the program.
14 of 17 participants improved their balance.
10 of 16 participants improved their flexibility six months after completing the program.
14 of 17 participants improved their flexibility.
10 of 16 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
12 of 16 participants improved their range of motion in their joints six months after completing the program.
1042 of 1090 participants increased physical activity.
287 of 332 participants increased their financial management skills.
96 of 96 participants increased their understanding of the impact education can have on future earnings.
26 of 43 participants kept a record of spending.
48 of 48 participants know what cancer screenings they need according to their age and gender.
108 of 125 participants learned better how to plan their spending.
190 of 221 participants learned how education will affect the kind of job they can get.
115 of 125 participants learned how having a family can affect their lifestyle.
127 of 125 participants learned how much money it takes to get by.
208 of 221 participants learned how occupation and income will affect their lifestyle.
167 of 221 participants learned how payroll deductions are taken from gross pay.
197 of 221 participants learned how to keep a checkbook register.
180 of 221 participants learned how to write a check.
96 of 96 participants learned the difference between wants and needs.
96 of 96 participants made a change in financial behavior.
122 of 139 participants made a spending plan.
55 of 125 participants made changes to their future plans.
470 of 1128 participants now eat more fruit.
470 of 1128 participants now eat more vegetables.
48 of 48 participants plan to get age and gender appropriate cancer screenings.
31 of 125 participants planned to change their career goals.
162 of 221 participants planned to get more education after high school.
0 of 0 participants purchased a home.
13 of 26 participants reduced debt an average of $110 per month.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
30 of 30 participants successfully completed homebuyer education requirements.
34 of 34 participants surveyed canned pickles following a tested recipe. (TNCEP)
33 of 34 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
18 of 18 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed have implemented at least one waste reduction strategy to preserve open spaces, sustain environmental quality, and improve health benefits.
12 of 12 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
12 of 12 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
48 of 76 participants surveyed increased their knowledge of environmental problems associated with "not-smart" growth.
44 of 76 participants surveyed increased their knowledge of health problems associated with "not-smart" growth.
56 of 76 participants surveyed increased their knowledge of how to become involved with public officials and other decision makers concerning Smart Growth principles.
72 of 76 participants surveyed increased their knowledge of Smart Growth principles.
44 of 76 participants surveyed increased their knowledge on how to communicate Smart Growth principles to others.
0 of 0 participants surveyed participated in a local initiative to improve conditions related to at least one Smart Growth principle that has direct effects on human health.
0 of 0 participants surveyed participated in a local initiative to improve conditions related to at least one Smart Growth principle that has direct effects on the environment.
18 of 18 participants surveyed processed pickles in a water-bath canner. (TNCEP)
34 of 34 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
17 of 18 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
10 of 16 participants take fewer medications for arthritis symptoms six months after completing the program.
0 of 0 participants talked about financial goals with their parents or others.
96 of 96 participants understand how to reconcile a checking account.
48 of 48 participants understand that cancer screening and early detection can save their life.  
16 of 16 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.  
48 of 48 participants understand women age 40 and older should have a mammogram.  
42 of 48 participants understand women of all ages need a Pap test.  
134 of 139 participants understood the dangers of using too much credit.  
135 of 139 participants were better able to identify appropriate savings and investment options for different financial goals.  
0 of 0 participants who achieved financial goals.  
0 of 0 participants who became habitual savers.  
311 of 418 participants who now select foods and beverages that promote healthy weight.  
18 of 18 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.  
18 of 18 participants will keep medications out of the reach of children.  
18 of 18 participants will keep products in their original containers.  
18 of 18 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.  
18 of 18 participants will read the label before using a product.  
65 of 111 participants worked toward new savings or investment goals.  
96 of 96 participants understood the dangers of using too much credit.  
69 of 70 respondents plan to decrease exposure of their children to parental conflict.  
70 of 70 respondents report understanding the importance of working together for the sakes of their children.  
10 of 10 teachers reported preschool children in their classes were more actively engaged in physical activity.  
10 of 10 teachers reported preschool children in their classes were more willing to taste fruit.  
10 of 10 teachers reported preschool children in their classes were more willing to taste vegetables.  
10 of 10 teachers reported preschool children in their classes were more willing to taste whole-grain foods.  
10 of 10 teachers reported using physical activities from Healthy Steps at least three times per week.  
26 of 43 tracked their spending.  
65 of 111 worked toward new savings, investment or retirement goals.  
0 of 0 youth now wash hands more often.  
69 parents/caregivers learned effective communication techniques to use with their children.  
0 parents/caregivers learned strategies for dealing with parenting stress.  
6 participants now correctly deworm 10 horses, saving $ FRM this year.  
34 participants process high-acid foods in a water bath canner.  
4 producers planted 150 acres with clover for an increased production valued at $FRM.  
4 producers planted 60 acres with warm-season grasses for an added value of $FRM.  
10 producers sprayed 550 acres for broadleaf weed control for an increased production valued at $FRM.  
8 producers stockpiled 400 acres of tall fescue, reducing feeding cost by $FRM.  
284 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.  
270 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.  
264 report that because of their 4-H experiences, they will register to vote when they are eligible.  
252 report that because of their 4-H service projects, they have learned about causes and issues.  
270 report that because of their 4-H service projects, they know about resources in their community.  
0 schools adopted the Smart Growth curriculum.  
3 times TEAM UP exchanged ideas or shared information.  
2 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
284 would assist with or participate in elections, voting and campaigns.
284 youth believe that people working together can help others less fortunate.
144 youth break goals down into steps so they can check their progress.
140 youth can analyze the results of a scientific investigation.
204 youth can ask a question that can be answered by collecting data.
148 youth can communicate a scientific procedure to others.
178 youth can create a display to communicate scientific data and observations.
190 youth can deal with their nervousness when giving a speech or talk.
146 youth can design a scientific procedure to answer a question.
242 youth can explain an idea to others.
168 youth can give an informative speech or presentation.
158 youth can record data accurately.
246 youth can select a topic for a speech or talk.
164 youth can show enthusiasm when giving a speech or presentation.
232 youth can speak loudly enough to be heard when giving a speech or talk.
194 youth can use data to create a graph for presentation to others.
204 youth can use models to explain scientific results.
186 youth can use science terms to share scientific results.
176 youth can use specific scientific knowledge to form a question.
206 youth can use the results of their investigation to answer the question they had asked.
144 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
162 youth give a 2-3 minute speech or presentation.
188 youth know how to organize the parts of a speech or presentation.
178 youth now report that they make a decision by thinking about what a person of good character would do.
192 youth now report that they use more than one source of information in making choices.
158 youth now report that they use standards in making choices.
284 youth now report they are concerned about the well-being of others.
170 youth now report they think about the truthfulness of sources of information when making choices.
222 youth now work to achieve their goals.
180 youth put their goals in writing.
170 youth report that they have developed confidence to speak in front of groups.
284 youth report that they learned about important leaders who contributed to our nation.
196 youth set high goals.
282 youth think they can make a big difference in their community by helping others.
284 youth understand how community leaders are elected to office.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Bradley County

01/01/2010 to 12/31/2010

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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
### Direct Methods for Extension Personnel

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<tr>
<td>On-Site Visits (Farm, Home, and Workplace):</td>
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### Indirect Methods for Extension Personnel

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<th>American Indian/Alaskan Native</th>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
Volunteer Hours
All: 1495
Total: 1495

Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity
Bradley County
All 2010 Outcomes (entire year)

53 are concerned about problems in their community.
30 beef producers sold 400 calves managed according to BQA guidelines to increase returns by $FRM.
15 beef producers stored 1000 large, round bales under some type of cover to increase returns by
25 beef producers utilized bulls with greater genetic potential to produce 925 head of calves to increase returns by $FRM.
30 beef producers utilized hay feeding rings to feed 500 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
10 beef producers utilized improved marketing methods to market 150 head of calves to increase returns by $FRM.
6 classrooms adopted this program.
30 Master Gardeners gained knowledge and confidence in entomology.
28 Master Gardeners gained knowledge and confidence in integrated pest management.
32 Master Gardeners gained knowledge and confidence in ornamentals.
26 Master Gardeners gained knowledge and confidence in plant diseases.
30 Master Gardeners gained knowledge and confidence in soils.
30 Master Gardeners gained knowledge and confidence in turfgrass.
16 Master Gardeners have used the knowledge and skills they learned in this program to assist 40 people in turf selection or management.
18 Master Gardeners have used the knowledge and skills they learned in this program to assist 52 people to control pests through integrated pest management.
22 Master Gardeners have used the knowledge and skills they learned in this program to assist 116 people to identify pests and/or the damage they cause.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 130 people to identify symptoms of plant disease.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 90 people to improve soil through soil test results.
67 now feel a sense of responsibility toward their school and community.
69 now have a sense of pride about their school and community.
40 of 40 adults wash hands more often.
100 of 120 better understood basic insurance needs.
120 of 120 better understood credit reporting and scoring.
80 of 80 gained skill in evaluating their housing options.
100 of 100 identified ways to reduce spending.
100 of 100 learned better how to communicate with creditors.
100 of 100 learned how to better manage stress caused by financial issues.
100 of 100 learned how to prepare a grab and go bag in case of an emergency home evacuation.
40 of 50 learned how to properly maintain and store household financial records.
100 of 100 learned who to pay first if they can't pay everything.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
14 of 14 parents/caregivers learned about issues related to stages of child development.
80 of 80 participants analyzed their readiness for home ownership.
44 of 44 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
84 of 84 participants are confident they can better manage their diabetes as a result of participating in this program.
30 of 44 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

http://super.tennessee.edu/reports/by_unit_roll_up.asp
3/15/2011
36 of 44 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

40 of 44 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.

44 of 44 participants are regularly checking their blood sugar six months after completing the program.

44 of 44 participants are using the Healthy Plate Method six months after completing the program.

144 of 160 participants ate more whole grains.

20 of 20 participants became more aware of the importance of starting to save and invest early in life.

100 of 100 participants better understood employer benefits.

10 of 2 participants better understood the difference between pre-tax and after-tax investments.

84 of 84 participants can choose foods that do not cause a sharp rise in blood sugar.

262 of 288 participants decreased consumption of high-sugar foods.

80 of 80 participants determined how much they could pay for a home.

156 of 160 participants eat at least six meals together as a family each week.

142 of 168 participants eat fewer high-fat foods.

38 of 40 participants eat more fat-free or low-fat dairy products.

100 of 100 participants felt more confident that they could build wealth.

80 of 80 participants gained better understanding of the mortgage process.

60 of 60 participants gained skill in determining their net worth.

120 of 120 participants gained skill in making a spending plan.

16 of 44 participants have reduced their A1c six months after completing the program.

100 of 100 participants identified ways to avoid being victimized by predatory practices or fraud.

30 of 40 participants increased physical activity.

120 of 120 participants increased their financial management skills.

20 of 30 participants learned how education will affect the kind of job they can get.

16 of 160 participants lost weight: 160 total pounds lost.

38 of 40 participants now eat more fruit.

32 of 40 participants now eat more vegetables.

84 of 84 participants plan to regularly check their blood sugar as requested by their doctor.

84 of 84 participants plan to use the Healthy Plate Method.

80 of 80 participants purchased a home.

36 of 40 participants refrigerate perishable foods within two hours.

36 of 40 participants separate raw, cooked and ready-to-eat foods while storing and preparing.

100 of 120 participants set savings or investment goals and/or enrolled as a Tennessee Saver.

20 of 20 participants successfully completed educational requirements for post-filing bankruptcy education.

20 of 20 participants successfully completed educational requirements for pre-filing bankruptcy counseling.

80 of 80 participants successfully completed homebuyer education requirements.

36 of 40 participants surveyed used a thermometer to check the internal temperature of food.

40 of 40 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

84 of 84 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.

100 of 100 participants understood the dangers of using too much credit.

40 of 60 participants were better able to identify appropriate savings and investment options for different financial goals.

148 of 168 participants who increased their intake of dairy foods.

38 of 40 participants who now select foods and beverages that promote healthy weight.

100 of 100 participants understood the dangers of using too much credit.
156 of 160 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

14 of 14 respondents plan to decrease exposure of their children to parental conflict.

14 of 14 respondents report understanding the importance of working together for the sakes of their children.

128 of 128 students increased amount of time in physical activity.

100 of 128 students who increased their intake of whole grains.

50 of 70 youth now wash hands more often.

14 parents/caregivers learned effective communication techniques to use with their children.

0 parents/caregivers learned strategies for dealing with parenting stress.

8 producers planted 100 acres with clover for an increased production valued at $FRM.

6 producers planted 125 acres with warm-season grasses for an added value of $FRM.

15 producers sprayed 550 acres for broadleaf weed control for an increased production valued at $FRM.

10 producers stocked 400 acres of tall fescue, reducing feeding cost by $FRM.

2 schools adopted this program.

0 would assist with or participate in elections, voting and campaigns.

221 youth believe that people working together can help others less fortunate.

34 youth now get information about a problem.

69 youth now report that they can justify their decision.

0 youth now report that they have confidence making their own decisions.

68 youth now report that they think about past choices when making new decisions.

71 youth now report that when making a decision, they think about what does the most good for the most people.

75 youth now report that when they make a decision, they think about what a person of character would do.

0 youth now report they are concerned about the well-being of others.

72 youth report that they can now cooperate and work in a group.

60 youth report that they know how to set goals and they use that ability when leading a group.

246 youth report that they learned about important leaders who contributed to our nation.

0 youth report that they make sure everyone gets an opportunity to say what they think.

39 youth report that they take their jobs seriously as members of a committee.

71 youth report that when in charge of a group, they treat everyone fairly and equally.

327 youth think they can make a big difference in their community by helping others.

183 youth understand how community leaders are elected to office.

42 youth who report that they have learned that some choices are better than others.

42 youth who report they can make a decision.

40 youth who report they now listen to people with more experience than themselves.

42 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)

None

Activity Report for Campbell County

01/01/2010 to 12/31/2010
**Extension Personnel Hours**

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**Direct Methods for Extension Personnel**

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**Indirect Methods for Extension Personnel**

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**Contacts by Extension Personnel**

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**Volunteer Hours**

- All: 756
- Total: 756

**Volunteers Who Served**

### Indirect Methods for Volunteers

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**Contacts by Volunteers**

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**Units Reporting Program Activity**

**Campbell County**

**All 2010 Outcomes (entire year)**

20 beef producers sold 600 calves managed according to BQA guidelines to increase returns by $FRM.
30 beef producers stored 2240 large, round bales under some type of cover to increase returns by $FRM.
14 beef producers utilized bulls with greater genetic potential to produce 550 head of calves to increase returns by $FRM.
30 beef producers utilized hay feeding rings to feed 2100 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
14 beef producers utilized improved marketing methods to market 215 head of calves to increase returns by $FRM.
0 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
0 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
12 of 12 adolescents learned factual information about sexuality.
12 of 12 adolescents learned the risks related to early sexual activity.
12 of 12 adolescents reported a clear knowledge of the male and female reproductive systems.
12 of 12 parents learned how to generate a healthy discussion within their family about sexuality, values, feelings and decision-making.
10 of 10 participants can apply joint protection techniques.
10 of 10 participants can use relaxation techniques to better manage their arthritis symptoms.
10 of 10 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
9 of 10 participants have improved their arthritis symptoms as a result of participating in this program.
10 of 10 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
80 of 80 respondents improved knowledge of how divorce impacts children by age/stage of development.
80 of 80 respondents learned effective communication techniques.
79 of 80 respondents plan to decrease exposure of their children to parental conflict.
79 of 80 respondents report understanding the importance of working together for the sakes of their children.
80 of 80 respondents reported a decrease in level of resentment at being required to attend the parenting class from pre- to post-class.
25 of 32 youth/children are able to communicate their understanding of science/math concepts through their involvement with activities.
27 of 32 youth/children are able to create, present, or use new technologies they didn’t utilize before.
32 of 32 youth/children have increased their knowledge base in the areas of technology, science, reading, health and relationships.
32 of 32 youth/children read books or other print at least three times per week in their afterschool or home setting.
31 of 32 youth/children report feeling better and eating better than before.
20 producers planted 240 acres with clover for an increased production valued at $FRM.
4 producers planted 30 acres with warm-season grasses for an added value of $FRM.
10 producers sprayed 130 acres for broadleaf weed control for an increased production valued at $FRM.
6 producers stockpiled 50 acres of tall fescue, reducing feeding cost by $FRM.
2400 youth can analyze the results of a scientific investigation.
2358 youth can ask a question that can be answered by collecting data.
2550 youth can deal with their nervousness when giving a speech or talk.
2001 youth can design a scientific procedure to answer a question.
2565 youth can explain an idea to others.
2268 youth can give an informative speech or presentation.
2400 youth can record data accurately.
2613 youth can select a topic for a speech or talk.
2268 youth can show enthusiasm when giving a speech or presentation.
2370 youth can speak loudly enough to be heard when giving a speech or talk.
2001 youth can use specific scientific knowledge to form a question.
2565 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
2640 youth give a 2-3 minute speech or presentation.
2268 youth know how to organize the parts of a speech or presentation.
2400 youth report that they have developed confidence to speak in front of groups.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Cannon County

01/01/2010 to 12/31/2010

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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

**Indirect Methods for Volunteers**

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### Contacts by Volunteers

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<th>American Indian/Alaskan Native</th>
<th>Total</th>
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Female Adult  | 280 | 2 | 2 | 0 | 0 | 284  
Female Youth  | 4821 | 134 | 165 | 58 | 41 | 5219  
Male Adult  | 2514 | 24 | 3 | 0 | 0 | 2541  
Male Youth  | 5937 | 130 | 180 | 33 | 36 | 6316  
Total  | 13552 | 290 | 350 | 91 | 77 | 14360  

**Units Reporting Program Activity**

Cannon County

**All 2010 Outcomes (entire year)**

Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 8000 acres of corn increasing their income by FRM.

Producers increased yield by 10 bushels by selecting top yielding varieties on 7000 acres of soybeans, earning an extra $FRM.

9000 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

13000 acres of corn scouted by a UT-trained scout to help make crop management decisions.

400 beef producers sold 8000 calves managed according to BQA guidelines to increase returns by $FRM.

270 beef producers stored 25500 large, round bales under some type of cover to increase returns by $FRM.

250 beef producers utilized bulls with greater genetic potential to produce 7000 head of calves to increase returns by $FRM.

70 beef producers utilized hay feeding rings to feed 3000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

20 beef producers utilized improved marketing methods to market 1200 head of calves to increase returns by $FRM.

2 classrooms adopted this program.

50 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).

150 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

130 corn producers report a $110000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

300 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

52 of 53 adults wash hands more often.

0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)

0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)

7 of 7 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.

http://super.tennessee.edu/reports/by_unit_roll_up.asp  
3/15/2011
7 of 7 parents/caregivers learned about issues related to stages of child development.
7 of 7 parents/caregivers report an increase in use of appropriate child guidance techniques.
7 of 7 parents/caregivers report an increase in use of positive communication techniques with their children.
0 of 0 parents/caregivers report feeling better about their abilities as parents.
0 of 0 parents/caregivers report feeling less stressed as parents.
0 of 0 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
0 of 0 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
0 of 0 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)
40 of 40 participants ate more whole grains.
20 of 20 participants decreased consumption of high-sugar foods.
20 of 20 participants eat fewer high-fat foods.
40 of 40 participants eat more fat-free or low-fat dairy products.
53 of 53 participants increased physical activity.
53 of 53 participants now eat more fruit.
52 of 53 participants now eat more vegetables.
40 of 40 participants refrigerate perishable foods within two hours.
40 of 40 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
48 of 53 participants surveyed used a thermometer to check the internal temperature of food.
40 of 53 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
20 of 20 participants who increased their intake of dairy foods.
40 of 40 participants who now select foods and beverages that promote healthy weight.
7 of 7 respondents plan to decrease exposure of their children to parental conflict.
7 of 7 respondents report understanding the importance of working together for the sakes of their children.
20 of 20 students increased amount of time in physical activity.
20 of 20 students who increased their intake of whole grains.
1325 of 1495 youth now wash hands more often.
7 parents/caregivers learned effective communication techniques to use with their children.
7 parents/caregivers learned strategies for dealing with parenting stress.
0 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
250 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
500 producers planted 20000 acres with clover for an increased production valued at $FRM.
2 producers planted 70 acres with warm-season grasses for an added value of $FRM.
130 producers sprayed 5200 acres for broadleaf weed control for an increased production valued at $FRM.
2 producers stockpiled 100 acres of tall fescue, reducing feeding cost by $FRM.
2 schools adopted this program.
250 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
40 soybean producers report a $76000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
250 soybean producers used data provided by UT publications or UT Internet resources and made
changes in their production practices.
320 youth believe that a team can accomplish more than an individual.
1360 youth break goals down into steps so they can check their progress.
372 youth can assist a group in deciding on team plans for reaching goals.
308 youth can conduct a meeting.
1620 youth can deal with their nervousness when giving a speech or talk.
1800 youth can explain an idea to others.
1480 youth can give an informative speech or presentation.
1800 youth can select a topic for a speech or talk.
1600 youth can show enthusiasm when giving a speech or presentation.
1720 youth can speak loudly enough to be heard when giving a speech or talk.
376 youth enjoy working with others toward a common goal.
1460 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1840 youth give a 2-3 minute speech or presentation.
384 youth have learned new skills and ways of doing things by participating in groups.
1740 youth have set a goal for their job or career.
996 youth know how to organize the parts of a speech or presentation.
316 youth now encourage other team members to give their best effort.
1992 youth now get information about a problem.
2260 youth now report that they make a decision by thinking about what a person of good character would do.
2002 youth now report that they use more than one source of information in making choices.
1966 youth now report that they use standards in making choices.
1814 youth now report they consider the risks of their choices.
1428 youth now report they think about the truthfulness of sources of information when making choices.
1520 youth now set high goals that require work to achieve them.
308 youth now think it's important to listen to all group members before making a decision.
224 youth now want to see other team members succeed even if they achieve more than themselves.
1700 youth now work to achieve their goals.
1920 youth put their goals in writing.
272 youth report that they are now comfortable being a group leader.
348 youth report that they can now cooperate and work in a group.
268 youth report that they can now give clear directions.
1502 youth report that they have developed confidence to speak in front of groups.
328 youth report that they know how to set goals and they use that ability when leading a group.
384 youth report that they make sure everyone gets an opportunity to say what they think.
1580 youth report that they now achieve goals they set for themselves.
368 youth report that they now like to work with others and help them reach their goals.
320 youth report that they take their jobs seriously as members of a committee.
296 youth report that when in charge of a group, they treat everyone fairly and equally.
328 youth report using enthusiasm to get a group working.
1200 youth set high goals.
320 youth think that everyone on the team is important.
320 youth think they have something to contribute to the worth of the team.
344 youth understand that other ideas may be just as important as their own.
1620 youth who are now making plans to achieve their goals.
1360 youth who have put their goal(s) in writing.
2224 youth who report that they have learned that some choices are better than others.
2098 youth who report they can make a decision.
1908 youth who report they now listen to people with more experience than themselves.
2246 youth who report they now try to identify what causes a problem.

**Units Reporting Program Outcomes (entire year)**
None

**Activity Report for Carroll County**

**01/01/2010 to 12/31/2010**

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**Contacts by Extension Personnel**

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**Volunteer Hours**

- **All:** 718
- **Total:** 718

**Volunteers Who Served**

**Indirect Methods for Volunteers**

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**Contacts by Volunteers**

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<td>Male Adult</td>
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Units Reporting Program Activity
Carroll County

All 2010 Outcomes (entire year)

Producers increased corn yield by 25 bushels/acre by selecting top yielding varieties on 24000 acres of corn increasing their income by FRM.
Producers increased yield by 5 bushels by selecting top yielding varieties on 27000 acres of soybeans, earning an extra $FRM.
5000 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
0 acres of corn scouted by a UT-trained scout to help make crop management decisions.
30 beef producers sold 300 calves managed according to BQA guidelines to increase returns by $FRM.
20 beef producers stored 800 large, round bales under some type of cover to increase returns by $FRM.
12 beef producers utilized bulls with greater genetic potential to produce 300 head of calves to increase returns by $FRM.
5 beef producers utilized hay feeding rings to feed 200 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
4 beef producers utilized improved marketing methods to market 90 head of calves to increase returns by $FRM.
30 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
15 corn producers report a $35000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
71 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
41 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
30 cotton producers report a $15000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
41 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
70 of 84 better understood basic insurance needs.
94 of 100 better understood credit reporting and scoring.
78 of 84 checked their credit report.
18 of 18 gained skill in evaluating their housing options.
84 of 84 identified ways to reduce spending.
80 of 84 learned better how to communicate with creditors.
54 of 84 learned how to better manage stress caused by financial issues.
0 of 84 learned how to prepare a grab and go bag in case of an emergency home evacuation.
84 of 84 learned how to properly maintain and store household financial records.
56 of 84 learned who to pay first if they can't pay everything.
36 of 36 participants analyzed their readiness for home ownership.
27 of 30 participants are choosing foods that do not cause sharp a rise in blood sugar six months after
29 of 30 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
30 of 30 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
46 of 94 participants are more physically active six months after completing the program.
23 of 30 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
28 of 30 participants are regularly checking their blood sugar six months after completing the program.
26 of 30 participants are using the Healthy Plate Method six months after completing the program.
80 of 84 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 84 participants better understood employer benefits.
0 of 84 participants better understood the difference between pre-tax and after-tax investments.
32 of 84 participants communicated with other family members about financial matters.
4 of 19 participants decreased their blood pressure six months after completing the program.
5 of 19 participants decreased their cholesterol levels six months after completing the program.
36 of 36 participants determined how much they could pay for a home.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
19 of 19 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
24 of 84 participants felt more confident that they could build wealth.
42 of 84 participants felt that they were taking better advantage of the investment options offered by their employer.
28 of 84 participants followed a spending plan.
36 of 36 participants gained better understanding of the mortgage process.
18 of 102 participants gained skill in determining their net worth.
84 of 102 participants gained skill in making a spending plan.
18 of 18 participants gained skill in shopping for a home.
36 of 94 participants have improved performance of daily activities six months after completing the program.
24 of 62 participants have less arthritis symptoms from their arthritis six months after completing the program.
0 of 0 participants have less arthritis symptoms.
42 of 94 participants have less pain from their arthritis six months after completing the program.
42 of 94 participants have less stiffness six months after completing the program.
18 of 30 participants have reduced their A1c six months after completing the program.
72 of 84 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants improved control of their arthritis symptoms.
0 of 0 participants improved performance of daily activities.
18 of 62 participants improved their balance six months after completing the program.
0 of 0 participants improved their balance.
18 of 62 participants improved their flexibility six months after completing the program.
0 of 0 participants improved their flexibility.
20 of 62 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
24 of 62 participants improved their range of motion in their joints six months after completing the program.
102 of 102 participants increased their financial management skills.
32 of 84 participants kept a record of spending.
0 of 84 participants learned how education will affect the kind of job they can get.
5 of 19 participants lost weight: 36 total pounds lost.
0 of 19 participants lowered their blood sugar levels six months after completing the program.
28 of 84 participants made a spending plan.
15 of 19 participants maintained their walking/exercise routine six months after completing the program.
0 of 94 participants now take fewer medications for arthritis pain six months after completing the program.
36 of 36 participants purchased a home.
0 of 0 participants reduced debt an average of $0 per month.
66 of 102 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
18 of 18 participants successfully completed homebuyer education requirements.
0 of 62 participants take fewer medications for arthritis symptoms six months after completing the program.
0 of 0 participants talked about financial goals with their parents or others.
74 of 84 participants understood the dangers of using too much credit.
0 of 84 participants were better able to identify appropriate savings and investment options for different financial goals.
0 of 0 participants worked toward new savings or investment goals.
74 of 84 participants understood the dangers of using too much credit.
32 of 84 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
20 producers planted 3000 acres with clover for an increased production valued at $FRM.
4 producers planted 60 acres with warm-season grasses for an added value of $FRM.
12 producers sprayed 3000 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
71 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
71 soybean producers report a $75000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
71 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
150 youth are better able to understand and follow directions.
160 youth break goals down into steps so they can check their progress.
100 youth can analyze the results of a scientific investigation.
190 youth can ask a question that can be answered by collecting data.
130 youth can deal with their nervousness when giving a speech or talk.
190 youth can design a scientific procedure to answer a question.
180 youth can explain an idea to others.
150 youth can express ideas with a poster, exhibit or other display.
120 youth can give an informative speech or presentation.
150 youth can now share their ideas through writing.
180 youth can record data accurately.
200 youth can select a topic for a speech or talk.
160 youth can show enthusiasm when giving a speech or presentation.
150 youth can speak loudly enough to be heard when giving a speech or talk.
180 youth can use specific scientific knowledge to form a question.
80 youth can use technology to help themselves express ideas.
150 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
170 youth give a 2-3 minute speech or presentation.
190 youth have a goal set for their job or career.
70 youth have learned at least five jobs in which communication skills are important.
190 youth have set a goal for their job or career.
190 youth know how to organize the parts of a speech or presentation.
70 youth now get information about a problem.
190 youth now set high goals that require work to achieve them.
160 youth now work to achieve their goals.
120 youth put their goals in writing.
180 youth report that they have developed confidence to speak in front of groups.
190 youth report that they now achieve goals they set for themselves.
0 youth set deadlines to achieve their goals.
190 youth set high goals.
0 youth try to get as much assistance as they can when working toward their goal.
190 youth who are now making plans to achieve their goals.
120 youth who have put their goal(s) in writing.
0 youth who keep trying if they do not achieve their goal the first time.
70 youth who report that they have learned that some choices are better than others.
70 youth who report they can make a decision.
70 youth who report they now listen to people with more experience than themselves.
70 youth who report they now try to identify what causes a problem.
0 youth who work out the details when others set goals for them.

**Units Reporting Program Outcomes (entire year)**

None

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**Activity Report for Carter County**

**01/01/2010 to 12/31/2010**

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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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<th>Asian or Pacific Islander</th>
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### Volunteer Hours

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### Volunteers Who Served

### Indirect Methods for Volunteers

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**Contacts by Volunteers**

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<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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**Units Reporting Program Activity**

Carter County

**All 2010 Outcomes (entire year)**

- The economic impact of Extension's commercial ornamental and landscape horticulture programs was $240000 in increased savings, increased income, and one-time capital purchases.
- 352 are concerned about problems in their community.
- 4 classrooms adopted this program.
- 1020 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 420 consumers learned how to apply landscape fertilizers and pesticides safely.
- 280 consumers learned how to conserve and protect water quality in the landscape.
- 50 consumers learned how to properly take a soil test and interpret the results.
- 29 dial-gauge lids were tested.
- 0 Master Gardeners gained knowledge and confidence in entomology.
- 90 Master Gardeners gained knowledge and confidence in integrated pest management.
- 90 Master Gardeners gained knowledge and confidence in ornamentals.
- 90 Master Gardeners gained knowledge and confidence in plant diseases.
- 0 Master Gardeners gained knowledge and confidence in soils.
- 0 Master Gardeners gained knowledge and confidence in turfgrass.
- 146 now feel a sense of responsibility toward their school and community.
- 358 now have a sense of pride about their school and community.
- 48 of 52 adults wash hands more often.
- 9 of 9 better understood basic insurance needs.

[http://super.tennessee.edu/reports/by_unit_roll_up.asp](http://super.tennessee.edu/reports/by_unit_roll_up.asp)
50 of 50 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.

0 of 0 homeowners increased their knowledge of fire ant management.

0 of 0 landscape and nursery participants increased their knowledge of fire ant management.

0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)

0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)

0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.

0 of 0 parents/caregivers learned about issues related to stages of child development.

9 of 15 participants are making sure they are not taking two or more medications with the same active ingredient six months after completing the program.

10 of 10 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.

7 of 15 participants are reading the label of medications before they use them six months after completing the program.

136 of 195 participants ate more whole grains.

9 of 9 participants became more aware of the importance of starting to save and invest early in life.

9 of 9 participants better understood employer benefits.

3 of 9 participants communicated with other family members about financial matters.

142 of 158 participants decreased consumption of high-sugar foods.

48 of 52 participants eat at least six meals together as a family each week.

55 of 69 participants eat fewer high-fat foods.

60 of 110 participants eat more fat-free or low-fat dairy products.

7 of 8 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

8 of 10 participants feel confident they will continue doing the MYB routines after the MYB program ends.

24 of 24 participants find the active ingredient on the medication label.

9 of 9 participants gained skill in making a spending plan.

11 of 15 participants have all of their prescription medications at the same pharmacy six months after completing the program.

10 of 10 participants have improved their balance.

9 of 9 participants have improved their strength.

8 of 9 participants have increased their cardiovascular fitness.

9 of 11 participants have increased their motivation to exercise.

0 of 0 participants have less arthritis symptoms.

9 of 9 participants identified ways to avoid being victimized by predatory practices or fraud.

0 of 0 participants improved control of their arthritis symptoms.

0 of 0 participants improved performance of daily activities.

0 of 0 participants improved their balance.

0 of 0 participants improved their flexibility.

280 of 350 participants increased physical activity.

9 of 9 participants increased their financial management skills.

9 of 9 participants increased their understanding of the impact education can have on future earnings.

19 of 24 participants keep all of their prescription medications at the same pharmacy.

15 of 15 participants keep an up-to-date UT Med Minder card in their wallet six months after completing the program.

6 of 8 participants know what cancer screenings they need according to their age and gender.

http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
9 of 9 participants learned how education will affect the kind of job they can get.
9 of 9 participants learned how occupation and income will affect their lifestyle.
9 of 9 participants learned how payroll deductions are taken from gross pay.
9 of 9 participants learned how to keep a checkbook register.
9 of 9 participants learned how to write a check.
9 of 9 participants learned the difference between wants and needs.
0 of 0 participants lost weight: 0 total pounds lost.
3 of 9 participants made a change in financial behavior.
3 of 9 participants made a spending plan.
410 of 450 participants now eat more fruit.
300 of 350 participants now eat more vegetables.
6 of 8 participants plan to get age and gender appropriate cancer screenings.
9 of 9 participants planned to get more education after high school.
20 of 24 participants read the directions before taking a prescription or over-the-counter medications.
200 of 210 participants refrigerate perishable foods within two hours.
20 of 24 participants seek the advice of a pharmacist if they have any questions about a medication.
89 of 115 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
15 of 15 participants surveyed canned pickles following a tested recipe. (TNCEP)
9 of 9 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
15 of 15 participants surveyed canned vegetables following a tested recipe. (TNCEP)
21 of 24 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
21 of 24 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
8 of 10 participants surveyed processed pickles in a water-bath canner. (TNCEP)
12 of 12 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
11 of 12 participants surveyed processed vegetables in a pressure canner. (TNCEP)
24 of 24 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.
24 of 24 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
139 of 150 participants surveyed used a thermometer to check the internal temperature of food.
45 of 52 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
9 of 9 participants understand how to reconcile a checking account.
8 of 8 participants understand that cancer screening and early detection can save their life.
6 of 8 participants understand women age 40 and older should have a mammogram.
6 of 8 participants understand women of all ages need a Pap test.
9 of 9 participants understood the dangers of using too much credit.
9 of 9 participants were better able to identify appropriate savings and investment options for different financial goals.
55 of 69 participants who increased their intake of dairy foods.
300 of 325 participants who now select foods and beverages that promote healthy weight.
9 of 9 participants understood the dangers of using too much credit.
25 of 25 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
182 of 184 respondents plan to decrease exposure of their children to parental conflict.
179 of 184 respondents report understanding the importance of working together for the sakes of their children.
59 of 69 students increased amount of time in physical activity.
55 of 69 students who increased their intake of whole grains.
3 of 5 teachers reported preschool children in their classes were more actively engaged in physical activity.
3 of 5 teachers reported preschool children in their classes were more willing to taste fruit.
2 of 5 teachers reported preschool children in their classes were more willing to taste vegetables.
2 of 5 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
2 of 5 teachers reported using physical activities from Healthy Steps at least three times per week.
500 of 510 youth now wash hands more often.
184 parents/caregivers learned effective communication techniques to use with their children.
184 parents/caregivers learned strategies for dealing with parenting stress.
15 participants process high-acid foods in a water bath canner.
8 professionals added additional services and/or marketing practices.
10 professionals developed or made adjustment to their business plans.
60 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
30 professionals implemented recommended management practices for pest control.
24 professionals increased their knowledge of components of business plans.
40 professionals increased their knowledge of green industry services and marketing practices.
60 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
50 professionals increased their knowledge of plant pests and pest control measures.
60 professionals increased their knowledge of proper plant selection.
40 professionals practiced proper plant selection and installation practices.
0 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
0 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
414 report that because of their 4-H experiences, they will register to vote when they are eligible.
240 report that because of their 4-H service projects, they have learned about causes and issues.
0 report that because of their 4-H service projects, they know about resources in their community.
2 schools adopted this program.
278 would assist with or participate in elections, voting and campaigns.
20 youth believe that a team can accomplish more than an individual.
478 youth believe that people working together can help others less fortunate.
22 youth can assist a group in deciding on team plans for reaching goals.
310 youth can conduct a meeting.
22 youth enjoy working with others toward a common goal.
24 youth have learned new skills and ways of doing things by participating in groups.
22 youth now encourage other team members to give their best effort.
22 youth now report that they can justify their decision.
20 youth now report that they have confidence making their own decisions.
18 youth now report that they make a decision by thinking about what a person of good character would do.
20 youth now report that they think about past choices when making new decisions.
18 youth now report that they use more than one source of information in making choices.
18 youth now report that they use standards in making choices.
20 youth now report that when making a decision, they think about what does the most good for the most people.
22 youth now report that when they make a decision, they think about what a person of character would do.
234 youth now report they are concerned about the well-being of others.
20 youth now report they consider the risks of their choices.
22 youth now report they think about the truthfulness of sources of information when making choices.  
24 youth now think it's important to listen to all group members before making a decision.  
22 youth now want to see other team members succeed even if they achieve more than themselves.  
362 youth report that they are now comfortable being a group leader.  
330 youth report that they can now give clear directions.  
0 youth report that they learned about important leaders who contributed to our nation.  
364 youth report that they now like to work with others and help them reach their goals.  
284 youth report using enthusiasm to get a group working.  
24 youth think that everyone on the team is important.  
410 youth think they can make a big difference in their community by helping others.  
22 youth think they have something to contribute to the worth of the team  
234 youth understand how community leaders are elected to office.  
22 youth understand that other ideas may be just as important as their own.

**Units Reporting Program Outcomes (entire year)**

None

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**Activity Report for Center for Profitable Agriculture**

**01/01/2010 to 12/31/2010**

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**Direct Methods for Extension Personnel**

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<td>Client Visits to Extension Office:</td>
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<tr>
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<td>Group Meetings / Demonstrations:</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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**Indirect Methods for Extension Personnel**

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Radio Program(s): 0 0
TV Program(s): 0 0
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Volunteer Hours
Total: 0

Volunteers Who Served

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Contacts by Volunteers

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<td>Female Adult</td>
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Activity Report for Central Region

01/01/2010 to 12/31/2010

Units Reporting Program Activity
Center for Profitable Agriculture

All 2010 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)
None

Activity Report for Central Region

01/01/2010 to 12/31/2010

Extension Personnel Hours

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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<tr>
<td>--------------------------------</td>
</tr>
<tr>
<td>Female Adult</td>
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<tr>
<td>Female Youth</td>
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<td>Male Adult</td>
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<td>Male Youth</td>
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<table>
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<table>
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<th>Volunteers Who Served</th>
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<th>Indirect Methods for Volunteers</th>
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<tbody>
<tr>
<td>Method</td>
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<td>TV Program(s):</td>
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<td>Total:</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
White/Not of Hispanic origin | Black/Not of Hispanic Origin | Hispanic | Asian or Pacific Islander | American Indian/Alaskan Native | Total
--- | --- | --- | --- | --- | ---
Female Adult | 0 | 0 | 0 | 0 | 0 | 0
Female Youth | 166 | 3 | 3 | 0 | 0 | 172
Male Adult | 0 | 0 | 0 | 0 | 0 | 0
Male Youth | 101 | 0 | 0 | 0 | 0 | 101
Total | 267 | 3 | 3 | 0 | 0 | 273

**Units Reporting Program Activity**

**Central Region**

**All 2010 Outcomes (entire year)**

20 are concerned about problems in their community.

232 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.

108 consumers implemented water-wise gardening practices to conserve and protect water quality.

712 consumers learned about plant selection and proper planting to save money and time in the landscape.

458 consumers learned how to apply landscape fertilizers and pesticides safely.

116 consumers learned how to conserve and protect water quality in the landscape.

112 consumers learned how to properly take a soil test and interpret the results.

110 consumers practiced best management practices relating to proper pruning and tree maintenance.

128 consumers used the results of their soil test to properly amend their soil.

9 home lawn insect, disease and weed samples submitted for identification and control recommendations.

38 home lawn soil samples submitted for testing.

14 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.

8 homeowners established new turfgrass species and varieties.

47 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.

19 Master Gardeners gained knowledge and confidence in entomology.

24 Master Gardeners gained knowledge and confidence in integrated pest management.

23 Master Gardeners gained knowledge and confidence in ornamentals.

24 Master Gardeners gained knowledge and confidence in plant diseases.

20 Master Gardeners gained knowledge and confidence in soils.

23 Master Gardeners gained knowledge and confidence in turfgrass.

78 Master Gardeners have used the knowledge and skills they learned in this program to assist 135 people in turf selection or management.

78 Master Gardeners have used the knowledge and skills they learned in this program to assist 143 people to control pests through integrated pest management.

78 Master Gardeners have used the knowledge and skills they learned in this program to assist 251 people to identify pests and/or the damage they cause.
78 Master Gardeners have used the knowledge and skills they learned in this program to assist 279 people to identify symptoms of plant disease.
78 Master Gardeners have used the knowledge and skills they learned in this program to assist 258 people to improve soil through soil test results.
20 now feel a sense of responsibility toward their school and community.
20 now have a sense of pride about their school and community.
4 of 26 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
14 of 26 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
6 of 26 fruit and/or vegetable producers adopted IPM.
4 of 26 fruit and/or vegetable producers completed a food safety plan for their farm.
18 of 26 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
2 of 26 fruit and/or vegetable producers who began the transition to USDA certified organic production.
64 of 72 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
49 of 67 green industry personnel increased business profitability and sustainability through improved insect, mite and disease control in turfgrass and/or ornamental plants.
146 of 0 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
38 of 50 homeowners increased their knowledge of fire ant management.
0 of 0 landscape and nursery participants increased their knowledge of fire ant management.
26 of 50 participants plan to use the two-step method around the home for managing fire ants.
98 professionals added additional services and/or marketing practices.
98 professionals developed or made adjustment to their business plans.
124 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
128 professionals implemented recommended management practices for pest control.
0 professionals increased their knowledge of components of business plans.
0 professionals increased their knowledge of green industry services and marketing practices.
138 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
146 professionals increased their knowledge of plant pests and pest control measures.
120 professionals increased their knowledge of proper plant selection.
0 professionals practiced proper plant selection and installation practices.
16 would assist with or participate in elections, voting and campaigns.
20 youth believe that a team can accomplish more than an individual.
20 youth believe that people working together can help others less fortunate.
20 youth can assist a group in deciding on team plans for reaching goals.
20 youth can combine and build on the ideas of others when making decisions that affect the team.
20 youth can conduct a meeting.
20 youth can effectively encourage team members to achieve long-range goals.
18 youth can use compromise as a way to overcome conflict with other team members.
20 youth can use effective communication as a way to overcome conflict with team members.
18 youth effectively encourage others to stay on task in a team.
20 youth enjoy working with others toward a common goal.
20 youth have learned new skills and ways of doing things by participating in groups.
20 youth now encourage other team members to give their best effort.
20 youth now report they are concerned about the well-being of others.
20 youth now think it's important to listen to all group members before making a decision.
20 youth now want to see other team members succeed even if they achieve more than themselves.
18 youth report being able to break tough jobs down into simpler tasks.
18 youth report being able to resolve problems without losing control of their emotions.
20 youth report being sensitive to the feelings of others when discussing and solving problems.
20 youth report that they are comfortable being responsible for a group.
20 youth report that they are now comfortable being a group leader.
20 youth report that they can now cooperate and work in a group.
20 youth report that they can now give clear directions.
20 youth report that they know how to set goals and they use that ability when leading a group.
20 youth report that they learned about important leaders who contributed to our nation.
20 youth report that they make sure everyone gets an opportunity to say what they think.
20 youth report that they now like to work with others and help them reach their goals.
20 youth report that they take their jobs seriously as members of a committee.
18 youth report that when in charge of a group, they treat everyone fairly and equally.
20 youth report using enthusiasm to get a group working.
20 youth seek out others who can help them become a better leader.
20 youth think that everyone on the team is important.
20 youth think they can make a big difference in their community by helping others.
20 youth think they have something to contribute to the worth of the team.
20 youth understand how community leaders are elected to office.
20 youth understand that other ideas may be just as important as their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Cheatham County

01/01/2010 to 12/31/2010

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<td>Client Visits to Extension Office:</td>
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<td>Group Meetings / Demonstrations:</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
## Indirect Methods for Extension Personnel

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## Contacts by Extension Personnel

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## Volunteer Hours

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## Volunteers Who Served

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**Contacts by Volunteers**

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**Units Reporting Program Activity**

Cheatham County

**All 2010 Outcomes (entire year)**

- 90 acres of burley achieving yields greater than 2,300 pounds per acre.
- 13360 acres of dark tobacco achieving yields greater than 3,000 pounds per acre.
- 978 acres of tobacco produced using recommended fertility practices indicated in soil test results.
- 80 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
- 912 acres produced using registered pesticides at appropriate application rates and timings.
- 900 acres soil tested no more than one year before planting.
- 1300 acres were in an appropriate rotation (no more than two years consecutively in tobacco; time in tobacco equal to or less than half the rotation).
- 1400 acres were planted with university-tested varieties.
- 700 acres with field rouged, plowed or destroyed within 30 days after harvest.
- 86 beef producers sold 1120 calves managed according to BQA guidelines to increase returns by $FRM.
- 68 beef producers stored 13600 large, round bales under some type of cover to increase returns by $FRM.
- 76 beef producers utilized bulls with greater genetic potential to produce 2200 head of calves to increase returns by $FRM.
- 360 beef producers utilized hay feeding rings to feed 36000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 42 beef producers utilized improved marketing methods to market 796 head of calves to increase returns by $FRM.

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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
6 consumers learned about plant selection and proper planting to save money and time in the landscape.
6 consumers learned how to apply landscape fertilizers and pesticides safely.
6 consumers learned how to conserve and protect water quality in the landscape.
6 consumers learned how to properly take a soil test and interpret the results.
0 disease, insect and weed samples form commercial turf submitted for identification and control recommendations.
0 golf course superintendents adopted UT's recommended practices for crabgrass control.
0 high school coaches have adopted UT's athletic field management recommendations.
41 home lawn insect, disease and weed samples submitted for identification and control recommendations.
0 home lawn soil samples submitted for testing.
31 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
15 homeowners established new turfgrass species and varieties.
32 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
58 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) dethatching, aerifying and controlling turfgrass pests according to UT Extension recommendations.
45 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
59 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) mowed, fertilized or irrigated turf according to Extension guidelines.
12 Master Gardeners have used the knowledge and skills they learned in this program to assist 32 people in turf selection or management.
18 Master Gardeners have used the knowledge and skills they learned in this program to assist 41 people to control pests through integrated pest management.
18 Master Gardeners have used the knowledge and skills they learned in this program to assist 41 people to identify pests and/or the damage they cause.
9 Master Gardeners have used the knowledge and skills they learned in this program to assist 28 people to identify symptoms of plant disease.
19 Master Gardeners have used the knowledge and skills they learned in this program to assist 36 people to improve soil through soil test results.
0 of 0 adults wash hands more often.
434 of 758 better understood their parents’ concerns about money.
128 of 180 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
5 of 6 homeowners increased their knowledge of fire ant management.
157 of 180 landscape and nursery participants increased their knowledge of fire ant management.
190 of 758 made a change in career or educational goals.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
42 of 42 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
42 of 42 parents/caregivers learned about issues related to stages of child development.
450 of 450 participants ate more whole grains.
54 of 58 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
48 of 58 participants better understood the difference between pre-tax and after-tax investments.
434 of 758 participants better understood their parent's concerns about money.
160 of 300 participants communicated with other family members about financial matters.
0 of 0 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
0 of 0 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
456 of 758 participants felt more strongly that they needed to get a good education.
476 of 758 participants felt more strongly that they needed to pay attention to their financial future.
60 of 300 participants followed a spending plan.
0 of 0 participants increased physical activity.
544 of 758 participants increased their financial management skills.
58 of 58 participants increased their understanding of the impact education can have on future earnings.
570 of 758 participants learned better how to plan their spending.
466 of 758 participants learned how education will affect the kind of job they can get.
500 of 758 participants learned how having a family can affect their lifestyle.
516 of 758 participants learned how much money it takes to get by.
474 of 758 participants learned how occupation and income will affect their lifestyle.
310 of 758 participants learned how payroll deductions are taken from gross pay.
346 of 758 participants learned how to keep a checkbook register.
462 of 758 participants learned how to write a check.
58 of 58 participants learned the difference between wants and needs.
0 of 0 participants lost weight: 0 total pounds lost.
220 of 300 participants made a change in financial behavior.
60 of 300 participants made a spending plan.
412 of 758 participants made changes to their future plans.
270 of 270 participants now eat more fruit.
270 of 270 participants now eat more vegetables.
190 of 758 participants planned to change their career goals.
410 of 758 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
50 of 50 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
110 of 110 participants successfully completed educational requirements for post-filing bankruptcy education.
102 of 102 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
160 of 300 participants talked about financial goals with their parents or others.
58 of 58 participants understand how to reconcile a checking account.
50 of 58 participants understood the dangers of using too much credit.
0 of 0 participants who increased their intake of dairy foods.
250 of 250 participants who now select foods and beverages that promote healthy weight.
100 of 300 participants worked toward new savings or investment goals.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
41 of 42 respondents plan to decrease exposure of their children to parental conflict.
38 of 43 respondents report understanding the importance of working together for the sakes of their children.
310 of 310 youth now wash hands more often.
37 parents/caregivers learned effective communication techniques to use with their children.
43 parents/caregivers learned strategies for dealing with parenting stress.
0 pounds of burley marketed in large bale packages.
200000 pounds of burley stripped properly according to buyer specifications.
5200000 pounds of total tobacco produced.
50 producers planted 1240 acres with clover for an increased production valued at $FRM.
4 producers planted 24 acres with warm-season grasses for an added value of $FRM.
58 producers sprayed 900 acres for broadleaf weed control for an increased production valued at $FRM.
20 producers stockpiled 320 acres of tall fescue, reducing feeding cost by $FRM.
57 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.
62 professionals added additional services and/or marketing practices.
51 professionals developed or made adjustment to their business plans.
68 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
64 professionals implemented recommended management practices for pest control.
0 professionals increased their knowledge of components of business plans.
67 professionals increased their knowledge of green industry services and marketing practices.
68 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
70 professionals increased their knowledge of plant pests and pest control measures.
71 professionals increased their knowledge of proper plant selection.
58 professionals practiced proper plant selection and installation practices.
0 public utility managers who have adopted UT's weed management recommendations in rough turf.
0 sod farms adopted UT's recommended practices for weed control at seeding.
0 soil samples from commercial turf submitted for testing.
16 tobacco growers adopted worker protection standards such as training workers and handlers, proper posting of signs, pesticide recordkeeping, establishing decontamination sites, organizing worker protection information at a central location and proper care and use of Personal Protective Equipment.
12 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
64 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
92 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
78 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
84 tobacco producers increased their knowledge of training workers and pesticide handlers including the areas of pre-harvest intervals, restricted entry intervals and worker protection standards.
700 youth are better able to understand and follow directions.
250 youth are now better listeners.
400 youth break goals down into steps so they can check their progress.
600 youth can deal with their nervousness when giving a speech or talk.
700 youth can explain an idea to others.
700 youth can express ideas with a poster, exhibit or other display.
0 youth can give an informative speech or presentation.
600 youth can now share their ideas through writing.
800 youth can select a topic for a speech or talk.
0 youth can show enthusiasm when giving a speech or presentation.
800 youth can speak loudly enough to be heard when giving a speech or talk.
100 youth can use technology to help themselves express ideas.
792 youth control their weight with physical activity.
700 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
0 youth give a 2-3 minute speech or presentation.
682 youth have encouraged their friends to make better health decisions.
150 youth have explored careers in communications.
562 youth have gotten friends or family more active and physically involved.
600 youth have learned at least five jobs in which communication skills are important.
780 youth keep their bones strong by being physically active everyday.
682 youth know how good hygiene is important for good health.
0 youth know how to organize the parts of a speech or presentation.
0 youth now get information about a problem.
578 youth now know how to calculate their target heart rate.
0 youth now report that they make a decision by thinking about what a person of good character
would do.
0 youth now report that they use more than one source of information in making choices.
0 youth now report that they use standards in making choices.
0 youth now report they consider the risks of their choices.
0 youth now report they think about the truthfulness of sources of information when making choices.
812 youth now think water is the best fluid replacement drink.
700 youth now work to achieve their goals.
0 youth put their goals in writing.
478 youth report that physical activity has become a common stress relief for their friends and/or
family.
552 youth report that their family now tries new activities to increase fitness and relieve boredom.
0 youth report that they have developed confidence to speak in front of groups.
682 youth report that they now know that being physically active helps them control their weight.
482 youth report their family has changed their exercise and diet habits to practice better fitness.
682 youth report they are now physically active (sweat and breathe hard for 20 minutes or more) for
three or more days each week.
501 youth report they are physically active to control stress.
501 youth report they are physically active to keep their heart healthy and increase their heart rate.
150 youth report they can now keep records.
200 youth report they have improved photography skills.
250 youth report they have learned skills in visual communications.
792 youth report they will avoid substances that could harm their body.
500 youth set high goals.
100 youth who report that they have learned that some choices are better than others.
100 youth who report they can make a decision.
300 youth who report they now listen to people with more experience than themselves.
100 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Chester County
# 01/01/2010 to 12/31/2010

## Extension Personnel Hours

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### Contacts by Volunteers

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<th>American Indian/Alaskan Native</th>
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### Units Reporting Program Activity

Chester County

All 2010 Outcomes (entire year)
104 beef producers sold 2018 calves managed according to BQA guidelines to increase returns by $FRM.

98 beef producers stored 8000 large, round bales under some type of cover to increase returns by $FRM.

70 beef producers utilized bulls with greater genetic potential to produce 1320 head of calves to increase returns by $FRM.

60 beef producers utilized hay feeding rings to feed 4800 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

14 beef producers utilized improved marketing methods to market 100 head of calves to increase returns by $FRM.

0 classrooms adopted this program.

4 horse owners fed 8 horses according to specific nutrient requirements for each class of horse, saving FRM annually.

0 horse owners managed 0 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.

0 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 0 horses, saving $FRM annually.

4 horse owners schedule routine hoof care on 8 horses, saving $FRM annually.

0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.

0 of 0 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)

136 of 150 adults wash hands more often.

200 of 400 better understood their parents' concerns about money.

15 of 20 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)

10 of 20 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies

10 of 20 parents/caregivers learned about issues related to stages of child development.

25 of 25 participants are better able to manage their health.

25 of 25 participants are better able to manage their living environments.

25 of 25 participants are better able to store and prepare foods to keep them safe to consume.

24 of 30 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

30 of 30 participants are confident they can better manage their diabetes as a result of participating in this program.

30 of 30 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

30 of 30 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

25 of 25 participants are more confident in relationships with family and friends.

30 of 30 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.

30 of 30 participants are regularly checking their blood sugar six months after completing the program.

30 of 30 participants are using the Healthy Plate Method six months after completing the program.
280 of 390 participants ate more whole grains.
200 of 400 participants better understood their parent's concerns about money.
24 of 30 participants can choose foods that do not cause a sharp rise in blood sugar.
178 of 240 participants decreased consumption of high-sugar foods.
192 of 240 participants eat at least six meals together as a family each week.
0 of 0 participants eat fewer high-fat foods.
124 of 150 participants eat more fat-free or low-fat dairy products.
200 of 400 participants felt more strongly that they needed to get a good education.
200 of 400 participants felt more strongly that they needed to pay attention to their financial future.
24 of 30 participants have reduced their A1c six months after completing the program.
0 of 0 participants improved control of their arthritis symptoms.
0 of 0 participants improved performance of daily activities.
0 of 0 participants improved their balance.
0 of 0 participants improved their flexibility.
106 of 150 participants increased physical activity.
672 of 400 participants increased their financial management skills.
25 of 25 participants know better how to manage and protect their assets for a secure retirement.
400 of 400 participants learned better how to plan their spending.
400 of 400 participants learned how education will affect the kind of job they can get.
400 of 400 participants learned how having a family can affect their lifestyle.
298 of 400 participants learned how much money it takes to get by.
378 of 400 participants learned how occupation and income will affect their lifestyle.
400 of 400 participants learned how payroll deductions are taken from gross pay.
400 of 400 participants learned how to keep a checkbook register.
400 of 400 participants learned how to write a check.
6 of 240 participants lost weight: 80 total pounds lost.
264 of 400 participants made changes to their future plans.
140 of 150 participants now eat more fruit.
136 of 150 participants now eat more vegetables.
30 of 30 participants plan to regularly check their blood sugar as requested by their doctor.
30 of 30 participants plan to use the Healthy Plate Method.
318 of 400 participants planned to change their career goals.
400 of 400 participants planned to get more education after high school.
150 of 150 participants refrigerate perishable foods within two hours.
150 of 150 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
12 of 14 participants surveyed made a positive change in the attitude about cooking food to a safe internal temperature.
14 of 14 participants surveyed made a positive change in their attitude about how they thaw food.
14 of 14 participants surveyed made a positive change in their attitude about cleaning surfaces, utensils and equipment to prevent cross-contamination.
14 of 14 participants surveyed made a positive change in their attitude about eating/drinking foods from unsafe sources.
14 of 14 participants surveyed made a positive change in their attitude about keeping the temperature in the refrigerator at 40 degrees F or below.
122 of 150 participants surveyed used a thermometer to check the internal temperature of food.
106 of 150 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
26 of 30 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
25 of 25 participants understand the special nutritional needs of the elderly.
0 of 0 participants who increased their intake of dairy foods.
128 of 150 participants who now select foods and beverages that promote healthy weight.
160 of 240 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
20 of 20 respondents plan to decrease exposure of their children to parental conflict.
20 of 20 respondents report understanding the importance of working together for the sakes of their children.
0 of 0 students increased amount of time in physical activity.
0 of 0 students who increased their intake of whole grains.
90 of 150 youth now wash hands more often.
20 parents/caregivers learned effective communication techniques to use with their children.
20 parents/caregivers learned strategies for dealing with parenting stress.
4 participants now correctly deworm 8 horses, saving $ FRM this year.
40 producers planted 1200 acres with clover for an increased production valued at $FRM.
44 producers planted 2100 acres with warm-season grasses for an added value of $FRM.
24 producers sprayed 1800 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
0 schools adopted this program.
134 youth are better able to understand and follow directions.
1160 youth are willing to try new things.
1256 youth believe that a team can accomplish more than an individual.
124 youth break goals down into steps so they can check their progress.
738 youth can analyze the results of a scientific investigation.
730 youth can ask a question that can be answered by collecting data.
28 youth can communicate a scientific procedure to others.
1070 youth can complete projects they are proud of.
60 youth can conduct a meeting.
26 youth can create a display to communicate scientific data and observations.
266 youth can deal with their nervousness when giving a speech or talk.
592 youth can design a scientific procedure to answer a question.
1372 youth can explain an idea to others.
124 youth can express ideas with a poster, exhibit or other display.
60 youth can give an informative speech or presentation.
120 youth can now share their ideas through writing.
624 youth can record data accurately.
1372 youth can select a topic for a speech or talk.
62 youth can show enthusiasm when giving a speech or presentation.
852 youth can speak loudly enough to be heard when giving a speech or talk.
20 youth can use data to create a graph for presentation to others.
26 youth can use models to explain scientific results.
22 youth can use science terms to share scientific results.
672 youth can use specific scientific knowledge to form a question.
118 youth can use technology to help themselves express ideas.
24 youth can use the results of their investigation to answer the question they had asked.
1126 youth enjoy working with others toward a common goal.
984 youth feel comfortable asking others to help on a project.
536 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
74 youth give a 2-3 minute speech or presentation.
30 youth have a goal set for their job or career.
74 youth have learned at least five jobs in which communication skills are important.
82 youth have set a goal for their job or career.
1256 youth know how good hygiene is important for good health.
76 youth know how to organize the parts of a speech or presentation.
1316 youth know the difference between things they want and things they need.
1004 youth like to work with others to complete projects.
110 youth now get information about a problem.
600 youth now know how to calculate their target heart rate.
30 youth now report that they can justify their decision.
24 youth now report that they have confidence making their own decisions.
72 youth now report that they make a decision by thinking about what a person of good character would do.
30 youth now report that they think about past choices when making new decisions.
74 youth now report that they use more than one source of information in making choices.
70 youth now report that they use standards in making choices.
6 youth now report that when making a decision, they think about what does the most good for the most people.
28 youth now report that when they make a decision, they think about what a person of character would do.
74 youth now report they consider the risks of their choices.
80 youth now report they think about the truthfulness of sources of information when making choices.
74 youth now set high goals that require work to achieve them.
1256 youth now think water is the best fluid replacement drink.
138 youth now work to achieve their goals.
38 youth put their goals in writing.
60 youth report helping others in need.
1316 youth report telling the difference between right and wrong.
1242 youth report that now they try to do the right thing.
43 youth report that they are now comfortable being a group leader.
53 youth report that they can now cooperate and work in a group.
52 youth report that they can now give clear directions.
53 youth report that they consider others when making decisions.
66 youth report that they have developed confidence to speak in front of groups.
55 youth report that they know how to make good decisions.
47 youth report that they know how to set goals and they use that ability when leading a group.
350 youth report that they like to accomplish things on their own.
45 youth report that they make sure everyone gets an opportunity to say what they think.
82 youth report that they now achieve goals they set for themselves.
56 youth report that they now continue to work toward their goals, even if they do not at first succeed.
1256 youth report that they now know that being physically active helps them control their weight.
57 youth report that they now like to work with others and help them reach their goals.
57 youth report that they take their jobs seriously as members of a committee.
48 youth report that when in charge of a group, they treat everyone fairly and equally.
1192 youth report that when they disagree with someone, they can stand up for themselves without using violence.
58 youth report they now take responsibility for the decisions they make.
1128 youth report they will avoid substances that could harm their body.
46 youth report using enthusiasm to get a group working.
26 youth set deadlines to achieve their goals.
136 youth set high goals.
1256 youth think that everyone on the team is important.
1230 youth think they have something to contribute to the worth of the team.
26 youth try to get as much assistance as they can when working toward their goal.
1256 youth understand that other ideas may be just as important as their own.
1256 youth understand that they cannot always be "the best" in everything.
78 youth who are now making plans to achieve their goals.
38 youth who have put their goal(s) in writing.
24 youth who keep trying if they do not achieve their goal the first time.
136 youth who report that they have learned that some choices are better than others.
128 youth who report they can make a decision.
108 youth who report they now listen to people with more experience than themselves.
120 youth who report they now try to identify what causes a problem.
24 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Claiborne County

01/01/2010 to 12/31/2010

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<thead>
<tr>
<th>Extension Personnel Hours</th>
<th>All: 7260.5</th>
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<tr>
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<th>Method</th>
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<th>Contacts Reached</th>
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<td>Client Visits to Extension Office:</td>
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## Contacts by Extension Personnel

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<th>White/Not of Hispanic origin</th>
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## Volunteer Hours

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## Volunteers Who Served

### Indirect Methods for Volunteers

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## Contacts by Volunteers

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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
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<td><strong>Total</strong></td>
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<td><strong>108</strong></td>
<td><strong>48</strong></td>
<td><strong>7</strong></td>
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<td><strong>10562</strong></td>
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**Units Reporting Program Activity**

Claiborne County

**All 2010 Outcomes (entire year)**

18 classrooms adopted this program.
2 dial-gauge lids were tested.
0 of 0 adults wash hands more often.
0 of 0 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
15 of 20 participants are confident they can better manage their diabetes as a result of participating in this program.
20 of 20 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
15 of 20 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
0 of 0 participants are more physically active six months after completing the program.
15 of 20 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
30 of 30 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.
20 of 20 participants are regularly checking their blood sugar six months after completing the program.
15 of 20 participants are using the Healthy Plate Method six months after completing the program.
0 of 0 participants ate more whole grains.
10 of 11 participants can apply joint protection techniques.
15 of 20 participants can choose foods that do not cause a sharp rise in blood sugar.
11 of 11 participants can use relaxation techniques to better manage their arthritis symptoms.
5 of 10 participants continued doing the MYB exercises six months after completing the program.
163 of 257 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
166 of 257 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
0 of 0 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
11 of 11 participants feel confident they can better manage their arthritis by continuing to do the
program exercises after this program ends.
23 of 23 participants feel confident they know what to do in case of a poisoning.
15 of 30 participants feel confident they will continue doing the MYB routines after the MYB program ends.
25 of 25 participants find the active ingredient on the medication label.
0 of 0 participants have added exercise to their action steps for managing their arthritis.
0 of 0 participants have improved performance of daily activities six months after completing the program.
11 of 11 participants have improved their arthritis symptoms as a result of participating in this program.
30 of 30 participants have improved their balance.
30 of 30 participants have improved their strength.
30 of 30 participants have increased their cardiovascular fitness.
30 of 30 participants have increased their motivation to exercise.
2 of 11 participants have less arthritis symptoms from their arthritis six months after completing the program.
0 of 0 participants have less pain from their arthritis six months after completing the program.
0 of 0 participants have less stiffness six months after completing the program.
15 of 20 participants have reduced their A1c six months after completing the program.
2 of 11 participants improved their balance six months after completing the program.
0 of 0 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
0 of 0 participants improved their cholesterol levels.
3 of 11 participants improved their flexibility six months after completing the program.
4 of 11 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
3 of 11 participants improved their range of motion in their joints six months after completing the program.
0 of 0 participants improved their triglyceride levels.
0 of 0 participants increased physical activity.
20 of 25 participants keep all of their prescription medications at the same pharmacy.
0 of 0 participants lost weight: 0 total pounds lost.
5 of 10 participants maintained their motivation to keep exercising six months after completing the program.
0 of 0 participants now eat more fruit.
0 of 0 participants now eat more vegetables.
0 of 0 participants now take fewer medications for arthritis pain six months after completing the program.
20 of 20 participants plan to regularly check their blood sugar as requested by their doctor.
18 of 20 participants plan to use the Healthy Plate Method.
24 of 25 participants read the directions before taking a prescription or over-the-counter medications.
0 of 0 participants refrigerate perishable foods within two hours.
25 of 25 participants seek the advice of a pharmacist if they have any questions about a medication.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
7 of 7 participants surveyed canned pickles following a tested recipe. (TNCEP)
7 of 7 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
7 of 7 participants surveyed canned vegetables following a tested recipe. (TNCEP)
10 of 25 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
0 of 0 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
7 of 7 participants surveyed processed pickles in a water-bath canner. (TNCEP)
7 of 7 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
7 of 7 participants surveyed processed vegetables in a pressure canner. (TNCEP)
25 of 25 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.
25 of 25 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
1 of 11 participants take fewer medications for arthritis symptoms six months after completing the program.
14 of 20 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
0 of 0 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
0 of 0 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
11 of 11 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
209 of 257 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
23 of 23 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
23 of 23 participants will keep medications out of the reach of children.
23 of 23 participants will keep products in their original containers.
23 of 23 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
20 of 23 participants will read the label before using a product.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
240 of 257 students increased amount of time in physical activity.
173 of 257 students who increased their intake of whole grains.
5 of 8 teachers reported preschool children in their classes were more actively engaged in physical activity.
5 of 8 teachers reported preschool children in their classes were more willing to taste fruit.
3 of 8 teachers reported preschool children in their classes were more willing to taste vegetables.
3 of 8 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
4 of 8 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 youth now wash hands more often.
7 participants process high-acid foods in a water bath canner.
7 schools adopted this program.

Units Reporting Program Outcomes (entire year)
None
# Activity Report for Clay County

## 01/01/2010 to 12/31/2010

**Extension Personnel Hours**

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<tr>
<th>Method</th>
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<td>All</td>
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**Direct Methods for Extension Personnel**

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<th>Method</th>
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<tr>
<td>Client Visits to Extension Office:</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>Group Meetings / Demonstrations:</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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<td><strong>Total</strong></td>
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**Indirect Methods for Extension Personnel**

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**Contacts by Extension Personnel**

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**Volunteer Hours**

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<tr>
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**Volunteers Who Served**

<table>
<thead>
<tr>
<th>Indirect Methods for Volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Method</strong></td>
</tr>
<tr>
<td>Exhibit(s):</td>
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<tr>
<td>Newspaper Article(s):</td>
</tr>
<tr>
<td>Other :</td>
</tr>
<tr>
<td>Publication(s):</td>
</tr>
<tr>
<td>Radio Program(s):</td>
</tr>
<tr>
<td>TV Program(s):</td>
</tr>
<tr>
<td>**Total:</td>
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**Contacts by Volunteers**

<table>
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<tr>
<th></th>
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<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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**Units Reporting Program Activity**
Clay County

All 2010 Outcomes (entire year)

32 beef producers sold 1192 calves managed according to BQA guidelines to increase returns by $FRM.
102 beef producers stored 13600 large, round bales under some type of cover to increase returns by $FRM.
82 beef producers utilized bulls with greater genetic potential to produce 2130 head of calves to increase returns by $FRM.
182 beef producers utilized hay feeding rings to feed 36400 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
32 beef producers utilized improved marketing methods to market 1192 head of calves to increase returns by $FRM.
2 classrooms adopted this program.
98 of 151 better understood their parents' concerns about money.
0 of 0 participants are confident they can better manage their diabetes as a result of participating in this program.
34 of 44 participants are practicing the postural alignment exercises they learned in the program.
98 of 151 participants better understood their parent's concerns about money.
90 of 90 participants can apply joint protection techniques.
10 of 16 participants can better manage their bone health as a result of what they learned in the program three months after participating in the program.
0 of 0 participants can choose foods that do not cause a sharp rise in blood sugar.
24 of 44 participants can make their bones healthier with a personal plan for better bone health.
36 of 44 participants can name calcium-rich foods.
90 of 90 participants can use relaxation techniques to better manage their arthritis symptoms.
10 of 16 participants continue practicing postural alignment exercises they learned in the program three months after participating in the program.
19 of 54 participants decreased consumption of high-sugar foods.
22 of 54 participants eat fewer high-fat foods.
24 of 24 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
72 of 90 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
54 of 60 participants feel confident they know what to do in case of a poisoning.
144 of 151 participants felt more strongly that they needed to get a good education.
141 of 151 participants felt more strongly that they needed to pay attention to their financial future.
12 of 16 participants get 400 – 800 IU of vitamin D per day.
16 of 16 participants get at least 1,200 mg of calcium each day three months after participating in the program.
14 of 16 participants get at least 1,200 mg of calcium each day.
14 of 16 participants get at least 400 to 800 IU of Vitamin D each day three months after participating in the program.
22 of 24 participants have added exercise to their action steps for managing their arthritis.
82 of 90 participants have improved their arthritis symptoms as a result of participating in this program.
8 of 16 participants have kept with their Plan for Better Bone Health three months after participating in the program.
18 of 20 participants have less arthritis symptoms from their arthritis six months after completing the program.
4 of 10 participants have less arthritis symptoms.
4 of 16 participants have talked to their doctor about their bone health three months after the program ended.
6 of 10 participants improved control of their arthritis symptoms.
4 of 10 participants improved performance of daily activities.
10 of 20 participants improved their balance six months after completing the program.
10 of 10 participants improved their balance.
18 of 20 participants improved their flexibility six months after completing the program.
10 of 10 participants improved their flexibility.
20 of 20 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
16 of 20 participants improved their range of motion in their joints six months after completing the program.
118 of 151 participants increased their financial management skills.
28 of 44 participants know how to get 400 to 800 IU of Vitamin D each day.
30 of 44 participants know how to get at least 1,200 mg of calcium each day.
144 of 151 participants learned better how to plan their spending.
132 of 151 participants learned how education will affect the kind of job they can get.
151 of 151 participants learned how having a family can affect their lifestyle.
133 of 151 participants learned how much money it takes to get by.
127 of 151 participants learned how occupation and income will affect their lifestyle.
145 of 151 participants learned how payroll deductions are taken from gross pay.
151 of 151 participants learned how to keep a checkbook register.
151 of 151 participants learned how to write a check.
121 of 151 participants made changes to their future plans.
8 of 16 participants plan to check their posture each day to make sure they are practicing good posture alignment in all their daily activities.
8 of 16 participants plan to exercise 30 minutes a day at least 3-4 times per week.
14 of 16 participants plan to fall-proof their house.
0 of 0 participants plan to regularly check their blood sugar as requested by their doctor.
6 of 16 participants plan to talk to their doctor about getting a bone density test.
0 of 0 participants plan to use the Healthy Plate Method.
76 of 151 participants planned to change their career goals.
136 of 151 participants planned to get more education after high school.
30 of 44 participants recognize that exercise can make their bones healthier.
0 of 20 participants take fewer medications for arthritis symptoms six months after completing the program.
8 of 16 participants take their calcium supplement correctly for proper absorption.
4 of 16 participants take their osteoporosis medications as prescribed by their doctor.
0 of 0 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
24 of 24 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
34 of 44 participants understand that fractures caused by osteoporosis are most common in the spine, hip, and wrist.
30 of 44 participants understand that osteoporosis is a disease that can make bones thinner and weaker.
20 of 24 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
72 of 90 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
12 of 54 participants who increased their intake of dairy foods.
20 of 24 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.

60 of 60 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.

60 of 60 participants will keep medications out of the reach of children.

60 of 60 participants will keep products in their original containers.

30 of 60 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.

44 of 60 participants will read the label before using a product.

31 of 54 students increased amount of time in physical activity.

15 of 54 students who increased their intake of whole grains.

4 of 4 teachers reported preschool children in their classes were more actively engaged in physical activity.

4 of 4 teachers reported preschool children in their classes were more willing to taste fruit.

4 of 4 teachers reported preschool children in their classes were more willing to taste vegetables.

4 of 4 teachers reported preschool children in their classes were more willing to taste whole-grain foods.

4 of 4 teachers reported using physical activities from Healthy Steps at least three times per week.

44 producers planted 2030 acres with clover for an increased production valued at $FRM.

0 producers planted 0 acres with warm-season grasses for an added value of $FRM.

162 producers sprayed 3560 acres for broadleaf weed control for an increased production valued at $FRM.

0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.

2 schools adopted this program.

680 youth are better able to understand and follow directions.

124 youth are willing to try new things.

102 youth believe that a team can accomplish more than an individual.

351 youth believe that people working together can help others less fortunate.

480 youth break goals down into steps so they can check their progress.

562 youth can analyze the results of a scientific investigation.

342 youth can ask a question that can be answered by collecting data.

112 youth can communicate a scientific procedure to others.

112 youth can create a display to communicate scientific data and observations.

774 youth can deal with their nervousness when giving a speech or talk.

220 youth can design a scientific procedure to answer a question.

752 youth can explain an idea to others.

644 youth can express ideas with a poster, exhibit or other display.

664 youth can now share their ideas through writing.

472 youth can record data accurately.

774 youth can select a topic for a speech or talk.

694 youth can speak loudly enough to be heard when giving a speech or talk.

88 youth can use data to create a graph for presentation to others.

72 youth can use models to explain scientific results.

98 youth can use science terms to share scientific results.

420 youth can use specific scientific knowledge to form a question.

420 youth can use technology to help themselves express ideas.

54 youth can use the results of their investigation to answer the question they had asked.

124 youth enjoy working with others toward a common goal.

640 youth feel comfortable sharing their thoughts and feelings in a speech or talk.

48 youth have a goal set for their job or career.

694 youth have learned at least five jobs in which communication skills are important.
112 youth have set a goal for their job or career.
78 youth know the difference between things they want and things they need.
116 youth now get information about a problem.
124 youth now set high goals that require work to achieve them.
552 youth now work to achieve their goals.
432 youth put their goals in writing.
124 youth report telling the difference between right and wrong.
116 youth report that now they try to do the right thing.
72 youth report that they learned about important leaders who contributed to our nation.
102 youth report that they like to accomplish things on their own.
134 youth report that they now achieve goals they set for themselves.
20 youth set deadlines to achieve their goals.
610 youth set high goals.
124 youth think that everyone on the team is important.
220 youth think they can make a big difference in their community by helping others.
102 youth think they have something to contribute to the worth of the team.
54 youth try to get as much assistance as they can when working toward their goal.
24 youth understand how community leaders are elected to office.
102 youth understand that other ideas may be just as important as their own.
144 youth who are now making plans to achieve their goals.
122 youth who have put their goal(s) in writing.
48 youth who keep trying if they do not achieve their goal the first time.
84 youth who report that they have learned that some choices are better than others.
112 youth who report they can make a decision.
102 youth who report they now listen to people with more experience than themselves.
82 youth who report they now try to identify what causes a problem.
36 youth who work out the details when others set goals for them.

**Units Reporting Program Outcomes (entire year)**

None

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**Activity Report for Cocke County**

**01/01/2010 to 12/31/2010**

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<tr>
<th>Extension Personnel Hours</th>
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<tr>
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<table>
<thead>
<tr>
<th>Direct Methods for Extension Personnel</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Method</strong></td>
</tr>
<tr>
<td>Client Visits to Extension Office:</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic</td>
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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

**Indirec Methods for Volunteers**
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<td>Radio Program(s)</td>
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Contacts by Volunteers

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Units Reporting Program Activity

Cocke County

All 2010 Outcomes (entire year)

102 beef producers sold 938 calves managed according to BQA guidelines to increase returns by $FRM.
6 beef producers stored 2000 large, round bales under some type of cover to increase returns by $FRM.
20 beef producers utilized bulls with greater genetic potential to produce 500 head of calves to increase returns by $FRM.
10 beef producers utilized hay feeding rings to feed 2500 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
102 beef producers utilized improved marketing methods to market 938 head of calves to increase returns by $FRM.
16 classrooms adopted this program.
70 dial-gauge lids were tested.
0 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
0 goat producers report improved production efficiency due to practices implemented from their...
Master Goat Program participation.
50 home lawn insect, disease and weed samples submitted for identification and control recommendations.
20 home lawn soil samples submitted for testing.
40 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
4 homeowners established new turfgrass species and varieties.
50 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
36 horse owners fed 50 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
30 horse owners managed 40 horses using rotational grazing in their pasture management to increase forage production, saving FRM annually.
32 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 44 horses, saving FRM annually.
40 horse owners schedule routine hoof care on 60 horses, saving FRM annually.
0 of 0 adults wash hands more often.
16 of 20 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
0 of 0 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.
50 of 50 participants are choosing foods that do not cause a sharp rise in blood sugar six months after completing the program.
50 of 50 participants are confident they can better manage their diabetes as a result of participating in this program.
46 of 50 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
50 of 50 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
380 of 400 participants are making sure they are not taking two or more medications with the same active ingredient six months after completing the program.
50 of 50 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
366 of 400 participants are reading the label of medications before they use them six months after completing the program.
50 of 50 participants are regularly checking their blood sugar six months after completing the program.
46 of 50 participants are using the Healthy Plate Method six months after completing the program.
2289 of 2313 participants ate more whole grains.
800 of 800 participants called the TN Poison Center because they suspected a poisoning or had a question about a product six months after completing the program.
50 of 50 participants can choose foods that do not cause a sharp rise in blood sugar.
790 of 800 participants conducted a poison safety audit six months after completing the program.
1000 of 1140 participants decreased consumption of high-sugar foods.
500 of 660 participants eat at least six meals together as a family each week.
420 of 480 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
800 of 800 participants feel confident they know what to do in case of a poisoning.
378 of 400 participants find the active ingredient on the medication label.
400 of 400 participants have all of their prescription medications at the same pharmacy six months after completing the program.
50 of 50 participants have less arthritis symptoms.
40 of 50 participants have reduced their A1c six months after completing the program.
50 of 50 participants improved control of their arthritis symptoms.
50 of 50 participants improved performance of daily activities.
50 of 50 participants improved their balance.
50 of 50 participants improved their flexibility.
973 of 985 participants increased physical activity.
398 of 400 participants keep all of their prescription medications at the same pharmacy.
400 of 400 participants keep an up-to-date UT Med Minder card in their wallet six months after completing the program.
250 of 660 participants lost weight: 2660 total pounds lost.
1629 of 1653 participants now eat more fruit.
973 of 985 participants now eat more vegetables.
50 of 50 participants plan to regularly check their blood sugar as requested by their doctor.
50 of 50 participants plan to use the Healthy Plate Method.
800 of 800 participants posted the TN Poison Center toll free number by a phone and in their cell phone address book six months after completing the program.
390 of 400 participants read the directions before taking a prescription or over-the-counter medications.
0 of 0 participants refrigerate perishable foods within two hours.
330 of 400 participants seek the advice of a pharmacist if they have any questions about a medication.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
786 of 800 participants stored food and household products in separate areas six months after completing the program.
800 of 800 participants stored medications out of the reach of children six months after completing the program.
70 of 70 participants surveyed canned pickles following a tested recipe. (TNCEP)
70 of 70 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
60 of 70 participants surveyed canned vegetables following a tested recipe. (TNCEP)
300 of 400 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
300 of 400 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
70 of 70 participants surveyed processed pickles in a water-bath canner. (TNCEP)
70 of 70 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
70 of 70 participants surveyed processed vegetables in a pressure canner. (TNCEP)
400 of 400 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.
396 of 400 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
800 of 800 participants taught their children to always ask first before eating or drinking anything suspicious or questionable six months after completing the program.
46 of 50 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
440 of 480 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
786 of 800 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
800 of 800 participants will keep medications out of the reach of children.
790 of 800 participants will keep products in their original containers.
800 of 800 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
790 of 800 participants will read the label before using a product.
630 of 660 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
450 of 480 students increased amount of time in physical activity.
400 of 480 students who increased their intake of whole grains.
32 of 32 teachers reported preschool children in their classes were more actively engaged in physical activity.
32 of 32 teachers reported preschool children in their classes were more willing to taste fruit.
32 of 32 teachers reported preschool children in their classes were more willing to taste vegetables.
32 of 32 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
32 of 32 teachers reported using physical activities from Healthy Steps at least three times per week.
973 of 985 youth now wash hands more often.
30 participants now correctly deworm 40 horses, saving $ FRM this year.
70 participants process high-acid foods in a water bath canner.
4 schools adopted this program.
220 youth can analyze the results of a scientific investigation.
190 youth can ask a question that can be answered by collecting data.
186 youth can design a scientific procedure to answer a question.
250 youth can record data accurately.
204 youth can use specific scientific knowledge to form a question.
300 youth now get information about a problem.
326 youth who report that they have learned that some choices are better than others.
370 youth who report they can make a decision.
348 youth who report they now listen to people with more experience than themselves.
336 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Coffee County

01/01/2010 to 12/31/2010

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<thead>
<tr>
<th>Extension Personnel Hours</th>
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<tbody>
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<table>
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<tr>
<th>Direct Methods for Extension Personnel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method</td>
</tr>
<tr>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
### Client Visits to Extension Office:

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Visits</th>
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<tbody>
<tr>
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<td>Group Meetings / Demonstrations</td>
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<td>On-Site Visits (Farm, Home, and Workplace)</td>
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### Indirect Methods for Extension Personnel

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<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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### Contacts by Extension Personnel

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### Volunteer Hours

| All: 778.8 |
| Total: 778.8 |

Volunteers Who Served
Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Coffee County

All 2010 Outcomes (entire year)

48 are concerned about problems in their community.
60 beef producers sold 4970 calves managed according to BQA guidelines to increase returns by $FRM.
64 beef producers stored 15970 large, round bales under some type of cover to increase returns by $FRM.
68 beef producers utilized bulls with greater genetic potential to produce 5100 head of calves to increase returns by $FRM.
68 beef producers utilized hay feeding rings to feed 11600 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
34 beef producers utilized improved marketing methods to market 2090 head of calves to increase returns by $FRM.
172 corn producers increased their knowledge of recommended agronomic practices and
understanding of their benefits and use.

48 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).

116 farm families and rural business operators implementing improved record systems.

76 farm families evaluated new farm enterprises and value added activities.

52 farm families used FINPACK for developing and implementing whole farm plans.

90 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.

242 farmers increased their knowledge and skills in farm and financial planning.

24 farmers increased their potential cash income from their farming operation by $414612 by implementing a financial plan.

90 grain, soybean or cotton producers increased their crop marketing knowledge and decision making skills by learning about the current market situation and alternative marketing tools.

48 now feel a sense of responsibility toward their school and community.

48 now have a sense of pride about their school and community.

26 of 26 adults wash hands more often.

241 of 446 participants ate more whole grains.

0 of 0 participants can apply joint protection techniques.

26 of 26 participants can use relaxation techniques to better manage their arthritis symptoms.

0 of 0 participants committed to setting up a family spending plan with their future partner.

0 of 0 participants committed to spending more time talking to their future partner without distractions.

0 of 0 participants committed to talk to and listen to each other about their child-rearing practices/beliefs.

0 of 0 participants committed to trying to understand their future partner's perspective when having a disagreement.

257 of 446 participants eat more fat-free or low-fat dairy products.

0 of 0 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

0 of 0 participants have improved their arthritis symptoms as a result of participating in this program.

0 of 0 participants have less arthritis symptoms from their arthritis six months after completing the program.

38 of 56 participants have less arthritis symptoms.

40 of 56 participants improved control of their arthritis symptoms.

52 of 56 participants improved performance of daily activities.

0 of 0 participants improved their balance six months after completing the program.

48 of 56 participants improved their balance.

0 of 0 participants improved their flexibility six months after completing the program.

54 of 56 participants improved their flexibility.

0 of 0 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

0 of 0 participants improved their range of motion in their joints six months after completing the program.

0 of 0 participants improved their scores from pre- to post-test after completing the class.

446 of 446 participants increased physical activity.

299 of 446 participants now eat more fruit.

278 of 446 participants now eat more vegetables.

26 of 26 participants refrigerate perishable foods within two hours.

26 of 26 participants separate raw, cooked and ready-to-eat foods while storing and preparing.

11 of 26 participants surveyed used a thermometer to check the internal temperature of food.

0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants take fewer medications for arthritis symptoms six months after completing the program.
0 of 0 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
638 of 800 participants who now select foods and beverages that promote healthy weight.
128 of 268 respondents improved knowledge of how divorce impacts children by age/stage of development.
136 of 268 respondents learned effective communication techniques.
175 of 268 respondents plan to decrease exposure of their children to parental conflict.
175 of 268 respondents report understanding the importance of working together for the sakes of their children.
152 of 268 respondents reported a decrease in level of resentment at being required to attend the parenting class from pre- to post-class.
0 of 0 trainers plan to use the curriculum to provide premarital preparation education.
288 of 300 youth now wash hands more often.
74 producers planted 5700 acres with clover for an increased production valued at $FRM.
16 producers planted 260 acres with warm-season grasses for an added value of $FRM.
72 producers sprayed 5910 acres for broadleaf weed control for an increased production valued at $FRM.
48 producers stockpiled 2400 acres of tall fescue, reducing feeding cost by $FRM.
48 would assist with or participate in elections, voting and campaigns.
3464 youth are better able to understand and follow directions.
1506 youth are now better listeners.
241 youth believe that a team can accomplish more than an individual.
74 youth believe that people working together can help others less fortunate.
68 youth break goals down into steps so they can check their progress.
528 youth can analyze the results of a scientific investigation.
638 youth can ask a question that can be answered by collecting data.
180 youth can assist a group in deciding on team plans for reaching goals.
0 youth can conduct a meeting.
1387 youth can deal with their nervousness when giving a speech or talk.
526 youth can design a scientific procedure to answer a question.
1345 youth can explain an idea to others.
1576 youth can express ideas with a poster, exhibit or other display.
1262 youth can give an informative speech or presentation.
74 youth can identify their skills and talents.
1078 youth can now share their ideas through writing.
618 youth can record data accurately.
1429 youth can select a topic for a speech or talk.
1304 youth can show enthusiasm when giving a speech or presentation.
1471 youth can speak loudly enough to be heard when giving a speech or talk.
610 youth can use specific scientific knowledge to form a question.
994 youth can use technology to help themselves express ideas.
241 youth enjoy working with others toward a common goal.
1011 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1471 youth give a 2-3 minute speech or presentation.
56 youth have a goal set for their job or career.
795 youth have explored careers in communications.
1146 youth have learned at least five jobs in which communication skills are important.
186 youth have learned new skills and ways of doing things by participating in groups.
56 youth have set a goal for their job or career.
1387 youth know how to organize the parts of a speech or presentation.
192 youth now encourage other team members to give their best effort.
1465 youth now get information about a problem.
48 youth now report they are concerned about the well-being of others.
42 youth now set high goals that require work to achieve them.
196 youth now think it's important to listen to all group members before making a decision.
182 youth now want to see other team members succeed even if they achieve more than themselves.
164 youth now work to achieve their goals.
48 youth put their goals in writing.
74 youth report being able to meet new people and form friendships.
74 youth report standing up for what is right is important.
74 youth report that they admire older 4-H'ers who are good role models.
0 youth report that they are now comfortable being a group leader.
522 youth report that they can now cooperate and work in a group.
0 youth report that they can now give clear directions.
1303 youth report that they have developed confidence to speak in front of groups.
434 youth report that they know how to set goals and they use that ability when leading a group.
0 youth report that they learned about important leaders who contributed to our nation.
514 youth report that they make sure everyone gets an opportunity to say what they think.
44 youth report that they now achieve goals they set for themselves.
0 youth report that they now like to work with others and help them reach their goals.
74 youth report that they respect others different from themselves.
528 youth report that they take their jobs seriously as members of a committee.
546 youth report that when in charge of a group, they treat everyone fairly and equally.
711 youth report they can now keep records.
1381 youth report they have improved photography skills.
1172 youth report they have learned skills in visual communications.
0 youth report using enthusiasm to get a group working.
0 youth set deadlines to achieve their goals.
160 youth set high goals.
241 youth think that everyone on the team is important.
74 youth think they can make a big difference in their community by helping others.
229 youth think they have something to contribute to the worth of the team.
0 youth try to get as much assistance as they can when working toward their goal.
32 youth understand how community leaders are elected to office.
241 youth understand that other ideas may be just as important as their own.
52 youth who are now making plans to achieve their goals.
48 youth who have put their goal(s) in writing.
0 youth who keep trying if they do not achieve their goal the first time.
1590 youth who report that they have learned that some choices are better than others.
1591 youth who report they can make a decision.
1381 youth who report they now listen to people with more experience than themselves.
1716 youth who report they now try to identify what causes a problem.
0 youth who work out the details when others set goals for them.

**Units Reporting Program Outcomes (entire year)**

None
Activity Report for Crockett County

01/01/2010 to 12/31/2010

Extension Personnel Hours

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**Volunteer Hours**

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**Volunteers Who Served**

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**Contacts by Volunteers**

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**Units Reporting Program Activity**

http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
Crockett County

All 2010 Outcomes (entire year)

Producers increased corn yield by 0 bushels/acre by selecting top yielding varieties on 0 acres of corn increasing their income by FRM.
Producers increased yield by 8 bushels by selecting top yielding varieties on 80000 acres of soybeans, earning an extra $FRM.
0 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
0 acres of corn scouted by a UT-trained scout to help make crop management decisions.
30000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
3 classrooms adopted this program.
6 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
46 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
46 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
94 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
0 cotton producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
100 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
7707 miles were walked in the Walk Across Tennessee Program.
13 of 17 adults wash hands more often.
91 of 95 better understood their parents' concerns about money.
0 of 0 made a change in career or educational goals.
0 of 0 participants ate more whole grains.
0 of 0 participants began or increased savings an average of $ 0 per month.
91 of 95 participants better understood their parent's concerns about money.
17 of 17 participants can apply joint protection techniques.
2 of 40 participants can better control their chronic disease as a result of participating in the program.
17 of 17 participants can use relaxation techniques to better manage their arthritis symptoms.
0 of 0 participants communicated with other family members about financial matters.
55 of 74 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
48 of 57 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
4 of 6 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
17 of 17 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
5 of 8 participants feel confident they know what to do in case of a poisoning.
90 of 95 participants felt more strongly that they needed to get a good education.
88 of 95 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants followed a spending plan.
4 of 6 participants have added exercise to their action steps for managing their arthritis.
15 of 17 participants have improved their arthritis symptoms as a result of participating in this program.

0 of 0 participants increased physical activity.

36 of 40 participants increased their exercise routine during Walk Across Tennessee Program.

0 of 0 participants increased their financial management skills.

0 of 0 participants learned better how to plan their spending.

90 of 95 participants learned how education will affect the kind of job they can get.

91 of 95 participants learned how having a family can affect their lifestyle.

93 of 95 participants learned how much money it takes to get by.

91 of 95 participants learned how occupation and income will affect their lifestyle.

90 of 95 participants learned how payroll deductions are taken from gross pay.

89 of 95 participants learned how to keep a checkbook register.

89 of 95 participants learned how to write a check.

21 of 26 participants lost weight: 135 total pounds lost.

0 of 0 participants made a change in financial behavior.

0 of 0 participants made a spending plan.

90 of 95 participants made changes to their future plans.

20 of 25 participants now eat more fruit.

20 of 25 participants now eat more vegetables.

0 of 0 participants planned to change their career goals.

93 of 95 participants planned to get more education after high school.

0 of 0 participants refrigerate perishable foods within two hours.

0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.

3 of 3 participants surveyed used a thermometer to check the internal temperature of food.

3 of 3 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

0 of 0 participants talked about financial goals with their parents or others.

3 of 6 participants understand that arthritis is a chronic disease that they can control with self-management techniques.

4 of 6 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.

17 of 17 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.

40 of 57 participants who increased their intake of dairy foods.

0 of 0 participants who now select foods and beverages that promote healthy weight.

2 of 6 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.

8 of 8 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.

35 of 40 participants will continue to exercise after the Walk Across Tennessee Program.

8 of 8 participants will keep medications out of the reach of children.

8 of 8 participants will keep products in their original containers.

8 of 8 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.

0 of 0 participants will read the label before using a product.

0 of 0 participants worked toward new savings or investment goals.

0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

55 of 57 students increased amount of time in physical activity.

38 of 57 students who increased their intake of whole grains.

3 of 3 teachers reported preschool children in their classes were more actively engaged in physical activity.
3 of 3 teachers reported preschool children in their classes were more willing to taste fruit.
2 of 3 teachers reported preschool children in their classes were more willing to taste vegetables.
3 of 3 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
3 of 3 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 youth now wash hands more often.
103 participants walked in the Walk Across Tennessee Program.
14 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
0 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
14 producers increased their return on 34000 acres by $FRM by utilizing irrigation instead of dry land production.
0 producers increased their return on 0 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
24 producers utilized UT fertility recommendations.
3 schools adopted this program.
40 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
0 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
70 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
13 teams participated in the Walk Across Tennessee Program.
10 times TEAM UP exchanged ideas or shared information.
3 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
25 youth believe that a team can accomplish more than an individual.
70 youth believe that people working together can help others less fortunate.
85 youth can analyze the results of a scientific investigation.
87 youth can ask a question that can be answered by collecting data.
86 youth can communicate a scientific procedure to others.
86 youth can create a display to communicate scientific data and observations.
30 youth can deal with their nervousness when giving a speech or talk.
78 youth can design a scientific procedure to answer a question.
29 youth can explain an idea to others.
27 youth can give an informative speech or presentation.
86 youth can record data accurately.
31 youth can select a topic for a speech or talk.
28 youth can show enthusiasm when giving a speech or presentation.
31 youth can speak loudly enough to be heard when giving a speech or talk.
87 youth can use data to create a graph for presentation to others.
85 youth can use models to explain scientific results.
84 youth can use science terms to share scientific results.
85 youth can use specific scientific knowledge to form a question.
88 youth can use the results of their investigation to answer the question they had asked.
15 youth consider themselves to be a person of character.
13 youth encourage others to be honest and trustworthy.
25 youth enjoy working with others toward a common goal.
28 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
31 youth give a 2-3 minute speech or presentation.
65 youth have set a goal for their job or career.
15 youth have set goals for their long-term future.
26 youth know how to organize the parts of a speech or presentation.
65 youth now get information about a problem.
67 youth now report that they can justify their decision.
64 youth now report that they have confidence making their own decisions.
68 youth now report that they make a decision by thinking about what a person of good character would do.
67 youth now report that they think about past choices when making new decisions.
69 youth now report that they use more than one source of information in making choices.
68 youth now report that they use standards in making choices.
69 youth now report that when making a decision, they think about what does the most good for the most people.
70 youth now report that when they make a decision, they think about what a person of character would do.
66 youth now report they consider the risks of their choices.
68 youth now report they think about the truthfulness of sources of information when making choices.
66 youth now set high goals that require work to achieve them.
32 youth report that they have developed confidence to speak in front of groups.
70 youth report that they learned about important leaders who contributed to our nation.
70 youth report that they now achieve goals they set for themselves.
14 youth report that they now consider the possible consequences before making decisions.
14 youth report that they now set high expectations for their own behavior.
25 youth think that everyone on the team is important.
70 youth think they can make a big difference in their community by helping others.
24 youth think they have something to contribute to the worth of the team
70 youth understand how community leaders are elected to office.
22 youth understand that other ideas may be just as important as their own.
67 youth who are now making plans to achieve their goals.
68 youth who have put their goal(s) in writing.
65 youth who report that they have learned that some choices are better than others.
70 youth who report they can make a decision.
66 youth who report they now listen to people with more experience than themselves.
68 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Cumberland County

01/01/2010 to 12/31/2010

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### Direct Methods for Extension Personnel

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### Indirect Methods for Extension Personnel

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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
Volunteer Hours

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Volunteers Who Served

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Units Reporting Program Activity

Cumberland County

All 2010 Outcomes (entire year)

94 beef producers sold 4230 calves managed according to BQA guidelines to increase returns by $FRM.
94 beef producers stored 12921 large, round bales under some type of cover to increase returns by $FRM.
85 beef producers utilized bulls with greater genetic potential to produce 3825 head of calves to...
increase returns by $FRM.

94 beef producers utilized hay feeding rings to feed 9690 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

59 beef producers utilized improved marketing methods to market 2655 head of calves to increase returns by $FRM.

258 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.

100 consumers implemented water-wise gardening practices to conserve and protect water quality.

794 consumers learned about plant selection and proper planting to save money and time in the landscape.

544 consumers learned how to apply landscape fertilizers and pesticides safely.

166 consumers learned how to conserve and protect water quality in the landscape.

382 consumers learned how to properly take a soil test and interpret the results.

138 consumers practiced best management practices relating to proper pruning and tree maintenance.

110 consumers used the results of their soil test to properly amend their soil.

16 dial-gauge lids were tested.

12 fruit and/or vegetable producers realized an economic impact of $75000 in savings, increased revenue and one-time capital purchases by adopting season extension or organic production practices.

0 fruit and/or vegetable producers who increased business profitability by becoming USDA certified organic.

210 home lawn insect, disease and weed samples submitted for identification and control recommendations.

480 home lawn soil samples submitted for testing.

288 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.

122 homeowners established new turfgrass species and varieties.

554 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.

32 Master Gardeners gained knowledge and confidence in entomology.

28 Master Gardeners gained knowledge and confidence in integrated pest management.

48 Master Gardeners gained knowledge and confidence in ornamentals.

44 Master Gardeners gained knowledge and confidence in plant diseases.

56 Master Gardeners gained knowledge and confidence in soils.

48 Master Gardeners gained knowledge and confidence in turfgrass.

42 Master Gardeners have used the knowledge and skills they learned in this program to assist 292 people in turf selection or management.

14 Master Gardeners have used the knowledge and skills they learned in this program to assist 60 people to control pests through integrated pest management.

14 Master Gardeners have used the knowledge and skills they learned in this program to assist 102 people to identify pests and/or the damage they cause.

14 Master Gardeners have used the knowledge and skills they learned in this program to assist 128 people to identify symptoms of plant disease.

38 Master Gardeners have used the knowledge and skills they learned in this program to assist 56 people to improve soil through soil test results.

80 of 110 adults wash hands more often.

3 of 3 farm families successfully diversified into fruit and vegetable production and marketing.

0 of 12 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.

2 of 12 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

12 of 12 fruit and/or vegetable producers adopted IPM.

12 of 12 fruit and/or vegetable producers completed a food safety plan for their farm.
12 of 12 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
0 of 12 fruit and/or vegetable producers who began the transition to USDA certified organic production.
16 of 66 homeowners increased their knowledge of fire ant management.
78 of 134 made a change in career or educational goals.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
41 of 51 parents/caregivers learned about issues related to stages of child development.
20 of 26 participants are choosing foods that do not cause a sharp rise in blood sugar six months after completing the program.
63 of 72 participants are confident they can better manage their diabetes as a result of participating in this program.
20 of 26 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
16 of 26 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
5 of 10 participants are more physically active six months after completing the program.
20 of 26 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
20 of 26 participants are regularly checking their blood sugar six months after completing the program.
16 of 26 participants are using the Healthy Plate Method six months after completing the program.
900 of 1220 participants ate more whole grains.
36 of 134 participants began or increased savings an average of $0 per month.
198 of 222 participants better understood their parent's concerns about money.
26 of 28 participants can apply joint protection techniques.
70 of 72 participants can choose foods that do not cause a sharp rise in blood sugar.
21 of 28 participants can use relaxation techniques to better manage their arthritis symptoms.
8 of 10 participants committed to setting up a family spending plan with their future partner.
8 of 10 participants committed to spending more time talking to their future partner without distractions.
8 of 10 participants committed to talk to and listen to each other about their child-rearing practices/beliefs.
8 of 10 participants committed to trying to understand their future partner's perspective when having a disagreement.
64 of 134 participants communicated with other family members about financial matters.
809 of 1136 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
841 of 1196 participants eat fewer high-fat foods.
570 of 1220 participants eat more fat-free or low-fat dairy products.
10 of 10 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
28 of 28 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
192 of 222 participants felt more strongly that they needed to get a good education.
60 of 134 participants followed a spending plan.
8 of 10 participants have added exercise to their action steps for managing their arthritis.
7 of 10 participants have improved performance of daily activities six months after completing the program.
26 of 28 participants have improved their arthritis symptoms as a result of participating in this program.
16 of 28 participants have less arthritis symptoms from their arthritis six months after completing the program.
2 of 3 participants have less arthritis symptoms.
5 of 10 participants have less pain from their arthritis six months after completing the program.
7 of 10 participants have less stiffness six months after completing the program.
14 of 26 participants have reduced their A1c six months after completing the program.
2 of 3 participants improved control of their arthritis symptoms.
3 of 3 participants improved performance of daily activities.
21 of 28 participants improved their balance six months after completing the program.
2 of 3 participants improved their balance.
15 of 28 participants improved their flexibility six months after completing the program.
3 of 3 participants improved their flexibility.
16 of 28 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
21 of 28 participants improved their range of motion in their joints six months after completing the program.
8 of 10 participants improved their scores from pre- to post-test after completing the class.
950 of 1200 participants increased physical activity.
182 of 222 participants increased their financial management skills.
202 of 222 participants learned better how to plan their spending.
188 of 222 participants learned how education will affect the kind of job they can get.
194 of 222 participants learned how having a family can affect their lifestyle.
204 of 222 participants learned how much money it takes to get by.
190 of 222 participants learned how occupation and income will affect their lifestyle.
176 of 222 participants learned how payroll deductions are taken from gross pay.
166 of 222 participants learned how to keep a checkbook register.
156 of 222 participants learned how to write a check.
20 of 23 participants lost weight: 60 total pounds lost.
48 of 134 participants made a change in financial behavior.
50 of 134 participants made a spending plan.
160 of 300 participants now eat more fruit.
640 of 960 participants now eat more vegetables.
2 of 5 participants now take fewer medications for arthritis pain six months after completing the program.
72 of 72 participants plan to regularly check their blood sugar as requested by their doctor.
72 of 72 participants plan to use the Healthy Plate Method.
16 of 66 participants plan to use the two-step method around the home for managing fire ants.
202 of 222 participants planned to get more education after high school.
230 of 280 participants refrigerate perishable foods within two hours.
21 of 23 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed canned pickles following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned vegetables following a tested recipe. (TNCEP)
4 of 4 participants surveyed increased their knowledge of healthy housing principles.
4 of 4 participants surveyed increased their knowledge of how to implement (design, repair,
4 of 4 participants surveyed increased their knowledge of the connections between health and housing.
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
0 of 0 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)
23 of 23 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
4 of 28 participants take fewer medications for arthritis symptoms six months after completing the program.
68 of 134 participants talked about financial goals with their parents or others.
70 of 72 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
8 of 10 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
8 of 10 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
27 of 28 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
482 of 896 participants who increased their intake of dairy foods.
1080 of 1220 participants who now select foods and beverages that promote healthy weight.
9 of 10 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
60 of 134 participants worked toward new savings or investment goals.
465 of 500 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
43 of 51 respondents plan to decrease exposure of their children to parental conflict.
48 of 51 respondents report understanding the importance of working together for the sakes of their children.
85 of 96 students increased amount of time in physical activity.
42 of 96 students who increased their intake of whole grains.
4 of 4 teachers reported preschool children in their classes were more actively engaged in physical activity.
4 of 4 teachers reported preschool children in their classes were more willing to taste fruit.
4 of 4 teachers reported preschool children in their classes were more willing to taste vegetables.
4 of 4 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
4 of 4 teachers reported using physical activities from Healthy Steps at least three times per week.
4 of 4 trainees used the Before You Tie the Knot curriculum with appropriate audiences.
1080 of 1300 youth now wash hands more often.
51 parents/caregivers learned effective communication techniques to use with their children.
0 participants process high-acid foods in a water bath canner.
5 youth are confident they can work through a disagreement without using violence.
6 youth believe they have the motivation, skills and perseverance to reach their life goals.
260 youth break goals down into steps so they can check their progress.
140 youth can analyze the results of a scientific investigation.
172 youth can ask a question that can be answered by collecting data.
6 youth can complete projects they are proud of.
302 youth can deal with their nervousness when giving a speech or talk.
124 youth can design a scientific procedure to answer a question.
344 youth can explain an idea to others.
64 youth can give an informative speech or presentation.
156 youth can record data accurately.
364 youth can select a topic for a speech or talk.
46 youth can show enthusiasm when giving a speech or presentation.
342 youth can speak loudly enough to be heard when giving a speech or talk.
160 youth can use specific scientific knowledge to form a question.
5 youth feel comfortable asking others to help on a project.
220 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
48 youth give a 2-3 minute speech or presentation.
118 youth have a goal set for their job or career.
4 youth have confidence in their ability to make good decisions.
6 youth have made a plan for their future based on their talents, strengths, and skills.
176 youth have set a goal for their job or career.
60 youth know how to organize the parts of a speech or presentation.
5 youth like to work with others to complete projects.
14 youth now get information about a problem.
30 youth now report that they can justify their decision.
24 youth now report that they have confidence making their own decisions.
20 youth now report that they make a decision by thinking about what a person of good character would do.
20 youth now report that they think about past choices when making new decisions.
26 youth now report that they use more than one source of information in making choices.
30 youth now report that they use standards in making choices.
26 youth now report that when making a decision, they think about what does the most good for the most people.
16 youth now report that when they make a decision, they think about what a person of character would do.
22 youth now report they consider the risks of their choices.
26 youth now report they think about the truthfulness of sources of information when making choices.
150 youth now set high goals that require work to achieve them.
708 youth now work to achieve their goals.
6 youth put their goals in writing.
5 youth report finding acceptable ways to deal with stress when things bother them.
6 youth report that because of 4-H they seek new and challenging life experiences.
1 youth report that because of their 4-H experiences, they are viewed as a leader.
6 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
5 youth report that they can now identify their personal interests and strengths.
54 youth report that they have developed confidence to speak in front of groups.
6 youth report that they have learned to win and lose gracefully when participating in competitive events.
184 youth report that they now achieve goals they set for themselves.
4 youth report that when they disagree with someone, they can stand up for themselves without using violence.
72 youth set deadlines to achieve their goals.
420 youth set high goals.
72 youth try to get as much assistance as they can when working toward their goal.
5 youth understand that they cannot always be "the best" in everything.
188 youth who are now making plans to achieve their goals.
14 youth who have put their goal(s) in writing.
126 youth who keep trying if they do not achieve their goal the first time.
18 youth who report that they have learned that some choices are better than others.
30 youth who report they can make a decision.
20 youth who report they now listen to people with more experience than themselves.
8 youth who report they now try to identify what causes a problem.
80 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Davidson County

01/01/2010 to 12/31/2010

Extension Personnel Hours

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Direct Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

#### Indirect Methods for Volunteers

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### Contacts by Volunteers

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**Units Reporting Program Activity**

Davidson County

**All 2010 Outcomes (entire year)**

15 classrooms adopted this program.
400 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
706 consumers implemented water-wise gardening practices to conserve and protect water quality.
1188 consumers learned about plant selection and proper planting to save money and time in the landscape.
716 consumers learned how to apply landscape fertilizers and pesticides safely.
780 consumers learned how to conserve and protect water quality in the landscape.
1194 consumers learned how to properly take a soil test and interpret the results.
184 consumers practiced best management practices relating to proper pruning and tree maintenance.
496 consumers used the results of their soil test to properly amend their soil.
0 forest landowners are members in a local County Forestry Association representing 0 forest acres.
0 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
0 home lawn insect, disease and weed samples submitted for identification and control recommendations.
0 home lawn soil samples submitted for testing.
0 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
0 homeowners established new turfgrass species and varieties.
0 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
0 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.
60 landowners improved profitability (marketing) of forest ownership.
130 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 0 forested acres.
184 Master Gardeners gained knowledge and confidence in entomology.
184 Master Gardeners gained knowledge and confidence in integrated pest management.
184 Master Gardeners gained knowledge and confidence in ornamentals.
184 Master Gardeners gained knowledge and confidence in plant diseases.
184 Master Gardeners gained knowledge and confidence in soils.
184 Master Gardeners gained knowledge and confidence in turfgrass.
96 Master Gardeners have used the knowledge and skills they learned in this program to assist 200 people in turf selection or management.
80 Master Gardeners have used the knowledge and skills they learned in this program to assist 300 people to control pests through integrated pest management.
80 Master Gardeners have used the knowledge and skills they learned in this program to assist 400 people to identify pests and/or the damage they cause.

72 Master Gardeners have used the knowledge and skills they learned in this program to assist 200 people to identify symptoms of plant disease.

96 Master Gardeners have used the knowledge and skills they learned in this program to assist 100 people to improve soil through soil test results.

0 of 0 adults wash hands more often.

1226 of 1360 better understood basic insurance needs.

974 of 1010 better understood credit reporting and scoring.

222 of 223 better understood their parents' concerns about money.

150 of 250 checked their credit report.

32 of 32 gained skill in evaluating their housing options.

656 of 720 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.

111 of 987 homeowners increased their knowledge of fire ant management.

774 of 820 identified ways to reduce spending.

130 of 720 landscape and nursery participants increased their knowledge of fire ant management.

776 of 820 learned better how to communicate with creditors.

0 of 0 learned how to better manage stress caused by financial issues.

0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.

0 of 0 learned how to properly maintain and store household financial records.

396 of 500 learned who to pay first if they can't pay everything.

32 of 32 participants analyzed their readiness for home ownership.

259 of 362 participants ate more whole grains.

1110 of 1170 participants became more aware of the importance of starting to save and invest early in life.

138 of 250 participants began or increased savings an average of $ 25 per month.

322 of 350 participants better understood employer benefits.

378 of 500 participants better understood the difference between pre-tax and after-tax investments.

216 of 223 participants better understood their parent's concerns about money.

142 of 250 participants communicated with other family members about financial matters.

198 of 244 participants decreased consumption of high-sugar foods.

32 of 32 participants determined how much they could pay for a home.

0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.

40 of 70 participants eat at least six meals together as a family each week.

10 of 26 participants eat fewer high-fat foods.

103 of 132 participants eat more fat-free or low-fat dairy products.

284 of 300 participants feel confident they know what to do in case of a poisoning.

0 of 0 participants felt more confident that they could build wealth.

216 of 223 participants felt more strongly that they needed to get a good education.

222 of 223 participants felt more strongly that they needed to pay attention to their financial future.

0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.

110 of 250 participants followed a spending plan.

32 of 32 participants gained better understanding of the mortgage process.

568 of 690 participants gained skill in determining their net worth.

1282 of 1360 participants gained skill in making a spending plan.

710 of 850 participants identified ways to avoid being victimized by predatory practices or fraud.

220 of 220 participants identify or plan to identify a pest before deciding on the management needed.

0 of 0 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
0 of 0 participants improved their cholesterol levels.
0 of 0 participants improved their triglyceride levels.
0 of 0 participants increased physical activity.
1537 of 1583 participants increased their financial management skills.
220 of 220 participants increased their understanding of household and structural IPM.
312 of 350 participants increased their understanding of the impact education can have on future earnings.
132 of 250 participants kept a record of spending.
210 of 223 participants learned better how to plan their spending.
539 of 573 participants learned how education will affect the kind of job they can get.
195 of 223 participants learned how having a family can affect their lifestyle.
212 of 223 participants learned how much money it takes to get by.
525 of 573 participants learned how occupation and income will affect their lifestyle.
536 of 573 participants learned how payroll deductions are taken from gross pay.
501 of 573 participants learned how to keep a checkbook register.
497 of 573 participants learned how to write a check.
314 of 350 participants learned the difference between wants and needs.
12 of 70 participants lost weight: 42 total pounds lost.
140 of 250 participants made a spending plan.
40 of 51 participants made changes to their future plans.
220 of 220 participants modified or plan to modify the environment to make it less conducive to pests.

139 of 144 participants now eat more fruit.
83 of 144 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.
136 of 1087 participants plan to use the two-step method around the home for managing fire ants.
156 of 223 participants planned to change their career goals.
518 of 573 participants planned to get more education after high school.
22 of 32 participants purchased a home.
134 of 254 participants reduced debt an average of $30 per month.
0 of 0 participants refrigerator perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
710 of 1010 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
190 of 190 participants successfully completed educational requirements for post-filing bankruptcy education.
0 of 0 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
32 of 32 participants successfully completed homebuyer education requirements.
0 of 0 participants surveyed consumed fewer foods from unsafe sources.
290 of 300 participants surveyed increased their knowledge about radon.
300 of 300 participants surveyed increased their knowledge about the health risk associated with radon.
0 of 0 participants surveyed increased their knowledge concerning radon-resistant new construction techniques.
284 of 300 participants surveyed know how radon enters their home.
298 of 300 participants surveyed know radon can be prevented from entering their home.
300 of 300 participants surveyed know testing is the only way to know if their home has radon.
296 of 300 participants surveyed know year-long testing is recommended over short-term testing in Tennessee.
0 of 0 participants surveyed made a positive change in the way they stored perishable foods. (TNCEP)
486 of 510 participants surveyed more often thoroughly washed their produce under running water before eating them.
0 of 0 participants surveyed more often washed items that came in contact with raw meat, chicken or seafood with hot, soapy water before continuing to cook. (TNCEP)
0 of 0 participants surveyed more often washed the plate used to hold raw meat, poultry, or seafood with hot, soapy water before returning cooked food to the plate OR used a clean plate. (TNCEP)
426 of 510 participants surveyed more often washed their hands with soap and warm running water before eating.
288 of 354 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
350 of 350 participants understand how to reconcile a checking account.
1078 of 1170 participants understood the dangers of using too much credit.
0 of 0 participants washed their hands with soap and warm running water after working with raw meat, chicken, or seafood. (TNCEP)
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
18 of 26 participants who increased their intake of dairy foods.
16 of 27 participants who now select foods and beverages that promote healthy weight.
100 of 300 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
278 of 300 participants will keep medications out of the reach of children.
294 of 300 participants will keep products in their original containers.
290 of 300 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
292 of 300 participants will read the label before using a product.
0 of 0 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
152 of 218 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 pregnant or formerly pregnant participants surveyed avoided one or more of the following foods during pregnancy: cold hot dogs, soft cheese like brie, Camembert and queso fesco and cold deli meats.
22 of 26 students increased amount of time in physical activity.
8 of 26 students who increased their intake of whole grains.
148 of 250 tracked their spending.
114 of 250 worked toward new savings, investment or retirement goals.
144 of 144 youth now wash hands more often.
0 professionals added additional services and/or marketing practices.
0 professionals developed or made adjustment to their business plans.
400 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
400 professionals implemented recommended management practices for pest control.
0 professionals increased their knowledge of components of business plans.
0 professionals increased their knowledge of green industry services and marketing practices.
514 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
656 professionals increased their knowledge of plant pests and pest control measures.
558 professionals increased their knowledge of proper plant selection.
558 professionals practiced proper plant selection and installation practices.
5 schools adopted this program.
127 youth are better able to understand and follow directions.
113 youth believe that people working together can help others less fortunate.
125 youth break goals down into steps so they can check their progress.
110 youth can assist a group in deciding on team plans for reaching goals.
119 youth can conduct a meeting.
127 youth can express ideas with a poster, exhibit or other display.
127 youth can now share their ideas through writing.
121 youth can use technology to help themselves express ideas.
128 youth have learned at least five jobs in which communication skills are important.
117 youth have learned new skills and ways of doing things by participating in groups.
118 youth now encourage other team members to give their best effort.
247 youth now get information about a problem.
82 youth now report that they make a decision by thinking about what a person of good character would do.
89 youth now report that they use more than one source of information in making choices.
93 youth now report that they use standards in making choices.
88 youth now report they consider the risks of their choices.
96 youth now report they think about the truthfulness of sources of information when making choices.
100 youth now think it's important to listen to all group members before making a decision.
99 youth now want to see other team members succeed even if they achieve more than themselves.
127 youth now work to achieve their goals.
120 youth put their goals in writing.
100 youth report that they are now comfortable being a group leader.
116 youth report that they can now cooperate and work in a group.
115 youth report that they can now give clear directions.
113 youth report that they know how to set goals and they use that ability when leading a group.
118 youth report that they learned about important leaders who contributed to our nation.
119 youth report that they make sure everyone gets an opportunity to say what they think.
112 youth report that they now like to work with others and help them reach their goals.
114 youth report that they take their jobs seriously as members of a committee.
80 youth report that when in charge of a group, they treat everyone fairly and equally.
111 youth report using enthusiasm to get a group working.
125 youth set high goals.
116 youth think they can make a big difference in their community by helping others.
79 youth understand how community leaders are elected to office.
239 youth who report that they have learned that some choices are better than others.
244 youth who report they can make a decision.
227 youth who report they now listen to people with more experience than themselves.
224 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Decatur County

01/01/2010 to 12/31/2010

Extension Personnel Hours
### Direct Methods for Extension Personnel

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<th>Method</th>
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<tr>
<td>Client Visits to Extension Office</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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Volunteer Hours

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<td>Radio Program(s)</td>
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Volunteers Who Served

Contacts by Volunteers

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Units Reporting Program Activity

Decatur County

All 2010 Outcomes (entire year)

- 0 youth can deal with their nervousness when giving a speech or talk.
- 0 youth can explain an idea to others.
- 250 youth can select a topic for a speech or talk.
- 0 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth feel comfortable sharing their thoughts and feelings in a speech or talk.

**Units Reporting Program Outcomes (entire year)**
None

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**Activity Report for DeKalb County**

**01/01/2010 to 12/31/2010**

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### Direct Methods for Extension Personnel

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<tr>
<td>Client Visits to Extension Office:</td>
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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
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Volunteer Hours

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Volunteers Who Served

Indirect Methods for Volunteers

<table>
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Contacts by Volunteers

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**Units Reporting Program Activity**

DeKalb County

**All 2010 Outcomes (entire year)**

0 of 0 adults wash hands more often.
42 of 80 better understood basic insurance needs.
0 of 0 better understood credit reporting and scoring.
190 of 225 better understood their parents’ concerns about money.
0 of 0 checked their credit report.
15 of 15 gained skill in evaluating their housing options.
33 of 65 identified ways to reduce spending.
0 of 0 learned better how to communicate with creditors.
0 of 0 learned how to better manage stress caused by financial issues.
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
0 of 0 learned how to properly maintain and store household financial records.
0 of 0 learned who to pay first if they can't pay everything.
56 of 225 made a change in career or educational goals.
15 of 15 participants analyzed their readiness for home ownership.
120 of 272 participants ate more whole grains.
43 of 80 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $ 0 per month.
15 of 15 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
185 of 225 participants better understood their parent's concerns about money.
180 of 225 participants communicated with other family members about financial matters.
153 of 272 participants decreased consumption of high-sugar foods.
15 of 15 participants determined how much they could pay for a home.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
0 of 0 participants eat at least six meals together as a family each week.
135 of 272 participants eat fewer high-fat foods.
117 of 272 participants eat more fat-free or low-fat dairy products.
0 of 0 participants felt more confident that they could build wealth.
180 of 225 participants felt more strongly that they needed to get a good education.
188 of 225 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
0 of 0 participants followed a spending plan.
15 of 15 participants gained better understanding of the mortgage process.
0 of 0 participants gained skill in determining their net worth.
59 of 80 participants gained skill in making a spending plan.
15 of 15 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
0 of 0 participants improved their cholesterol levels.

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3/15/2011
0 of 0 participants improved their triglyceride levels.
220 of 272 participants increased physical activity.
265 of 355 participants increased their financial management skills.
14 of 15 participants increased their understanding of the impact education can have on future earnings.
0 of 0 participants kept a record of spending.
201 of 225 participants learned better how to plan their spending.
257 of 305 participants learned how education will affect the kind of job they can get.
210 of 225 participants learned how having a family can affect their lifestyle.
193 of 225 participants learned how much money it takes to get by.
214 of 225 participants learned how occupation and income will affect their lifestyle.
188 of 225 participants learned how payroll deductions are taken from gross pay.
197 of 225 participants learned how to keep a checkbook register.
220 of 225 participants learned how to write a check.
55 of 65 participants learned the difference between wants and needs.
32 of 82 participants lost weight: 122 total pounds lost.
0 of 0 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
185 of 225 participants made changes to their future plans.
196 of 272 participants now eat more fruit.
109 of 272 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.
150 of 225 participants planned to change their career goals.
203 of 225 participants planned to get more education after high school.
0 of 0 participants reduced debt an average of $ 0 per month.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
15 of 15 participants successfully completed homebuyer education requirements.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
0 of 0 participants understand how to reconcile a checking account.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
117 of 272 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
290 of 361 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
229 of 272 youth now wash hands more often.

Units Reporting Program Outcomes (entire year)
None
Activity Report for Dickson County

01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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<table>
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<th>Direct Methods for Extension Personnel</th>
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<td>Method</td>
</tr>
<tr>
<td>----------------------------------------</td>
</tr>
<tr>
<td>Client Visits to Extension Office:</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<tr>
<td>Group Meetings / Demonstrations:</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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<table>
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<tr>
<td>Exhibit(s):</td>
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<td>Newspaper Article(s):</td>
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<thead>
<tr>
<th>Contacts by Extension Personnel</th>
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<td>White/Not of Hispanic origin</td>
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<tr>
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<tr>
<td>Female Adult</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
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**Volunteer Hours**

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**Volunteers Who Served**

**Indirect Methods for Volunteers**

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**Contacts by Volunteers**

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**Units Reporting Program Activity**

http://super.tennessee.edu/reports/by_unit_roll_up.asp  3/15/2011
Dickson County

All 2010 Outcomes (entire year)

0 4-H clubs were met by volunteers.
6 4-H judging teams were coached by volunteers.
8 4-H project groups were met by volunteers.
14 4-H volunteers utilized volunteer position descriptions.
60 are concerned about problems in their community.
265 beef producers sold 7000 calves managed according to BQA guidelines to increase returns by $FRM.
10 beef producers stored 1000 large, round bales under some type of cover to increase returns by $FRM.
25 beef producers utilized bulls with greater genetic potential to produce 750 head of calves to increase returns by $FRM.
400 beef producers utilized hay feeding rings to feed 16000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
4 beef producers utilized improved marketing methods to market 50 head of calves to increase returns by $FRM.
4 new 4-H volunteers were recruited this year.
28 now feel a sense of responsibility toward their school and community.
64 now have a sense of pride about their school and community.
100 producers planted 2500 acres with clover for an increased production valued at $FRM.
0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
50 producers sprayed 3000 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
30 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
35 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
33 report that because of their 4-H experiences, they will register to vote when they are eligible.
34 report that because of their 4-H service projects, they know about resources in their community.
4 volunteer leaders increased their knowledge of positive youth development.
23 would assist with or participate in elections, voting and campaigns.
331 youth are better able to understand and follow directions.
272 youth are now better listeners.
84 youth believe that a team can accomplish more than an individual.
68 youth believe that people working together can help others less fortunate.
11 youth break goals down into steps so they can check their progress.
8 youth can analyze the results of a scientific investigation.
7 youth can ask a question that can be answered by collecting data.
56 youth can assist a group in deciding on team plans for reaching goals.
21 youth can complete projects they are proud of.
57 youth can conduct a meeting.
384 youth can deal with their nervousness when giving a speech or talk.
8 youth can design a scientific procedure to answer a question.
432 youth can explain an idea to others.
280 youth can express ideas with a poster, exhibit or other display.
435 youth can give an informative speech or presentation.
0 youth can identify their skills and talents.
244 youth can now share their ideas through writing.
0 youth can record data accurately.
441 youth can select a topic for a speech or talk.
399 youth can show enthusiasm when giving a speech or presentation.
420 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use specific scientific knowledge to form a question.
214 youth can use technology to help themselves express ideas.
103 youth enjoy working with others toward a common goal.
22 youth feel comfortable asking others to help on a project.
300 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
420 youth give a 2-3 minute speech or presentation.
154 youth have explored careers in communications.
222 youth have learned at least five jobs in which communication skills are important.
54 youth have learned new skills and ways of doing things by participating in groups.
417 youth know how to organize the parts of a speech or presentation.
21 youth like to work with others to complete projects.
60 youth now encourage other team members to give their best effort.
67 youth now get information about a problem.
69 youth now report they are concerned about the well-being of others.
60 youth now think it's important to listen to all group members before making a decision.
60 youth now want to see other team members succeed even if they achieve more than themselves.
15 youth now work to achieve their goals.
0 youth put their goals in writing.
0 youth report being able to meet new people and form friendships.
0 youth report standing up for what is right is important.
0 youth report that they admire older 4-H'ers who are good role models.
52 youth report that they are now comfortable being a group leader.
70 youth report that they can now cooperate and work in a group.
52 youth report that they can now give clear directions.
375 youth report that they have developed confidence to speak in front of groups.
57 youth report that they know how to set goals and they use that ability when leading a group.
35 youth report that they learned about important leaders who contributed to our nation.
64 youth report that they make sure everyone gets an opportunity to say what they think.
62 youth report that they now like to work with others and help them reach their goals.
0 youth report that they respect others different from themselves.
61 youth report that they take their jobs seriously as members of a committee.
71 youth report that when in charge of a group, they treat everyone fairly and equally.
20 youth report that when they disagree with someone, they can stand up for themselves without using violence.
216 youth report they can now keep records.
0 youth report they have improved photography skills.
226 youth report they have learned skills in visual communications.
52 youth report using enthusiasm to get a group working.
15 youth set high goals.
105 youth think that everyone on the team is important.
73 youth think they can make a big difference in their community by helping others.
96 youth think they have something to contribute to the worth of the team.
34 youth understand how community leaders are elected to office.
100 youth understand that other ideas may be just as important as their own.
20 youth understand that they cannot always be "the best" in everything.
73 youth who report that they have learned that some choices are better than others.
70 youth who report they can make a decision.
68 youth who report they now listen to people with more experience than themselves.
67 youth who report they now try to identify what causes a problem.

**Units Reporting Program Outcomes (entire year)**
None

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**Activity Report for Dyer County**

**01/01/2010 to 12/31/2010**

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<td>Group Meetings / Demonstrations:</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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<th>Asian or Pacific</th>
<th>American Indian/Alaskan</th>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
### Volunteer Hours

<table>
<thead>
<tr>
<th>Method</th>
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<th>Contacts Reached</th>
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<tbody>
<tr>
<td>Exhibit(s)</td>
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<td>Other</td>
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<td><strong>Total</strong></td>
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### Volunteers Who Served

#### Indirect Methods for Volunteers

<table>
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#### Contacts by Volunteers

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### Units Reporting Program Activity

**Dyer County**

#### All 2010 Outcomes (Entire Year)

Producers increased corn yield by 35 bushels/acre by selecting top yielding varieties on 196852 acres of corn increasing their income by FRM.

Producers increased yield by 6 bushels by selecting top yielding varieties on 608730 acres of soybeans, earning an extra $FRM.

Producers increased yield by 5 bushels by selecting top yielding varieties on 112056 acres of wheat, earning an extra $FRM.

Producers increased yield by 135 pounds by selecting top yielding varieties on 76117 acres of cotton, earning an extra $FRM.

The economic impact of Extension leadership programs was $135000 in increased revenue, one-time capital improvements and secured resources.

30 4-H clubs were met by volunteers.

1 4-H judging teams were coached by volunteers.

5 4-H project groups were met by volunteers.

30 4-H volunteers utilized volunteer position descriptions.

152900 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

2080 acres of corn scouted by a UT-trained scout to help make crop management decisions.

147900 acres of corn were scouted by a producer, UT trained scout or independent crop consultant to help make crop management decisions.

86213 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.

4402 acres of cotton scouted by a UT-trained scout to help make crop management decisions.

326575 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.

5145 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

58723 acres of wheat were scouted by a producer, UT trained scout or independent crop consultant to help make crop management decisions.

5000 acres were planted and managed using GPS technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.

199 are concerned about problems in their community.

184 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.

184 consumers implemented water-wise gardening practices to conserve and protect water quality.

346 consumers learned about plant selection and proper planting to save money and time in the landscape.

196 consumers learned how to apply landscape fertilizers and pesticides safely.

220 consumers learned how to conserve and protect water quality in the landscape.

160 consumers learned how to properly take a soil test and interpret the results.

169 consumers practiced best management practices relating to proper pruning and tree maintenance.

62 consumers used the results of their soil test to properly amend their soil.

0 corn acres utilized precision agriculture technologies for variable rate application of plant growth.
regulators, defoliants or pesticides.

22833 corn acres were planted using variable seeding rates or variable application of fertilizers.

641 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).

35 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

152 corn producers report a $13434 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

727 corn producers reported harvesting higher corn yields and/or better quality crops using university trial results.

326 corn producers representing 98181 acres utilized precision agriculture technologies such as yield mapping or grid/zone soil sampling for making management decisions.

610 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

379 corn producers used UT fertilizer recommendations.

232 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).

4375 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

237 cotton producers report a $5902883 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

232 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

153 farmers increased their knowledge and skills in farm and financial planning.

12 grain, soybean or cotton producers increased their crop marketing knowledge and decision making skills by learning about the current market situation and alternative marketing tools.

5 home lawn insect, disease and weed samples submitted for identification and control recommendations.

5 home lawn soil samples submitted for testing.

10 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.

3 homeowners established new turfgrass species and varieties.

10 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.

0 landowners expanded an existing aquaculture industry.

4 landowners properly fertilized their pond, followed stocking/harvesting recommendations, or controlled weeds/algae.

168 Master Gardeners gained knowledge and confidence in entomology.

216 Master Gardeners gained knowledge and confidence in integrated pest management.

216 Master Gardeners gained knowledge and confidence in ornamentals.

216 Master Gardeners gained knowledge and confidence in plant diseases.

216 Master Gardeners gained knowledge and confidence in soils.

216 Master Gardeners gained knowledge and confidence in turfgrass.

82 Master Gardeners have used the knowledge and skills they learned in this program to assist 181 people in turf selection or management.

101 Master Gardeners have used the knowledge and skills they learned in this program to assist 106 people to control pests through integrated pest management.

133 Master Gardeners have used the knowledge and skills they learned in this program to assist 143 people to identify pests and/or the damage they cause.

133 Master Gardeners have used the knowledge and skills they learned in this program to assist 133 people to identify symptoms of plant disease.

129 Master Gardeners have used the knowledge and skills they learned in this program to assist 133 people...
people to improve soil through soil test results.

62037 miles were walked in the Walk Across Tennessee Program.

3 new 4-H volunteers were recruited this year.

200 now feel a sense of responsibility toward their school and community.

109 now have a sense of pride about their school and community.

292 of 318 adults wash hands more often.

164 of 164 better understood basic insurance needs.

1072 of 1324 better understood credit reporting and scoring.

208 of 260 farm families successfully diversified into fruit and vegetable production and marketing.

60 of 136 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

180 of 180 fruit and/or vegetable producers adopted IPM.

180 of 180 fruit and/or vegetable producers completed a food safety plan for their farm.

136 of 180 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.

200 of 260 fruit and/or vegetable producers improved crop food safety by implementing a food safety plan on their farm.

136 of 180 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.

0 of 0 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.

81 of 97 homeowners increased their knowledge of fire ant management.

600 of 668 identified ways to reduce spending.

300 of 650 learned better how to communicate with creditors.

78 of 236 learned how to better manage stress caused by financial issues.

0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.

72 of 114 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

78 of 114 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.

98 of 114 participants are regularly checking their blood sugar six months after completing the program.

44 of 114 participants are using the Healthy Plate Method six months after completing the program.

546 of 1226 participants ate more whole grains.

460 of 510 participants became more aware of the importance of starting to save and invest early in life.

114 of 340 participants began or increased savings an average of $ 25 per month.

94 of 164 participants better understood employer benefits.

0 of 0 participants better understood the difference between pre-tax and after-tax investments.

24 of 24 participants can apply joint protection techniques.

519 of 618 participants can better control their chronic disease as a result of participating in the program.

82 of 86 participants are choosing foods that do not cause a sharp rise in blood sugar six months after completing the program.

82 of 86 participants can choose foods that do not cause a sharp rise in blood sugar.

24 of 24 participants can use relaxation techniques to better manage their arthritis symptoms.
172 of 224 participants communicated with other family members about financial matters.
216 of 312 participants decreased consumption of high-sugar foods.
463 of 618 participants decreased their blood pressure six months after completing the program.
115 of 219 participants decreased their cholesterol levels six months after completing the program.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
9 of 9 participants eat at least six meals together as a family each week.
624 of 772 participants eat more fat-free or low-fat dairy products.
24 of 24 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
491 of 618 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
520 of 626 participants felt more confident that they could build wealth.
34 of 86 participants felt that they were taking better advantage of the investment options offered by their employer.
408 of 530 participants followed a spending plan.
118 of 208 participants gained skill in determining their net worth.
914 of 914 participants gained skill in making a spending plan.
16 of 24 participants have improved their arthritis symptoms as a result of participating in this program.
12 of 24 participants have less arthritis symptoms.
84 of 114 participants have reduced their A1c six months after completing the program.
94 of 118 participants identified ways to avoid being victimized by predatory practices or fraud.
5 of 5 participants identify or plan to identify a pest before deciding on the management needed.
16 of 24 participants improved control of their arthritis symptoms.
16 of 24 participants improved performance of daily activities.
16 of 24 participants improved their balance.
112 of 0 participants improved their blood pressure.
84 of 118 participants improved their blood sugar.
37 of 54 participants improved their cholesterol levels.
20 of 24 participants improved their flexibility.
0 of 0 participants improved their triglyceride levels.
624 of 624 participants increased physical activity.
546 of 618 participants increased their exercise routine during Walk Across Tennessee Program.
1254 of 1366 participants increased their financial management skills.
358 of 530 participants kept a record of spending.
82 of 126 participants learned how education will affect the kind of job they can get.
833 of 1452 participants lost weight: 737 total pounds lost.
312 of 618 participants lowered their blood sugar levels six months after completing the program.
236 of 236 participants made a spending plan.
315 of 618 participants maintained their walking/exercise routine six months after completing the program.
1 of 1 participants modified or plan to modify the environment to make it less conducive to pests.
574 of 624 participants now eat more fruit.
574 of 624 participants now eat more vegetables.
76 of 82 participants plan to regularly check their blood sugar as requested by their doctor.
76 of 82 participants plan to use the Healthy Plate Method.
97 of 97 participants plan to use the two-step method around the home for managing fire ants.
140 of 260 participants reduced debt an average of $25 per month.
36 of 48 participants refrigerate perishable foods within two hours.
36 of 48 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
250 of 324 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
254 of 254 participants successfully completed educational requirements for post-filing bankruptcy education.
96 of 118 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
65 of 65 participants surveyed increased personal involvement in community activities.
200 of 200 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
85 of 85 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
826 of 1000 participants surveyed used a thermometer to check the internal temperature of food.
114 of 166 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
76 of 82 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
24 of 24 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
0 of 0 participants understood the dangers of using too much credit.
200 of 200 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
65 of 65 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
85 of 85 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
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0 of 0 participants talked about financial goals with their parents or others.
76 of 82 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
24 of 24 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
14 of 112 participants who achieved financial goals.
92 of 236 participants who became habitual savers.
438 of 724 participants who now select foods and beverages that promote healthy weight.
336 of 618 participants will continue to exercise after the Walk Across Tennessee Program.
188 of 224 participants worked toward new savings or investment goals.
532 of 598 participants understood the dangers of using too much credit.
351 of 821 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
24 of 24 teachers reported preschool children in their classes were more actively engaged in physical activity.
24 of 24 teachers reported preschool children in their classes were more willing to taste fruit.
20 of 24 teachers reported preschool children in their classes were more willing to taste vegetables.
20 of 24 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
16 of 24 teachers reported using physical activities from Healthy Steps at least three times per week.
5 producers increased their return on 10000 acres by $FRM by utilizing irrigation instead of dry land production.
0 producers planted 0 acres with clover for an increased production valued at $FRM.
0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
681 producers report a 10 % increase in corn yield by using recommended crop management
strategies for insects, weeds or plant diseases.

359 producers report a 20% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.

12 producers sprayed 539 acres for broadleaf weed control for an increased production valued at $FRM.

0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.

10 producers utilized UT fertility recommendations.

8 producers, farm workers and other ag professionals received pesticide certification, recertification and pesticide safety training.

910 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).

137 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

49 soybean producers report a $7146 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

898 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

73 teams participated in the Walk Across Tennessee Program.

30 volunteer leaders increased their knowledge of positive youth development.

5872 wheat acres utilized precision agriculture technologies for variable rate application of plant growth regulators, defoliants or pesticides.

8808 wheat acres were planted using variable seeding rates or variable application of fertilizers.

279 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).

359 wheat producers implemented one or more wheat management practices based on data provided by UT (e.g., conservation tillage, plant population, growth retardants, IPM strategies, disease and weed control).

383 wheat producers improved their income by growing top performing varieties with desired agronomic characteristics versus those with lower production potential.

0 wheat producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

383 wheat producers reported harvesting higher wheat yields and/or better quality crops using university trial results.

172 wheat producers representing 25251 acres utilized precision agriculture technologies such as yield mapping or grid/zone soil sampling for making management decisions.

359 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

160 wheat producers used UT fertilizer recommendations.

800 would assist with or participate in elections, voting and campaigns.

200 youth believe that people working together can help others less fortunate.

10 youth break goals down into steps so they can check their progress.

100 youth can correctly classify most foods using the MyPyramid guidelines.

48 youth can deal with their nervousness when giving a speech or talk.

33 youth can explain an idea to others.

45 youth can give an informative speech or presentation.

102 youth can now read and compare the nutrition labels of snack foods they like to eat.

100 youth can select a topic for a speech or talk.

45 youth can show enthusiasm when giving a speech or presentation.

33 youth can speak loudly enough to be heard when giving a speech or talk.

48 youth feel comfortable sharing their thoughts and feelings in a speech or talk.

35 youth give a 2-3 minute speech or presentation.
10 youth have set a goal for their job or career.
101 youth know how good hygiene is important for good health.
200 youth know how to organize the parts of a speech or presentation.
35 youth now eat more whole grain breads and cereals.
198 youth now know how to calculate their target heart rate.
23 youth now limit the amount of high-sugar snack foods they eat.
55 youth now realize they need to eat breakfast everyday.
201 youth now report they are concerned about the well-being of others.
36 youth now select 100% fruit juice, water or milk instead of soft drinks.
21 youth now select lower fat foods instead of higher fat foods.
9 youth now set high goals that require work to achieve them.
115 youth now think about their food choices and how those choices affect their health.
799 youth now think water is the best fluid replacement drink.
230 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
30 youth now work to achieve their goals.
10 youth put their goals in writing.
200 youth report that they have developed confidence to speak in front of groups.
108 youth report that they learned about important leaders who contributed to our nation.
15 youth report that they now achieve goals they set for themselves.
200 youth report that they now know that being physically active helps them control their weight.
750 youth report they will avoid substances that could harm their body.
25 youth set high goals.
150 youth think they can make a big difference in their community by helping others.
151 youth understand how community leaders are elected to office.
21 youth who are now making plans to achieve their goals.
10 youth who have put their goal(s) in writing.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Eastern Region
01/01/2010 to 12/31/2010

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<td>Method</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
## Group Meetings / Demonstrations

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## Contacts by Extension Personnel

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## Volunteer Hours

- All: 86
- Total: 86

## Volunteers Who Served

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### Contacts by Volunteers

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### Units Reporting Program Activity

#### Eastern Region

**All 2010 Outcomes (entire year)**

- 50 producers gain the knowledge necessary to determine whether they could profitably produce a dedicated energy crop for either on-farm production of renewable energy or for sale to a bio-refinery or other energy producer.
- 50 producers learned about different types of renewable energy options and what renewable energy systems would be technically and economically feasible to operate at the farm level.
- 50 producers learned about the four steps in the process for converting biomass into cellulosic ethanol: preprocessing, pretreatment, hydrolysis, and fermentation and distillation.
- 0 youth break goals down into steps so they can check their progress.
- 0 youth now work to achieve their goals.
- 0 youth put their goals in writing.
- 0 youth set high goals.

#### Units Reporting Program Outcomes (entire year)

None
### Activity Report for Entomology and Plant Pathology

**01/01/2010 to 12/31/2010**

#### Extension Personnel Hours

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#### Direct Methods for Extension Personnel

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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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#### Contacts by Extension Personnel

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**Volunteer Hours**

<p>| |</p>
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**Volunteers Who Served**

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
</tr>
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<tbody>
<tr>
<td></td>
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**Contacts by Volunteers**

<table>
<thead>
<tr>
<th></th>
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<th>Black/Not of Hispanic Origin</th>
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<th>American Indian/Alaskan Native</th>
<th>Total</th>
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<tbody>
<tr>
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<td>0</td>
<td>0</td>
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<td>Male Adult</td>
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**Units Reporting Program Activity**

Entomology and Plant Pathology

**All 2010 Outcomes (entire year)**

**Units Reporting Program Outcomes (entire year)**

None

Activity Report for Extension Administration
### Extension Personnel Hours

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<table>
<thead>
<tr>
<th></th>
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### Direct Methods for Extension Personnel

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<tr>
<th>Method</th>
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<tr>
<td>Group Meetings / Demonstrations</td>
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<td>575</td>
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### Indirect Methods for Extension Personnel

<table>
<thead>
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<th>Method</th>
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<tbody>
<tr>
<td>Exhibit(s)</td>
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<td>Newspaper Article(s)</td>
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<tr>
<td>Other</td>
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<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
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<td>0</td>
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<tr>
<td>Radio Program(s)</td>
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### Contacts by Extension Personnel

<table>
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<tr>
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### Volunteer Hours

Volunteer Hours
### Activity Report for Extension Evaluation and Staff Development

01/01/2010 to 12/31/2010

#### Volunteers Who Served

#### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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#### Contacts by Volunteers

<table>
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<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
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<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Adult</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
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#### Units Reporting Program Activity

**Extension Administration**

All 2010 Outcomes (entire year)

#### Units Reporting Program Outcomes (entire year)

None

---

**Activity Report for Extension Evaluation and Staff Development**

01/01/2010 to 12/31/2010

**Extension Personnel Hours**

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### Direct Methods for Extension Personnel

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<tr>
<th>Method</th>
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<tr>
<td>Client Visits to Extension Office</td>
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<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
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<td>Group Meetings / Demonstrations</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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<tr>
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### Volunteer Hours

| All                     | 106                           |
Volunteers Who Served

Indirect Methods for Volunteers

<table>
<thead>
<tr>
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<td>0</td>
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<td>Radio Program(s)</td>
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Contacts by Volunteers

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<tr>
<td>Female Adult</td>
<td>11</td>
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<td>10</td>
<td>10</td>
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<td>0</td>
</tr>
<tr>
<td>Male Adult</td>
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<td>11</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>51</td>
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<tr>
<td>Male Youth</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<td><strong>20</strong></td>
<td><strong>20</strong></td>
<td><strong>20</strong></td>
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Units Reporting Program Activity

Extension Evaluation and Staff Development

All 2010 Outcomes (entire year)

2 4-H volunteers utilized volunteer position descriptions.
2 new 4-H volunteers were recruited this year.
20 volunteer leaders increased their knowledge of positive youth development.

Units Reporting Program Outcomes (entire year)

None
Activity Report for Family and Consumer Sciences

01/01/2010 to 12/31/2010

<table>
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<th>Extension Personnel Hours</th>
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<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Method</td>
</tr>
<tr>
<td>--------</td>
</tr>
<tr>
<td>Client Visits to Extension Office:</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations:</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace):</td>
</tr>
<tr>
<td>Total:</td>
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<table>
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<th>Indirect Methods for Extension Personnel</th>
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<tr>
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<tr>
<td>Exhibit(s):</td>
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<td>Newspaper Article(s):</td>
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<td>Other :</td>
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<tr>
<td>Radio Program(s):</td>
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<tr>
<td>TV Program(s):</td>
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<table>
<thead>
<tr>
<th>Contacts by Extension Personnel</th>
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<tbody>
<tr>
<td>White/Not of Hispanic origin</td>
</tr>
<tr>
<td>-----------------------------</td>
</tr>
<tr>
<td>Female Adult</td>
</tr>
<tr>
<td>Female Youth</td>
</tr>
<tr>
<td>Male Adult</td>
</tr>
<tr>
<td>---</td>
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<tr>
<td>Male Youth</td>
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### Volunteer Hours

<table>
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### Volunteers Who Served

#### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
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<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
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<td>0</td>
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<tr>
<td>TV Program(s)</td>
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<tr>
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### Contacts by Volunteers

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
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<tbody>
<tr>
<td>Female Adult</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Female Youth</td>
<td>70</td>
<td>30</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>110</td>
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<tr>
<td>Male Adult</td>
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<td>0</td>
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</tr>
<tr>
<td>Male Youth</td>
<td>60</td>
<td>50</td>
<td>20</td>
<td>0</td>
<td>0</td>
<td>130</td>
</tr>
<tr>
<td>Total</td>
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<td>80</td>
<td>30</td>
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### Units Reporting Program Activity

http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
Family and Consumer Sciences

All 2010 Outcomes (entire year)
0 of 0 adults wash hands more often.
0 of 0 participants ate more whole grains.
0 of 0 participants eat more fat-free or low-fat dairy products.
0 of 0 participants increased physical activity.
0 of 0 participants now eat more fruit.
0 of 0 participants now eat more vegetables.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants who now select foods and beverages that promote healthy weight.
0 of 0 youth now wash hands more often.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Fayette County

01/01/2010 to 12/31/2010

Extension Personnel Hours

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
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</tr>
<tr>
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Direct Methods for Extension Personnel

<table>
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<th>Number of Methods</th>
<th>Contacts Reached</th>
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<tbody>
<tr>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<tr>
<td>Group Meetings / Demonstrations:</td>
<td>297</td>
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<tr>
<td>On-Site Visits (Farm, Home, and Workplace):</td>
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Indirect Methods for Extension Personnel

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</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s):</td>
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<td>Newspaper Article(s):</td>
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Contacts by Extension Personnel

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Volunteers Who Served

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Units Reporting Program Activity

Fayette County

All 2010 Outcomes (entire year)

Producers increased yield by 13 bushels by selecting top yielding varieties on 750 acres of soybeans, earning an extra $FRM.
Producers increased yield by 188 pounds by selecting top yielding varieties on 2300 acres of cotton, earning an extra $FRM.

6 4-H clubs were met by volunteers.
0 4-H judging teams were coached by volunteers.
40 4-H project groups were met by volunteers.

4285 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
0 acres of cotton scouted by a UT-trained scout to help make crop management decisions.

800 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.

0 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

20272 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.

0 agritourism entrepreneurs gained knowledge and skills to improve returns form their existing operation.

0 agritourism entrepreneurs gained knowledge and skills to manage risk (legal, liability, regulatory, human resources, business interruption, production, marketing and financial).

25 beef producers sold 1340 calves managed according to BQA guidelines to increase returns by $FRM.

15 beef producers stored 3605 large, round bales under some type of cover to increase returns by $FRM.

57 beef producers utilized bulls with greater genetic potential to produce 2204 head of calves to increase returns by $FRM.

13 beef producers utilized hay feeding rings to feed 3775 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

52 beef producers utilized improved marketing methods to market 1708 head of calves to increase

http://super.tennessee.edu/reports/by_unit_roll_up.asp
returns by $FRM.
59 consumers learned about plant selection and proper planting to save money and time in the landscape.
38 consumers learned how to apply landscape fertilizers and pesticides safely.
36 consumers learned how to conserve and protect water quality in the landscape.
35 consumers learned how to properly take a soil test and interpret the results.
10 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
15 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
16 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
2 cotton producers report a $20 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
9 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
20 dial-gauge lids were tested.
648 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
64 farm families and rural business operators implementing improved record systems.
0 farm families evaluated new farm enterprises and value added activities.
44 farm families used FINPACK for developing and implementing whole farm plans.
496 farmers and rural business operators participated in Quickbooks, flRM and other record keeping workshops.
0 farmers increased their knowledge and skills in farm and financial planning.
5050 farmers, agri-entrepreneurs and community leaders increased their awareness of agritourism as an opportunity to add value to farm resources and foster rural economic development.
20 home lawn insect, disease and weed samples submitted for identification and control recommendations.
5 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
0 homeowners established new turfgrass species and varieties.
23 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
22 Master Gardeners gained knowledge and confidence in entomology.
24 Master Gardeners gained knowledge and confidence in integrated pest management.
25 Master Gardeners gained knowledge and confidence in ornamentals.
25 Master Gardeners gained knowledge and confidence in plant diseases.
24 Master Gardeners gained knowledge and confidence in soils.
24 Master Gardeners gained knowledge and confidence in turfgrass.
0 of 0 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.
0 of 0 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)
0 of 0 adults wash hands more often.
30 of 0 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
4 of 4 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
33 of 43 homeowners increased their knowledge of fire ant management.
0 of 0 landscape and nursery participants increased their knowledge of fire ant management.
24 of 40 participants ate more whole grains.
13 of 13 participants can apply joint protection techniques.
13 of 13 participants can use relaxation techniques to better manage their arthritis symptoms.
0 of 0 participants eat more fat-free or low-fat dairy products.
12 of 12 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
11 of 13 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
50 of 50 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
0 of 0 participants have added exercise to their action steps for managing their arthritis.
13 of 13 participants have improved their arthritis symptoms as a result of participating in this program.
8 of 12 participants have less arthritis symptoms.
10 of 12 participants improved control of their arthritis symptoms.
10 of 12 participants improved performance of daily activities.
6 of 12 participants improved their balance.
6 of 12 participants improved their flexibility.
28 of 40 participants increased physical activity.
50 of 50 participants know what cancer screenings they need according to their age and gender.
36 of 40 participants now eat more fruit.
34 of 40 participants now eat more vegetables.
50 of 50 participants plan to get age and gender appropriate cancer screenings.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
4 of 30 participants surveyed canned pickles following a tested recipe. (TNCEP)
10 of 30 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
16 of 30 participants surveyed canned vegetables following a tested recipe. (TNCEP)
14 of 30 participants surveyed processed pickles in a water-bath canner. (TNCEP)
6 of 30 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
12 of 12 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
50 of 50 participants understand that cancer screening and early detection can save their life.
8 of 12 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
13 of 13 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
50 of 50 participants understand women age 40 and older should have a mammogram.
50 of 50 participants understand women of all ages need a Pap test.
40 of 40 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
6 of 6 teachers reported preschool children in their classes were more actively engaged in physical activity.
6 of 6 teachers reported preschool children in their classes were more willing to taste fruit.
6 of 6 teachers reported preschool children in their classes were more willing to taste vegetables.
6 of 0 teachers reported preschool children in their classes were more willing to taste whole-grain
foods.

0 of 0 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 youth now wash hands more often.
14 participants process high-acid foods in a water bath canner.
9 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
495 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
4 producers increased their return on 15150 acres by $FRM by utilizing irrigation instead of dry land production.
21 producers increased their return on 32250 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
17 producers planted 2333 acres with clover for an increased production valued at $FRM.
15 producers planted 2242 acres with warm-season grasses for an added value of $FRM.
9 producers sprayed 441 acres for broadleaf weed control for an increased production valued at $FRM.
4 producers stockpiled 145 acres of tall fescue, reducing feeding cost by $FRM.
6 producers utilized UT fertility recommendations.
10 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
10 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
10 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
5 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
10 times TEAM UP exchanged ideas or shared information.
10 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
170 youth are better able to understand and follow directions.
9 youth believe that people working together can help others less fortunate.
20 youth break goals down into steps so they can check their progress.
3 youth can complete projects they are proud of.
118 youth can deal with their nervousness when giving a speech or talk.
138 youth can explain an idea to others.
110 youth can express ideas with a poster, exhibit or other display.
108 youth can now share their ideas through writing.
128 youth can select a topic for a speech or talk.
128 youth can speak loudly enough to be heard when giving a speech or talk.
82 youth can use technology to help themselves express ideas.
3 youth feel comfortable asking others to help on a project.
104 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
88 youth have learned at least five jobs in which communication skills are important.
3 youth like to work with others to complete projects.
24 youth now work to achieve their goals.
4 youth put their goals in writing.
9 youth report that they can now cooperate and work in a group.
8 youth report that they know how to set goals and they use that ability when leading a group.
9 youth report that they learned about important leaders who contributed to our nation.
9 youth report that they make sure everyone gets an opportunity to say what they think.
9 youth report that they take their jobs seriously as members of a committee.
9 youth report that when in charge of a group, they treat everyone fairly and equally.
3 youth report that when they disagree with someone, they can stand up for themselves without using violence.
22 youth set high goals.
9 youth think they can make a big difference in their community by helping others.
8 youth understand how community leaders are elected to office.
3 youth understand that they cannot always be "the best" in everything.

**Units Reporting Program Outcomes (entire year)**

None

### Activity Report for Fentress County

**01/01/2010 to 12/31/2010**

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Contacts by Extension Personnel

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Volunteer Hours

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Volunteers Who Served

Indirect Methods for Volunteers

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**Units Reporting Program Activity**

**Fentress County**

**All 2010 Outcomes (entire year)**

The economic impact of Extension leadership programs was $3000 in increased revenue, one-time capital improvements and secured resources.

0 are concerned about problems in their community.

12 beef producers sold 3750 calves managed according to BQA guidelines to increase returns by $FRM.

16 beef producers stored 7900 large, round bales under some type of cover to increase returns by $FRM.

11 beef producers utilized bulls with greater genetic potential to produce 215 head of calves to increase returns by $FRM.

21 beef producers utilized hay feeding rings to feed 11300 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

5 beef producers utilized improved marketing methods to market 2400 head of calves to increase returns by $FRM.

20 horse owners fed 76 horses according to specific nutrient requirements for each class of horse, saving FRM annually.

28 horse owners managed 124 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.

52 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 164 horses, saving $FRM annually.

64 horse owners schedule routine hoof care on 212 horses, saving $FRM annually.

0 now can create on-screen (multi-media) presentations.

75 now feel a sense of responsibility toward their school and community.

0 now have a sense of pride about their school and community.

118 of 170 adults wash hands more often.

108 of 152 participants ate more whole grains.

96 of 164 participants decreased consumption of high-sugar foods.

0 of 0 participants eat at least six meals together as a family each week.

93 of 164 participants eat fewer high-fat foods.

130 of 152 participants eat more fat-free or low-fat dairy products.

0 of 0 participants increased physical activity.

0 of 0 participants lost weight: 0 total pounds lost.

331 of 374 participants now eat more fruit.

346 of 474 participants now eat more vegetables.

439 of 474 participants refrigerate perishable foods within two hours.

136 of 170 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
80 of 80 participants surveyed increased personal involvement in community activities.
35 of 170 participants surveyed used a thermometer to check the internal temperature of food.
75 of 170 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
92 of 164 participants who increased their intake of dairy foods.
69 of 170 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
106 of 164 students increased amount of time in physical activity.
92 of 164 students who increased their intake of whole grains.
115 of 152 youth now wash hands more often.
0 participants now correctly deworm 0 horses, saving $ FRM this year.
7 producers planted 260 acres with clover for an increased production valued at $FRM.
3 producers planted 52 acres with warm-season grasses for an added value of $FRM.
0 producers sprayed 0 acres for broadleaf weed control for an increased production valued at $FRM.
5 producers stockpiled 100 acres of tall fescue, reducing feeding cost by $FRM.
0 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
0 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
0 report that because of their 4-H experiences, they will register to vote when they are eligible.
75 report that because of their 4-H service projects, they know about resources in their community.
0 would assist with or participate in elections, voting and campaigns.
420 youth are better able to understand and follow directions.
288 youth are now better listeners.
75 youth believe that people working together can help others less fortunate.
455 youth can analyze the results of a scientific investigation.
455 youth can ask a question that can be answered by collecting data.
188 youth can deal with their nervousness when giving a speech or talk.
455 youth can design a scientific procedure to answer a question.
110 youth can explain an idea to others.
264 youth can express ideas with a poster, exhibit or other display.
304 youth can give an informative speech or presentation.
48 youth can now share their ideas through writing.
400 youth can record data accurately.
248 youth can select a topic for a speech or talk.
339 youth can show enthusiasm when giving a speech or presentation.
327 youth can speak loudly enough to be heard when giving a speech or talk.
400 youth can use specific scientific knowledge to form a question.
95 youth can use technology to help themselves express ideas.
115 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
248 youth give a 2-3 minute speech or presentation.
0 youth have explored careers in communications.
4 youth have knowledge of careers in the communications field.
800 youth have learned at least five jobs in which communication skills are important.
300 youth know how to organize the parts of a speech or presentation.
0 youth now communicate through a website.
75 youth now report they are concerned about the well-being of others.
0 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
243 youth report that they have developed confidence to speak in front of groups.
0 youth report that they learned about important leaders who contributed to our nation.
58 youth report they can now keep records.
48 youth report they have improved photography skills.
8 youth report they have learned skills in visual communications.
75 youth think they can make a big difference in their community by helping others.
15 youth understand how community leaders are elected to office.
180 youth use parliamentary procedure to run a meeting.

**Units Reporting Program Outcomes (entire year)**
None

---

**Activity Report for Food Science and Technology**

**01/01/2010 to 12/31/2010**

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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<table>
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<th>Direct Methods for Extension Personnel</th>
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<tbody>
<tr>
<td>Method</td>
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<table>
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<tbody>
<tr>
<td>Method</td>
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<tr>
<td>Female Adult</td>
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<tr>
<td>Female Youth</td>
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Volunteer Hours

Total: 0

Volunteers Who Served

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<tr>
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Indirect Methods for Volunteers

Contacts by Volunteers

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Units Reporting Program Activity

All 2010 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)
None

Activity Report for Forestry, Wildlife and Fisheries

01/01/2010 to 12/31/2010

Extension Personnel Hours

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### Direct Methods for Extension Personnel

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### Indirect Methods for Extension Personnel

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### Volunteer Hours

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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Forestry, Wildlife and Fisheries

All 2010 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)

None

Activity Report for Franklin County

01/01/2010 to 12/31/2010

Extension Personnel Hours

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Direct Methods for Extension Personnel

http://super.tennessee.edu/reports/by_unit_roll_up.asp
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<th>Method</th>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteer Hours

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Volunteers Who Served

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Contacts by Volunteers

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Units Reporting Program Activity

Franklin County

All 2010 Outcomes (entire year)

- Producers increased corn yield by 12 bushels/acre by selecting top yielding varieties on 9800 acres of corn increasing their income by FRM.
- Producers increased yield by 10 bushels by selecting top yielding varieties on 24000 acres of soybeans, earning an extra $FRM.
- Producers increased yield by 0 bushels by selecting top yielding varieties on 0 acres of wheat, earning an extra $FRM.
- 16000 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
- 4000 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 8 beef producers sold 174 calves managed according to BQA guidelines to increase returns by $FRM.

http://super.tennessee.edu/reports/by_unit_roll_up.asp
18 beef producers stored 1306 large, round bales under some type of cover to increase returns by $FRM.
24 beef producers utilized bulls with greater genetic potential to produce 500 head of calves to increase returns by $FRM.
0 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
6 beef producers utilized improved marketing methods to market 46 head of calves to increase returns by $FRM.
0 consumers learned about plant selection and proper planting to save money and time in the landscape.
6 consumers learned how to apply landscape fertilizers and pesticides safely.
0 consumers learned how to conserve and protect water quality in the landscape.
12 consumers learned how to properly take a soil test and interpret the results.
116 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
44 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
78 corn producers increased their per acre return by an average of $62 per acre as compared to selling at harvest by utilizing improved marketing skills.
24 corn producers report a $40 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
94 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
2 cotton producers increased their per acre return by an average of $74 per acre as compared to selling at harvest by utilizing improved marketing skills.
16 farmers developed financial plans for their farms.
24 farmers increased their knowledge and skills in farm and financial planning.
6 farmers increased their potential cash income from their farming operation by $ 6 by implementing a financial plan.
0 fruit and/or vegetable producers realized an economic impact of $0 in savings, increased revenue and one-time capital purchases by adopting season extension or organic production practices.
0 fruit and/or vegetable producers who increased buisness profitability by becoming USDA certified organic.
0 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
0 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
0 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
58 grain, soybean or cotton producers developed marketing plans to price crops outside the seasonally low harvest price time period.
42 grain, soybean or cotton producers implemented improved marketing practices and plans.
42 grain, soybean or cotton producers implemented improved marketing practices and plans.
24 grain, soybean or cotton producers increased their crop marketing knowledge and decision making skills by learning about the current market situation and alternative marketing tools.
9 of 9 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.
9 of 9 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)
0 of 0 better understood basic insurance needs.  
0 of 0 better understood credit reporting and scoring.  
134 of 242 better understood their parents’ concerns about money.  
0 of 0 farm families successfully diversified into fruit and vegetable production and marketing.  
0 of 0 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.  
8 of 16 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.  
6 of 10 fruit and/or vegetable producers adopted IPM.  
0 of 0 fruit and/or vegetable producers completed a food safety plan for their farm.  
0 of 0 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.  
0 of 0 fruit and/or vegetable producers improved crop food safety by implementing a food safety plan on their farm.  
0 of 0 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.  
2 of 4 fruit and/or vegetable producers who began the transition to USDA certified organic production.  
6 of 0 homeowners increased their knowledge of fire ant management.  
0 of 0 identified ways to reduce spending.  
0 of 0 learned better how to communicate with creditors.  
0 of 0 learned how to better manage stress caused by financial issues.  
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.  
0 of 0 learned how to properly maintain and store household financial records.  
0 of 0 learned who to pay first if they can't pay everything.  
6 of 6 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)  
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)  
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.  
276 of 292 parents/caregivers learned about issues related to stages of child development.  
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.  
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.  
0 of 0 participants became more aware of the importance of starting to save and invest early in life.  
0 of 0 participants better understood employer benefits.  
0 of 0 participants better understood the difference between pre-tax and after-tax investments.  
134 of 242 participants better understood their parent's concerns about money.  
0 of 0 participants committed to setting up a family spending plan with their future partner.  
0 of 0 participants committed to spending more time talking to their future partner without distractions.  
0 of 0 participants committed to talk to and listen to each other about their child-rearing practices/beliefs.  
0 of 0 participants committed to trying to understand their future partner's perspective when having a disagreement.  
0 of 0 participants felt more confident that they could build wealth.  
132 of 242 participants felt more strongly that they needed to get a good education.  
156 of 242 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants gained skill in determining their net worth.
0 of 0 participants gained skill in making a spending plan.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants improved their scores from pre- to post-test after completing the class.
95 of 121 participants increased their financial management skills.
180 of 242 participants learned better how to plan their spending.
148 of 242 participants learned how education will affect the kind of job they can get.
174 of 242 participants learned how having a family can affect their lifestyle.
190 of 242 participants learned how much money it takes to get by.
192 of 242 participants learned how occupation and income will affect their lifestyle.
146 of 242 participants learned how payroll deductions are taken from gross pay.
130 of 242 participants learned how to keep a checkbook register.
124 of 242 participants learned how to write a check.
0 of 0 participants learned the difference between wants and needs.
54 of 242 participants made changes to their future plans.
0 of 0 participants now understand the difference between a need and a want.
38 of 242 participants planned to change their career goals.
132 of 242 participants planned to get more education after high school.
0 of 0 participants report being more aware of what activities their children are involved in
0 of 0 participants report reading more to their children than before. (Preparing Your Child for Kindergarten)
0 of 0 participants report that they have selected at least three Safe Side Adults with their children.
0 of 0 participants report their child as exhibiting decreased anxiety about the first day of school.
(Preparing Your Child for Kindergarten)
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants understood the dangers of using too much credit.
5 of 5 providers had increased knowledge of the workshop(s) topics.
280 of 292 respondents plan to decrease exposure of their children to parental conflict.
270 of 292 respondents report understanding the importance of working together for the sakes of their children.
276 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
6 producers planted 178 acres with clover for an increased production valued at $FRM.
0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
6 producers report a 30 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
10 producers sprayed 242 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
42 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
46 soybean producers increased their per acre return by an average of $69 per acre compared to selling at harvest by utilizing improved marketing skills.
38 soybean producers report a $36 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
76 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
8 wheat producers adopted UT recommended resistance management strategies to control pests
Weeds, insects, diseases.

30 wheat producers implemented one or more wheat management practices based on data provided by UT (e.g., conservation tillage, plant population, growth retardants, IPM strategies, disease and weed control).

6 wheat producers increased their per acre return by an average of $21 per acre as compared to selling at harvest by utilizing improved marketing skills.

8 wheat producers report a $118 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

46 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

91 youth believe that a team can accomplish more than an individual.

152 youth break goals down into steps so they can check their progress.

75 youth can analyze the results of a scientific investigation.

75 youth can ask a question that can be answered by collecting data.

70 youth can assist a group in deciding on team plans for reaching goals.

70 youth can challenge policies through petitions, presentations or other positive ways.

115 youth can deal with their nervousness when giving a speech or talk.

70 youth can design a scientific procedure to answer a question.

112 youth can explain an idea to others.

121 youth can give an informative speech or presentation.

70 youth can now prepare and deliver a five-minute speech.

80 youth can record data accurately.

117 youth can select a topic for a speech or talk.

114 youth can show enthusiasm when giving a speech or presentation.

115 youth can speak loudly enough to be heard when giving a speech or talk.

70 youth can use specific scientific knowledge to form a question.

92 youth enjoy working with others toward a common goal.

110 youth feel comfortable sharing their thoughts and feelings in a speech or talk.

119 youth give a 2-3 minute speech or presentation.

70 youth have learned new skills and ways of doing things by participating in groups.

75 youth have set a goal for their job or career.

117 youth know how to organize the parts of a speech or presentation.

80 youth now encourage other team members to give their best effort.

68 youth now get information about a problem.

70 youth now report that they make a decision by thinking about what a person of good character would do.

60 youth now report that they use more than one source of information in making choices.

50 youth now report that they use standards in making choices.

65 youth now report they consider the risks of their choices.

75 youth now report they think about the truthfulness of sources of information when making choices.

80 youth now set high goals that require work to achieve them.

75 youth now think it's important to listen to all group members before making a decision.

80 youth now want to see other team members succeed even if they achieve more than themselves.

184 youth now work to achieve their goals.

176 youth put their goals in writing.

114 youth report that they have developed confidence to speak in front of groups.

80 youth report that they now achieve goals they set for themselves.

70 youth report they are now "accomplished public speakers."

60 youth report they can give an impromptu speech.

60 youth report they can now express their opinions in speeches or presentations.

180 youth set high goals.
92 youth think that everyone on the team is important. 
92 youth think they have something to contribute to the worth of the team 
90 youth understand that other ideas may be just as important as their own. 
80 youth who are now making plans to achieve their goals. 
60 youth who have put their goal(s) in writing. 
71 youth who report that they have learned that some choices are better than others. 
71 youth who report they can make a decision. 
71 youth who report they now listen to people with more experience than themselves. 
69 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Gibson County

01/01/2010 to 12/31/2010

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### Volunteers Who Served

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http://super.tennessee.edu/reports/by_unit_roll_up.asp  
3/15/2011
Female Adult | 420 | 116 | 1 | 0 | 0 | 537
Female Youth | 773 | 247 | 9 | 4 | 0 | 1033
Male Adult | 513 | 111 | 5 | 0 | 0 | 629
Male Youth | 598 | 226 | 2 | 0 | 0 | 826
Total | 2304 | 700 | 17 | 4 | 0 | 3025

**Units Reporting Program Activity**

Gibson County

**All 2010 Outcomes (entire year)**

Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 94760 acres of corn increasing their income by FRM.

Producers increased yield by 2 bushels by selecting top yielding varieties on 218960 acres of soybeans, earning an extra $FRM.

Producers increased yield by 10 bushels by selecting top yielding varieties on 79120 acres of wheat, earning an extra $FRM.

79310 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

500 acres of corn scouted by a UT-trained scout to help make crop management decisions.

414 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).

526 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

414 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

340 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).

50 cotton producers report a $60 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

340 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

41 of 42 adults wash hands more often.

108 of 176 better understood their parents' concerns about money.

9 of 11 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

9 of 11 participants are confident they can better manage their diabetes as a result of participating in this program.

0 of 0 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

0 of 0 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

0 of 0 participants are preventing or treating other health conditions such as heart and blood vessel...
problems, kidney disease, nerve damage and foot problems six months after completing the program. 
11 of 11 participants are regularly checking their blood sugar six months after completing the program. 
11 of 11 participants are using the Healthy Plate Method six months after completing the program. 
35 of 84 participants ate more whole grains. 
60 of 176 participants better understood their parent's concerns about money. 
11 of 11 participants can choose foods that do not cause a sharp rise in blood sugar. 
0 of 0 participants decreased consumption of high-sugar foods. 
42 of 42 participants eat at least six meals together as a family each week. 
0 of 0 participants eat more fat-free or low-fat dairy products. 
39 of 42 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer. 
0 of 36 participants felt more strongly that they needed to get a good education. 
0 of 176 participants felt more strongly that they needed to pay attention to their financial future. 
0 of 0 participants have less arthritis symptoms. 
2 of 11 participants have reduced their A1c six months after completing the program. 
0 of 0 participants improved control of their arthritis symptoms. 
0 of 0 participants improved performance of daily activities. 
0 of 0 participants improved their balance. 
0 of 0 participants improved their flexibility. 
37 of 42 participants increased physical activity. 
0 of 176 participants increased their financial management skills. 
41 of 42 participants know what cancer screenings they need according to their age and gender. 
64 of 176 participants learned better how to plan their spending. 
0 of 0 participants learned how education will affect the kind of job they can get. 
0 of 0 participants learned how having a family can affect their lifestyle. 
108 of 176 participants learned how much money it takes to get by. 
0 of 0 participants learned how occupation and income will affect their lifestyle. 
0 of 0 participants learned how payroll deductions are taken from gross pay. 
0 of 176 participants learned how to keep a checkbook register. 
176 of 176 participants learned how to write a check. 
0 of 0 participants lost weight: 0 total pounds lost. 
0 of 0 participants made changes to their future plans. 
42 of 42 participants now eat more fruit. 
42 of 42 participants now eat more vegetables. 
39 of 42 participants plan to get age and gender appropriate cancer screenings. 
11 of 11 participants plan to regularly check their blood sugar as requested by their doctor. 
11 of 11 participants plan to use the Healthy Plate Method. 
0 of 0 participants planned to change their career goals. 
72 of 176 participants planned to get more education after high school. 
37 of 42 participants refrigerate perishable foods within two hours. 
42 of 42 participants separate raw, cooked and ready-to-eat foods while storing and preparing. 
19 of 42 participants surveyed used a thermometer to check the internal temperature of food. 
42 of 42 participants surveyed used a thermometer to check the internal temperature of their refrigerator. 
11 of 11 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices. 
40 of 42 participants understand that cancer screening and early detection can save their life. 
41 of 42 participants understand women age 40 and older should have a mammogram. 
39 of 42 participants understand women of all ages need a Pap test. 
42 of 42 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
2 of 4 teachers reported preschool children in their classes were more actively engaged in physical activity.
4 of 4 teachers reported preschool children in their classes were more willing to taste fruit.
3 of 4 teachers reported preschool children in their classes were more willing to taste vegetables.
2 of 4 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
0 of 0 teachers reported using physical activities from Healthy Steps at least three times per week.
175 of 200 youth now wash hands more often.
130 producers report a 6% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
410 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
410 soybean producers report a $40 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
460 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
222 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
222 wheat producers implemented one or more wheat management practices based on data provided by UT (e.g., conservation tillage, plant population, growth retardants, IPM strategies, disease and weed control).
222 wheat producers report a $20 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
248 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
156 youth are better able to understand and follow directions.
150 youth are now better listeners.
248 youth break goals down into steps so they can check their progress.
213 youth can analyze the results of a scientific investigation.
135 youth can ask a question that can be answered by collecting data.
156 youth can design a scientific procedure to answer a question.
224 youth can express ideas with a poster, exhibit or other display.
394 youth can give an informative speech or presentation.
188 youth can now share their ideas through writing.
212 youth can record data accurately.
319 youth can show enthusiasm when giving a speech or presentation.
147 youth can use specific scientific knowledge to form a question.
104 youth can use technology to help themselves express ideas.
378 youth give a 2-3 minute speech or presentation.
42 youth have explored careers in communications.
292 youth have learned at least five jobs in which communication skills are important.
326 youth know how to organize the parts of a speech or presentation.
234 youth now get information about a problem.
0 youth now report that they make a decision by thinking about what a person of good character would do.
0 youth now report that they use more than one source of information in making choices.
0 youth now report that they use standards in making choices.
0 youth now report they consider the risks of their choices.
0 youth now report they think about the truthfulness of sources of information when making choices.
229 youth now work to achieve their goals.
89 youth put their goals in writing.
87 youth report helping others in need.
91 youth report that they consider others when making decisions.
314 youth report that they have developed confidence to speak in front of groups.
107 youth report that they know how to make good decisions.
109 youth report that they now continue to work toward their goals, even if they do not at first succeed.
32 youth report they can now keep records.
0 youth report they have improved photography skills.
54 youth report they have learned skills in visual communications.
76 youth report they now take responsibility for the decisions they make.
319 youth set high goals.
248 youth who report that they have learned that some choices are better than others.
255 youth who report they can make a decision.
262 youth who report they now listen to people with more experience than themselves.
186 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Giles County

01/01/2010 to 12/31/2010

Extension Personnel Hours

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Indirect Methods for Extension Personnel

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http://super.tennessee.edu/reports/by_unit_roll_up.asp
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### Volunteer Hours

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### Volunteers Who Served

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## Units Reporting Program Activity

**Giles County**

**All 2010 Outcomes (entire year)**

Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 7026 acres of corn increasing their income by FRM.

Producers increased yield by 2 bushels by selecting top yielding varieties on 9150 acres of soybeans, earning an extra $FRM.

9140 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

40 acres of corn scouted by a UT-trained scout to help make crop management decisions.

10 beef producers sold 0 calves managed according to BQA guidelines to increase returns by $FRM.

9 beef producers stored 0 large, round bales under some type of cover to increase returns by $FRM.

10 beef producers utilized bulls with greater genetic potential to produce 0 head of calves to increase returns by $FRM.

10 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

8 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.

7 classrooms adopted this program.

6 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.

4 consumers implemented water-wise gardening practices to conserve and protect water quality.

20 consumers learned about plant selection and proper planting to save money and time in the landscape.

10 consumers learned how to apply landscape fertilizers and pesticides safely.

12 consumers learned how to conserve and protect water quality in the landscape.

24 consumers learned how to properly take a soil test and interpret the results.

12 consumers practiced best management practices relating to proper pruning and tree maintenance.

24 consumers used the results of their soil test to properly amend their soil.
6 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).

0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

10 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

20 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

15 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.

8 horse owners fed 0 horses according to specific nutrient requirements for each class of horse, saving FRM annually.

8 horse owners managed 0 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.

7 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 0 horses, saving $FRM annually.

8 horse owners schedule routine hoof care on 0 horses, saving $FRM annually.

40 Master Gardeners gained knowledge and confidence in entomology.

38 Master Gardeners gained knowledge and confidence in integrated pest management.

38 Master Gardeners gained knowledge and confidence in ornamentals.

40 Master Gardeners gained knowledge and confidence in plant diseases.

38 Master Gardeners gained knowledge and confidence in soils.

40 Master Gardeners gained knowledge and confidence in turfgrass.

18 Master Gardeners have used the knowledge and skills they learned in this program to assist 20 people in turf selection or management.

18 Master Gardeners have used the knowledge and skills they learned in this program to assist 32 people to control pests through integrated pest management.

18 Master Gardeners have used the knowledge and skills they learned in this program to assist 36 people to identify pests and/or the damage they cause.

18 Master Gardeners have used the knowledge and skills they learned in this program to assist 30 people to identify symptoms of plant disease.

18 Master Gardeners have used the knowledge and skills they learned in this program to assist 48 people to improve soil through soil test results.

0 of 0 adults wash hands more often.

0 of 0 better understood basic insurance needs.

156 of 244 better understood credit reporting and scoring.

0 of 0 checked their credit report.

4 of 8 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.

6 of 8 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.

8 of 12 homeowners increased their knowledge of fire ant management.

252 of 292 identified ways to reduce spending.

0 of 0 learned better how to communicate with creditors.

0 of 0 learned how to better manage stress caused by financial issues.

20 of 24 learned how to prepare a grab and go bag in case of an emergency home evacuation.

20 of 24 learned how to properly maintain and store household financial records.

0 of 0 learned who to pay first if they can't pay everything.

726 of 2433 participants ate more whole grains.

160 of 244 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 0 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
0 of 0 participants communicated with other family members about financial matters.
57 of 150 participants decreased consumption of high-sugar foods.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.

6 of 43 participants eat at least six meals together as a family each week.
69 of 107 participants eat fewer high-fat foods.
1155 of 2390 participants eat more fat-free or low-fat dairy products.
0 of 0 participants felt more confident that they could build wealth.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.

0 of 0 participants followed a spending plan.
0 of 0 participants gained skill in determining their net worth.
150 of 244 participants gained skill in making a spending plan.
180 of 244 participants identified ways to avoid being victimized by predatory practices or fraud.
2207 of 2390 participants increased physical activity.
202 of 292 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
0 of 0 participants learned how education will affect the kind of job they can get.
2 of 2 participants lost weight: 12 total pounds lost.
0 of 0 participants made a spending plan.
2379 of 2390 participants now eat more fruit.
418 of 2390 participants now eat more vegetables.
10 of 20 participants plan to use the two-step method around the home for managing fire ants.
0 of 0 participants reduced debt an average of $0 per month.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.

74 of 107 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
146 of 244 participants worked toward new savings or investment goals.
190 of 244 participants understood the dangers of using too much credit.
1262 of 2433 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
102 of 107 students increased amount of time in physical activity.
64 of 107 students who increased their intake of whole grains.
4 of 6 teachers reported preschool children in their classes were more actively engaged in physical activity.
6 of 6 teachers reported preschool children in their classes were more willing to taste fruit.
6 of 6 teachers reported preschool children in their classes were more willing to taste vegetables.
6 of 6 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
4 of 6 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 tracked their spending.
146 of 244 worked toward new savings, investment or retirement goals.
2106 of 2390 youth now wash hands more often.
6 participants now correctly deworm 0 horses, saving $ FRM this year.
22 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
22 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
26 producers planted 1722 acres with clover for an increased production valued at $FRM.
16 producers planted 284 acres with warm-season grasses for an added value of $FRM.
30 producers sprayed 1450 acres for broadleaf weed control for an increased production valued at $FRM.
20 producers stockpiled 1356 acres of tall fescue, reducing feeding cost by $FRM.
2 schools adopted this program.
6 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
0 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
10 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
88 youth believe that a team can accomplish more than an individual.
102 youth break goals down into steps so they can check their progress.
32 youth can analyze the results of a scientific investigation.
30 youth can ask a question that can be answered by collecting data.
76 youth can assist a group in deciding on team plans for reaching goals.
0 youth can communicate a scientific procedure to others.
46 youth can correctly classify most foods using the MyPyramid guidelines.
0 youth can create a display to communicate scientific data and observations.
16 youth can deal with their nervousness when giving a speech or talk.
22 youth can design a scientific procedure to answer a question.
16 youth can explain an idea to others.
28 youth can now read and compare the nutrition labels of snack foods they like to eat.
26 youth can record data accurately.
16 youth can select a topic for a speech or talk.
16 youth can speak loudly enough to be heard when giving a speech or talk.
20 youth can use data to create a graph for presentation to others.
0 youth can use models to explain scientific results.
22 youth can use science terms to share scientific results.
22 youth can use specific scientific knowledge to form a question.
24 youth can use the results of their investigation to answer the question they had asked.
68 youth enjoy working with others toward a common goal.
15 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
40 youth have influenced positive changes in their family's food selections.
80 youth have learned new skills and ways of doing things by participating in groups.
0 youth now eat more whole grain breads and cereals.
88 youth now encourage other team members to give their best effort.
189 youth now get information about a problem.
0 youth now help prepare family meals that are more nutritious.
30 youth now limit the amount of high-sugar snack foods they eat.
50 youth now realize they need to eat breakfast everyday.
18 youth now report that they make a decision by thinking about what a person of good character
would do.
19 youth now report that they use more than one source of information in making choices.
20 youth now report that they use standards in making choices.
21 youth now report they consider the risks of their choices.
20 youth now report they think about the truthfulness of sources of information when making choices.
0 youth now select 100% fruit juice, water or milk instead of soft drinks.
0 youth now select lower fat foods instead of higher fat foods.
44 youth now think about their food choices and how those choices affect their health.
76 youth now think it's important to listen to all group members before making a decision.
68 youth now want to see other team members succeed even if they achieve more than themselves.
50 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
131 youth now work to achieve their goals.
22 youth put their goals in writing.
0 youth report it is now a family habit to eat fewer high-sugar foods.
0 youth report that it is now a family habit to eat fewer high-sodium foods.
42 youth report they have influenced others to change their food preparation and storage habits.
130 youth set high goals.
88 youth think that everyone on the team is important.
72 youth think they have something to contribute to the worth of the team.
68 youth understand that other ideas may be just as important as their own.
247 youth who report that they have learned that some choices are better than others.
240 youth who report they can make a decision.
232 youth who report they now listen to people with more experience than themselves.
226 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Grainger County

01/01/2010 to 12/31/2010

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<thead>
<tr>
<th>Extension Personnel Hours</th>
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</tr>
<tr>
<td>Client Visits to Extension Office:</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations:</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

### Indirect Methods for Volunteers

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Contacts by Volunteers

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<th>Asian or Pacific Islander</th>
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Units Reporting Program Activity

Grainger County

**All 2010 Outcomes (entire year)**

- 54 4-H clubs were met by volunteers.
- 8 4-H judging teams were coached by volunteers.
- 4 4-H project groups were met by volunteers.
- 54 4-H volunteers utilized volunteer position descriptions.
- 300 are concerned about problems in their community.
- 38 beef producers sold 289 calves managed according to BQA guidelines to increase returns by $FRM.
- 16 beef producers stored 1250 large, round bales under some type of cover to increase returns by $FRM.
- 27 beef producers utilized bulls with greater genetic potential to produce 405 head of calves to increase returns by $FRM.
- 33 beef producers utilized hay feeding rings to feed 495 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 13 beef producers utilized improved marketing methods to market 125 head of calves to increase returns by $FRM.
- 8 classrooms adopted this program.
- 12 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
14 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

18 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.

8 new 4-H volunteers were recruited this year.

288 now feel a sense of responsibility toward their school and community.

280 now have a sense of pride about their school and community.

58 of 100 adults wash hands more often.

68 of 312 better understood basic insurance needs.

130 of 312 better understood credit reporting and scoring.

38 of 287 better understood their parents' concerns about money.

102 of 280 checked their credit report.

30 of 64 farm families successfully diversified into fruit and vegetable production and marketing.

30 of 64 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

0 of 0 fruit and/or vegetable producers adopted IPM.

10 of 30 fruit and/or vegetable producers completed a food safety plan for their farm.

10 of 30 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.

10 of 30 fruit and/or vegetable producers improved crop food safety by implementing a food safety plan on their farm.

64 of 64 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.

152 of 192 gained skill in evaluating their housing options.

18 of 280 identified ways to reduce spending.

16 of 224 learned better how to communicate with creditors.

16 of 280 learned how to better manage stress caused by financial issues.

0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.

90 of 280 learned how to properly maintain and store household financial records.

90 of 280 learned who to pay first if they can't pay everything.

16 of 174 made a change in career or educational goals.

0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)

0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)

22 of 46 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies

18 of 46 parents/caregivers learned about issues related to stages of child development.

96 of 192 participants analyzed their readiness for home ownership.

6 of 8 participants are confident they can better manage their diabetes as a result of participating in this program.

108 of 200 participants ate more whole grains.

112 of 280 participants became more aware of the importance of starting to save and invest early in life.

52 of 280 participants began or increased savings an average of $ 30 per month.

0 of 0 participants better understood employer benefits.

0 of 0 participants better understood the difference between pre-tax and after-tax investments.

0 of 226 participants better understood their parent's concerns about money.

8 of 8 participants can choose foods that do not cause a sharp rise in blood sugar.

56 of 280 participants communicated with other family members about financial matters.
80 of 256 participants decreased consumption of high-sugar foods.
96 of 192 participants determined how much they could pay for a home.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
96 of 200 participants eat at least six meals together as a family each week.
68 of 156 participants eat fewer high-fat foods.
24 of 100 participants eat more fat-free or low-fat dairy products.
96 of 280 participants felt more confident that they could build wealth.
36 of 287 participants felt more strongly that they needed to get a good education.
35 of 287 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
29 of 280 participants followed a spending plan.
172 of 192 participants gained better understanding of the mortgage process.
76 of 312 participants gained skill in determining their net worth.
144 of 312 participants gained skill in making a spending plan.
68 of 280 participants identified ways to avoid being victimized by predatory practices or fraud.
16 of 100 participants increased physical activity.
106 of 538 participants increased their financial management skills.
29 of 280 participants kept a record of spending.
38 of 287 participants learned better how to plan their spending.
33 of 287 participants learned how education will affect the kind of job they can get.
43 of 287 participants learned how having a family can affect their lifestyle.
45 of 287 participants learned how much money it takes to get by.
36 of 287 participants learned how occupation and income will affect their lifestyle.
27 of 287 participants learned how payroll deductions are taken from gross pay.
34 of 287 participants learned how to keep a checkbook register.
44 of 287 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants made a change in financial behavior.
56 of 280 participants made a spending plan.
0 of 0 participants made changes to their future plans.
76 of 100 participants now eat more fruit.
52 of 100 participants now eat more vegetables.
8 of 8 participants plan to regularly check their blood sugar as requested by their doctor.
4 of 8 participants plan to use the Healthy Plate Method.
13 of 61 participants planned to change their career goals.
37 of 61 participants planned to get more education after high school.
96 of 192 participants purchased a home.
0 of 0 participants reduced debt an average of $0 per month.
84 of 100 participants refrigerate perishable foods within two hours.
84 of 100 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
374 of 312 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
16 of 32 participants successfully completed educational requirements for post-filing bankruptcy education.
32 of 32 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
192 of 192 participants successfully completed homebuyer education requirements.
8 of 12 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
8 of 12 participants surveyed increased their knowledge of community assets, development...
opportunities and/or programs available to their community.

40 of 56 participants surveyed increased their knowledge of healthy housing principles.
25 of 56 participants surveyed increased their knowledge of how to implement (design, repair, maintain) healthy housing principles.
50 of 56 participants surveyed increased their knowledge of the connections between health and housing.

10 of 100 participants surveyed used a thermometer to check the internal temperature of food.
10 of 100 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

0 of 0 participants talked about financial goals with their parents or others.
8 of 8 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
68 of 280 participants understood the dangers of using too much credit.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.

46 of 156 participants who increased their intake of dairy foods.
24 of 100 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
68 of 280 participants understood the dangers of using too much credit.
32 of 200 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

40 of 46 respondents plan to decrease exposure of their children to parental conflict.
40 of 46 respondents report understanding the importance of working together for the sakes of their children.

42 of 56 students increased amount of time in physical activity.
16 of 56 students who increased their intake of whole grains.
56 of 280 tracked their spending.
52 of 280 worked toward new savings, investment or retirement goals.
44 of 56 youth now wash hands more often.

25 parents/caregivers learned effective communication techniques to use with their children.
30 parents/caregivers learned strategies for dealing with parenting stress.
1 producers have improved herds due to more AI and the use of better bulls and/or more structured crossbreeding in their herds.

0 producers have increased profits due to certified organic dairy production or some form of niche marketing.

2 producers have received cost share from the Tennessee Agricultural Enhancement program including the livestock improvement program.
0 producers planted 0 acres with clover for an increased production valued at $FRM.
0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
26 producers sprayed 205 acres for broadleaf weed control for an increased production valued at $FRM.
11 producers stockpiled 65 acres of tall fescue, reducing feeding cost by $FRM.
4 producers that have increased profits due to better utilization of forages or grazing.
4 schools adopted this program.
50 volunteer leaders increased their knowledge of positive youth development.
292 would assist with or participate in elections, voting and campaigns.
300 youth believe that people working together can help others less fortunate.
56 youth can conduct a meeting.
182 youth now report that they make a decision by thinking about what a person of good character would do.
172 youth now report that they use more than one source of information in making choices.
152 youth now report that they use standards in making choices.
146 youth now report they are concerned about the well-being of others.
182 youth now report they consider the risks of their choices.
180 youth now report they think about the truthfulness of sources of information when making choices.
354 youth report being able to break tough jobs down into simpler tasks.
334 youth report being able to resolve problems without losing control of their emotions.
354 youth report being sensitive to the feelings of others when discussing and solving problems.
240 youth report that they are comfortable being responsible for a group.
50 youth report that they are now comfortable being a group leader.
172 youth report that they can now cooperate and work in a group.
56 youth report that they can now give clear directions.
182 youth report that they know how to set goals and they use that ability when leading a group.
278 youth report that they learned about important leaders who contributed to our nation.
156 youth report that they make sure everyone gets an opportunity to say what they think.
56 youth report that they now like to work with others and help them reach their goals.
168 youth report that they take their jobs seriously as members of a committee.
182 youth report that when in charge of a group, they treat everyone fairly and equally.
56 youth report using enthusiasm to get a group working.
380 youth seek out others who can help them become a better leader.
300 youth think they can make a big difference in their community by helping others.
84 youth understand how community leaders are elected to office.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Greene County

01/01/2010 to 12/31/2010

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Direct Methods for Extension Personnel

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### Indirect Methods for Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

#### Indirect Methods for Volunteers

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Contacts by Volunteers

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**Units Reporting Program Activity**

Greene County

**All 2010 Outcomes (entire year)**

- 2 4-H volunteers utilized volunteer position descriptions.
- 486 acres of tobacco produced using recommended fertility practices indicated in soil test results.
- 486 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
- 486 acres produced using registered pesticides at appropriate application rates and timings.
- 486 acres soil tested no more than one year before planting.
- 486 acres were in an appropriate rotation (no more than two years consecutively in tobacco; time in tobacco equal to or less than half the rotation).
- 486 acres were planted with university-tested varieties.
- 486 acres with field rouged, plowed or destroyed within 30 days after harvest.
- 3 agritourism entrepreneurs gained knowledge and skills to improve returns form their existing operation.
- 3 agritourism entrepreneurs gained knowledge and skills to manage risk (legal, liability, regulatory, human resources, business interruption, production, marketing and financial).
- 2 agritourism operators implemented new or improved strategies to manage risk.
- 1400 beef producers sold 18000 calves managed according to BQA guidelines to increase returns by $FRM.
- 102 beef producers stored 10000 large, round bales under some type of cover to increase returns by $FRM.
- 192 beef producers utilized bulls with greater genetic potential to produce 4224 head of calves to increase returns by $FRM.
84 beef producers utilized hay feeding rings to feed 8000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

1655 beef producers utilized improved marketing methods to market 22936 head of calves to increase returns by $FRM.

32 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.

11 consumers implemented water-wise gardening practices to conserve and protect water quality.

60 consumers learned about plant selection and proper planting to save money and time in the landscape.

130 consumers learned how to apply landscape fertilizers and pesticides safely.

60 consumers learned how to conserve and protect water quality in the landscape.

172 consumers learned how to properly take a soil test and interpret the results.

58 consumers practiced best management practices relating to proper pruning and tree maintenance.

40 consumers used the results of their soil test to properly amend their soil.

6 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).

8 farm families and rural business operators implementing improved record systems.

10 farm families evaluated new farm enterprises and value added activities.

13 farm families used FINPACK for developing and implementing whole farm plans.

3 farmers and agricultural entrepreneurs have implemented improved marketing practices to increase the effectiveness of their marketing strategies.

0 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.

13 farmers developed financial plans for their farms.

9 farmers evaluated their potential for a new agri-tourism enterprise or for expanding their existing enterprise.

32 farmers increased their knowledge and skills in farm and financial planning.

5 farmers increased their potential cash income from their farming operation by $157000 by implementing a financial plan.

3 farmers, agri-entrepreneurs and community leaders increased their awareness of agri-tourism as an opportunity to add value to farm resources and foster rural economic development.

120 home lawn insect, disease and weed samples submitted for identification and control recommendations.

98 home lawn soil samples submitted for testing.

26 homeowners dethatching, aerrigying or applying a pesticide to the home lawn as recommended by county Extension professional.

42 homeowners established new turfgrass species and varieties.

120 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.

22 Master Gardeners gained knowledge and confidence in entomology.

22 Master Gardeners gained knowledge and confidence in integrated pest management.

22 Master Gardeners gained knowledge and confidence in ornamentals.

22 Master Gardeners gained knowledge and confidence in plant diseases.

22 Master Gardeners gained knowledge and confidence in soils.

22 Master Gardeners gained knowledge and confidence in turfgrass.

19 Master Gardeners have used the knowledge and skills they learned in this program to assist 286 people in turf selection or management.

19 Master Gardeners have used the knowledge and skills they learned in this program to assist 233 people to control pests through integrated pest management.

19 Master Gardeners have used the knowledge and skills they learned in this program to assist 233 people to identify pests and/or the damage they cause.

19 Master Gardeners have used the knowledge and skills they learned in this program to assist 233
people to identify symptoms of plant disease.

19 Master Gardeners have used the knowledge and skills they learned in this program to assist 688 people to improve soil through soil test results.

6 new 4-H volunteers were recruited this year.

12 now can create on-screen (multi-media) presentations.

0 of 0 adults wash hands more often.

388 of 412 better understood their parents' concerns about money.

3 of 3 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.

3 of 3 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.

3 of 3 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.

0 of 0 homeowners increased their knowledge of fire ant management.

184 of 412 made a change in career or educational goals.

0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)

0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)

0 of 88 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.

0 of 88 parents/caregivers learned about issues related to stages of child development.

0 of 0 participants are choosing foods that do not cause a sharp rise in blood sugar six months after completing the program.

11 of 12 participants are confident they can better manage their diabetes as a result of participating in this program.

0 of 0 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

0 of 0 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

0 of 0 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.

0 of 0 participants are regularly checking their blood sugar six months after completing the program.

0 of 0 participants ate more whole grains.

312 of 412 participants began or increased savings an average of $ 0 per month.

388 of 412 participants better understood their parent's concerns about money.

10 of 12 participants can choose foods that do not cause a sharp rise in blood sugar.

216 of 412 participants communicated with other family members about financial matters.

0 of 0 participants decreased consumption of high-sugar foods.

0 of 0 participants eat at least six meals together as a family each week.

0 of 0 participants eat more fat-free or low-fat dairy products.

0 of 0 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

400 of 412 participants felt more strongly that they needed to get a good education.

388 of 412 participants felt more strongly that they needed to pay attention to their financial future.

352 of 412 participants followed a spending plan.

3 of 8 participants have less arthritis symptoms.

0 of 0 participants have reduced their A1c six months after completing the program.

5 of 8 participants improved control of their arthritis symptoms.
0 of 0 participants improved performance of daily activities.
4 of 8 participants improved their balance.
0 of 0 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
0 of 0 participants improved their cholesterol levels.
4 of 8 participants improved their flexibility.
0 of 0 participants improved their triglyceride levels.
0 of 0 participants increased physical activity.
284 of 412 participants increased their financial management skills.
0 of 0 participants know what cancer screenings they need according to their age and gender.
352 of 412 participants learned better how to plan their spending.
408 of 412 participants learned how education will affect the kind of job they can get.
412 of 412 participants learned how having a family can affect their lifestyle.
268 of 412 participants learned how much money it takes to get by.
408 of 412 participants learned how occupation and income will affect their lifestyle.
144 of 412 participants learned how payroll deductions are taken from gross pay.
160 of 412 participants learned how to keep a checkbook register.
160 of 412 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
284 of 412 participants made a change in financial behavior.
352 of 412 participants made a spending plan.
184 of 412 participants made changes to their future plans.
396 of 413 participants now eat more fruit.
413 of 413 participants now eat more vegetables.
0 of 0 participants plan to get age and gender appropriate cancer screenings.
8 of 12 participants plan to regularly check their blood sugar as requested by their doctor.
7 of 12 participants plan to use the Healthy Plate Method.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
184 of 412 participants planned to change their career goals.
400 of 412 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
18 of 20 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
20 of 20 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
216 of 412 participants talked about financial goals with their parents or others.
10 of 12 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
0 of 0 participants understand that cancer screening and early detection can save their life.
0 of 0 participants understand women age 40 and older should have a mammogram.
0 of 0 participants understand women of all ages need a Pap test.
413 of 413 participants who now select foods and beverages that promote healthy weight.
312 of 412 participants worked toward new savings or investment goals.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
77 of 88 respondents plan to decrease exposure of their children to parental conflict.
69 of 88 respondents report understanding the importance of working together for the sakes of their children.
413 of 413 youth now wash hands more often.
72 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
1020600 pounds of burley marketed in large bale packages.
1020600 pounds of burley stripped properly according to buyer specifications.
88 producers planted 1000 acres with clover for an increased production valued at $FRM.
6 producers planted 120 acres with warm-season grasses for an added value of $FRM.
420 producers sprayed 3000 acres for broadleaf weed control for an increased production valued at
$FRM.
170 producers stockpiled 1600 acres of tall fescue, reducing feeding cost by $FRM.
6 times TEAM UP exchanged ideas or shared information.
2 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or
program.
4 tobacco growers adopted worker protection standards such as training workers and handlers, proper
posting of signs, pesticide recordkeeping, establishing decontamination sites, organizing worker
protection information at a central location and proper care and use of Personal Protective Equipment.
12 tobacco producers adopted an integrated pest management approach to insect control (scouting,
economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
22 tobacco producers increased their knowledge of best management practices including crop
rotation, variety selection, transplant production, sucker control, curing principles and efficient market
preparation.
22 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties
through university information.
22 tobacco producers increased their knowledge of pest management, economic thresholds and proper
use of pesticides (insecticides, herbicides and fungicides).
22 tobacco producers increased their knowledge of training workers and pesticide handlers including
the areas of pre-harvest intervals, restricted entry intervals and worker protection standards.
6 volunteer leaders increased their knowledge of positive youth development.
1500 youth can analyze the results of a scientific investigation.
1500 youth can ask a question that can be answered by collecting data.
28 youth can conduct a meeting.
1500 youth can design a scientific procedure to answer a question.
1500 youth can record data accurately.
1500 youth can use specific scientific knowledge to form a question.
4 youth have knowledge of careers in the communications field.
0 youth now communicate through a website.
0 youth now get information about a problem.
0 youth now report that they make a decision by thinking about what a person of good character
would do.
24 youth now report that they use more than one source of information in making choices.
32 youth now report that they use standards in making choices.
0 youth now report they consider the risks of their choices.
0 youth now report they think about the truthfulness of sources of information when making choices.
24 youth report that it is now easier to express their opinions to someone with a different opinion than
their own.
12 youth report that they are now comfortable being a group leader.
24 youth report that they can now give clear directions.
12 youth report that they now like to work with others and help them reach their goals.
8 youth report using enthusiasm to get a group working.
16 youth use parliamentary procedure to run a meeting.
24 youth who report that they have learned that some choices are better than others.
28 youth who report they can make a decision.
32 youth who report they now listen to people with more experience than themselves.
0 youth who report they now try to identify what causes a problem.

**Units Reporting Program Outcomes (entire year)**
None

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**Activity Report for Grundy County**

**01/01/2010 to 12/31/2010**

### Extension Personnel Hours

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### Volunteer Hours

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### Volunteers Who Served

#### Indirect Methods for Volunteers

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Units Reporting Program Activity

Grundy County

All 2010 Outcomes (entire year)

1710 are concerned about problems in their community.
12 classrooms adopted this program.
32 existing small businesses who are now operating with a business plan.
10 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
32 farm families and rural business operators implementing improved record systems.
36 farm families evaluated new farm enterprises and value added activities.
0 farm families used FINPACK for developing and implementing whole farm plans.
40 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
32 farmers developed financial plans for their farms.
44 farmers increased their knowledge and skills in farm and financial planning.
32 farmers increased their potential cash income from their farming operation by $12564 by implementing a financial plan.
42 individuals who increased their entrepreneurial/business skills.
10 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
1530 now feel a sense of responsibility toward their school and community.
1584 now have a sense of pride about their school and community.
64 of 118 adults wash hands more often.
0 of 0 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
0 of 0 green industry personnel increased business profitability and sustainability through improved insect, mite and disease control in turfgrass and/or ornamental plants.
0 of 0 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
20 of 20 landscape and nursery participants increased their knowledge of fire ant management.
15 of 20 parents/caregivers report an increase in use of appropriate child guidance techniques.
17 of 20 parents/caregivers report an increase in use of positive communication techniques with their children.
15 of 20 parents/caregivers report feeling better about their abilities as parents.
12 of 20 parents/caregivers report feeling less stressed as parents.
588 of 1049 participants ate more whole grains.
707 of 1255 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
723 of 1285 participants eat fewer high-fat foods.
18 of 30 participants eat more fat-free or low-fat dairy products.
6 of 30 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
5 of 30 participants improved their cholesterol levels.
5 of 30 participants improved their triglyceride levels.
901 of 1079 participants increased physical activity.
0 of 0 participants lost weight: 0 total pounds lost.
642 of 1049 participants now eat more fruit.
557 of 1049 participants now eat more vegetables.
20 of 30 participants refrigerate perishable foods within two hours.
18 of 30 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
18 of 30 participants surveyed used a thermometer to check the internal temperature of food.
25 of 30 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
868 of 1255 participants who increased their intake of dairy foods.
706 of 1065 participants who now select foods and beverages that promote healthy weight.
7 of 30 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
50 of 57 respondents improved knowledge of how divorce impacts children by age/stage of development.
51 of 57 respondents learned effective communication techniques.
51 of 57 respondents plan to decrease exposure of their children to parental conflict.
48 of 57 respondents report understanding the importance of working together for the sakes of their children.
36 of 57 respondents reported a decrease in level of resentment at being required to attend the parenting class from pre- to post-class.
188 of 220 students increased amount of time in physical activity.
141 of 220 students who increased their intake of whole grains.
21 of 21 teachers reported preschool children in their classes were more actively engaged in physical activity.
21 of 21 teachers reported preschool children in their classes were more willing to taste fruit.
21 of 21 teachers reported preschool children in their classes were more willing to taste vegetables.
21 of 21 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
12 of 21 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 teen parents report an increase in use of appropriate child guidance strategies.
0 of 0 teen parents report an increase in use of positive communication techniques with their children.
0 of 0 teen parents report feeling better about their abilities as parents.
0 of 0 teen parents report feeling less stressed as parents.
975 of 1049 youth now wash hands more often.
20 parents/caregivers learned age and situation appropriate child guidance strategies.
20 parents/caregivers learned effective communication techniques to use with their children.
20 parents/caregivers learned stages of child development.
20 parents/caregivers learned strategies for dealing with parenting stress.
7 schools adopted this program.
32 small business owners who increase income and quality of living.
0 teen parents learned age and situation appropriate child guidance strategies.
0 teen parents learned effective communication techniques to use with their children.
0 teen parents learned stages of child development.
0 teen parents learned strategies for dealing with parenting stress.
1350 would assist with or participate in elections, voting and campaigns.
1584 youth believe that a team can accomplish more than an individual.
1638 youth believe that people working together can help others less fortunate.
1404 youth can conduct a meeting.
1548 youth enjoy working with others toward a common goal.
1674 youth now report they are concerned about the well-being of others.
1584 youth report that they are now comfortable being a group leader.
1584 youth report that they can now cooperate and work in a group.
1584 youth report that they can now give clear directions.
1440 youth report that they know how to set goals and they use that ability when leading a group.
1584 youth report that they learned about important leaders who contributed to our nation.
1638 youth report that they make sure everyone gets an opportunity to say what they think.
1710 youth report that they now like to work with others and help them reach their goals.
1782 youth report that they take their jobs seriously as members of a committee.
1710 youth report that when in charge of a group, they treat everyone fairly and equally.
1782 youth report using enthusiasm to get a group working.
1674 youth think that everyone on the team is important.
1710 youth think they can make a big difference in their community by helping others.
1386 youth think they have something to contribute to the worth of the team
1566 youth understand how community leaders are elected to office.
1368 youth understand that other ideas may be just as important as their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Hamblen County

01/01/2010 to 12/31/2010

Extension Personnel Hours

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<th>Method</th>
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Indirect Methods for Extension Personnel

http://super.tennessee.edu/reports/by_unit_roll_up.asp
3/15/2011
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### Volunteer Hours

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### Volunteers Who Served

### Indirect Methods for Volunteers

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**Units Reporting Program Activity**

Hamblen County

**All 2010 Outcomes (entire year)**

- 1640 are concerned about problems in their community.
- 3 classrooms adopted this program.
- 100 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 96 consumers learned how to apply landscape fertilizers and pesticides safely.
- 92 consumers learned how to conserve and protect water quality in the landscape.
- 200 consumers learned how to properly take a soil test and interpret the results.
- 52 dial-gauge lids were tested.
- 30 home lawn insect, disease and weed samples submitted for identification and control recommendations.
- 100 home lawn soil samples submitted for testing.
- 30 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
- 120 homeowners established new turfgrass species and varieties.
- 110 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
- 60 Master Gardeners gained knowledge and confidence in entomology.
- 56 Master Gardeners gained knowledge and confidence in integrated pest management.
- 110 Master Gardeners gained knowledge and confidence in ornamentals.
- 120 Master Gardeners gained knowledge and confidence in plant diseases.
- 120 Master Gardeners gained knowledge and confidence in soils.
- 90 Master Gardeners gained knowledge and confidence in turfgrass.
- 60 Master Gardeners have used the knowledge and skills they learned in this program to assist 160 people in turf selection or management.
- 40 Master Gardeners have used the knowledge and skills they learned in this program to assist 60 people to control pests through integrated pest management.
- 30 Master Gardeners have used the knowledge and skills they learned in this program to assist 60
people to identify pests and/or the damage they cause.

60 Master Gardeners have used the knowledge and skills they learned in this program to assist 90 people to identify symptoms of plant disease.

80 Master Gardeners have used the knowledge and skills they learned in this program to assist 120 people to improve soil through soil test results.

1878 now feel a sense of responsibility toward their school and community.

2142 now have a sense of pride about their school and community.

66 of 70 adults wash hands more often.

58 of 58 better understood their parents' concerns about money.

40 of 60 homeowners increased their knowledge of fire ant management.

14 of 58 made a change in career or educational goals.

14 of 39 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

42 of 42 participants are confident they can better manage their diabetes as a result of participating in this program.

42 of 42 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

42 of 42 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

42 of 42 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.

42 of 42 participants are regularly checking their blood sugar six months after completing the program.

40 of 42 participants are using the Healthy Plate Method six months after completing the program.

104 of 145 participants ate more whole grains.

12 of 58 participants began or increased savings an average of $ 10 per month.

58 of 58 participants better understood their parent's concerns about money.

39 of 42 participants can choose foods that do not cause a sharp rise in blood sugar.

45 of 58 participants communicated with other family members about financial matters.

202 of 254 participants decreased consumption of high-sugar foods.

110 of 145 participants eat at least six meals together as a family each week.

117 of 179 participants eat fewer high-fat foods.

45 of 70 participants ate more fat-free or low-fat dairy products.

48 of 58 participants felt more strongly that they needed to get a good education.

58 of 58 participants felt more strongly that they needed to pay attention to their financial future.

25 of 58 participants followed a spending plan.

18 of 19 participants have less arthritis symptoms.

39 of 42 participants have reduced their A1c six months after completing the program.

19 of 19 participants improved control of their arthritis symptoms.

19 of 19 participants improved performance of daily activities.

19 of 19 participants improved their balance.

19 of 19 participants improved their flexibility.

45 of 70 participants increased physical activity.

50 of 58 participants increased their financial management skills.

58 of 58 participants learned better how to plan their spending.

58 of 58 participants learned how education will affect the kind of job they can get.

58 of 58 participants learned how having a family can affect their lifestyle.

58 of 58 participants learned how much money it takes to get by.

58 of 58 participants learned how occupation and income will affect their lifestyle.

58 of 58 participants learned how payroll deductions are taken from gross pay.

58 of 58 participants learned how to keep a checkbook register.
58 of 58 participants learned how to write a check.
59 of 145 participants lost weight: 80 total pounds lost.
26 of 58 participants made a change in financial behavior.
45 of 58 participants made a spending plan.
14 of 58 participants made changes to their future plans.
55 of 70 participants now eat more fruit.
66 of 70 participants now eat more vegetables.
42 of 42 participants plan to regularly check their blood sugar as requested by their doctor.
42 of 42 participants plan to use the Healthy Plate Method.
12 of 58 participants planned to change their career goals.
55 of 58 participants planned to get more education after high school.
70 of 70 participants refrigerate perishable foods within two hours.
70 of 70 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
46 of 46 participants surveyed canned pickles following a tested recipe. (TNCEP)
42 of 46 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
46 of 46 participants surveyed canned vegetables following a tested recipe. (TNCEP)
40 of 46 participants surveyed processed pickles in a water-bath canner. (TNCEP)
45 of 46 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
46 of 46 participants surveyed processed vegetables in a pressure canner. (TNCEP)
70 of 70 participants surveyed used a thermometer to check the internal temperature of food.
70 of 70 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
42 of 58 participants talked about financial goals with their parents or others.
42 of 42 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
154 of 179 participants who increased their intake of dairy foods.
55 of 70 participants who now select foods and beverages that promote healthy weight.
26 of 58 participants worked toward new savings or investment goals.
98 of 145 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
100 of 109 students increased amount of time in physical activity.
99 of 109 students who increased their intake of whole grains.
20 of 20 teachers reported preschool children in their classes were more actively engaged in physical activity.
20 of 20 teachers reported preschool children in their classes were more willing to taste fruit.
20 of 20 teachers reported preschool children in their classes were more willing to taste vegetables.
15 of 20 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
19 of 20 teachers reported using physical activities from Healthy Steps at least three times per week.
70 of 70 youth now wash hands more often.
44 participants process high-acid foods in a water bath canner.
3 schools adopted this program.
2062 would assist with or participate in elections, voting and campaigns.
1666 youth are confident they can work through a disagreement without using violence.
1798 youth believe that people working together can help others less fortunate.
2010 youth can complete projects they are proud of.
952 youth can deal with their nervousness when giving a speech or talk.
1508 youth can explain an idea to others.
1640 youth can select a topic for a speech or talk.
1454 youth can speak loudly enough to be heard when giving a speech or talk.
1930 youth feel comfortable asking others to help on a project.
1614 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1374 youth like to work with others to complete projects.
2302 youth now report they are concerned about the well-being of others.
1904 youth report finding acceptable ways to deal with stress when things bother them.
1508 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
1480 youth report that they can now identify their personal interests and strengths.
1718 youth report that they have learned to win and lose gracefully when participating in competitive events.
1984 youth report that they learned about important leaders who contributed to our nation.
1560 youth report that when they disagree with someone, they can stand up for themselves without using violence.
2116 youth think they can make a big difference in their community by helping others.
1930 youth understand how community leaders are elected to office.
2222 youth understand that they cannot always be "the best" in everything.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Hamilton County

01/01/2010 to 12/31/2010

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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

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Units Reporting Program Activity

Hamilton County

All 2010 Outcomes (entire year)

- 2 % increase in the calls to the Poison Control Center.
- 0 % reduction in children poisoned.
- 106 are concerned about problems in their community.
- 45 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
- 80 consumers implemented water-wise gardening practices to conserve and protect water quality.
- 60 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 60 consumers learned how to apply landscape fertilizers and pesticides safely.
- 88 consumers learned how to conserve and protect water quality in the landscape.
- 60 consumers learned how to properly take a soil test and interpret the results.
- 80 consumers practiced best management practices relating to proper pruning and tree maintenance.
- 56 consumers used the results of their soil test to properly amend their soil.
- 15 dial-gauge lids were tested.
- 56 home lawn insect, disease and weed samples submitted for identification and control recommendations.
- 63 home lawn soil samples submitted for testing.
- 34 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
- 4 homeowners established new turfgrass species and varieties.
- 56 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
- 154 Master Gardeners gained knowledge and confidence in entomology.
- 145 Master Gardeners gained knowledge and confidence in integrated pest management.
- 164 Master Gardeners gained knowledge and confidence in ornamentals.
- 59 Master Gardeners gained knowledge and confidence in plant diseases.
- 61 Master Gardeners gained knowledge and confidence in soils.
- 54 Master Gardeners gained knowledge and confidence in turfgrass.
- 45 Master Gardeners have used the knowledge and skills they learned in this program to assist 100
people in turf selection or management.
42 Master Gardeners have used the knowledge and skills they learned in this program to assist 120 people to control pests through integrated pest management.
35 Master Gardeners have used the knowledge and skills they learned in this program to assist 86 people to identify pests and/or the damage they cause.
34 Master Gardeners have used the knowledge and skills they learned in this program to assist 76 people to identify symptoms of plant disease.
58 Master Gardeners have used the knowledge and skills they learned in this program to assist 209 people to improve soil through soil test results.
176 now feel a sense of responsibility toward their school and community.
200 now have a sense of pride about their school and community.
53 of children no longer exposed to environmental tobacco smoke.

0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.
0 of 0 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)

0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.
90 of 92 adults wash hands more often.
0 of 0 better understood basic insurance needs.

264 of 308 better understood credit reporting and scoring.
1099 of 2036 better understood their parents' concerns about money.
12 of 28 checked their credit report.
85 of 95 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.

85 of 90 green industry personnel increased business profitability and sustainability through improved insect, mite and disease control in turfgrass and/or ornamental plants.
80 of 95 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
59 of 60 homeowners increased their knowledge of fire ant management.
538 of 594 identified ways to reduce spending.
75 of 80 landscape and nursery participants increased their knowledge of fire ant management.
136 of 154 learned better how to communicate with creditors.
542 of 594 learned how to better manage stress caused by financial issues.
76 of 86 learned how to prepare a grab and go bag in case of an emergency home evacuation.
43 of 43 learned how to properly maintain and store household financial records.
244 of 308 learned who to pay first if they can't pay everything.
99 of 133 made a change in career or educational goals.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
36 of 38 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
0 of 0 parents/caregivers learned about issues related to stages of child development.
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.
49 of 53 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.
10 of 23 participants are confident they can better manage their diabetes as a result of participating in

http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
this program.
1997 of 2700 participants ate more whole grains.
1785 of 1915 participants became more aware of the importance of starting to save and invest early in
life.
2619 of 2672 participants began or increased savings an average of $ 98 per month.
0 of 0 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
0 of 0 participants better understood their parent's concerns about money.
11438 of 0 participants called the TN Poison Center because they suspected a poisoning or had a
question about a product six months after completing the program.
10 of 23 participants can choose foods that do not cause a sharp rise in blood sugar.
241 of 319 participants communicated with other family members about financial matters.
14 of 44 participants conducted a poison safety audit six months after completing the program.
1969 of 2588 participants decreased consumption of high-sugar foods.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax
options.
0 of 0 participants eat at least six meals together as a family each week.
2033 of 2655 participants eat fewer high-fat foods.
2092 of 2588 participants eat more fat-free or low-fat dairy products.
224 of 254 participants feel confident they know what to do in case of a poisoning.
1734 of 1883 participants felt more confident that they could build wealth.
1159 of 2036 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by
their employer.
178 of 204 participants followed a spending plan.
312 of 312 participants gained skill in determining their net worth.
224 of 312 participants gained skill in making a spending plan.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
171 of 214 participants increased physical activity.
3822 of 3951 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
0 of 0 participants learned better how to plan their spending.
2612 of 3541 participants learned how education will affect the kind of job they can get.
1077 of 2036 participants learned how having a family can affect their lifestyle.
1086 of 2036 participants learned how much money it takes to get by.
1156 of 2036 participants learned how occupation and income will affect their lifestyle.
888 of 2036 participants learned how payroll deductions are taken from gross pay.
0 of 0 participants learned how to keep a checkbook register.
0 of 0 participants learned how to write a check.
0 of 0 participants learned the difference between wants and needs.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants made a change in financial behavior.
204 of 319 participants made a spending plan.
1159 of 2036 participants made changes to their future plans.
2493 of 2854 participants now eat more fruit.
2471 of 2853 participants now eat more vegetables.
1770 of 1321 participants now understand the difference between a need and a want.
10 of 23 participants plan to regularly check their blood sugar as requested by their doctor.
13 of 23 participants plan to use the Healthy Plate Method.
23 of 25 participants plan to use the two-step method around the home for managing fire ants.
0 of 0 participants planned to change their career goals.
1159 of 2036 participants planned to get more education after high school.
40 of 44 participants posted the TN Poison Center toll free number by a phone and in their cell phone address book six months after completing the program.
125 of 186 participants reduced debt an average of $66 per month.
1927 of 2576 participants refrigerate perishable foods within two hours.
51 of 70 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
1667 of 1863 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants stored food and household products in separate areas six months after completing the program.
38 of 44 participants stored medications out of the reach of children six months after completing the program.
6 of 6 participants surveyed canned pickles following a tested recipe. (TNCEP)
12 of 12 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
3 of 3 participants surveyed canned vegetables following a tested recipe. (TNCEP)
64 of 78 participants surveyed do not allow others to smoke around their children.
61 of 78 participants surveyed do not allow smoking in their home.
65 of 78 participants surveyed do not allow smoking in their vehicles.
841 of 942 participants surveyed increased their knowledge of the health effects of environmental tobacco smoke on children.
57 of 62 participants surveyed increased their knowledge on how to minimize their child's exposure to environmental tobacco smoke.
6 of 6 participants surveyed processed pickles in a water-bath canner. (TNCEP)
12 of 12 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
3 of 3 participants surveyed processed vegetables in a pressure canner. (TNCEP)
22 of 32 participants surveyed used a thermometer to check the internal temperature of food.
9 of 11 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
198 of 266 participants talked about financial goals with their parents or others.
0 of 0 participants taught their children to always ask first before eating or drinking anything suspicious or questionable six months after completing the program.
13 of 23 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
1534 of 1629 participants understood the dangers of using too much credit.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
23 of 28 participants who achieved financial goals.
0 of 0 participants who became habitual savers.
2082 of 2593 participants who increased their intake of dairy foods.
2210 of 2622 participants who now select foods and beverages that promote healthy weight.
224 of 254 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
54 of 70 participants will keep medications out of the reach of children.
54 of 70 participants will keep products in their original containers.
220 of 254 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
50 of 70 participants will read the label before using a product.
4206 of 3860 participants worked toward new savings or investment goals.
262 of 308 participants understood the dangers of using too much credit.
2136 of 2512 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 respondents plan to decrease exposure of their children to parental conflict.
0 of 0 respondents report understanding the importance of working together for the sakes of their children.
7 of 7 teachers reported preschool children in their classes were more actively engaged in physical activity.
7 of 7 teachers reported preschool children in their classes were more willing to taste fruit.
7 of 7 teachers reported preschool children in their classes were more willing to taste vegetables.
7 of 7 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
5 of 7 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
2301 of 2522 youth now wash hands more often.
0 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
0 participants increased awareness of the levels of caregiving.
0 participants learned coping skills as a caregiver through experiences shared by others.
0 participants now know various issues associated with caregiving.
27 participants process high-acid foods in a water bath canner.
0 participants report that partnerships have been strengthened with public agencies.
0 report that community support has been enhanced by interacting with care providers, educators, students, and family caregivers.
0 would assist with or participate in elections, voting and campaigns.
259 youth can deal with their nervousness when giving a speech or talk.
294 youth can explain an idea to others.
0 youth can give an informative speech or presentation.
278 youth can select a topic for a speech or talk.
0 youth can show enthusiasm when giving a speech or presentation.
286 youth can speak loudly enough to be heard when giving a speech or talk.
208 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
185 youth give a 2-3 minute speech or presentation.
163 youth know how to organize the parts of a speech or presentation.
0 youth now report they are concerned about the well-being of others.
245 youth report that they can now cooperate and work in a group.
191 youth report that they have developed confidence to speak in front of groups.
163 youth report that they know how to set goals and they use that ability when leading a group.
169 youth report that they make sure everyone gets an opportunity to say what they think.
195 youth report that they take their jobs seriously as members of a committee.
0 youth report that when in charge of a group, they treat everyone fairly and equally.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Hancock County

01/01/2010 to 12/31/2010
### Extension Personnel Hours

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### Direct Methods for Extension Personnel

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<td>Client Visits to Extension Office:</td>
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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>Group Meetings / Demonstrations:</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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### Indirect Methods for Extension Personnel

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<tr>
<td>Radio Program(s):</td>
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<td>TV Program(s):</td>
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<td><strong>Total</strong></td>
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### Contacts by Extension Personnel

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<th>White/Not of Hispanic origin</th>
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<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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<tr>
<td>Female Adult</td>
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<td>48</td>
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<td>0</td>
<td>0</td>
<td>4009</td>
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<td>0</td>
<td>4</td>
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<td>5949</td>
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<tr>
<td>Male Adult</td>
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<td>0</td>
<td>1</td>
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<tr>
<td>Male Youth</td>
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<td>25</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>5600</td>
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Total | 16747 | 131 | 0 | 6 | 1 | 16885

**Volunteer Hours**

All : 587  
Total: 587

**Volunteers Who Served**

<table>
<thead>
<tr>
<th>Indirect Methods for Volunteers</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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<td>Exhibit(s)</td>
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<tr>
<td>Other</td>
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<td>Radio Program(s)</td>
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<td>0</td>
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<tr>
<td>Total</td>
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</table>

| Contacts by Volunteers |
|------------------------|------------------|
| White/Not of Hispanic origin | Black/Not of Hispanic Origin | Hispanic | Asian or Pacific Islander | American Indian/Alaskan Native | Total |
| Female Adult           | 132              | 0          | 0 | 0 | 0 | 132 |
| Female Youth           | 600              | 5          | 0 | 1 | 0 | 606 |
| Male Adult             | 42               | 0          | 0 | 0 | 0 | 42  |
| Male Youth             | 409              | 1          | 0 | 2 | 0 | 412 |
| Total                  | 1183             | 6          | 0 | 3 | 0 | 1192 |

**Units Reporting Program Activity**

Hancock County

**All 2010 Outcomes (entire year)**

28 beef producers sold 1120 calves managed according to BQA guidelines to increase returns by $FRM.
200 beef producers stored 57,572 large, round bales under some type of cover to increase returns by $FRM.
0 beef producers utilized bulls with greater genetic potential to produce 0 head of calves to increase returns by $FRM.
144 beef producers utilized hay feeding rings to feed 2,664 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
60 beef producers utilized improved marketing methods to market 220 head of calves to increase returns by $FRM.
4 classrooms adopted this program.
5,551 miles were walked in the Walk Across Tennessee Program.
12 of 16 adults wash hands more often.
32 of 46 better understood their parents' concerns about money.
16 of 46 made a change in career or educational goals.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
0 of 0 parents/caregivers learned about issues related to stages of child development.
2 of 7 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
9 of 12 participants are confident they can better manage their diabetes as a result of participating in this program.
4 of 7 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
3 of 7 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
7 of 7 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
3 of 7 participants are regularly checking their blood sugar six months after completing the program.
4 of 7 participants are using the Healthy Plate Method six months after completing the program.
0 of 0 participants ate more whole grains.
8 of 46 participants began or increased savings an average of $5 per month.
32 of 46 participants better understood their parent's concerns about money.
7 of 26 participants can better control their chronic disease as a result of participating in the program.
11 of 12 participants can choose foods that do not cause a sharp rise in blood sugar.
28 of 46 participants communicated with other family members about financial matters.
24 of 58 participants decreased consumption of high-sugar foods.
3 of 11 participants decreased their blood pressure six months after completing the program.
3 of 11 participants decreased their cholesterol levels six months after completing the program.
0 of 0 participants eat at least six meals together as a family each week.
26 of 58 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
8 of 11 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
34 of 46 participants felt more strongly that they needed to get a good education.
38 of 46 participants felt more strongly that they needed to pay attention to their financial future.
8 of 46 participants followed a spending plan.
4 of 7 participants have reduced their A1c six months after completing the program.
0 of 0 participants increased physical activity.
24 of 26 participants increased their exercise routine during Walk Across Tennessee Program.
32 of 46 participants increased their financial management skills.
24 of 46 participants learned better how to plan their spending.
36 of 46 participants learned how education will affect the kind of job they can get.
46 of 46 participants learned how having a family can affect their lifestyle.
40 of 46 participants learned how much money it takes to get by.
42 of 46 participants learned how occupation and income will affect their lifestyle.
38 of 46 participants learned how payroll deductions are taken from gross pay.
46 of 46 participants learned how to keep a checkbook register.
46 of 46 participants learned how to write a check.
5 of 11 participants lost weight: 56 total pounds lost.
2 of 11 participants lowered their blood sugar levels six months after completing the program.
30 of 46 participants made a change in financial behavior.
10 of 46 participants made a spending plan.
18 of 46 participants made changes to their future plans.
5 of 11 participants maintained their walking/exercise routine six months after completing the program.
13 of 16 participants now eat more fruit.
9 of 16 participants now eat more vegetables.
10 of 12 participants plan to regularly check their blood sugar as requested by their doctor.
11 of 12 participants plan to use the Healthy Plate Method.
16 of 46 participants planned to change their career goals.
32 of 46 participants planned to get more education after high school.
14 of 16 participants refrigerate perishable foods within two hours.
27 of 27 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
26 of 27 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
14 of 16 participants refrigerate perishable foods within two hours.
12 of 12 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
47 of 74 participants who increased their intake of dairy foods.
5 of 16 participants who now select foods and beverages that promote healthy weight.
14 of 26 participants will continue to exercise after the Walk Across Tennessee Program.
12 of 46 participants worked toward new savings or investment goals.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
17 of 17 respondents plan to decrease exposure of their children to parental conflict.
17 of 17 respondents report understanding the importance of working together for the sakes of their children.
52 of 58 students increased amount of time in physical activity.
31 of 58 students who increased their intake of whole grains.
64 of 78 youth now wash hands more often.
17 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
85 participants walked in the Walk Across Tennessee Program.
0 producers planted 0 acres with clover for an increased production valued at $FRM.
88 producers planted 1068 acres with warm-season grasses for an added value of $FRM.
116 producers sprayed 1208 acres for broadleaf weed control for an increased production valued at $FRM.
172 producers stockpiled 660 acres of tall fescue, reducing feeding cost by $FRM.
1 schools adopted this program.
11 teams participated in the Walk Across Tennessee Program.
396 youth are better able to understand and follow directions.
144 youth break goals down into steps so they can check their progress.
324 youth can express ideas with a poster, exhibit or other display.
426 youth can now share their ideas through writing.
222 youth can use technology to help themselves express ideas.
184 youth have a goal set for their job or career.
408 youth have learned at least five jobs in which communication skills are important.
184 youth have set a goal for their job or career.
366 youth now get information about a problem.
148 youth now report that they make a decision by thinking about what a person of good character would do.
152 youth now report that they use more than one source of information in making choices.
160 youth now report that they use standards in making choices.
152 youth now report they consider the risks of their choices.
164 youth now report they think about the truthfulness of sources of information when making choices.
168 youth now set high goals that require work to achieve them.
180 youth now work to achieve their goals.
88 youth put their goals in writing.
176 youth report that they now achieve goals they set for themselves.
96 youth set deadlines to achieve their goals.
104 youth set high goals.
132 youth try to get as much assistance as they can when working toward their goal.
156 youth who are now making plans to achieve their goals.
60 youth who have put their goal(s) in writing.
172 youth who keep trying if they do not achieve their goal the first time.
648 youth who report that they have learned that some choices are better than others.
630 youth who report they can make a decision.
576 youth who report they now listen to people with more experience than themselves.
378 youth who report they now try to identify what causes a problem.
140 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Hardeman County

01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
### Direct Methods for Extension Personnel

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<tr>
<th>Method</th>
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<tr>
<td>Client Visits to Extension Office:</td>
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<td>Group Meetings / Demonstrations:</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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<td><strong>Total:</strong></td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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<td>Female Adult</td>
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<td>1069</td>
<td>44</td>
<td>106</td>
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### Volunteer Hours

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Total: 463

Volunteers Who Served

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<tr>
<td>TV Program(s)</td>
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Contacts by Volunteers

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<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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<tr>
<td>Female Adult</td>
<td>213</td>
<td>68</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>283</td>
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<tr>
<td>Female Youth</td>
<td>197</td>
<td>120</td>
<td>5</td>
<td>2</td>
<td>0</td>
<td>324</td>
</tr>
<tr>
<td>Male Adult</td>
<td>98</td>
<td>22</td>
<td>0</td>
<td>0</td>
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<td>Male Youth</td>
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<td>4</td>
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<td><strong>341</strong></td>
<td><strong>9</strong></td>
<td><strong>6</strong></td>
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</table>

Units Reporting Program Activity

Hardeman County

All 2010 Outcomes (entire year)

- 4 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
- 2 consumers implemented water-wise gardening practices to conserve and protect water quality.
- 22 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 12 consumers learned how to apply landscape fertilizers and pesticides safely.
- 12 consumers learned how to conserve and protect water quality in the landscape.
- 22 consumers learned how to properly take a soil test and interpret the results.
8 consumers practiced best management practices relating to proper pruning and tree maintenance.
22 consumers used the results of their soil test to properly amend their soil.
0 existing small businesses who are now operating with a business plan.
2 home lawn insect, disease and weed samples submitted for identification and control recommendations.
4 home lawn soil samples submitted for testing.
2 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
1 homeowners established new turfgrass species and varieties.
0 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
8 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
12 Master Gardeners gained knowledge and confidence in entomology.
12 Master Gardeners gained knowledge and confidence in integrated pest management.
12 Master Gardeners gained knowledge and confidence in ornamentals.
12 Master Gardeners gained knowledge and confidence in plant diseases.
12 Master Gardeners gained knowledge and confidence in soils.
0 Master Gardeners gained knowledge and confidence in turfgrass.
4 Master Gardeners have used the knowledge and skills they learned in this program to assist 4 people in turf selection or management.
6 Master Gardeners have used the knowledge and skills they learned in this program to assist 6 people to control pests through integrated pest management.
4 Master Gardeners have used the knowledge and skills they learned in this program to assist 4 people to identify pests and/or the damage they cause.
4 Master Gardeners have used the knowledge and skills they learned in this program to assist 4 people to identify symptoms of plant disease.
6 Master Gardeners have used the knowledge and skills they learned in this program to assist 6 people to improve soil through soil test results.
0 of 0 better understood their parents' concerns about money.
4 of 4 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
12 of 12 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
22 of 20 fruit and/or vegetable producers adopted IPM.
0 of 0 fruit and/or vegetable producers completed a food safety plan for their farm.
12 of 16 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
0 of 0 fruit and/or vegetable producers who began the transition to USDA certified organic production.
4 of 4 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
16 of 16 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
0 of 0 homeowners increased their knowledge of fire ant management.
0 of 0 landscape and nursery participants increased their knowledge of fire ant management.
104 of 172 participants better understood their parent's concerns about money.
112 of 172 participants felt more strongly that they needed to get a good education.
116 of 172 participants felt more strongly that they needed to pay attention to their financial future.
120 of 172 participants increased their financial management skills.
130 of 172 participants learned better how to plan their spending.
104 of 172 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
106 of 172 participants learned how much money it takes to get by.
128 of 172 participants learned how occupation and income will affect their lifestyle.
68 of 172 participants learned how payroll deductions are taken from gross pay.
110 of 172 participants learned how to keep a checkbook register.
132 of 172 participants learned how to write a check.
66 of 172 participants made changes to their future plans.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
30 of 172 participants planned to change their career goals.
112 of 172 participants planned to get more education after high school.
8 small business owners who increase income and quality of living.
140 youth can analyze the results of a scientific investigation.
180 youth can ask a question that can be answered by collecting data.
4 youth can challenge policies through petitions, presentations or other positive ways.
126 youth can deal with their nervousness when giving a speech or talk.
144 youth can design a scientific procedure to answer a question.
126 youth can explain an idea to others.
66 youth can give an informative speech or presentation.
16 youth can now prepare and deliver a five-minute speech.
148 youth can record data accurately.
126 youth can select a topic for a speech or talk.
80 youth can show enthusiasm when giving a speech or presentation.
126 youth can speak loudly enough to be heard when giving a speech or talk.
164 youth can use specific scientific knowledge to form a question.
126 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
116 youth give a 2-3 minute speech or presentation.
116 youth know how to organize the parts of a speech or presentation.
0 youth now get information about a problem.
0 youth report that they have developed confidence to speak in front of groups.
4 youth report they are now "accomplished public speakers."
6 youth report they can give an impromptu speech.
2 youth report they can now express their opinions in speeches or presentations.
0 youth who report that they have learned that some choices are better than others.
0 youth who report they can make a decision.
0 youth who report they now listen to people with more experience than themselves.
0 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Hardin County

01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
Direct Methods for Extension Personnel

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<th>Contacts Reached</th>
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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

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### Volunteers Who Served

#### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

**Hardin County**

**All 2010 Outcomes (entire year)**

- 12 classrooms adopted this program.
- 8069 miles were walked in the Walk Across Tennessee Program.
- 0 now can create on-screen (multi-media) presentations.
- 0 of 0 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.
0 of 0 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)
30 of 32 adults wash hands more often.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
0 of 0 parents/caregivers learned about issues related to stages of child development.
0 of 0 parents/caregivers report an increase in use of appropriate child guidance techniques.
0 of 0 parents/caregivers report an increase in use of positive communication techniques with their children.
0 of 0 parents/caregivers report feeling better about their abilities as parents.
0 of 0 parents/caregivers report feeling less stressed as parents.
0 of 0 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
0 of 0 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
0 of 0 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.
5 of 5 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
5 of 5 participants are confident they can better manage their diabetes as a result of participating in this program.
3 of 5 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
3 of 5 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
22 of 28 participants are more physically active six months after completing the program.
4 of 5 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
4 of 5 participants are regularly checking their blood sugar six months after completing the program.
4 of 5 participants are using the Healthy Plate Method six months after completing the program.
23 of 32 participants ate more whole grains.
27 of 28 participants can apply joint protection techniques.
5 of 9 participants can better control their chronic disease as a result of participating in the program.
5 of 5 participants can choose foods that do not cause a sharp rise in blood sugar.
16 of 28 participants can use relaxation techniques to better manage their arthritis symptoms.
217 of 265 participants decreased consumption of high-sugar foods.
17 of 32 participants eat at least six meals together as a family each week.
449 of 498 participants eat fewer high-fat foods.
118 of 265 participants eat more fat-free or low-fat dairy products.
28 of 28 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
28 of 28 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
33 of 33 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
28 of 28 participants have added exercise to their action steps for managing their arthritis.
24 of 28 participants have improved performance of daily activities six months after completing the program.
21 of 28 participants have improved their arthritis symptoms as a result of participating in this program.
22 of 28 participants have less arthritis symptoms from their arthritis six months after completing the program.
20 of 28 participants have less pain from their arthritis six months after completing the program.
24 of 28 participants have less stiffness six months after completing the program.
3 of 5 participants have reduced their A1c six months after completing the program.
22 of 28 participants improved their balance six months after completing the program.
26 of 28 participants improved their flexibility six months after completing the program.
24 of 28 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
26 of 28 participants improved their range of motion in their joints six months after completing the program.
215 of 233 participants increased physical activity.
6 of 9 participants increased their exercise routine during Walk Across Tennessee Program.
33 of 33 participants know what cancer screenings they need according to their age and gender.
0 of 0 participants lost weight: 0 total pounds lost.
242 of 265 participants now eat more fruit.
229 of 265 participants now eat more vegetables.
6 of 28 participants now take fewer medications for arthritis pain six months after completing the program.
33 of 33 participants plan to get age and gender appropriate cancer screenings.
5 of 5 participants plan to regularly check their blood sugar as requested by their doctor.
4 of 5 participants plan to use the Healthy Plate Method.
28 of 32 participants refrigerate perishable foods within two hours.
0 of 0 participants report being more aware of what activities their children are involved in
0 of 0 participants report reading more to their children than before. (Preparing Your Child for Kindergarten)
0 of 0 participants report that they have selected at least three Safe Side Adults with their children.
0 of 0 participants report their child as exhibiting decreased anxiety about the first day of school. (Preparing Your Child for Kindergarten)
25 of 32 participants seperate raw, cooked and ready-to-eat foods while storing and preparing.
12 of 32 participants surveyed used a thermometer to check the internal temperature of food.
13 of 32 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
6 of 28 participants take fewer medications for arthritis symptoms six months after completing the program.
0 of 0 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)
5 of 5 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
24 of 28 participants understand that arthritis is a chronic disease that they can control with self-management techniques.

33 of 33 participants understand that cancer screening and early detection can save their life.

24 of 28 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.

28 of 28 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.

33 of 33 participants understand women age 40 and older should have a mammogram.

33 of 33 participants understand women of all ages need a Pap test.

425 of 498 participants who increased their intake of dairy foods.

21 of 32 participants who now select foods and beverages that promote healthy weight.

26 of 28 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.

9 of 9 participants will continue to exercise after the Walk Across Tennessee Program.

24 of 32 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

6 of 6 providers had increased knowledge of the workshop(s) topics.

0 of 0 respondents plan to decrease exposure of their children to parental conflict.

0 of 0 respondents report understanding the importance of working together for the sakes of their children.

215 of 233 students increased amount of time in physical activity.

204 of 233 students who increased their intake of whole grains.

225 of 233 youth now wash hands more often.

0 parents/caregivers learned effective communication techniques to use with their children.

0 parents/caregivers learned strategies for dealing with parenting stress.

136 participants walked in the Walk Across Tennessee Program.

6 schools adopted this program.

17 teams participated in the Walk Across Tennessee Program.

6 times TEAM UP exchanged ideas or shared information.

3 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.

53 youth are better able to understand and follow directions.

54 youth are now better listeners.

42 youth break goals down into steps so they can check their progress.

0 youth can challenge policies through petitions, presentations or other positive ways.

42 youth can deal with their nervousness when giving a speech or talk.

50 youth can explain an idea to others.

12 youth can express ideas with a poster, exhibit or other display.

20 youth can give an informative speech or presentation.

6 youth can now prepare and deliver a five-minute speech.

48 youth can now share their ideas through writing.

40 youth can select a topic for a speech or talk.

15 youth can show enthusiasm when giving a speech or presentation.

39 youth can speak loudly enough to be heard when giving a speech or talk.

5 youth can use technology to help themselves express ideas.

51 youth feel comfortable sharing their thoughts and feelings in a speech or talk.

23 youth give a 2-3 minute speech or presentation.

21 youth have explored careers in communications.

4 youth have knowledge of careers in the communications field.

47 youth have learned at least five jobs in which communication skills are important.

41 youth have set a goal for their job or career.
6 youth know how to organize the parts of a speech or presentation.
0 youth now communicate through a website.
41 youth now get information about a problem.
52 youth now set high goals that require work to achieve them.
53 youth now work to achieve their goals.
31 youth put their goals in writing.
44 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
17 youth report that they have developed confidence to speak in front of groups.
35 youth report that they now achieve goals they set for themselves.
2 youth report they are now "accomplished public speakers."
35 youth report they can give an impromptu speech.
4 youth report they can now express their opinions in speeches or presentations.
8 youth report they can now keep records.
0 youth report they have improved photography skills.
16 youth report they have learned skills in visual communications.
54 youth set high goals.
0 youth use parliamentary procedure to run a meeting.
47 youth who are now making plans to achieve their goals.
37 youth who have put their goal(s) in writing.
55 youth who report that they have learned that some choices are better than others.
55 youth who report they can make a decision.
55 youth who report they now listen to people with more experience than themselves.
55 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Hawkins County

01/01/2010 to 12/31/2010

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<th>Method</th>
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<tr>
<td>Client Visits to Extension Office:</td>
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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>Group Meetings / Demonstrations:</td>
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Extension Personnel Hours

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http://super.tennessee.edu/reports/by_unit_roll_up.asp
### On-Site Visits (Farm, Home, and Workplace):

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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

### Indirect Methods for Volunteers

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**Units Reporting Program Activity**

**Hawkins County**

**All 2010 Outcomes (entire year)**

18 4-H volunteers utilized volunteer position descriptions.

190 are concerned about problems in their community.

307 beef producers sold 6094 calves managed according to BQA guidelines to increase returns by $FRM.

36 beef producers stored 12700 large, round bales under some type of cover to increase returns by $FRM.

35 beef producers utilized bulls with greater genetic potential to produce 1748 head of calves to increase returns by $FRM.

36 beef producers utilized hay feeding rings to feed 8745 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

510 beef producers utilized improved marketing methods to market 9926 head of calves to increase returns by $FRM.

83 dial-gauge lids were tested.

5 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

10 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.

5 new 4-H volunteers were recruited this year.
180 now feel a sense of responsibility toward their school and community.
180 now have a sense of pride about their school and community.
11 of 11 better understood basic insurance needs.
1968 of 1296 better understood their parents' concerns about money.
16 of 40 made a change in career or educational goals.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
0 of 0 parents/caregivers learned about issues related to stages of child development.
11 of 11 participants became more aware of the importance of starting to save and invest early in life.
16 of 40 participants began or increased savings an average of $ 50 per month.
11 of 11 participants better understood employer benefits.
1190 of 1296 participants better understood their parent's concerns about money.
14 of 40 participants communicated with other family members about financial matters.
1040 of 1296 participants felt more strongly that they needed to get a good education.
936 of 1296 participants felt more strongly that they needed to pay attention to their financial future.
12 of 40 participants followed a spending plan.
11 of 11 participants gained skill in making a spending plan.
11 of 11 participants identified ways to avoid being victimized by predatory practices or fraud.
1183 of 1307 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
1160 of 1296 participants learned better how to plan their spending.
6 of 6 participants learned culinary skills.
1130 of 1296 participants learned how education will affect the kind of job they can get.
1170 of 1296 participants learned how having a family can affect their lifestyle.
1250 of 1296 participants learned how much money it takes to get by.
1220 of 1296 participants learned how occupation and income will affect their lifestyle.
970 of 1296 participants learned how payroll deductions are taken from gross pay.
980 of 1296 participants learned how to keep a checkbook register.
850 of 1296 participants learned how to write a check.
0 of 0 participants learned the difference between wants and needs.
18 of 40 participants made a change in financial behavior.
10 of 40 participants made a spending plan.
450 of 1296 participants made changes to their future plans.
500 of 1296 participants planned to change their career goals.
1050 of 1296 participants planned to get more education after high school.
0 of 0 participants surveyed canned pickles following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
0 of 0 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)
24 of 40 participants talked about financial goals with their parents or others.
0 of 0 participants understand how to reconcile a checking account.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
20 of 40 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
485 of 543 respondents plan to decrease exposure of their children to parental conflict.
510 of 543 respondents report understanding the importance of working together for the sakes of their children.
526 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
0 participants process high-acid foods in a water bath canner.
25 producers planted 1195 acres with clover for an increased production valued at $FRM.
11 producers planted 161 acres with warm-season grasses for an added value of $FRM.
33 producers sprayed 1593 acres for broadleaf weed control for an increased production valued at $FRM.
20 producers stockpiled 1088 acres of tall fescue, reducing feeding cost by $FRM.
20 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
20 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
20 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
10 tobacco producers increased their knowledge of training workers and pesticide handlers including the areas of pre-harvest intervals, restricted entry intervals and worker protection standards.
15 volunteer leaders increased their knowledge of positive youth development.
150 would assist with or participate in elections, voting and campaigns.
260 youth believe that people working together can help others less fortunate.
180 youth can conduct a meeting.
190 youth now report they are concerned about the well-being of others.
190 youth report that they are now comfortable being a group leader.
238 youth report that they can now cooperate and work in a group.
200 youth report that they can now give clear directions.
236 youth report that they know how to set goals and they use that ability when leading a group.
240 youth report that they learned about important leaders who contributed to our nation.
240 youth report that they make sure everyone gets an opportunity to say what they think.
200 youth report that they now like to work with others and help them reach their goals.
246 youth report that they take their jobs seriously as members of a committee.
250 youth report that when in charge of a group, they treat everyone fairly and equally.
192 youth report using enthusiasm to get a group working.
244 youth think they can make a big difference in their community by helping others.
222 youth understand how community leaders are elected to office.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Haywood County

01/01/2010 to 12/31/2010
### Extension Personnel Hours

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<th>Contacts Reached</th>
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<td>10942.5</td>
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### Direct Methods for Extension Personnel

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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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Volunteer Hours

| All | Total | 4903 |

Volunteers Who Served

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<td>Publication(s):</td>
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<td>Radio Program(s):</td>
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<td>TV Program(s):</td>
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Contacts by Volunteers

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<td>0</td>
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<tr>
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**Units Reporting Program Activity**

Haywood County

**All 2010 Outcomes (entire year)**

Producers increased yield by 8 bushels by selecting top yielding varieties on 24150 acres of soybeans, earning an extra $FRM.
Producers increased yield by 222 pounds by selecting top yielding varieties on 38760 acres of cotton, earning an extra $FRM.

64580 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.

0 acres of cotton scouted by a UT-trained scout to help make crop management decisions.

22450 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.

0 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

143 African-American landowners developed estate plans to reduce the financial and legal risks farm family businesses face as they transition between generations.

193 African-American landowners developed farm management plans.

329 African-American landowners increased their knowledge of property rights and responsibilities.

44 classrooms adopted this program.

47 consumers learned about plant selection and proper planting to save money and time in the landscape.

31 consumers learned how to apply landscape fertilizers and pesticides safely.

56 consumers learned how to conserve and protect water quality in the landscape.

22 consumers learned how to properly take a soil test and interpret the results.

41 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).

41 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

0 cotton producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

44 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

11 farm families evaluated new farm enterprises and value added activities.

0 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.

57 home lawn insect, disease and weed samples submitted for identification and control recommendations.

36 home lawn soil samples submitted for testing.

11 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.

4 homeowners established new turfgrass species and varieties.

4 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.

34 Master Gardeners gained knowledge and confidence in entomology.

31 Master Gardeners gained knowledge and confidence in integrated pest management.

34 Master Gardeners gained knowledge and confidence in ornamentals.

34 Master Gardeners gained knowledge and confidence in plant diseases.

33 Master Gardeners gained knowledge and confidence in soils.

21 Master Gardeners gained knowledge and confidence in turfgrass.

3961 miles were walked in the Walk Across Tennessee Program.

100 of 100 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)

100 of 100 adolescents learned about the consequences of risky behaviors which could result in being arrested.

50 of 100 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)

58 of 100 adolescents surveyed reported that they developed the skills to generate a healthy discussion within their family about sexuality, values, feelings and decision-making.
100 of 100 adolescents surveyed reported that they learned the risks related to early sexual activity.
70 of 100 adults wash hands more often.
207 of 234 better understood credit reporting and scoring.
0 of 0 better understood their parents' concerns about money.
23 of 35 homeowners increased their knowledge of fire ant management.
6 of 6 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
66 of 100 parents surveyed reported that they developed the skills to generate a healthy discussion within their family about sexuality, values, feelings and decision-making.
80 of 100 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
80 of 100 parents/caregivers learned about issues related to stages of child development.
213 of 234 participants analyzed their readiness for home ownership.
10 of 10 participants are confident they can better manage their diabetes as a result of participating in this program.
30 of 100 participants ate more whole grains.
0 of 0 participants better understood their parents' concerns about money.
7 of 25 participants can apply joint protection techniques.
55 of 151 participants can better control their chronic disease as a result of participating in the program.
9 of 10 participants can choose foods that do not cause a sharp rise in blood sugar.
20 of 25 participants can use relaxation techniques to better manage their arthritis symptoms.
0 of 0 participants committed to setting up a family spending plan with their future partner.
0 of 0 participants committed to spending more time talking to their future partner without distractions.
0 of 0 participants committed to talk to and listen to each other about their child-rearing practices/beliefs.
0 of 0 participants committed to trying to understand their future partner's perspective when having a disagreement.
92 of 296 participants decreased consumption of high-sugar foods.
0 of 0 participants decreased their blood pressure six months after completing the program.
0 of 0 participants decreased their cholesterol levels six months after completing the program.
213 of 234 participants determined how much they could pay for a home.
108 of 296 participants eat fewer high-fat foods.
50 of 100 participants eat more fat-free or low-fat dairy products.
15 of 25 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
20 of 25 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
0 of 0 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
195 of 234 participants gained better understanding of the mortgage process.
234 of 234 participants gained skill in determining their net worth.
153 of 234 participants gained skill in making a spending plan.
192 of 234 participants gained skill in shopping for a home.
7 of 25 participants have added exercise to their action steps for managing their arthritis.
10 of 25 participants have improved their arthritis symptoms as a result of participating in this program.
0 of 0 participants improved their scores from pre- to post-test after completing the class.
50 of 100 participants increased physical activity.
140 of 151 participants increased their exercise routine during Walk Across Tennessee Program.
198 of 234 participants increased their financial management skills.
0 of 0 participants learned better how to plan their spending.
131 of 131 participants learned culinary skills.
0 of 0 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
0 of 0 participants learned how payroll deductions are taken from gross pay.
0 of 0 participants learned how to keep a checkbook register.
0 of 0 participants learned how to write a check.
80 of 151 participants lost weight: 250 total pounds lost.
0 of 0 participants lowered their blood sugar levels six months after completing the program.
0 of 0 participants made changes to their future plans.
0 of 0 participants maintained their walking/exercise routine six months after completing the program.
60 of 100 participants now eat more fruit.
60 of 100 participants now eat more vegetables.
8 of 10 participants plan to regularly check their blood sugar as requested by their doctor.
4 of 10 participants plan to use the Healthy Plate Method.
0 of 0 participants planned to change their career goals.
0 of 0 participants planned to get more education after high school.
51 of 234 participants purchased a home.
70 of 100 participants refrigerate perishable foods within two hours.
70 of 100 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
230 of 230 participants successfully completed educational requirements for post-filing bankruptcy education.
2 of 2 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
20 of 100 participants surveyed used a thermometer to check the internal temperature of food.
20 of 100 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
10 of 10 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
22 of 25 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
22 of 25 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
25 of 25 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
6 of 6 participants use healthy food preparation techniques.
136 of 296 participants who increased their intake of dairy foods.
50 of 100 participants who now select foods and beverages that promote healthy weight.
7 of 25 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
80 of 151 participants will continue to exercise after the Walk Across Tennessee Program.
0 of 0 participants chose fast foods or take-out foods less often.
90 of 90 providers had increased knowledge of the workshop(s) topics.
40 of 40 respondents improved knowledge of how divorce impacts children by age/stage of development.
30 of 40 respondents learned effective communication techniques.
20 of 80 respondents plan to decrease exposure of their children to parental conflict.
72 of 80 respondents report understanding the importance of working together for the sakes of their children.
36 of 40 respondents reported a decrease in level of resentment at being required to attend the parenting class from pre- to post-class.
204 of 296 students increased amount of time in physical activity.
168 of 296 students who increased their intake of whole grains.
980 of 1100 youth now wash hands more often.
70 parents/caregivers learned effective communication techniques to use with their children.
100 parents/caregivers learned strategies for dealing with parenting stress.
151 participants walked in the Walk Across Tennessee Program.
4 schools adopted this program.
31 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
31 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
0 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
33 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
18 teams participated in the Walk Across Tennessee Program.
450 youth break goals down into steps so they can check their progress.
342 youth can analyze the results of a scientific investigation.
314 youth can ask a question that can be answered by collecting data.
118 youth can communicate a scientific procedure to others.
168 youth can correctly classify most foods using the MyPyramid guidelines.
96 youth can create a display to communicate scientific data and observations.
92 youth can deal with their nervousness when giving a speech or talk.
290 youth can design a scientific procedure to answer a question.
104 youth can explain an idea to others.
84 youth can give an informative speech or presentation.
184 youth can now read and compare the nutrition labels of snack foods they like to eat.
312 youth can record data accurately.
100 youth can select a topic for a speech or talk.
100 youth can show enthusiasm when giving a speech or presentation.
112 youth can speak loudly enough to be heard when giving a speech or talk.
90 youth can use data to create a graph for presentation to others.
0 youth can use models to explain scientific results.
0 youth can use science terms to share scientific results.
382 youth can use specific scientific knowledge to form a question.
0 youth can use the results of their investigation to answer the question they had asked.
64 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
70 youth give a 2-3 minute speech or presentation.
82 youth know how to organize the parts of a speech or presentation.
168 youth now eat more whole grain breads and cereals.
92 youth now limit the amount of high-sugar snack foods they eat.
240 youth now realize they need to eat breakfast everyday.
128 youth now select 100% fruit juice, water or milk instead of soft drinks.
108 youth now select lower fat foods instead of higher fat foods.
140 youth now think about their food choices and how those choices affect their health.
216 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
600 youth now work to achieve their goals.
266 youth put their goals in writing.
88 youth report that they have developed confidence to speak in front of groups.
494 youth set high goals.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Henderson County

01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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<td>Group Meetings / Demonstrations:</td>
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<tr>
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<tr>
<td>Publication(s):</td>
</tr>
<tr>
<td>Radio Program(s):</td>
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### TV Program(s)

| TV Program(s) | 0 | 0 | Total: 348 | 490696 |

### Contacts by Extension Personnel

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<td>Male Youth</td>
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<td>284</td>
<td>64</td>
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### Volunteer Hours

|                | All: 1365                    | Total: 1365                  |

### Volunteers Who Served

#### Indirect Methods for Volunteers

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### Contacts by Volunteers

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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
## Units Reporting Program Activity

**Henderson County**

### All 2010 Outcomes (entire year)

- 8 4-H clubs were met by volunteers.
- 48 4-H judging teams were coached by volunteers.
- 16 4-H project groups were met by volunteers.
- 0 beef producers sold 0 calves managed according to BQA guidelines to increase returns by $FRM.
- 0 beef producers stored 0 large, round bales under some type of cover to increase returns by $FRM.
- 0 beef producers utilized bulls with greater genetic potential to produce 0 head of calves to increase returns by $FRM.
- 0 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 0 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.
- 10 classrooms adopted this program.
- 0 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 48 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 0 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
- 64 of 72 adults wash hands more often.
- 76 of 76 better understood basic insurance needs.
- 0 of 0 better understood credit reporting and scoring.
- 830 of 1592 better understood their parents' concerns about money.
- 2 of 2 checked their credit report.
- 2 of 2 gained skill in evaluating their housing options.
- 2862 of 2870 identified ways to reduce spending.
- 14 of 18 learned better how to communicate with creditors.
- 48 of 48 learned how to better manage stress caused by financial issues.
- 82 of 82 learned how to prepare a grab and go bag in case of an emergency home evacuation.
- 50 of 54 learned how to properly maintain and store household financial records.
- 14 of 18 learned who to pay first if they can't pay everything.
- 0 of 0 made a change in career or educational goals.
- 0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)

### Table

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<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Number of Attendees</th>
<th>Number of Volunteers</th>
<th>Number of Projects</th>
<th>Number of Teams</th>
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<td>42</td>
<td>10</td>
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</table>
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
10 of 10 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
16 of 16 parents/caregivers learned about issues related to stages of child development.
0 of 0 parents/caregivers report an increase in use of appropriate child guidance techniques.
0 of 0 parents/caregivers report an increase in use of positive communication techniques with their children.
0 of 0 parents/caregivers report feeling better about their abilities as parents.
0 of 0 parents/caregivers report feeling less stressed as parents.
0 of 0 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
0 of 0 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
0 of 0 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)
2 of 2 participants analyzed their readiness for home ownership.
70 of 80 participants ate more whole grains.
3518 of 3518 participants became more aware of the importance of starting to save and invest early in life.
2 of 2 participants began or increased savings an average of $0 per month.
1300 of 1300 participants better understood employer benefits.
14 of 18 participants better understood the difference between pre-tax and after-tax investments.
792 of 1626 participants better understood their parent's concerns about money.
6 of 8 participants can apply joint protection techniques.
8 of 8 participants can use relaxation techniques to better manage their arthritis symptoms.
40 of 74 participants communicated with other family members about financial matters.
434 of 476 participants decreased consumption of high-sugar foods.
2 of 2 participants determined how much they could pay for a home.
12 of 20 participants determined how to better balance their investments among pre-tax and after-tax options.
46 of 54 participants eat at least six meals together as a family each week.
226 of 316 participants eat fewer high-fat foods.
38 of 48 participants eat more fat-free or low-fat dairy products.
6 of 6 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
379 of 379 participants feel confident they know what to do in case of a poisoning.
564 of 572 participants felt more confident that they could build wealth.
768 of 1542 participants felt more strongly that they needed to get a good education.
884 of 1542 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
2 of 2 participants followed a spending plan.
2 of 2 participants gained better understanding of the mortgage process.
14 of 18 participants gained skill in determining their net worth.
550 of 570 participants gained skill in making a spending plan.
6 of 6 participants have improved their arthritis symptoms as a result of participating in this program.
0 of 0 participants have less arthritis symptoms from their arthritis six months after completing the program.
14 of 14 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants improved their balance six months after completing the program.
0 of 0 participants improved their flexibility six months after completing the program.
0 of 0 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
0 of 0 participants improved their range of motion in their joints six months after completing the program.
24 of 48 participants increased physical activity.
6242 of 6918 participants increased their financial management skills.
14 of 20 participants kept a record of spending.
884 of 1542 participants learned better how to plan their spending.
2348 of 3150 participants learned how education will affect the kind of job they can get.
1050 of 1768 participants learned how having a family can affect their lifestyle.
848 of 1542 participants learned how much money it takes to get by.
824 of 1592 participants learned how occupation and income will affect their lifestyle.
532 of 1542 participants learned how payroll deductions are taken from gross pay.
732 of 1542 participants learned how to keep a checkbook register.
970 of 1768 participants learned how to write a check.
4122 of 4122 participants learned the difference between wants and needs.
2 of 2 participants lost weight: 90 total pounds lost.
0 of 0 participants made a change in financial behavior.
10 of 18 participants made a spending plan.
352 of 1542 participants made changes to their future plans.
44 of 48 participants now eat more fruit.
40 of 48 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.
84 of 1542 participants planned to change their career goals.
596 of 1542 participants planned to get more education after high school.
2 of 2 participants reduced debt an average of $1200 per month.
8 of 16 participants refrigerate perishable foods within two hours.
6 of 12 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
12 of 310 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants successfully completed homebuyer education requirements.
0 of 0 participants surveyed change and wash sheets and towels weekly.
4 of 4 participants surveyed clean bathrooms weekly.
4 of 4 participants surveyed clean kitchens daily.
0 of 0 participants surveyed do not allow others to smoke around their children.
0 of 0 participants surveyed do not allow smoking in their home.
0 of 0 participants surveyed do not allow smoking in their vehicles.
5 of 5 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
5 of 5 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
20 of 20 participants surveyed increased their knowledge of healthy housing principles.
6 of 26 participants surveyed increased their knowledge of how to implement (design, repair, maintain) healthy housing principles.
22 of 22 participants surveyed increased their knowledge of the connections between health and housing.
22 of 22 participants surveyed increased their knowledge of the health effects of environmental tobacco smoke on children.
6 of 6 participants surveyed increased their knowledge on how regular cleaning can help reduce...
environmental health hazards.
 1 of 1 participants surveyed increased their knowledge on how to minimize their child's exposure to environmental tobacco smoke.
 22 of 22 participants surveyed increased their knowledge on safer house cleaning techniques.
 20 of 22 participants surveyed increased their knowledge on the importance of moisture control in their home.
 4 of 4 participants surveyed separate out heavily soiled work clothes and wash separately.
 2 of 12 participants surveyed used a thermometer to check the internal temperature of food.
 4 of 16 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
 0 of 0 participants take fewer medications for arthritis symptoms six months after completing the program.
 2 of 2 participants talked about financial goals with their parents or others.
 6 of 6 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
 104 of 130 participants understood the dangers of using too much credit.
 0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
 198 of 270 participants who increased their intake of dairy foods.
 6 of 16 participants who now select foods and beverages that promote healthy weight.
 50 of 50 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
 22 of 22 participants will keep medications out of the reach of children.
 15 of 17 participants will keep products in their original containers.
 17 of 17 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
 17 of 17 participants will read the label before using a product.
 18 of 36 participants worked toward new savings or investment goals.
 104 of 130 participants understood the dangers of using too much credit.
 236 of 430 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
 0 of 0 respondents plan to decrease exposure of their children to parental conflict.
 0 of 0 respondents report understanding the importance of working together for the sakes of their children.
 170 of 258 students increased amount of time in physical activity.
 132 of 258 students who increased their intake of whole grains.
 6 of 6 teachers reported preschool children in their classes were more actively engaged in physical activity.
 6 of 6 teachers reported preschool children in their classes were more willing to taste fruit.
 6 of 6 teachers reported preschool children in their classes were more willing to taste vegetables.
 6 of 6 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
 6 of 6 teachers reported using physical activities from Healthy Steps at least three times per week.
 10 of 18 tracked their spending.
 2 of 2 worked toward new savings, investment or retirement goals.
 300 of 348 youth now wash hands more often.
 0 parents/caregivers learned effective communication techniques to use with their children.
 0 parents/caregivers learned strategies for dealing with parenting stress.
 0 producers planted 0 acres with clover for an increased production valued at $FRM.
 0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
 0 producers sprayed 0 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
4 schools adopted this program.
0 tenants avoided eviction by improving their house cleaning skills.
24 youth are better able to understand and follow directions.
16 youth are now better listeners.
106 youth believe that a team can accomplish more than an individual.
116 youth believe that people working together can help others less fortunate.
0 youth break goals down into steps so they can check their progress.
100 youth can analyze the results of a scientific investigation.
114 youth can ask a question that can be answered by collecting data.
70 youth can deal with their nervousness when giving a speech or talk.
98 youth can design a scientific procedure to answer a question.
72 youth can explain an idea to others.
18 youth can express ideas with a poster, exhibit or other display.
12 youth can now share their ideas through writing.
134 youth can record data accurately.
122 youth can select a topic for a speech or talk.
68 youth can speak loudly enough to be heard when giving a speech or talk.
140 youth can use specific scientific knowledge to form a question.
12 youth can use technology to help themselves express ideas.
100 youth enjoy working with others toward a common goal.
52 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
26 youth have explored careers in communications.
10 youth have learned at least five jobs in which communication skills are important.
24 youth now get information about a problem.
6 youth now work to achieve their goals.
258 youth put their goals in writing.
50 youth report that they can now cooperate and work in a group.
0 youth report that they know how to set goals and they use that ability when leading a group.
104 youth report that they learned about important leaders who contributed to our nation.
0 youth report that they make sure everyone gets an opportunity to say what they think.
0 youth report that they take their jobs seriously as members of a committee.
0 youth report that when in charge of a group, they treat everyone fairly and equally.
0 youth report they can now keep records.
0 youth report they have improved photography skills.
4 youth report they have learned skills in visual communications.
150 youth set high goals.
110 youth think that everyone on the team is important.
128 youth think they can make a big difference in their community by helping others.
104 youth think they have something to contribute to the worth of the team.
106 youth understand how community leaders are elected to office.
96 youth understand that other ideas may be just as important as their own.
24 youth who report that they have learned that some choices are better than others.
20 youth who report they can make a decision.
10 youth who report they now listen to people with more experience than themselves.
10 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None
Activity Report for Henry County
01/01/2010 to 12/31/2010

Extension Personnel Hours

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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<tr>
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Direct Methods for Extension Personnel

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<th>Method</th>
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<tbody>
<tr>
<td>Client Visits to Extension Office:</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
<td>3221</td>
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<td>Group Meetings / Demonstrations:</td>
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<tr>
<td>On-Site Visits (Farm, Home, and Workplace):</td>
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<td>682</td>
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<td>Total:</td>
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Indirect Methods for Extension Personnel

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<tr>
<th>Method</th>
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<tr>
<td>Exhibit(s):</td>
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<td>Newspaper Article(s):</td>
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<td>Other :</td>
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<td>Publication(s):</td>
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<td>Radio Program(s):</td>
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Contacts by Extension Personnel

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<th>White/Not of Hispanic origin</th>
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<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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<tr>
<td>Female Adult</td>
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<td>426</td>
<td>143</td>
<td>120</td>
<td>123</td>
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<tr>
<td>Female Youth</td>
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<td>846</td>
<td>150</td>
<td>55</td>
<td>18</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
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<th></th>
<th>Male</th>
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**Volunteer Hours**

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**Volunteers Who Served**

### Indirect Methods for Volunteers

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<td>Other:</td>
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<td>Publication(s):</td>
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<tr>
<td>Radio Program(s):</td>
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<td>TV Program(s):</td>
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### Contacts by Volunteers

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<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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<tbody>
<tr>
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<td>99</td>
<td>20</td>
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<td>14</td>
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<tr>
<td>Female Youth</td>
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<td>10</td>
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<td>10</td>
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<td>Male Youth</td>
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<td>358</td>
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<td><strong>887</strong></td>
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<td><strong>73</strong></td>
<td><strong>62</strong></td>
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**Units Reporting Program Activity**
Henry County

All 2010 Outcomes (entire year)

Producers increased corn yield by 302588 bushels/acre by selecting top yielding varieties on 59800 acres of corn increasing their income by FRM.

Producers increased yield by 90988 bushels by selecting top yielding varieties on 79120 acres of soybeans, earning an extra FRM.

Producers increased yield by 142968 bushels by selecting top yielding varieties on 25760 acres of wheat, earning an extra FRM.

41860 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

41860 acres of corn scouted by a UT-trained scout to help make crop management decisions.

125300 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.

119 are concerned about problems in their community.

600 beef producers sold 12000 calves managed according to BQA guidelines to increase returns by FRM.

600 beef producers stored 96000 large, round bales under some type of cover to increase returns by FRM.

0 beef producers utilized bulls with greater genetic potential to produce 0 head of calves to increase returns by FRM.

132 beef producers utilized hay feeding rings to feed 48000 bales and improved feeding methods to reduce wastage/spoilage, saving FRM.

0 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by FRM.

128 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).

128 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

128 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

0 horse owners fed 0 horses according to specific nutrient requirements for each class of horse, saving FRM annually.

0 horse owners managed 0 horses using rotational grazing in their pasture management to increase forage production, saving FRM annually.

0 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 0 horses, saving FRM annually.

0 horse owners schedule routine hoof care on 0 horses, saving FRM annually.

119 now feel a sense of responsibility toward their school and community.

119 now have a sense of pride about their school and community.

0 participants now correctly deworm 0 horses, saving $ FRM this year.

76 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.

76 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.

0 producers increased their return on 0 acres by FRM by utilizing irrigation instead of dry land production.

0 producers increased their return on 0 acres by FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
75 producers planted 5500 acres with clover for an increased production valued at $FRM.
15 producers planted 350 acres with warm-season grasses for an added value of $FRM.
0 producers report a 0 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
75 producers sprayed 7500 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
71600 producers utilized UT fertility recommendations.
128 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
0 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
128 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
128 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
128 wheat producers implemented one or more wheat management practices based on data provided by UT (e.g., conservation tillage, plant population, growth retardants, IPM strategies, disease and weed control).
0 wheat producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
128 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 would assist with or participate in elections, voting and campaigns.
120 youth are better able to understand and follow directions.
143 youth believe that a team can accomplish more than an individual.
119 youth believe that people working together can help others less fortunate.
144 youth break goals down into steps so they can check their progress.
0 youth can analyze the results of a scientific investigation.
24 youth can ask a question that can be answered by collecting data.
114 youth can conduct a meeting.
1100 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
30 youth can explain an idea to others.
1100 youth can express ideas with a poster, exhibit or other display.
1100 youth can give an informative speech or presentation.
0 youth can now share their ideas through writing.
24 youth can record data accurately.
1100 youth can select a topic for a speech or talk.
0 youth can show enthusiasm when giving a speech or presentation.
0 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use specific scientific knowledge to form a question.
0 youth can use technology to help themselves express ideas.
143 youth enjoy working with others toward a common goal.
30 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1100 youth give a 2-3 minute speech or presentation.
0 youth have a goal set for their job or career.
0 youth have learned at least five jobs in which communication skills are important.
44 youth have set a goal for their job or career.
0 youth know how to organize the parts of a speech or presentation.
0 youth now get information about a problem.
540 youth now report that they can justify their decision.
540 youth now report that they have confidence making their own decisions.
0 youth now report that they make a decision by thinking about what a person of good character would do.
0 youth now report that they think about past choices when making new decisions.
130 youth now report that they use more than one source of information in making choices.
670 youth now report that they use standards in making choices.
0 youth now report that when making a decision, they think about what does the most good for the most people.
540 youth now report that when they make a decision, they think about what a person of character would do.
0 youth now report they are concerned about the well-being of others.
540 youth now report they consider the risks of their choices.
540 youth now report they think about the truthfulness of sources of information when making choices.
24 youth now set high goals that require work to achieve them.
138 youth now work to achieve their goals.
12 youth put their goals in writing.
114 youth report that they are now comfortable being a group leader.
26 youth report that they can now cooperate and work in a group.
114 youth report that they can now give clear directions.
30 youth report that they have developed confidence to speak in front of groups.
26 youth report that they know how to set goals and they use that ability when leading a group.
0 youth report that they learned about important leaders who contributed to our nation.
143 youth report that they make sure everyone gets an opportunity to say what they think.
72 youth report that they now achieve goals they set for themselves.
0 youth report that they now like to work with others and help them reach their goals.
114 youth report that they take their jobs seriously as members of a committee.
26 youth report that when in charge of a group, they treat everyone fairly and equally.
0 youth report using enthusiasm to get a group working.
0 youth set deadlines to achieve their goals.
16 youth set high goals.
143 youth think that everyone on the team is important.
119 youth think they can make a big difference in their community by helping others.
0 youth think they have something to contribute to the worth of the team.
0 youth try to get as much assistance as they can when working toward their goal.
0 youth understand how community leaders are elected to office.
143 youth understand that other ideas may be just as important as their own.
72 youth who are now making plans to achieve their goals.
0 youth who have put their goal(s) in writing.
24 youth who keep trying if they do not achieve their goal the first time.
130 youth who report that they have learned that some choices are better than others.
130 youth who report they can make a decision.
0 youth who report they now listen to people with more experience than themselves.
0 youth who report they now try to identify what causes a problem.
0 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
## Activity Report for Hickman County

### 01/01/2010 to 12/31/2010

### Extension Personnel Hours

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
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<tbody>
<tr>
<td>Client Visits to Extension Office:</td>
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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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### Direct Methods for Extension Personnel

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### Contacts by Extension Personnel

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**Volunteer Hours**

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**Volunteers Who Served**

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<tr>
<th>Indirect Methods for Volunteers</th>
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<tbody>
<tr>
<td>Method</td>
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<td>Exhibit(s):</td>
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<td>Newspaper Article(s):</td>
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<td>Other:</td>
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<td>Publication(s):</td>
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<td>Radio Program(s):</td>
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**Contacts by Volunteers**

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<td>80</td>
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**Units Reporting Program Activity**

http://super.tennessee.edu/reports/by_unit_roll_up.asp
Hickman County

All 2010 Outcomes (entire year)

134 are concerned about problems in their community.
170 beef producers sold 2470 calves managed according to BQA guidelines to increase returns by $FRM.
80 beef producers stored 15360 large, round bales under some type of cover to increase returns by $FRM.
50 beef producers utilized bulls with greater genetic potential to produce 1000 head of calves to increase returns by $FRM.
80 beef producers utilized hay feeding rings to feed 8000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
0 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.
12 classrooms adopted this program.
0 existing small businesses who are now operating with a business plan.
0 individuals who increased their entrepreneurial/business skills.
80 Master Gardeners gained knowledge and confidence in entomology.
80 Master Gardeners gained knowledge and confidence in integrated pest management.
80 Master Gardeners gained knowledge and confidence in ornamentals.
80 Master Gardeners gained knowledge and confidence in plant diseases.
80 Master Gardeners gained knowledge and confidence in soils.
80 Master Gardeners gained knowledge and confidence in turfgrass.
168 now feel a sense of responsibility toward their school and community.
166 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
0 of 0 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
8 of 8 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
62 of 62 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
62 of 62 parents/caregivers learned about issues related to stages of child development.
16 of 24 participants are more physically active six months after completing the program.
0 of 0 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.
37 of 51 participants ate more whole grains.
54 of 54 participants can apply joint protection techniques.
54 of 54 participants can use relaxation techniques to better manage their arthritis symptoms.
0 of 0 participants continued doing the MYB exercises six months after completing the program.
185 of 201 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
157 of 169 participants eat fewer high-fat foods.
17 of 19 participants eat more fat-free or low-fat dairy products.
32 of 44 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
38 of 54 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
68 of 70 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
0 of 0 participants feel confident they will continue doing the MYB routines after the MYB program ends.
36 of 44 participants have added exercise to their action steps for managing their arthritis.
16 of 24 participants have improved performance of daily activities six months after completing the program.
46 of 54 participants have improved their arthritis symptoms as a result of participating in this program.
0 of 0 participants have improved their balance.
0 of 0 participants have improved their strength.
0 of 0 participants have increased their cardiovascular fitness.
0 of 0 participants have increased their motivation to exercise.
22 of 27 participants have less arthritis symptoms from their arthritis six months after completing the program.
13 of 20 participants have less arthritis symptoms.
20 of 24 participants have less pain from their arthritis six months after completing the program.
20 of 24 participants have less stiffness six months after completing the program.
13 of 20 participants improved control of their arthritis symptoms.
15 of 20 participants improved performance of daily activities.
23 of 27 participants improved their balance six months after completing the program.
17 of 20 participants improved their balance.
23 of 27 participants improved their flexibility six months after completing the program.
17 of 20 participants improved their flexibility.
12 of 27 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
22 of 27 participants improved their range of motion in their joints six months after completing the program.
0 of 0 participants increased physical activity.
70 of 70 participants know what cancer screenings they need according to their age and gender.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants maintained their motivation to keep exercising six months after completing the program.
0 of 0 participants now eat more fruit.
17 of 19 participants now eat more vegetables.
10 of 24 participants now take fewer medications for arthritis pain six months after completing the program.
60 of 70 participants plan to get age and gender appropriate cancer screenings.
17 of 19 participants refrigerate perishable foods within two hours.
17 of 19 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
17 of 19 participants surveyed used a thermometer to check the internal temperature of food.
17 of 19 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
10 of 27 participants take fewer medications for arthritis symptoms six months after completing the program.
44 of 44 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
70 of 70 participants understand that cancer screening and early detection can save their life.
42 of 44 participants understand the different types of self-management techniques they can use to
self-manage their arthritis symptoms on a day-to-day basis.
51 of 54 participants understand the importance of being physically active as a self-management
technique for controlling arthritis symptoms.
70 of 70 participants understand women age 40 and older should have a mammogram.
70 of 70 participants understand women of all ages need a Pap test.
145 of 150 participants who increased their intake of dairy foods.
14 of 19 participants who now select foods and beverages that promote healthy weight.
40 of 44 participants will apply positive self-talk as a technique for overcoming or avoiding
depression caused from their arthritis.
10 of 32 participnats engaged in physical activity for at least 30 minutes five or more days during
most weeks.
60 of 62 respondents plan to decrease exposure of their children to parental conflict.
60 of 62 respondents report understanding the importance of working together for the sakes of their
children.
148 of 150 students increased amount of time in physical activity.
132 of 150 students who increased their intake of whole grains.
90 of 103 teachers reported preschool children in their classes were more actively engaged in physical
activity.
97 of 103 teachers reported preschool children in their classes were more willing to taste fruit.
97 of 103 teachers reported preschool children in their classes were more willing to taste vegetables.
90 of 103 teachers reported preschool children in their classes were more willing to taste whole-grain
foods.
1 of 6 teachers reported using physical activities from Healthy Steps at least three times per week.
380 of 394 youth now wash hands more often.
62 parents/caregivers learned effective communication techniques to use with their children.
62 parents/caregivers learned strategies for dealing with parenting stress.
40 producers planted 1680 acres with clover for an increased production valued at $FRM.
10 producers planted 200 acres with warm-season grasses for an added value of $FRM.
50 producers sprayed 2560 acres for broadleaf weed control for an increased production valued at
$FRM.
30 producers stockpiled 1200 acres of tall fescue, reducing feeding cost by $FRM.
29 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
52 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
62 report that because of their 4-H experiences, they will register to vote when they are eligible.
54 report that because of their 4-H service projects, they have learned about causes and issues.
52 report that because of their 4-H service projects, they know about resources in their community.
2 schools adopted this program.
0 small business owners who increase income and quality of living.
26 times TEAM UP exchanged ideas or shared information.
13 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or
program.
132 would assist with or participate in elections, voting and campaigns.
166 youth believe that a team can accomplish more than an individual.
160 youth believe that people working together can help others less fortunate.
172 youth can assist a group in deciding on team plans for reaching goals.
57 youth can challenge policies through petitions, presentations or other positive ways.
60 youth can combine and build on the ideas of others when making decisions that affect the team.
154 youth can conduct a meeting.
70 youth can deal with their nervousness when giving a speech or talk.
27 youth can effectively encourage team members to achieve long-range goals.
87 youth can explain an idea to others.
67 youth can give an informative speech or presentation.
66 youth can now prepare and deliver a five-minute speech.
87 youth can select a topic for a speech or talk.
71 youth can show enthusiasm when giving a speech or presentation.
82 youth can speak loudly enough to be heard when giving a speech or talk.
29 youth can use compromise as a way to overcome conflict with other team members.
62 youth can use effective communication as a way to overcome conflict with team members.
29 youth effectively encourage others to stay on task in a team.
164 youth enjoy working with others toward a common goal.
52 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
74 youth give a 2-3 minute speech or presentation.
160 youth have learned new skills and ways of doing things by participating in groups.
75 youth know how to organize the parts of a speech or presentation.
164 youth now encourage other team members to give their best effort.
112 youth now get information about a problem.
58 youth now report that they can justify their decision.
56 youth now report that they have confidence making their own decisions.
138 youth now report that they make a decision by thinking about what a person of good character would do.
48 youth now report that they think about past choices when making new decisions.
150 youth now report that they use more than one source of information in making choices.
118 youth now report that they use standards in making choices.
50 youth now report that they think about what does the most good for the most people.
52 youth now report that when they make a decision, they think about what a person of character would do.
174 youth now report they are concerned about the well-being of others.
128 youth now report they consider the risks of their choices.
150 youth now report they think about the truthfulness of sources of information when making choices.
168 youth now think it's important to listen to all group members before making a decision.
162 youth now want to see other team members succeed even if they achieve more than themselves.
58 youth report being able to break tough jobs down into simpler tasks.
54 youth report being able to resolve problems without losing control of their emotions.
58 youth report being sensitive to the feelings of others when discussing and solving problems.
58 youth report that they are comfortable being responsible for a group.
156 youth report that they are now comfortable being a group leader.
170 youth report that they can now cooperate and work in a group.
164 youth report that they can now give clear directions.
66 youth report that they have developed confidence to speak in front of groups.
168 youth report that they know how to set goals and they use that ability when leading a group.
134 youth report that they learned about important leaders who contributed to our nation.
154 youth report that they make sure everyone gets an opportunity to say what they think.
160 youth report that they now like to work with others and help them reach their goals.
168 youth report that they take their jobs seriously as members of a committee.
180 youth report that when in charge of a group, they treat everyone fairly and equally.
59 youth report they are now "accomplished public speakers."
47 youth report they can give an impromptu speech.
64 youth report they can now express their opinions in speeches or presentations.
150 youth report using enthusiasm to get a group working.
54 youth seek out others who can help them become a better leader.
162 youth think that everyone on the team is important.
180 youth think they can make a big difference in their community by helping others.
164 youth think they have something to contribute to the worth of the team
166 youth understand how community leaders are elected to office.
166 youth understand that other ideas may be just as important as their own.
158 youth who report that they have learned that some choices are better than others.
156 youth who report they can make a decision.
158 youth who report they now listen to people with more experience than themselves.
120 youth who report they now try to identify what causes a problem.

**Units Reporting Program Outcomes (entire year)**
None

## Activity Report for Houston County

### 01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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<tr>
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### Direct Methods for Extension Personnel

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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>Group Meetings / Demonstrations:</td>
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<tr>
<td>On-Site Visits (Farm, Home, and Workplace):</td>
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### Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

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Volunteer Hours

| All                  | 1302                         |
|                      | Total: 1302                  |

Volunteers Who Served

Indirect Methods for Volunteers

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<td>Publication(s):</td>
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Contacts by Volunteers

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http://super.tennessee.edu/reports/by_unit_roll_up.asp  3/15/2011
<table>
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### Units Reporting Program Activity

**Houston County**

**All 2010 Outcomes (entire year)**

- 150 are concerned about problems in their community.
- 84 beef producers sold 2688 calves managed according to BQA guidelines to increase returns by $FRM.
- 120 beef producers stored 18000 large, round bales under some type of cover to increase returns by $FRM.
- 50 beef producers utilized bulls with greater genetic potential to produce 1500 head of calves to increase returns by $FRM.
- 120 beef producers utilized hay feeding rings to feed 18000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 50 beef producers utilized improved marketing methods to market 3000 head of calves to increase returns by $FRM.
- 10 classrooms adopted this program.
- 150 now feel a sense of responsibility toward their school and community.
- 150 now have a sense of pride about their school and community.
- 32 of 32 adults wash hands more often.
- 0 of 0 better understood basic insurance needs.
- 0 of 0 better understood credit reporting and scoring.
- 50 of 50 better understood their parents’ concerns about money.
- 76 of 76 identified ways to reduce spending.
- 0 of 0 learned better how to communicate with creditors.
- 0 of 0 learned how to better manage stress caused by financial issues.
- 0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
- 0 of 0 learned how to properly maintain and store household financial records.
- 0 of 0 learned who to pay first if they can't pay everything.
- 14 of 14 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
- 3 of 3 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
- 14 of 14 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
- 14 of 14 parents/caregivers learned about issues related to stages of child development.
- 46 of 46 participants are confident they can better manage their diabetes as a result of participating in this program.
24 of 36 participants ate more whole grains.
0 of 0 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
0 of 0 participants better understood their parent's concerns about money.
46 of 46 participants can choose foods that do not cause a sharp rise in blood sugar.
202 of 710 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
324 of 710 participants eat fewer high-fat foods.
158 of 492 participants eat more fat-free or low-fat dairy products.
50 of 50 participants felt more strongly that they needed to get a good education.
50 of 50 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants gained skill in determining their net worth.
0 of 0 participants gained skill in making a spending plan.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
32 of 94 participants increased physical activity.
50 of 50 participants increased their financial management skills.
50 of 50 participants learned better how to plan their spending.
50 of 50 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
50 of 50 participants learned how much money it takes to get by.
50 of 50 participants learned how occupation and income will affect their lifestyle.
50 of 50 participants learned how payroll deductions are taken from gross pay.
50 of 50 participants learned how to keep a checkbook register.
50 of 50 participants learned how to write a check.
64 of 218 participants lost weight: 268 total pounds lost.
0 of 0 participants made changes to their future plans.
428 of 640 participants now eat more fruit.
548 of 604 participants now eat more vegetables.
34 of 34 participants plan to regularly check their blood sugar as requested by their doctor.
40 of 46 participants plan to use the Healthy Plate Method.
0 of 0 participants planned to change their career goals.
50 of 50 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
40 of 46 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
0 of 0 participants understood the dangers of using too much credit.
220 of 858 participants who increased their intake of dairy foods.
238 of 640 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants understood the dangers of using too much credit.
518 of 810 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
24 of 24 respondents plan to decrease exposure of their children to parental conflict.
24 of 24 respondents report understanding the importance of working together for the sakes of their children.
104 of 218 students increased amount of time in physical activity.
72 of 218 students who increased their intake of whole grains.
4 of 4 teachers reported preschool children in their classes were more actively engaged in physical activity.
4 of 4 teachers reported preschool children in their classes were more willing to taste fruit.
4 of 4 teachers reported preschool children in their classes were more willing to taste vegetables.
0 of 0 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
4 of 4 teachers reported using physical activities from Healthy Steps at least three times per week.
224 of 444 youth now wash hands more often.
24 parents/caregivers learned effective communication techniques to use with their children.
24 parents/caregivers learned strategies for dealing with parenting stress.
20 producers planted 400 acres with clover for an increased production valued at $FRM.
22 producers planted 1200 acres with warm-season grasses for an added value of $FRM.
50 producers sprayed 6000 acres for broadleaf weed control for an increased production valued at $FRM.
20 producers stockpiled 1000 acres of tall fescue, reducing feeding cost by $FRM.
4 schools adopted this program.
150 would assist with or participate in elections, voting and campaigns.
0 youth are confident they can work through a disagreement without using violence.
150 youth believe that a team can accomplish more than an individual.
150 youth believe that people working together can help others less fortunate.
0 youth believe they have the motivation, skills and perseverance to reach their life goals.
320 youth can complete projects they are proud of.
122 youth can conduct a meeting.
32 youth can deal with their nervousness when giving a speech or talk.
70 youth can explain an idea to others.
52 youth can give an informative speech or presentation.
110 youth can select a topic for a speech or talk.
40 youth can show enthusiasm when giving a speech or presentation.
82 youth can speak loudly enough to be heard when giving a speech or talk.
140 youth enjoy working with others toward a common goal.
280 youth feel comfortable asking others to help on a project.
114 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
32 youth give a 2-3 minute speech or presentation.
16 youth have confidence in their ability to make good decisions.
0 youth have made a plan for their future based on their talents, strengths, and skills.
40 youth know how to organize the parts of a speech or presentation.
238 youth like to work with others to complete projects.
166 youth now get information about a problem.
16 youth now report that they can justify their decision.
16 youth now report that they have confidence making their own decisions.
0 youth now report that they make a decision by thinking about what a person of good character would do.
16 youth now report that they think about past choices when making new decisions.
0 youth now report that they use more than one source of information in making choices.
16 youth now report that they use standards in making choices.
0 youth now report that when making a decision, they think about what does the most good for the most people.
0 youth now report that when they make a decision, they think about what a person of character would do.
150 youth now report they are concerned about the well-being of others.
0 youth now report they consider the risks of their choices.

http://super.tennessee.edu/reports/by_unit_roll_up.asp
3/15/2011
0 youth now report they think about the truthfulness of sources of information when making choices.
0 youth report finding acceptable ways to deal with stress when things bother them.
0 youth report that because of 4-H they seek new and challenging life experiences.
32 youth report that because of their 4-H experiences, they are viewed as a leader.
0 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
150 youth report that they are now comfortable being a group leader.
150 youth report that they can now cooperate and work in a group.
140 youth report that they can now give clear directions.
0 youth report that they can now identify their personal interests and strengths.
60 youth report that they have developed confidence to speak in front of groups.
294 youth report that they have learned to win and lose gracefully when participating in competitive events.
150 youth report that they know how to set goals and they use that ability when leading a group.
150 youth report that they learned about important leaders who contributed to our nation.
132 youth report that they make sure everyone gets an opportunity to say what they think.
140 youth report that they now like to work with others and help them reach their goals.
150 youth report that they take their jobs seriously as members of a committee.
130 youth report that when in charge of a group, they treat everyone fairly and equally.
0 youth report that when they disagree with someone, they can stand up for themselves without using violence.
150 youth report using enthusiasm to get a group working.
150 youth think that everyone on the team is important.
150 youth think they can make a big difference in their community by helping others.
132 youth think they have something to contribute to the worth of the team
150 youth understand how community leaders are elected to office.
134 youth understand that other ideas may be just as important as their own.
0 youth understand that they cannot always be "the best" in everything.
160 youth who report that they have learned that some choices are better than others.
166 youth who report they can make a decision.
150 youth who report they now listen to people with more experience than themselves.
150 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Humphreys County

01/01/2010 to 12/31/2010

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<thead>
<tr>
<th>Extension Personnel Hours</th>
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<tbody>
<tr>
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Direct Methods for Extension Personnel

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<tr>
<th>Number of Contacts</th>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
### Direct Methods for Extension Personnel

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<th>Method</th>
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<td>Group Meetings / Demonstrations</td>
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<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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<th>White/Not of Hispanic origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
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<td>40</td>
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### Volunteer Hours

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### Volunteers Who Served

#### Indirect Methods for Volunteers

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<td>Other:</td>
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<td>Publication(s):</td>
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<td>Radio Program(s):</td>
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<td>TV Program(s):</td>
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<td><strong>Total:</strong></td>
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#### Contacts by Volunteers

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<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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<tr>
<td>Female Adult</td>
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<td>34</td>
<td>0</td>
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<td>0</td>
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<tr>
<td>Male Adult</td>
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<td>13</td>
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<td>Male Youth</td>
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<td>0</td>
<td>0</td>
<td>59</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>393</strong></td>
<td><strong>73</strong></td>
<td><strong>2</strong></td>
<td><strong>0</strong></td>
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### Units Reporting Program Activity

**Humphreys County**

**All 2010 Outcomes (entire year)**

- 66 beef producers sold 1950 calves managed according to BQA guidelines to increase returns by $FRM.
- 55 beef producers stored 2175 large, round bales under some type of cover to increase returns by $FRM.
- 60 beef producers utilized bulls with greater genetic potential to produce 782 head of calves to increase returns by $FRM.
- 66 beef producers utilized hay feeding rings to feed 4920 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 50 beef producers utilized improved marketing methods to market 1477 head of calves to increase returns by $FRM.
- 35 consumers learned about plant selection and proper planting to save money and time in the
35 consumers learned how to apply landscape fertilizers and pesticides safely.
35 consumers learned how to conserve and protect water quality in the landscape.
35 consumers learned how to properly take a soil test and interpret the results.
4 existing small businesses who are now operating with a business plan.
26 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
26 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
75 horse owners fed 275 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
63 horse owners managed 175 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
57 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 215 horses, saving $FRM annually.
57 horse owners schedule routine hoof care on 215 horses, saving $FRM annually.
3 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
0 of 0 adults wash hands more often.
0 of 0 better understood basic insurance needs.
33 of 82 better understood credit reporting and scoring.
211 of 214 better understood their parents' concerns about money.
9 of 82 checked their credit report.
0 of 0 homeowners increased their knowledge of fire ant management.
0 of 0 identified ways to reduce spending.
0 of 0 learned better how to communicate with creditors.
0 of 0 learned how to better manage stress caused by financial issues.
17 of 19 learned how to prepare a grab and go bag in case of an emergency home evacuation.
0 of 0 learned how to properly maintain and store household financial records.
0 of 0 learned who to pay first if they can't pay everything.
38 of 46 participants are confident they can better manage their diabetes as a result of participating in this program.
133 of 218 participants ate more whole grains.
356 of 368 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $ 0 per month.
0 of 0 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
211 of 214 participants better understood their parent's concerns about money.
14 of 30 participants can choose foods that do not cause a sharp rise in blood sugar.
0 of 0 participants decreased consumption of high-sugar foods.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
0 of 0 participants eat at least six meals together as a family each week.
165 of 204 participants eat more fat-free or low-fat dairy products.
338 of 368 participants felt more confident that they could build wealth.
167 of 214 participants felt more strongly that they needed to get a good education.
185 of 214 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
0 of 0 participants followed a spending plan.
17 of 20 participants gained skill in determining their net worth.
0 of 0 participants gained skill in making a spending plan.
71 of 82 participants identified ways to avoid being victimized by predatory practices or fraud.
191 of 204 participants increased physical activity.
232 of 398 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
210 of 214 participants learned better how to plan their spending.
553 of 582 participants learned how education will affect the kind of job they can get.
213 of 214 participants learned how having a family can affect their lifestyle.
198 of 214 participants learned how much money it takes to get by.
201 of 214 participants learned how occupation and income will affect their lifestyle.
187 of 214 participants learned how payroll deductions are taken from gross pay.
213 of 214 participants learned how to keep a checkbook register.
213 of 214 participants learned how to write a check.
354 of 368 participants learned the difference between wants and needs.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants made a spending plan.
127 of 214 participants made changes to their future plans.
134 of 204 participants now eat more fruit.
110 of 204 participants now eat more vegetables.
346 of 368 participants now understand the difference between a need and a want.
12 of 30 participants plan to regularly check their blood sugar as requested by their doctor.
34 of 46 participants plan to use the Healthy Plate Method.
148 of 214 participants planned to change their career goals.
173 of 214 participants planned to get more education after high school.
0 of 0 participants reduced debt an average of $ 0 per month.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
4 of 368 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
12 of 30 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
348 of 368 participants understood the dangers of using too much credit.
0 of 0 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
348 of 368 participants understood the dangers of using too much credit.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
7 of 7 teachers reported preschool children in their classes were more actively engaged in physical activity.
7 of 7 teachers reported preschool children in their classes were more willing to taste fruit.
7 of 7 teachers reported preschool children in their classes were more willing to taste vegetables.
7 of 7 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
4 of 7 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 tracked their spending.
9 of 20 worked toward new savings, investment or retirement goals.
65 of 69 youth now wash hands more often.
57 participants now correctly deworm 215 horses, saving $ FRM this year.
30 producers planted 382 acres with clover for an increased production valued at $FRM.
25 producers planted 150 acres with warm-season grasses for an added value of $FRM.
66 producers sprayed 772 acres for broadleaf weed control for an increased production valued at $FRM.
27 producers stockpiled 453 acres of tall fescue, reducing feeding cost by $FRM.
4 small business owners who increase income and quality of living.
33 youth are better able to understand and follow directions.
62 youth break goals down into steps so they can check their progress.
13 youth can analyze the results of a scientific investigation.
18 youth can ask a question that can be answered by collecting data.
28 youth can deal with their nervousness when giving a speech or talk.
8 youth can design a scientific procedure to answer a question.
33 youth can explain an idea to others.
33 youth can express ideas with a poster, exhibit or other display.
33 youth can give an informative speech or presentation.
33 youth can now share their ideas through writing.
19 youth can record data accurately.
33 youth can select a topic for a speech or talk.
28 youth can show enthusiasm when giving a speech or presentation.
33 youth can speak loudly enough to be heard when giving a speech or talk.
7 youth can use specific scientific knowledge to form a question.
33 youth can use technology to help themselves express ideas.
25 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
579 youth give a 2-3 minute speech or presentation.
192 youth have learned at least five jobs in which communication skills are important.
186 youth have set high goals that require work to achieve them.
62 youth put their goals in writing.
28 youth who are now making plans to achieve their goals.
138 youth who have put their goal(s) in writing.
33 youth who report that they have developed confidence to speak in front of groups.
71 youth who report they now listen to people with more experience than themselves.
58 youth who report they now try to identify what causes a problem.

**Units Reporting Program Outcomes (entire year)**

None
### Activity Report for Jackson County

**01/01/2010 to 12/31/2010**

#### Extension Personnel Hours

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<tr>
<th>Method</th>
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<th>Contacts Reached</th>
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#### Direct Methods for Extension Personnel

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<td>Client Visits to Extension Office:</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
<td>165</td>
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<td>Group Meetings / Demonstrations:</td>
<td>351</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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<td><strong>Total</strong></td>
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#### Indirect Methods for Extension Personnel

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<tr>
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<td><strong>Total</strong></td>
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#### Contacts by Extension Personnel

<table>
<thead>
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<th>White/Not of Hispanic origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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<tr>
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Volunteer Hours

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Volunteers Who Served

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Contacts by Volunteers

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Units Reporting Program Activity
Jackson County

All 2010 Outcomes (entire year)

0 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

0 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

0 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.

6 horse owners fed 70 horses according to specific nutrient requirements for each class of horse, saving FRM annually.

6 horse owners managed 60 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.

4 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 12 horses, saving $FRM annually.

6 horse owners schedule routine hoof care on 26 horses, saving $FRM annually.

0 of 0 adults wash hands more often.

0 of 0 better understood their parents' concerns about money.

12 of 12 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.

0 of 0 participants ate more whole grains.

24 of 40 participants better understood their parent's concerns about money.

0 of 0 participants can apply joint protection techniques.

10 of 10 participants can use relaxation techniques to better manage their arthritis symptoms.

0 of 0 participants decreased consumption of high-sugar foods.

0 of 0 participants eat at least six meals together as a family each week.

0 of 0 participants eat fewer high-fat foods.

3 of 8 participants eat more fat-free or low-fat dairy products.

10 of 10 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

7 of 12 participants feel confident they will continue doing the MYB routines after the MYB program ends.

30 of 40 participants felt more strongly that they needed to get a good education.

34 of 40 participants felt more strongly that they needed to pay attention to their financial future.

10 of 10 participants have improved their arthritis symptoms as a result of participating in this program.

12 of 12 participants have improved their balance.

12 of 12 participants have improved their strength.

12 of 12 participants have increased their cardiovascular fitness.

12 of 12 participants have increased their motivation to exercise.

50 of 50 participants increased physical activity.

36 of 40 participants increased their financial management skills.

34 of 40 participants learned better how to plan their spending.

34 of 40 participants learned how education will affect the kind of job they can get.

36 of 40 participants learned how having a family can affect their lifestyle.

24 of 40 participants learned how much money it takes to get by.

38 of 40 participants learned how occupation and income will affect their lifestyle.

40 of 40 participants learned how payroll deductions are taken from gross pay.

40 of 40 participants learned how to keep a checkbook register.

40 of 40 participants learned how to write a check.

0 of 0 participants lost weight: 0 total pounds lost.
10 of 40 participants made changes to their future plans.
4 of 8 participants now eat more fruit.
2 of 8 participants now eat more vegetables.
10 of 40 participants planned to change their career goals.
40 of 40 participants planned to get more education after high school.
8 of 8 participants refrigerate perishable foods within two hours.
8 of 8 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
10 of 10 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
0 of 0 participants who increased their intake of dairy foods.
1 of 8 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
3 of 3 teachers reported preschool children in their classes were more actively engaged in physical activity.
3 of 3 teachers reported preschool children in their classes were more willing to taste fruit.
3 of 3 teachers reported preschool children in their classes were more willing to taste vegetables.
2 of 3 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
1 of 3 teachers reported using physical activities from Healthy Steps at least three times per week.
50 of 50 youth now wash hands more often.
2 participants now correctly deworm 2 horses, saving $ FRM this year.
5 producers planted 68 acres with clover for an increased production valued at $FRM.
1 producers planted 20 acres with warm-season grasses for an added value of $FRM.
23 producers sprayed 1376 acres for broadleaf weed control for an increased production valued at $FRM.
9 producers stockpiled 249 acres of tall fescue, reducing feeding cost by $FRM.
0 youth are better able to understand and follow directions.
9 youth break goals down into steps so they can check their progress.
109 youth can deal with their nervousness when giving a speech or talk.
110 youth can explain an idea to others.
0 youth can express ideas with a poster, exhibit or other display.
104 youth can give an informative speech or presentation.
0 youth can now share their ideas through writing.
112 youth can select a topic for a speech or talk.
90 youth can show enthusiasm when giving a speech or presentation.
99 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use technology to help themselves express ideas.
85 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
92 youth give a 2-3 minute speech or presentation.
0 youth have learned at least five jobs in which communication skills are important.
12 youth have set a goal for their job or career.
111 youth know how to organize the parts of a speech or presentation.
12 youth now set high goals that require work to achieve them.
15 youth now set high goals that require work to achieve them.
3 youth put their goals in writing.
104 youth report that they have developed confidence to speak in front of groups.
14 youth report that they now achieve goals they set for themselves.
12 youth set high goals.
12 youth who are now making plans to achieve their goals.
3 youth who have put their goal(s) in writing.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Jefferson County
01/01/2010 to 12/31/2010

Extension Personnel Hours

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

Asian or American

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### Volunteer Hours

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### Volunteers Who Served

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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
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**Units Reporting Program Activity**

**Jefferson County**

**All 2010 Outcomes (entire year)**

200 acres of burley achieving yields greater than 2,300 pounds per acre.
0 acres of dark tobacco achieving yields greater than 3,000 pounds per acre.
425 acres of tobacco produced using recommended fertility practices indicated in soil test results.
350 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
425 acres produced using registered pesticides at appropriate application rates and timings.
375 acres soil tested no more than one year before planting.
275 acres were in an appropriate rotation (no more than two years consecutively in tobacco; time in tobacco equal to or less than half the rotation).
425 acres were planted with university-tested varieties.
375 acres with field rouged, plowed or destroyed within 30 days after harvest.
4 agritourism entrepreneurs gained knowledge and skills to improve returns from their existing operation.
11 agritourism entrepreneurs gained knowledge and skills to manage risk (legal, liability, regulatory, human resources, business interruption, production, marketing and financial).
2 agritourism operators implemented new or improved strategies to manage risk.
0 agritourism operators increased net farm income through agritourism by an average of $0.
0 agritourism operators increased net farm income through agritourism by and average of $0.
18 beef producers sold 146 calves managed according to BQA guidelines to increase returns by $FRM.
125 beef producers stored 12500 large, round bales under some type of cover to increase returns by $FRM.
23 beef producers utilized bulls with greater genetic potential to produce 506 head of calves to increase returns by $FRM.
125 beef producers utilized hay feeding rings to feed 12500 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
18 beef producers utilized improved marketing methods to market 146 head of calves to increase returns by $FRM.
2 farmers and agricultural entrepreneurs have implemented improved marketing practices to increase the effectiveness of their marketing strategies.
11 farmers evaluated their potential for a new agritourism enterprise or for expanding their existing enterprise.
130 farmers, agri-entrepreneurs and community leaders increased their awareness of agritourism as an opportunity to add value to farm resources and foster rural economic development.
0 full-time and 0 part-time or seasonal jobs were created by agritourism operations.
0 full-time and 0 part-time or seasonal jobs were created by agritourism operations.
0 horse owners fed 0 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
0 horse owners managed 0 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
0 horse owners schedule routine annual health exams by a veterinarian including vaccinations and
dental care for 0 horses, saving $FRM annually.
0 horse owners schedule routine hoof care on 0 horses, saving $FRM annually.
0 of 0 adults wash hands more often.
12 of 22 farm families successfully diversified into fruit and vegetable production and marketing.
0 of 0 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
42 of 42 fruit and/or vegetable producers adopted IPM.
0 of 0 fruit and/or vegetable producers completed a food safety plan for their farm.
0 of 0 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
0 of 0 fruit and/or vegetable producers improved crop food safety by implementing a food safety plan on their farm.
42 of 42 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
40 of 41 parents/caregivers learned about issues related to stages of child development.
0 of 0 participants are better able to manage their health.
0 of 0 participants are better able to manage their living environments.
10 of 12 participants are better able to store and prepare foods to keep them safe to consume.
0 of 0 participants are more confident in relationships with family and friends.
102 of 153 participants ate more whole grains.
255 of 255 participants eat more fat-free or low-fat dairy products.
7 of 9 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
7 of 9 participants have added exercise to their action steps for managing their arthritis.
1 of 3 participants have less arthritis symptoms.
0 of 0 participants improved control of their arthritis symptoms.
0 of 0 participants improved performance of daily activities.
1 of 3 participants improved their balance.
3 of 3 participants improved their flexibility.
255 of 255 participants increased physical activity.
0 of 0 participants know better how to manage and protect their assets for a secure retirement.
264 of 269 participants now eat more fruit.
264 of 269 participants now eat more vegetables.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
8 of 9 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
0 of 0 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
0 of 0 participants understand the special nutritional needs of the elderly.
77 of 82 participants who now select foods and beverages that promote healthy weight.
9 of 9 participants will apply positive self-talk as a technique for overcoming or avoiding depression.
caused from their arthritis.

39 of 41 respondents plan to decrease exposure of their children to parental conflict.

36 of 41 respondents report understanding the importance of working together for the sakes of their children.

255 of 255 youth now wash hands more often.

39 parents/caregivers learned effective communication techniques to use with their children.

36 parents/caregivers learned strategies for dealing with parenting stress.

0 participants now correctly deworm 0 horses, saving $FRM this year.

425 pounds of burley stripped properly according to buyer specifications.

850000 pounds of total tobacco produced.

7 producers have gained knowledge about certified organic dairy production, other niche marketing opportunities and the Tennessee Agricultural Enhancement program.

10 producers have gained knowledge about the benefits of pasture and grazing for dairy cattle.

10 producers have gained knowledge about the need for production and sound financial records to manage their operations.

9 producers have gained knowledge about the opportunities associated with the use of AI and crossbreeding for dairy cattle.

3 producers have improved herds due to more AI and the use of better bulls and/or more structured crossbreeding in their herds.

0 producers have increased profits due to certified organic dairy production or some form of niche marketing.

6 producers have received cost share from the Tennessee Agricultural Enhancement program including the livestock improvement program.

77 producers planted 770 acres with clover for an increased production valued at $FRM.

1 producers planted 50 acres with warm-season grasses for an added value of $FRM.

35 producers sprayed 2200 acres for broadleaf weed control for an increased production valued at $FRM.

46 producers stockpiled 4150 acres of tall fescue, reducing feeding cost by $FRM.

5 producers that have increased profits due to better utilization of forages or grazing.

3 tobacco growers adopted worker protection standards such as training workers and handlers, proper posting of signs, pesticide recordkeeping, establishing decontamination sites, organizing worker protection information at a central location and proper care and use of Personal Protective Equipment.

17 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).

26 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.

21 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.

22 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).

4 tobacco producers increased their knowledge of training workers and pesticide handlers including the areas of pre-harvest intervals, restricted entry intervals and worker protection standards.

766 youth are better able to understand and follow directions.

769 youth can deal with their nervousness when giving a speech or talk.

893 youth can explain an idea to others.

901 youth can express ideas with a poster, exhibit or other display.

768 youth can give an informative speech or presentation.

899 youth can now share their ideas through writing.

976 youth can select a topic for a speech or talk.
677 youth can show enthusiasm when giving a speech or presentation.
779 youth can speak loudly enough to be heard when giving a speech or talk.
981 youth can use technology to help themselves express ideas.
687 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
797 youth give a 2-3 minute speech or presentation.
617 youth have learned at least five jobs in which communication skills are important.
905 youth know how to organize the parts of a speech or presentation.
876 youth report that they have developed confidence to speak in front of groups.

**Units Reporting Program Outcomes (entire year)**
None

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**Activity Report for Johnson County**

**01/01/2010 to 12/31/2010**

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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

### Indirect Methods for Volunteers

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### Contacts by Volunteers

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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
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Units Reporting Program Activity

Johnson County

All 2010 Outcomes (entire year)

42 beef producers sold 2086 calves managed according to BQA guidelines to increase returns by $FRM.
46 beef producers stored 13706 large, round bales under some type of cover to increase returns by $FRM.
38 beef producers utilized bulls with greater genetic potential to produce 1372 head of calves to increase returns by $FRM.
46 beef producers utilized hay feeding rings to feed 12990 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
26 beef producers utilized improved marketing methods to market 1160 head of calves to increase returns by $FRM.
0 of 0 adults wash hands more often.
6 of 11 better understood basic insurance needs.
882 of 973 better understood their parents’ concerns about money.
462 of 973 made a change in career or educational goals.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
18 of 20 parents/caregivers learned about issues related to stages of child development.
0 of 0 participants ate more whole grains.
8 of 11 participants became more aware of the importance of starting to save and invest early in life.
245 of 973 participants began or increased savings an average of $ 30 per month.
7 of 11 participants better understood employer benefits.
0 of 0 participants better understood their parent's concerns about money.
371 of 973 participants communicated with other family members about financial matters.
468 of 468 participants eat more fat-free or low-fat dairy products.
875 of 973 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
315 of 973 participants followed a spending plan.
5 of 11 participants gained skill in making a spending plan.
5 of 11 participants identified ways to avoid being victimized by predatory practices or fraud.

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0 of 0 participants increased physical activity.
879 of 984 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
882 of 973 participants learned better how to plan their spending.
924 of 973 participants learned how education will affect the kind of job they can get.
875 of 973 participants learned how having a family can affect their lifestyle.
861 of 973 participants learned how much money it takes to get by.
826 of 973 participants learned how occupation and income will affect their lifestyle.
833 of 973 participants learned how payroll deductions are taken from gross pay.
868 of 973 participants learned how to keep a checkbook register.
903 of 973 participants learned how to write a check.
0 of 0 participants learned the difference between wants and needs.
532 of 973 participants made a change in financial behavior.
427 of 973 participants made a spending plan.
0 of 0 participants made changes to their future plans.
788 of 944 participants now eat more fruit.
0 of 0 participants now eat more vegetables.
371 of 973 participants planned to change their career goals.
910 of 973 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
0 of 0 participants understand how to reconcile a checking account.
0 of 0 participants understood the dangers of using too much credit.
5 of 11 participants were better able to identify appropriate savings and investment options for different financial goals.
0 of 0 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
6 of 11 participants understood the dangers of using too much credit.
18 of 20 respondents plan to decrease exposure of their children to parental conflict.
17 of 20 respondents report understanding the importance of working together for the sakes of their children.
46 of 52 youth now wash hands more often.
18 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
32 producers planted 760 acres with clover for an increased production valued at $FRM.
6 producers planted 10 acres with warm-season grasses for an added value of $FRM.
26 producers sprayed 880 acres for broadleaf weed control for an increased production valued at $FRM.
14 producers stockpiled 300 acres of tall fescue, reducing feeding cost by $FRM.
2520 youth are better able to understand and follow directions.
1820 youth can deal with their nervousness when giving a speech or talk.
2660 youth can explain an idea to others.
2380 youth can express ideas with a poster, exhibit or other display.
2520 youth can give an informative speech or presentation.
2240 youth can now share their ideas through writing.
2800 youth can select a topic for a speech or talk.
2240 youth can show enthusiasm when giving a speech or presentation.
2520 youth can speak loudly enough to be heard when giving a speech or talk.
2100 youth can use technology to help themselves express ideas.
630 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
2660 youth give a 2-3 minute speech or presentation.
1470 youth have learned at least five jobs in which communication skills are important.
2660 youth have set a goal for their job or career.
2660 youth know how to organize the parts of a speech or presentation.
400 youth now get information about a problem.
2870 youth now set high goals that require work to achieve them.
2240 youth report that they have developed confidence to speak in front of groups.
2450 youth report that they now achieve goals they set for themselves.
2170 youth who are now making plans to achieve their goals.
1190 youth who have put their goal(s) in writing.
410 youth who report that they have learned that some choices are better than others.
410 youth who report they can make a decision.
300 youth who report they now listen to people with more experience than themselves.
330 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Knox County

01/01/2010 to 12/31/2010

Extension Personnel Hours

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
### Contacts by Extension Personnel

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### Volunteer Hours

**All:** 14410.48

**Total:** 14410.48

### Volunteers Who Served

### Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Knox County

All 2010 Outcomes (entire year)

3 beef producers sold 82 calves managed according to BQA guidelines to increase returns by $FRM.
7 beef producers stored 700 large, round bales under some type of cover to increase returns by $FRM.
4 beef producers utilized bulls with greater genetic potential to produce 116 head of calves to increase returns by $FRM.
4 beef producers utilized hay feeding rings to feed 425 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
3 beef producers utilized improved marketing methods to market 82 head of calves to increase returns by $FRM.
203 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
56 consumers implemented water-wise gardening practices to conserve and protect water quality.
457 consumers learned about plant selection and proper planting to save money and time in the landscape.
303 consumers learned how to apply landscape fertilizers and pesticides safely.
375 consumers learned how to conserve and protect water quality in the landscape.
365 consumers learned how to properly take a soil test and interpret the results.
309 consumers practiced best management practices relating to proper pruning and tree maintenance.
179 consumers used the results of their soil test to properly amend their soil.
21 home lawn insect, disease and weed samples submitted for identification and control recommendations.
19 home lawn soil samples submitted for testing.
19 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
7 homeowners established new turfgrass species and varieties.
23 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
152 Master Gardeners gained knowledge and confidence in entomology.

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152 Master Gardeners gained knowledge and confidence in integrated pest management.
152 Master Gardeners gained knowledge and confidence in ornamentals.
152 Master Gardeners gained knowledge and confidence in plant diseases.
152 Master Gardeners gained knowledge and confidence in soils.
152 Master Gardeners gained knowledge and confidence in turfgrass.
0 of 0 adults wash hands more often.
0 of 0 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
4 of 4 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
0 of 0 fruit and/or vegetable producers adopted IPM.
6 of 6 fruit and/or vegetable producers completed a food safety plan for their farm.
0 of 0 fruit and/or vegetable producers who began the transition to USDA certified organic production.
0 of 0 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
0 of 0 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
83 of 83 homeowners increased their knowledge of fire ant management.
0 of 0 landscape and nursery participants increased their knowledge of fire ant management.
584 of 1021 participants ate more whole grains.
26 of 26 participants compared prices to help manage their dollars.
26 of 26 participants decreased consumption of high-sugar foods.
22 of 26 participants eat at least six meals together as a family each week.
0 of 0 participants eat fewer high-fat foods.
502 of 955 participants now eat more fruit.
592 of 955 participants now eat more vegetables.
82 of 85 participants plan to use the two-step method around the home for managing fire ants.
24 of 26 participants prepared foods without adding salt.
26 of 26 participants refrigerate perishable foods within two hours.
14 of 26 participants reported their children ate breakfast more often.
26 of 26 participants run out of food before the end of the month less often.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
26 of 26 participants surveyed used a thermometer to check the internal temperature of food.
26 of 26 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
26 of 26 participants thought about healthy food choices when deciding what to feed their family.
26 of 26 participants used a list for grocery shopping.
26 of 26 participants used the food label to make healthier choices.
0 of 0 participants who increased their intake of dairy foods.
590 of 955 participants who now select foods and beverages that promote healthy weight.
26 of 26 participants who plan meals ahead of time.
8 of 52 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
8 of 82 participants plan to use the two-step method around the home for managing fire ants.
24 of 26 participants prepared foods without adding salt.
0 of 0 participants who increased their intake of dairy foods.
590 of 955 participants who now select foods and beverages that promote healthy weight.
26 of 26 participants who plan meals ahead of time.
8 of 52 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
12 of 12 teachers reported preschool children in their classes were more actively engaged in physical activity.

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3/15/2011
11 of 12 teachers reported preschool children in their classes were more willing to taste fruit.
7 of 12 teachers reported preschool children in their classes were more willing to taste vegetables.
7 of 12 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
6 of 12 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 youth now wash hands more often.
180 professionals added additional services and/or marketing practices.
0 professionals developed or made adjustment to their business plans.
0 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
0 professionals implemented recommended management practices for pest control.
259 professionals increased their knowledge of components of business plans.
371 professionals increased their knowledge of green industry services and marketing practices.
277 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
302 professionals increased their knowledge of plant pests and pest control measures.
291 professionals increased their knowledge of proper plant selection.
0 professionals practiced proper plant selection and installation practices.
400 youth are better able to understand and follow directions.
320 youth can analyze the results of a scientific investigation.
170 youth can ask a question that can be answered by collecting data.
268 youth can correctly classify most foods using the MyPyramid guidelines.
100 youth can design a scientific procedure to answer a question.
396 youth can express ideas with a poster, exhibit or other display.
160 youth can now read and compare the nutrition labels of snack foods they like to eat.
210 youth can now share their ideas through writing.
170 youth can record data accurately.
150 youth can use specific scientific knowledge to form a question.
376 youth can use technology to help themselves express ideas.
400 youth have learned at least five jobs in which communication skills are important.
400 youth now get information about a problem.
0 youth now realize they need to eat breakfast everyday.
268 youth now think about their food choices and how those choices affect their health.
0 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
290 youth who report that they have learned that some choices are better than others.
352 youth who report they can make a decision.
352 youth who report they now listen to people with more experience than themselves.
390 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Lake County

01/01/2010 to 12/31/2010

Extension Personnel Hours
### Direct Methods for Extension Personnel

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<th>Method</th>
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<th>Contacts Reached</th>
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<tr>
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<td>Group Meetings / Demonstrations:</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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<tr>
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Volunteer Hours

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Volunteers Who Served

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Contacts by Volunteers

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Units Reporting Program Activity

Lake County

**All 2010 Outcomes (entire year)**

- Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 15456 acres of corn increasing their income by FRM.
- Producers increased yield by 2 bushels by selecting top yielding varieties on 112240 acres of soybeans, earning an extra $FRM.
- Producers increased yield by 10 bushels by selecting top yielding varieties on 18952 acres of wheat, earning an extra $FRM.
- 6290 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
- 0 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 33132 acres were planted and managed using GPS technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
- 14 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
- 0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

http://super.tennessee.edu/reports/by_unit_roll_up.asp
14 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
4 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
0 cotton producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
4 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 producers increased their return on 0 acres by $FRM by utilizing irrigation instead of dry land production.
0 producers increased their return on 0 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
8 producers report a 12% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
8 producers utilized UT fertility recommendations.
20 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
0 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
20 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
8 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
8 wheat producers implemented one or more wheat management practices based on data provided by UT (e.g., conservation tillage, plant population, growth retardants, IPM strategies, disease and weed control).
0 wheat producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
8 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Lauderdale County

01/01/2010 to 12/31/2010

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Direct Methods for Extension Personnel

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http://super.tennessee.edu/reports/by_unit_roll_up.asp
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### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

**Lauderdale County**

**All 2010 Outcomes (entire year)**

Producers increased yield by 22 bushels by selecting top yielding varieties on 124000 acres of soybeans, earning an extra $FRM. 0 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides. 50 beef producers sold 1400 calves managed according to BQA guidelines to increase returns by $FRM. 112 beef producers stored 5600 large, round bales under some type of cover to increase returns by $FRM. 40 beef producers utilized bulls with greater genetic potential to produce 1120 head of calves to increase returns by $FRM. 140 beef producers utilized hay feeding rings to feed 840 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
70 beef producers utilized improved marketing methods to market 1960 head of calves to increase returns by $FRM.

2 classrooms adopted this program.

96 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).

94 cotton producers report a $882000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

100 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

190 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).

18 farm families and rural business operators implementing improved record systems.

26 farm families evaluated new farm enterprises and value added activities.

94 cotton producers report a $882000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

100 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

190 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).

18 farm families and rural business operators implementing improved record systems.

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94 cotton producers report a $882000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

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94 cotton producers report a $882000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

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190 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).

18 farm families and rural business operators implementing improved record systems.

26 farm families evaluated new farm enterprises and value added activities.

0 of 0 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)

0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.

0 of 0 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)

153 of 155 adults wash hands more often.

1612 of 1644 better understood their parents' concerns about money.

28 of 28 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.

13 of 17 participants are better informed to make medical decisions for themselves and their families.

17 of 17 participants are better informed to protect their health.

80 of 80 participants are confident they can better manage their diabetes as a result of participating in this program.

14 of 17 participants are more motivated to care for their health.

156 of 196 participants ate more whole grains.

0 of 0 participants better understood their parent's concerns about money.

0 of 0 participants can better control their chronic disease as a result of participating in the program.

80 of 80 participants can choose foods that do not cause a sharp rise in blood sugar.

424 of 500 participants decreased consumption of high-sugar foods.

0 of 0 participants decreased their blood pressure six months after completing the program.

0 of 0 participants decreased their cholesterol levels six months after completing the program.

12 of 16 participants eat at least six meals together as a family each week.

330 of 404 participants eat fewer high-fat foods.

84 of 100 participants eat more fat-free or low-fat dairy products.

20 of 22 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.

0 of 0 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

20 of 20 participants feel confident they know what to do in case of a poisoning.
0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.

1612 of 1644 participants felt more strongly that they needed to get a good education.
790 of 822 participants felt more strongly that they needed to pay attention to their financial future.
80 of 43 participants find the active ingredient on the medication label.
14 of 22 participants have added exercise to their action steps for managing their arthritis.
16 of 17 participants have greater confidence in navigating their healthcare system.
24 of 38 participants have less arthritis symptoms from their arthritis six months after completing the program.
140 of 170 participants have less arthritis symptoms.
11 of 17 participants have used the information they learned.
164 of 170 participants improved control of their arthritis symptoms.
170 of 170 participants improved performance of daily activities.
38 of 38 participants improved their balance six months after completing the program.
170 of 170 participants improved their balance.
38 of 38 participants improved their flexibility six months after completing the program.
170 of 170 participants improved their flexibility.
34 of 38 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
38 of 38 participants improved their range of motion in their joints six months after completing the program.

90 of 100 participants increased physical activity.
112 of 112 participants increased their exercise routine during Walk Across Tennessee Program.
0 of 0 participants increased their financial management skills.
15 of 17 participants increased their understanding about their health and the healthcare system.
42 of 43 participants keep all of their prescription medications at the same pharmacy.
120 of 120 participants know what cancer screenings they need according to their age and gender.
1612 of 1644 participants learned better how to plan their spending.
1644 of 1644 participants learned how education will affect the kind of job they can get.
1644 of 1644 participants learned how having a family can affect their lifestyle.
1644 of 1644 participants learned how much money it takes to get by.
1644 of 1644 participants learned how occupation and income will affect their lifestyle.
1644 of 1644 participants learned how payroll deductions are taken from gross pay.
1644 of 1644 participants learned how to keep a checkbook register.
1644 of 1644 participants learned how to write a check.
28 of 32 participants lost weight: 398 total pounds lost.
0 of 0 participants lowered their blood sugar levels six months after completing the program.
750 of 822 participants made changes to their future plans.
0 of 0 participants maintained their walking/exercise routine six months after completing the program.
82 of 100 participants now eat more fruit.
84 of 100 participants now eat more vegetables.
90 of 120 participants plan to get age and gender appropriate cancer screenings.
80 of 80 participants plan to regularly check their blood sugar as requested by their doctor.
80 of 80 participants plan to use the Healthy Plate Method.
0 of 0 participants planned to change their career goals.
750 of 822 participants planned to get more education after high school.
42 of 43 participants read the directions before taking a prescription or over-the-counter medications.
120 of 160 participants refrigerate perishable foods within two hours.
22 of 28 participants report saying more positive statements toward their children than before.
23 of 28 participants report their child as being less stressed about the first day of kindergarten.
24 of 28 participants report watching less TV while getting children ready for school.
43 of 43 participants seek the advice of a pharmacist if they have any questions about a medication. 
142 of 160 participants separate raw, cooked and ready-to-eat foods while storing and preparing. 
42 of 43 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient. 
38 of 43 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight. 
41 of 43 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist. 
42 of 43 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor. 
130 of 160 participants surveyed used a thermometer to check the internal temperature of food. 
130 of 160 participants surveyed used a thermometer to check the internal temperature of their refrigerator. 
10 of 38 participants take fewer medications for arthritis symptoms six months after completing the program. 
80 of 80 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices. 
22 of 22 participants understand that arthritis is a chronic disease that they can control with self-management techniques. 
120 of 120 participants understand that cancer screening and early detection can save their life. 
22 of 22 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis. 
120 of 120 participants understand women age 40 and older should have a mammogram. 
120 of 120 participants understand women of all ages need a Pap test. 
50 of 50 participants use healthy food preparation techniques. 
276 of 328 participants who increased their intake of dairy foods. 
20 of 24 participants who now select foods and beverages that promote healthy weight. 
22 of 22 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis. 
20 of 20 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product. 
112 of 112 participants will continue to exercise after the Walk Across Tennessee Program. 
20 of 20 participants will keep medications out of the reach of children. 
20 of 20 participants will keep products in their original containers. 
20 of 20 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book. 
20 of 20 participants will read the label before using a product. 
44 of 50 participants chose fast foods or take-out foods less often. 
48 of 96 participants engaged in physical activity for at least 30 minutes five or more days during most weeks. 
276 of 328 students increased amount of time in physical activity. 
292 of 328 students who increased their intake of whole grains. 
12 of 12 teachers reported preschool children in their classes were more actively engaged in physical activity. 
12 of 12 teachers reported preschool children in their classes were more willing to taste fruit. 
12 of 12 teachers reported preschool children in their classes were more willing to taste vegetables. 
12 of 12 teachers reported preschool children in their classes were more willing to taste whole-grain foods. 
12 of 12 teachers reported using physical activities from Healthy Steps at least three times per week. 
673 of 681 youth now wash hands more often.
112 participants walked in the Walk Across Tennessee Program.
32 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
308 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
24 producers increased their return on 8000 acres by $FRM by utilizing irrigation instead of dry land production.
122 producers increased their return on 90000 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
28 producers planted 1600 acres with clover for an increased production valued at $FRM.
0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
84 producers sprayed 5880 acres for broadleaf weed control for an increased production valued at $FRM.
40 producers stockpiled 2800 acres of tall fescue, reducing feeding cost by $FRM.
0 producers utilized UT fertility recommendations.
6 schools adopted this program.
84 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
100 soybean producers report a $1440000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
100 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
14 teams participated in the Walk Across Tennessee Program.
28 youth can correctly classify most foods using the MyPyramid guidelines.
76 youth can deal with their nervousness when giving a speech or talk.
76 youth can explain an idea to others.
28 youth can now read and compare the nutrition labels of snack foods they like to eat.
76 youth can select a topic for a speech or talk.
76 youth can speak loudly enough to be heard when giving a speech or talk.
76 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
28 youth now realize they need to eat breakfast everyday.
26 youth now report that they make a decision by thinking about what a person of good character would do.
0 youth now report that they use more than one source of information in making choices.
0 youth now report that they use standards in making choices.
0 youth now report they consider the risks of their choices.
0 youth now report they think about the truthfulness of sources of information when making choices.
28 youth now think about their food choices and how those choices affect their health.
36 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Lawrence County

01/01/2010 to 12/31/2010
### Extension Personnel Hours

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Total | 48111 | 1984 | 676 | 110 | 50 | 50931

Volunteer Hours
All : 6947.5
Total: 6947.5

Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity
Lawrence County
All 2010 Outcomes (entire year)

Producers increased corn yield by 4 bushels/acre by selecting top yielding varieties on 18000 acres of corn increasing their income by FRM

http://super.tennessee.edu/reports/by_unit_roll_up.asp
3/15/2011
Producers increased yield by 110 bushels by selecting top yielding varieties on 4 acres of soybeans, earning an extra $FRM.

8000 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

0 acres of corn scouted by a UT-trained scout to help make crop management decisions.

12000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.

470 beef producers sold 11280 calves managed according to BQA guidelines to increase returns by $FRM.

560 beef producers stored 50400 large, round bales under some type of cover to increase returns by $FRM.

380 beef producers utilized bulls with greater genetic potential to produce 11400 head of calves to increase returns by $FRM.

560 beef producers utilized hay feeding rings to feed 39200 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

120 beef producers utilized improved marketing methods to market 6000 head of calves to increase returns by $FRM.

45 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.

25 consumers implemented water-wise gardening practices to conserve and protect water quality.

75 consumers learned about plant selection and proper planting to save money and time in the landscape.

54 consumers learned how to apply landscape fertilizers and pesticides safely.

25 consumers learned how to conserve and protect water quality in the landscape.

26 consumers learned how to properly take a soil test and interpret the results.

72 consumers practiced best management practices relating to proper pruning and tree maintenance.

43 consumers used the results of their soil test to properly amend their soil.

40 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).

110 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

50 corn producers report a $10000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

80 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

30 dial-gauge lids were tested.

0 existing small businesses who are now operating with a business plan.

36 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

40 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

36 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.

55 home lawn insect, disease and weed samples submitted for identification and control recommendations.

35 home lawn soil samples submitted for testing.

30 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.

15 homeowners established new turfgrass species and varieties.

55 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.

40 horse owners fed 90 horses according to specific nutrient requirements for each class of horse,
saving FRM annually.

30 horse owners managed 70 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.

30 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 70 horses, saving $FRM annually.

40 horse owners schedule routine hoof care on 90 horses, saving $FRM annually.

0 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.

26 Master Gardeners gained knowledge and confidence in entomology.
20 Master Gardeners gained knowledge and confidence in integrated pest management.
23 Master Gardeners gained knowledge and confidence in ornamentals.
25 Master Gardeners gained knowledge and confidence in plant diseases.
25 Master Gardeners gained knowledge and confidence in soils.
19 Master Gardeners gained knowledge and confidence in turfgrass.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 24 people in turf selection or management.

18 Master Gardeners have used the knowledge and skills they learned in this program to assist 25 people to control pests through integrated pest management.

40 Master Gardeners have used the knowledge and skills they learned in this program to assist 65 people to identify pests and/or the damage they cause.

40 Master Gardeners have used the knowledge and skills they learned in this program to assist 50 people to identify symptoms of plant disease.

40 Master Gardeners have used the knowledge and skills they learned in this program to assist 35 people to improve soil through soil test results.

0 of 0 adults wash hands more often.

0 of 0 better understood basic insurance needs.

12 of 14 better understood credit reporting and scoring.

237 of 300 better understood their parents’ concerns about money.

14 of 14 checked their credit report.

46 of 152 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.

42 of 152 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

70 of 152 fruit and/or vegetable producers adopted IPM.

0 of 0 fruit and/or vegetable producers completed a food safety plan for their farm.

0 of 0 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.

0 of 0 fruit and/or vegetable producers who began the transition to USDA certified organic production.

14 of 14 gained skill in evaluating their housing options.

64 of 72 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.

49 of 67 green industry personnel increased business profitability and sustainability through improved insect, mite and disease control in turfgrass and/or ornamental plants.

61 of 69 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.

65 of 95 homeowners increased their knowledge of fire ant management.

10 of 114 identified ways to reduce spending.

0 of 0 landscape and nursery participants increased their knowledge of fire ant management.

18 of 18 learned better how to communicate with creditors.

12 of 17 learned how to better manage stress caused by financial issues.
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
12 of 14 learned how to properly maintain and store household financial records.
17 of 17 learned who to pay first if they can't pay everything.
33 of 100 made a change in career or educational goals.
14 of 14 participants analyzed their readiness for home ownership.
34 of 84 participants ate more whole grains.
15 of 18 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
25 of 25 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
237 of 300 participants better understood their parent's concerns about money.
0 of 0 participants communicated with other family members about financial matters.
14 of 14 participants determined how much they could pay for a home.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
18 of 84 participants eat more fat-free or low-fat dairy products.
13 of 14 participants felt more confident that they could build wealth.
267 of 300 participants felt more strongly that they needed to get a good education.
228 of 300 participants felt more strongly that they needed to pay attention to their financial future.
2 of 14 participants felt that they were taking better advantage of the investment options offered by their employer.
6 of 14 participants followed a spending plan.
14 of 14 participants gained better understanding of the mortgage process.
0 of 0 participants gained skill in determining their net worth.
14 of 14 participants gained skill in making a spending plan.
0 of 0 participants have less arthritis symptoms.
14 of 14 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants improved control of their arthritis symptoms.
0 of 0 participants improved performance of daily activities.
0 of 0 participants improved their balance.
0 of 0 participants improved their flexibility.
54 of 84 participants increased physical activity.
45 of 65 participants increased their financial management skills.
8 of 14 participants kept a record of spending.
261 of 300 participants learned better how to plan their spending.
250 of 325 participants learned how education will affect the kind of job they can get.
246 of 300 participants learned how having a family can affect their lifestyle.
264 of 300 participants learned how much money it takes to get by.
237 of 300 participants learned how occupation and income will affect their lifestyle.
216 of 300 participants learned how payroll deductions are taken from gross pay.
267 of 300 participants learned how to keep a checkbook register.
252 of 300 participants learned how to write a check.
0 of 0 participants made a change in financial behavior.
12 of 14 participants made a spending plan.
150 of 300 participants made changes to their future plans.
46 of 84 participants now eat more fruit.
50 of 84 participants now eat more vegetables.
65 of 95 participants plan to use the two-step method around the home for managing fire ants.
99 of 300 participants planned to change their career goals.
189 of 300 participants planned to get more education after high school.
13 of 14 participants purchased a home.
0 of 0 participants reduced debt an average of $ 0 per month.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
12 of 14 participants successfully completed homebuyer education requirements.
0 of 0 participants surveyed canned pickles following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed made a positive change in the attitude about cooking food to a safe internal temperature.
0 of 0 participants surveyed made a positive change in their attitude about how they thaw food.
0 of 0 participants surveyed made a positive change in their attitude about cleaning surfaces, utensils and equipment to prevent cross-contamination.
0 of 0 participants surveyed made a positive change in their attitude about eating/drinking foods from unsafe sources.
0 of 0 participants surveyed made a positive change in their attitude about keeping the temperature in the refrigerator at 40 degrees F or below.
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
0 of 0 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
28 of 33 participants understood the dangers of using too much credit.
11 of 14 participants were better able to identify appropriate savings and investment options for different financial goals.
54 of 84 participants who now select foods and beverages that promote healthy weight.
9 of 14 participants worked toward new savings or investment goals.
28 of 33 participants understood the dangers of using too much credit.
12 of 14 tracked their spending.
9 of 14 worked toward new savings, investment or retirement goals.
0 of 0 youth now wash hands more often.
40 participants now correctly deworm 90 horses, saving $ FRM this year.
0 participants process high-acid foods in a water bath canner.
20 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
50 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
0 producers increased their return on 0 acres by $FRM by utilizing irrigation instead of dry land production.
20 producers increased their return on 3000 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
180 producers planted 6600 acres with clover for an increased production valued at $FRM.
20 producers planted 500 acres with warm-season grasses for an added value of $FRM.
130 producers sprayed 6400 acres for broadleaf weed control for an increased production valued at $FRM.
80 producers stockpiled 3600 acres of tall fescue, reducing feeding cost by $FRM.
30 producers utilized UT fertility recommendations.
48 professionals added additional services and/or marketing practices.
41 professionals developed or made adjustment to their business plans.
54 professionals implemented recommended cultural practices: fertilization, soil sampling,
propagation, irrigation, etc.

54 professionals implemented recommended management practices for pest control.
134 professionals increased their knowledge of components of business plans.
134 professionals increased their knowledge of green industry services and marketing practices.
136 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
146 professionals increased their knowledge of plant pests and pest control measures.
60 professionals increased their knowledge of proper plant selection.
60 professionals practiced proper plant selection and installation practices.
0 small business owners who increase income and quality of living.
40 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
40 soybean producers report a $6000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
80 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

65 youth are better able to understand and follow directions.
220 youth break goals down into steps so they can check their progress.
53 youth can analyze the results of a scientific investigation.
65 youth can ask a question that can be answered by collecting data.
111 youth can deal with their nervousness when giving a speech or talk.
56 youth can design a scientific procedure to answer a question.
114 youth can explain an idea to others.
60 youth can express ideas with a poster, exhibit or other display.
111 youth can give an informative speech or presentation.
63 youth can now share their ideas through writing.
60 youth can record data accurately.
110 youth can select a topic for a speech or talk.
105 youth can show enthusiasm when giving a speech or presentation.
116 youth can speak loudly enough to be heard when giving a speech or talk.
62 youth can use specific scientific knowledge to form a question.
66 youth can use technology to help themselves express ideas.
102 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
99 youth give a 2-3 minute speech or presentation.
63 youth have learned at least five jobs in which communication skills are important.
116 youth know how to organize the parts of a speech or presentation.
58 youth now get information about a problem.
51 youth now report that they make a decision by thinking about what a person of good character would do.
80 youth now report that they use more than one source of information in making choices.
53 youth now report that they use standards in making choices.
71 youth now report they consider the risks of their choices.
80 youth now report they think about the truthfulness of sources of information when making choices.
323 youth now work to achieve their goals.
259 youth put their goals in writing.
91 youth report that they have developed confidence to speak in front of groups.
286 youth set high goals.
60 youth who report that they have learned that some choices are better than others.
61 youth who report they can make a decision.
55 youth who report they now listen to people with more experience than themselves.
60 youth who report they now try to idnetify what causes a problem.
Units Reporting Program Outcomes (entire year)
None

Activity Report for Lewis County
01/01/2010 to 12/31/2010

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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Volunteer Hours

All: 2313
Total: 2313

Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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<td>246</td>
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### Units Reporting Program Activity

**Lewis County**

**All 2010 Outcomes (entire year)**

- 10 4-H volunteers utilized volunteer position descriptions.
- 88 are concerned about problems in their community.
- 24 beef producers sold 534 calves managed according to BQA guidelines to increase returns by $FRM.
- 42 beef producers stored 1356 large, round bales under some type of cover to increase returns by $FRM.
- 30 beef producers utilized bulls with greater genetic potential to produce 356 head of calves to increase returns by $FRM.
- 14 beef producers utilized hay feeding rings to feed 194 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 12 beef producers utilized improved marketing methods to market 254 head of calves to increase returns by $FRM.
- 16 classrooms adopted this program.
- 0 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 0 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 0 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
- 12 horse owners fed 28 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
- 6 horse owners managed 14 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
- 22 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 32 horses, saving $FRM annually.
- 42 horse owners schedule routine hoof care on 58 horses, saving $FRM annually.
- 5 new 4-H volunteers were recruited this year.
- 76 now feel a sense of responsibility toward their school and community.
- 109 now have a sense of pride about their school and community.
- 80 of 100 adults wash hands more often
- 20 of 20 better understood basic insurance needs.
- 20 of 20 better understood credit reporting and scoring.
- 14 of 20 checked their credit report.
- 19 of 20 identified ways to reduce spending.
- 16 of 20 learned better how to communicate with creditors.
- 17 of 20 learned how to better manage stress caused by financial issues.
- 15 of 20 learned how to prepare a grab and go bag in case of an emergency home evacuation.
- 17 of 20 learned how to properly maintain and store household financial records.
- 19 of 20 learned who to pay first if they can't pay everything.
- 80 of 100 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.
- 80 of 100 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or

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http://super.tennessee.edu/reports/by_unit_roll_up.asp
internet safety.
155 of 200 participants ate more whole grains.
18 of 20 participants became more aware of the importance of starting to save and invest early in life.
12 of 20 participants began or increased savings an average of $30 per month.
17 of 20 participants better understood employer benefits.
15 of 20 participants better understood the difference between pre-tax and after-tax investments.
232 of 300 participants decreased consumption of high-sugar foods.
12 of 20 participants determined how to better balance their investments among pre-tax and after-tax options.
100 of 150 participants eat at least six meals together as a family each week.
150 of 200 participants eat fewer high-fat foods.
72 of 100 participants eat more fat-free or low-fat dairy products.
13 of 20 participants felt that they were taking better advantage of the investment options offered by their employer.
15 of 20 participants followed a spending plan.
18 of 20 participants gained skill in determining their net worth.
19 of 20 participants gained skill in making a spending plan.
18 of 20 participants identified ways to avoid being victimized by predatory practices or fraud.
20 of 25 participants improved their blood pressure.
19 of 25 participants improved their blood sugar.
17 of 25 participants improved their cholesterol levels.
15 of 25 participants improved their triglyceride levels.
70 of 100 participants increased physical activity.
19 of 20 participants increased their financial management skills.
15 of 20 participants kept a record of spending.
38 of 150 participants lost weight: 420 total pounds lost.
16 of 20 participants made a spending plan.
80 of 100 participants now eat more fruit.
80 of 100 participants now eat more vegetables.
8 of 20 participants reduced debt an average of $50 per month.
80 of 100 participants refrigerate perishable foods within two hours.
85 of 100 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
15 of 20 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
70 of 100 participants surveyed used a thermometer to check the internal temperature of food.
65 of 100 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
17 of 20 participants understood the dangers of using too much credit.
154 of 200 participants who increased their intake of dairy foods.
75 of 100 participants who now select foods and beverages that promote healthy weight.
8 of 20 participants worked toward new savings or investment goals.
17 of 20 participants understood the dangers of using too much credit.
93 of 150 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
85 of 100 students increased amount of time in physical activity.
80 of 100 students who increased their intake of whole grains.
8 of 8 teachers reported preschool children in their classes were more actively engaged in physical activity.
8 of 8 teachers reported preschool children in their classes were more willing to taste fruit.
8 of 8 teachers reported preschool children in their classes were more willing to taste vegetables.
4 of 8 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
7 of 8 teachers reported using physical activities from Healthy Steps at least three times per week.
13 of 20 tracked their spending.
14 of 20 worked toward new savings, investment or retirement goals.
80 of 100 youth now wash hands more often.
10 participants now correctly deworm 16 horses, saving $ FRM this year.
6 producers planted 268 acres with clover for an increased production valued at $FRM.
8 producers planted 176 acres with warm-season grasses for an added value of $FRM.
0 producers sprayed 0 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
28 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
32 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
40 report that because of their 4-H experiences, they will register to vote when they are eligible.
42 report that because of their 4-H service projects, they have learned about causes and issues.
42 report that because of their 4-H service projects, they know about resources in their community.
2 schools adopted this program.
10 volunteer leaders increased their knowledge of positive youth development.
71 would assist with or participate in elections, voting and campaigns.
78 youth believe that a team can accomplish more than an individual.
104 youth believe that people working together can help others less fortunate.
22 youth can assist a group in deciding on team plans for reaching goals.
18 youth can combine and build on the ideas of others when making decisions that affect the team.
150 youth can complete projects they are proud of.
123 youth can conduct a meeting.
100 youth can deal with their nervousness when giving a speech or talk.
36 youth can effectively encourage team members to achieve long-range goals.
100 youth can explain an idea to others.
100 youth can give an informative speech or presentation.
100 youth can select a topic for a speech or talk.
100 youth can show enthusiasm when giving a speech or presentation.
100 youth can speak loudly enough to be heard when giving a speech or talk.
28 youth can use compromise as a way to overcome conflict with other team members.
42 youth can use effective communication as a way to overcome conflict with team members.
58 youth effectively encourage others to stay on task in a team.
66 youth enjoy working with others toward a common goal.
150 youth feel comfortable asking others to help on a project.
100 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
100 youth give a 2-3 minute speech or presentation.
36 youth have learned new skills and ways of doing things by participating in groups.
100 youth know how to organize the parts of a speech or presentation.
150 youth like to work with others to complete projects.
62 youth now encourage other team members to give their best effort.
84 youth now get information about a problem.
72 youth now report that they can justify their decision.
92 youth now report that they have confidence making their own decisions.
67 youth now report that they make a decision by thinking about what a person of good character would do.
90 youth now report that they think about past choices when making new decisions.
83 youth now report that they use more than one source of information in making choices.
67 youth now report that they use standards in making choices.
54 youth now report that when making a decision, they think about what does the most good for the most people.
62 youth now report that when they make a decision, they think about what a person of character would do.

55 youth now report they are concerned about the well-being of others.

79 youth now report they consider the risks of their choices.

74 youth now report they think about the truthfulness of sources of information when making choices.

28 youth now think it's important to listen to all group members before making a decision.

22 youth now want to see other team members succeed even if they achieve more than themselves.

36 youth report being able to break tough jobs down into simpler tasks.

36 youth report being able to resolve problems without losing control of their emotions.

40 youth report being sensitive to the feelings of others when discussing and solving problems.

40 youth report that they are comfortable being responsible for a group.

80 youth report that they are now comfortable being a group leader.

101 youth report that they can now cooperate and work in a group.

94 youth report that they can now give clear directions.

100 youth report that they have developed confidence to speak in front of groups.

99 youth report that they know how to set goals and they use that ability when leading a group.

60 youth report that they learned about important leaders who contributed to our nation.

81 youth report that they make sure everyone gets an opportunity to say what they think.

128 youth report that they now like to work with others and help them reach their goals.

70 youth report that they take their jobs seriously as members of a committee.

103 youth report that when in charge of a group, they treat everyone fairly and equally.

150 youth report that when they disagree with someone, they can stand up for themselves without using violence.

63 youth report using enthusiasm to get a group working.

40 youth seek out others who can help them become a better leader.

54 youth think that everyone on the team is important.

116 youth think they can make a big difference in their community by helping others.

50 youth think they have something to contribute to the worth of the team.

82 youth understand how community leaders are elected to office.

42 youth understand that other ideas may be just as important as their own.

150 youth understand that they cannot always be "the best" in everything.

67 youth who report that they have learned that some choices are better than others.

95 youth who report they can make a decision.

62 youth who report they now listen to people with more experience than themselves.

58 youth who report they now try to identify what causes a problem.

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**Units Reporting Program Outcomes (entire year)**

None

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**Activity Report for Lincoln County**

**01/01/2010 to 12/31/2010**

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### Indirect Methods for Extension Personnel

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### Volunteer Hours

http://super.tennessee.edu/reports/by_unit_roll_up.asp  
3/15/2011
Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Lincoln County

All 2010 Outcomes (entire year)

- 80 are concerned about problems in their community.
- 220 beef producers sold 4400 calves managed according to BQA guidelines to increase returns by $FRM.
- 54 beef producers stored 400 large, round bales under some type of cover to increase returns by $FRM.
- 86 beef producers utilized bulls with greater genetic potential to produce 2400 head of calves to increase returns by $FRM.
0 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
0 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.
8 classrooms adopted this program.
5 dial-gauge lids were tested.
78 now feel a sense of responsibility toward their school and community.
82 now have a sense of pride about their school and community.
160 of 160 adults wash hands more often.
14 of 14 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
58 of 58 parents/caregivers report an increase in use of appropriate child guidance techniques.
58 of 58 parents/caregivers report an increase in use of positive communication techniques with their children.
58 of 58 parents/caregivers report feeling better about their abilities as parents.
58 of 58 parents/caregivers report feeling less stressed as parents.
58 of 58 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
58 of 58 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
40 of 58 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
0 of 58 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)
24 of 24 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.
24 of 24 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.
40 of 80 participants ate more whole grains.
20 of 80 participants decreased consumption of high-sugar foods.
0 of 80 participants eat at least six meals together as a family each week.
40 of 80 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
0 of 0 participants increased physical activity.
0 of 0 participants lost weight: 0 total pounds lost.
40 of 80 participants now eat more fruit.
40 of 80 participants now eat more vegetables.
160 of 160 participants refrigerate perishable foods within two hours.
160 of 160 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
20 of 20 participants surveyed canned pickles following a tested recipe. (TNCEP)
20 of 20 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
20 of 20 participants surveyed canned vegetables following a tested recipe. (TNCEP)
20 of 20 participants surveyed processed pickles in a water-bath canner. (TNCEP)
20 of 20 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
20 of 20 participants surveyed processed vegetables in a pressure canner. (TNCEP)
20 of 80 participants surveyed used a thermometer to check the internal temperature of food.
20 of 80 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
40 of 80 participants who increased their intake of dairy foods.
40 of 80 participants who now select foods and beverages that promote healthy weight.
20 of 80 participants engaged in physical activity for at least 30 minutes five or more days during
most weeks.

40 of 40 providers had increased knowledge of the workshop(s) topics.

40 of 40 providers report their children are provided with varied opportunities and materials that support fine and large motor development using recommended practices.

40 of 40 providers report their children are read to on a daily basis and asking open-ended questions of the children when possible using recommended practices.

40 of 40 providers report they express warmth through behaviors such as physical affection, eye contact, tone of voice, and smiles toward the children using recommended practices.

34 of 40 providers report they provide children varied opportunities to gain an appreciation of art, music, drama and dance in ways that reflect cultural diversity using recommended practices.

30 of 40 providers report they work in partnership with families, establishing and maintaining regular, ongoing, two-way communication using recommended practices.

40 of 40 providers report they work to prevent challenging or disruptive behaviors using recommended guidance practices.

8 of 8 teachers reported preschool children in their classes were more actively engaged in physical activity.

8 of 8 teachers reported preschool children in their classes were more willing to taste fruit.

8 of 8 teachers reported preschool children in their classes were more willing to taste vegetables.

8 of 8 teachers reported preschool children in their classes were more willing to taste whole-grain foods.

8 of 8 teachers reported using physical activities from Healthy Steps at least three times per week.

30 of 30 teen parents report an increase in use of appropriate child guidance strategies.

30 of 30 teen parents report an increase in use of positive communication techniques with their children.

30 of 30 teen parents report feeling better about their abilities as parents.

30 of 30 teen parents report feeling less stressed as parents.

800 of 800 youth now wash hands more often.

20 participants process high-acid foods in a water bath canner.

0 producers planted 0 acres with clover for an increased production valued at $FRM.

6 producers planted 120 acres with warm-season grasses for an added value of $FRM.

80 producers sprayed 10000 acres for broadleaf weed control for an increased production valued at $FRM.

0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.

4 schools adopted this program.

30 teen parents learned age and situation appropriate child guidance strategies.

30 teen parents learned effective communication techniques to use with their children.

30 teen parents learned stages of child development.

30 teen parents learned strategies for dealing with parenting stress.

80 would assist with or participate in elections, voting and campaigns.

76 youth are better able to understand and follow directions.

168 youth are now better listeners.

160 youth believe that a team can accomplish more than an individual.

70 youth believe that people working together can help others less fortunate.

80 youth break goals down into steps so they can check their progress.

62 youth can assist a group in deciding on team plans for reaching goals.

74 youth can conduct a meeting.

46 youth can deal with their nervousness when giving a speech or talk.

44 youth can explain an idea to others.

74 youth can express ideas with a poster, exhibit or other display.

0 youth can give an informative speech or presentation.

70 youth can now share their ideas through writing.
62 youth can select a topic for a speech or talk.
0 youth can show enthusiasm when giving a speech or presentation.
52 youth can speak loudly enough to be heard when giving a speech or talk.
66 youth can use technology to help themselves express ideas.
140 youth enjoy working with others toward a common goal.
42 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
0 youth give a 2-3 minute speech or presentation.
124 youth have explored careers in communications.
74 youth have learned at least five jobs in which communication skills are important.
66 youth have learned new skills and ways of doing things by participating in groups.
242 youth have set a goal for their job or career.
0 youth know how to organize the parts of a speech or presentation.
74 youth now encourage other team members to give their best effort.
152 youth now get information about a problem.
164 youth now report that they make a decision by thinking about what a person of good character would do.
164 youth now report that they use more than one source of information in making choices.
152 youth now report that they use standards in making choices.
84 youth now report they are concerned about the well-being of others.
176 youth now report they consider the risks of their choices.
176 youth now report they think about the truthfulness of sources of information when making choices.
244 youth now set high goals that require work to achieve them.
62 youth now think it's important to listen to all group members before making a decision.
72 youth now want to see other team members succeed even if they achieve more than themselves.
80 youth now work to achieve their goals.
72 youth put their goals in writing.
72 youth report that they are now comfortable being a group leader.
90 youth report that they can now cooperate and work in a group.
76 youth report that they can now give clear directions.
0 youth report that they have developed confidence to speak in front of groups.
46 youth report that they know how to set goals and they use that ability when leading a group.
68 youth report that they learned about important leaders who contributed to our nation.
58 youth report that they make sure everyone gets an opportunity to say what they think.
254 youth report that they now achieve goals they set for themselves.
78 youth report that they now like to work with others and help them reach their goals.
62 youth report that they take their jobs seriously as members of a committee.
72 youth report that when in charge of a group, they treat everyone fairly and equally.
126 youth report they can now keep records.
106 youth report they have improved photography skills.
98 youth report they have learned skills in visual communications.
74 youth report using enthusiasm to get a group working.
78 youth set high goals.
160 youth think that everyone on the team is important.
70 youth think they can make a big difference in their community by helping others.
146 youth think they have something to contribute to the worth of the team.
50 youth understand how community leaders are elected to office.
150 youth understand that other ideas may be just as important as their own.
224 youth who are now making plans to achieve their goals.
176 youth who have put their goal(s) in writing.
160 youth who report that they have learned that some choices are better than others.
164 youth who report they can make a decision.
116 youth who report they now listen to people with more experience than themselves.
120 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Loudon County
01/01/2010 to 12/31/2010

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Contacts by Extension Personnel
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### Volunteer Hours

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### Volunteers Who Served

#### Indirect Methods for Volunteers

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**Units Reporting Program Activity**

**Loudon County**

**All 2010 Outcomes (entire year)**

Producers increased yield by 5 bushels by selecting top yielding varieties on 2500 acres of soybeans, earning an extra $FRM.

80% of participants adopting better house cleaning recommended practices.

72% of participants self-reporting their homes are cleaner and healthier.

160% of participants using safer, less toxic cleaning products.

22 4-H clubs were met by volunteers.

6 4-H judging teams were coached by volunteers.

8 4-H project groups were met by volunteers.

200 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.

200 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

1 African-American landowners increased their knowledge of property rights and responsibilities.

2 agritourism entrepreneurs gained knowledge and skills to improve returns from their existing operation.

2 agritourism entrepreneurs gained knowledge and skills to manage risk (legal, liability, regulatory, human resources, business interruption, production, marketing and financial).

26 beef producers sold 988 calves managed according to BQA guidelines to increase returns by $FRM.

26 beef producers stored 5200 large, round bales under some type of cover to increase returns by $FRM.

16 beef producers utilized bulls with greater genetic potential to produce 400 head of calves to increase returns by $FRM.

76 beef producers utilized hay feeding rings to feed 15200 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

6 beef producers utilized improved marketing methods to market 1220 head of calves to increase returns by $FRM.

2 farmers, agri-entrepreneurs and community leaders increased their awareness of agritourism as an opportunity to add value to farm resources and foster rural economic development.

2 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

2 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

4 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.

6 horse owners fed 28 horses according to specific nutrient requirements for each class of horse, saving FRM annually.

6 horse owners managed 28 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.

8 horse owners schedule routine annual health exams by a veterinarian including vaccinations and...
dental care for 56 horses, saving $FRM annually.
6 horse owners schedule routine hoof care on 28 horses, saving $FRM annually.
45 of 460 adults wash hands more often.
35 of 50 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
396 of 496 gained skill in evaluating their housing options.
402 of 496 participants analyzed their readiness for home ownership.
769 of 772 participants ate more whole grains.
769 of 772 participants decreased consumption of high-sugar foods.
396 of 496 participants determined how much they could pay for a home.
701 of 772 participants eat at least six meals together as a family each week.
412 of 460 participants eat fewer high-fat foods.
435 of 460 participants eat more fat-free or low-fat dairy products.
396 of 496 participants gained better understanding of the mortgage process.
103 of 129 participants have less arthritis symptoms.
108 of 129 participants improved control of their arthritis symptoms.
110 of 129 participants improved performance of daily activities.
108 of 129 participants improved their balance.
8 of 42 participants improved their blood pressure.
8 of 42 participants improved their blood sugar.
3 of 42 participants improved their cholesterol levels.
99 of 129 participants improved their flexibility.
3 of 42 participants improved their triglycercide levels.
337 of 460 participants increased physical activity.
30 of 30 participants learned culinary skills.
186 of 312 participants lost weight: 326 total pounds lost.
433 of 460 participants now eat more fruit.
466 of 460 participants now eat more vegetables.
460 of 496 participants purchased a home.
460 of 460 participants refrigerate perishable foods within two hours.
460 of 460 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
420 of 496 participants successfully completed homebuyer education requirements.
588 of 652 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
590 of 652 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
125 of 460 participants surveyed used a thermometer to check the internal temperature of food.
125 of 460 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
28 of 30 participants use healthy food preparation techniques.
244 of 306 participants who achieved financial goals.
224 of 306 participants who became habitual savers.
185 of 460 participants who increased their intake of dairy foods.
460 of 460 participants who now select foods and beverages that promote healthy weight.
26 of 30 participants chose fast foods or take-out foods less often.
359 of 772 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
50 of 50 providers had increased knowledge of the workshop(s) topics.
45 of 50 providers report their children are provided with varied opportunities and materials that support fine and large motor development using recommended practices.
45 of 50 providers report their children are read to on a daily basis and asking open-ended questions of
the children when possible using recommended practices.

46 of 50 providers report they express warmth through behaviors such as physical affection, eye contact, tone of voice, and smiles toward the children using recommended practices.

49 of 50 providers report they provide children varied opportunities to gain an appreciation of art, music, drama and dance in ways that reflect cultural diversity using recommended practices.

35 of 50 providers report they work in partnership with families, establishing and maintaining regular, ongoing, two-way communication using recommended practices.

35 of 50 providers report they work to prevent challenging or disruptive behaviors using recommended guidance practices.

556 of 600 youth now wash hands more often.

8 participants now correctly deworm 56 horses, saving $FRM this year.

24 producers planted 600 acres with clover for an increased production valued at $FRM.

4 producers planted 98 acres with warm-season grasses for an added value of $FRM.

16 producers sprayed 900 acres for broadleaf weed control for an increased production valued at $FRM.

20 producers stockpiled 700 acres of tall fescue, reducing feeding cost by $FRM.

4 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).

4 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

4 soybean producers report a $1000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

4 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

89 youth control their weight with physical activity.

75 youth have encouraged their friends to make better health decisions.

76 youth have gotten friends or family more active and physically involved.

89 youth keep their bones strong by being physically active everyday.

75 youth report that physical activity has become a common stress relief for their friends and/or family.

80 youth report that their family now tries new activities to increase fitness and relieve boredom.

80 youth report their family has changed their exercise and diet habits to practice better fitness.

89 youth report they are now physically active (sweat and breathe hard for 20 minutes or more) for three or more days each week.

89 youth report they are physically active to control stress.

89 youth report they are physically active to keep their heart healthy and increase their heart rate.

Units Reporting Program Outcomes (entire year)

None

Activity Report for Macon County

01/01/2010 to 12/31/2010

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
## Direct Methods for Extension Personnel

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<th>Contacts Reached</th>
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## Indirect Methods for Extension Personnel

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## Contacts by Extension Personnel

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http://super.tennessee.edu/reports/by_unit_roll_up.asp  3/15/2011
Volunteer Hours

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Volunteers Who Served

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Contacts by Volunteers

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Units Reporting Program Activity

Macon County

All 2010 Outcomes (entire year)

- 4000 acres of tobacco produced using recommended fertility practices indicated in soil test results.
- 5000 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
- 6000 acres produced using registered pesticides at appropriate application rates and timings.
- 3000 acres soil tested no more than one year before planting.
- 500 acres were in an appropriate rotation (no more than two years consecutively in tobacco; time in

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3/15/2011
tobacco equal to or less than half the rotation).
6000 acres were planted with university-tested varieties.
5000 acres with field rouged, plowed or destroyed within 30 days after harvest.
15 beef producers sold 250 calves managed according to BQA guidelines to increase returns by $FRM.
25 beef producers stored 4500 large, round bales under some type of cover to increase returns by $FRM.
24 beef producers utilized bulls with greater genetic potential to produce 480 head of calves to increase returns by $FRM.
34 beef producers utilized hay feeding rings to feed 2500 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
15 beef producers utilized improved marketing methods to market 250 head of calves to increase returns by $FRM.
690 of 750 better understood their parents' concerns about money.
45 of 750 made a change in career or educational goals.
15 of 15 participants are better able to manage their health.
15 of 15 participants are better able to manage their living environments.
15 of 15 participants are better able to store and prepare foods to keep them safe to consume.
60 of 60 participants are making sure they are not taking two or more medications with the same active ingredient six months after completing the program.
15 of 15 participants are more confident in relationships with family and friends.
60 of 60 participants are reading the label of medications before they use them six months after completing the program.
300 of 750 participants began or increased savings an average of $10 per month.
630 of 750 participants better understood their parent's concerns about money.
50 of 50 participants can apply joint protection techniques.
50 of 50 participants can use relaxation techniques to better manage their arthritis symptoms.
690 of 750 participants communicated with other family members about financial matters.
50 of 50 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
920 of 1000 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
600 of 750 participants felt more strongly that they needed to get a good education.
600 of 750 participants felt more strongly that they needed to pay attention to their financial future.
60 of 60 participants find the active ingredient on the medication label.
300 of 750 participants followed a spending plan.
55 of 60 participants have all of their prescription medications at the same pharmacy six months after completing the program.
50 of 50 participants have improved their arthritis symptoms as a result of participating in this program.
45 of 50 participants have less arthritis symptoms from their arthritis six months after completing the program.
7 of 10 participants have less arthritis symptoms.
8 of 10 participants improved control of their arthritis symptoms.
10 of 10 participants improved performance of daily activities.
43 of 50 participants improved their balance six months after completing the program.
9 of 10 participants improved their balance.
44 of 50 participants improved their flexibility six months after completing the program.
10 of 10 participants improved their flexibility.
47 of 50 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
48 of 50 participants improved their range of motion in their joints six months after completing the program.
660 of 750 participants increased their financial management skills.
60 of 60 participants keep all of their prescription medications at the same pharmacy.
60 of 60 participants keep an up-to-date UT Med Minder card in their wallet six months after completing the program.
15 of 15 participants know better how to manage and protect their assets for a secure retirement.
900 of 1000 participants know what cancer screenings they need according to their age and gender.
660 of 750 participants learned better how to plan their spending.
690 of 750 participants learned how education will affect the kind of job they can get.
720 of 750 participants learned how having a family can affect their lifestyle.
690 of 750 participants learned how much money it takes to get by.
720 of 750 participants learned how occupation and income will affect their lifestyle.
750 of 750 participants learned how payroll deductions are taken from gross pay.
750 of 750 participants learned how to keep a checkbook register.
750 of 750 participants learned how to write a check.
525 of 750 participants made a change in financial behavior.
690 of 750 participants made a spending plan.
690 of 750 participants made changes to their future plans.
980 of 1000 participants plan to get age and gender appropriate cancer screenings.
660 of 750 participants planned to change their career goals.
720 of 750 participants planned to get more education after high school.
58 of 60 participants read the directions before taking a prescription or over-the-counter medications.
55 of 60 participants seek the advice of a pharmacist if they have any questions about a medication.
59 of 60 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
50 of 60 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
60 of 60 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.
60 of 60 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
40 of 50 participants take fewer medications for arthritis symptoms six months after completing the program.
600 of 750 participants talked about financial goals with their parents or others.
975 of 1000 participants understand that cancer screening and early detection can save their life.
50 of 50 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
15 of 15 participants understand the special nutritional needs of the elderly.
500 of 500 participants understand women age 40 and older should have a mammogram.
500 of 500 participants understand women of all ages need a Pap test.
660 of 750 participants worked toward new savings or investment goals.
6000000 pounds of burley marketed in large bale packages.
10000000 pounds of burley stripped properly according to buyer specifications.
10 producers planted 200 acres with clover for an increased production valued at $FRM.
3 producers planted 20 acres with warm-season grasses for an added value of $FRM.
25 producers sprayed 1250 acres for broadleaf weed control for an increased production valued at $FRM.
5 producers stockpiled 250 acres of tall fescue, reducing feeding cost by $FRM.
40 times TEAM UP exchanged ideas or shared information.
15 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
5 tobacco growers adopted worker protection standards such as training workers and handlers, proper posting of signs, pesticide recordkeeping, establishing decontamination sites, organizing worker protection information at a central location and proper care and use of Personal Protective Equipment.
2 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
75 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
75 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
75 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
48 tobacco producers increased their knowledge of training workers and pesticide handlers including the areas of pre-harvest intervals, restricted entry intervals and worker protection standards.
44 youth are better able to understand and follow directions.
48 youth are now better listeners.
92 youth are willing to try new things.
198 youth believe that a team can accomplish more than an individual.
82 youth believe that people working together can help others less fortunate.
88 youth break goals down into steps so they can check their progress.
172 youth can assist a group in deciding on team plans for reaching goals.
50 youth can challenge policies through petitions, presentations or other positive ways.
50 youth can combine and build on the ideas of others when making decisions that affect the team.
80 youth can complete projects they are proud of.
134 youth can conduct a meeting.
350 youth can deal with their nervousness when giving a speech or talk.
50 youth can effectively encourage team members to achieve long-range goals.
380 youth can explain an idea to others.
72 youth can express ideas with a poster, exhibit or other display.
180 youth can give an informative speech or presentation.
200 youth can identify their skills and talents.
20 youth can now prepare and deliver a five-minute speech.
64 youth can now share their ideas through writing.
450 youth can select a topic for a speech or talk.
200 youth can show enthusiasm when giving a speech or presentation.
400 youth can speak loudly enough to be heard when giving a speech or talk.
50 youth can use compromise as a way to overcome conflict with other team members.
50 youth can use effective communication as a way to overcome conflict with team members.
92 youth can use technology to help themselves express ideas.
50 youth effectively encourage others to stay on task in a team.
180 youth enjoy working with others toward a common goal.
90 youth feel comfortable asking others to help on a project.
320 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
120 youth give a 2-3 minute speech or presentation.
24 youth have explored careers in communications.
48 youth have learned at least five jobs in which communication skills are important.
152 youth have learned new skills and ways of doing things by participating in groups.
250 youth know how to organize the parts of a speech or presentation.
68 youth know the difference between things they want and things they need.
100 youth like to work with others to complete projects.
230 youth now encourage other team members to give their best effort.
100 youth now get information about a problem.
178 youth now think it's important to listen to all group members before making a decision.
190 youth now want to see other team members succeed even if they achieve more than themselves.
76 youth now work to achieve their goals.
72 youth put their goals in writing.
225 youth report acting so that others would want to model their behavior.
275 youth report being able to meet new people and form friendships.
200 youth report being more active in their community.
48 youth report helping others in need.
175 youth report helping when others are stressed.
175 youth report making a difference in the community.
200 youth report standing up for what is right is important.
96 youth report telling the difference between right and wrong.
72 youth report that now they try to do the right thing.
300 youth report that they admire older 4-H'ers who are good role models.
120 youth report that they are now comfortable being a group leader.
344 youth report that they can now cooperate and work in a group.
148 youth report that they can now give clear directions.
40 youth report that they consider others when making decisions.
100 youth report that they encourage others to think of someone's feelings before speaking or acting.
300 youth report that they have developed confidence to speak in front of groups.
80 youth report that they know how to make good decisions.
226 youth report that they know how to set goals and they use that ability when leading a group.
44 youth report that they learned about important leaders who contributed to our nation.
80 youth report that they like to accomplish things on their own.
212 youth report that they make sure everyone gets an opportunity to say what they think.
48 youth report that they now continue to work toward their goals, even if they do not at first succeed.
230 youth report that they now like to work with others and help them reach their goals.
250 youth report that they respect others different from themselves.
170 youth report that they take their jobs seriously as members of a committee.
196 youth report that when in charge of a group, they treat everyone fairly and equally.
100 youth report that when they disagree with someone, they can stand up for themselves without using violence.
40 youth report they are now "accomplished public speakers."
20 youth report they can give an impromptu speech.
50 youth report they can now express their opinions in speeches or presentations.
36 youth report they can now keep records.
24 youth report they have improved photography skills.
28 youth report they have learned skills in visual communications.
60 youth report they now take responsibility for the decisions they make.
174 youth report using enthusiasm to get a group working.
88 youth set high goals.
234 youth think that everyone on the team is important.
56 youth think they can make a big difference in their community by helping others.
158 youth think they have something to contribute to the worth of the team.
60 youth understand how community leaders are elected to office.
234 youth understand that other ideas may be just as important as their own.
100 youth understand that they cannot always be "the best" in everything.
70 youth who report that they have learned that some choices are better than others.
82 youth who report they can make a decision.
90 youth who report they now listen to people with more experience than themselves.
60 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Madison County

01/01/2010 to 12/31/2010

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<td>Method</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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<table>
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<th>Indirect Methods for Extension Personnel</th>
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<td>Newspaper Article(s):</td>
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<td>Other :</td>
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<td>Publication(s):</td>
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<tr>
<td>Radio Program(s):</td>
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<td>TV Program(s):</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
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Volunteer Hours

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Volunteers Who Served

### Indirect Methods for Volunteers

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Contacts by Volunteers

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<td>0</td>
<td>0</td>
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<td>Female Youth</td>
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</tr>
<tr>
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<td>6413</td>
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**Units Reporting Program Activity**

**Madison County**

**All 2010 Outcomes (entire year)**

22 4-H clubs were met by volunteers.
5 4-H judging teams were coached by volunteers.
5 4-H project groups were met by volunteers.
76 4-H volunteers utilized volunteer position descriptions.
123 are concerned about problems in their community.
100 beef producers sold 5000 calves managed according to BQA guidelines to increase returns by $FRM.
120 beef producers stored 48000 large, round bales under some type of cover to increase returns by $FRM.
100 beef producers utilized bulls with greater genetic potential to produce 5000 head of calves to increase returns by $FRM.
120 beef producers utilized hay feeding rings to feed 24000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
50 beef producers utilized improved marketing methods to market 2500 head of calves to increase returns by $FRM.
10241 miles were walked in the Walk Across Tennessee Program.
22 new 4-H volunteers were recruited this year.
323 now feel a sense of responsibility toward their school and community.
123 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
73 of 85 better understood basic insurance needs.
1461 of 1493 better understood credit reporting and scoring.
0 of 0 better understood their parents’ concerns about money.
0 of 0 gained skill in evaluating their housing options.
1225 of 1361 identified ways to reduce spending.
25 of 30 learned better how to communicate with creditors.
8 of 11 learned how to better manage stress caused by financial issues.
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
0 of 0 learned how to properly maintain and store household financial records.
0 of 0 learned who to pay first if they can't pay everything.
10 of 13 participants analyzed their readiness for home ownership.
42 of 52 participants ate more whole grains.
67 of 68 participants became more aware of the importance of starting to save and invest early in life.
72 of 85 participants better understood employer benefits.
25 of 30 participants better understood the difference between pre-tax and after-tax investments.
128 of 136 participants better understood their parent's concerns about money.
43 of 54 participants can better control their chronic disease as a result of participating in the program.
39 of 47 participants decreased consumption of high-sugar foods.
4 of 13 participants determined how much they could pay for a home.
0 of 0 participants eat at least six meals together as a family each week.
6 of 14 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
0 of 0 participants felt more confident that they could build wealth.
116 of 136 participants felt more strongly that they needed to get a good education.
103 of 106 participants felt more strongly that they needed to pay attention to their financial future.
13 of 13 participants gained better understanding of the mortgage process.
0 of 0 participants gained skill in determining their net worth.
1494 of 1528 participants gained skill in making a spending plan.
68 of 85 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants increased physical activity.
143 of 154 participants increased their exercise routine during Walk Across Tennessee Program.
1628 of 1674 participants increased their financial management skills.
48 of 55 participants increased their understanding of the impact education can have on future earnings.
130 of 136 participants learned better how to plan their spending.
76 of 85 participants learned how education will affect the kind of job they can get.
130 of 136 participants learned how having a family can affect their lifestyle.
127 of 136 participants learned how much money it takes to get by.
166 of 191 participants learned how occupation and income will affect their lifestyle.
58 of 85 participants learned how payroll deductions are taken from gross pay.
123 of 136 participants learned how to keep a checkbook register.
183 of 191 participants learned how to write a check.
51 of 55 participants learned the difference between wants and needs.
24 of 28 participants lost weight: 251 total pounds lost.
0 of 0 participants made changes to their future plans.
3 of 14 participants now eat more fruit.
4 of 14 participants now eat more vegetables.
91 of 136 participants planned to change their career goals.
120 of 136 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
1414 of 1443 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
1443 of 1443 participants successfully completed educational requirements for post-filing bankruptcy education.
0 of 0 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
0 of 0 participants successfully completed homebuyer education requirements.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
48 of 55 participants understand how to reconcile a checking account.
54 of 55 participants understood the dangers of using too much credit.
36 of 38 participants use healthy food preparation techniques.
78 of 85 participants were better able to identify appropriate savings and investment options for different financial goals.
0 of 0 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
47 of 54 participants will continue to exercise after the Walk Across Tennessee Program.
28 of 30 participants understood the dangers of using too much credit.
30 of 38 participants chose fast foods or take-out foods less often.
22 of 37 participants engaged in physical activity for at least 30 minutes five or more days during
7 of 8 teachers reported preschool children in their classes were more actively engaged in physical activity.
7 of 8 teachers reported preschool children in their classes were more willing to taste fruit.
6 of 8 teachers reported preschool children in their classes were more willing to taste vegetables.
6 of 8 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
6 of 8 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 youth now wash hands more often.
176 participants walked in the Walk Across Tennessee Program.
100 producers planted 6000 acres with clover for an increased production valued at $FRM.
8 producers planted 2400 acres with warm-season grasses for an added value of $FRM.
100 producers sprayed 10000 acres for broadleaf weed control for an increased production valued at $FRM.
60 producers stockpiled 6000 acres of tall fescue, reducing feeding cost by $FRM.
233 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
122 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
122 report that because of their 4-H experiences, they will register to vote when they are eligible.
233 report that because of their 4-H service projects, they have learned about causes and issues.
233 report that because of their 4-H service projects, they know about resources in their community.
89 teams participated in the Walk Across Tennessee Program.
150 volunteer leaders increased their knowledge of positive youth development.
122 would assist with or participate in elections, voting and campaigns.
123 youth believe that a team can accomplish more than an individual.
321 youth believe that people working together can help others less fortunate.
222 youth can assist a group in deciding on team plans for reaching goals.
750 youth can conduct a meeting.
38 youth can deal with their nervousness when giving a speech or talk.
38 youth can explain an idea to others.
34 youth can give an informative speech or presentation.
43 youth can select a topic for a speech or talk.
30 youth can show enthusiasm when giving a speech or presentation.
41 youth can speak loudly enough to be heard when giving a speech or talk.
233 youth enjoy working with others toward a common goal.
30 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
35 youth give a 2-3 minute speech or presentation.
212 youth have learned new skills and ways of doing things by participating in groups.
32 youth know how to organize the parts of a speech or presentation.
322 youth now encourage other team members to give their best effort.
3000 youth now get information about a problem.
544 youth now report that they can justify their decision.
330 youth now report that they have confidence making their own decisions.
1277 youth now report that they make a decision by thinking about what a person of good character would do.
330 youth now report that they think about past choices when making new decisions.
322 youth now report that they use more than one source of information in making choices.
555 youth now report that they use standards in making choices.
330 youth now report that when making a decision, they think about what does the most good for the most people.
522 youth now report that when they make a decision, they think about what a person of character would do.
123 youth now report they are concerned about the well-being of others.
322 youth now report they consider the risks of their choices.
454 youth now report they think about the truthfulness of sources of information when making choices.
233 youth now think it's important to listen to all group members before making a decision.
322 youth now want to see other team members succeed even if they achieve more than themselves.
122 youth report being able to break tough jobs down into simpler tasks.
100 youth report being able to resolve problems without losing control of their emotions.
211 youth report being sensitive to the feelings of others when discussing and solving problems.
111 youth report that they are comfortable being responsible for a group.
555 youth report that they are now comfortable being a group leader.
544 youth report that they can now cooperate and work in a group.
122 youth report that they can now give clear directions.
32 youth report that they have developed confidence to speak in front of groups.
522 youth report that they know how to set goals and they use that ability when leading a group.
123 youth report that they learned about important leaders who contributed to our nation.
333 youth report that they make sure everyone gets an opportunity to say what they think.
122 youth report that they now like to work with others and help them reach their goals.
123 youth report that they take their jobs seriously as members of a committee.
123 youth report that when in charge of a group, they treat everyone fairly and equally.
122 youth report using enthusiasm to get a group working.
222 youth seek out others who can help them become a better leader.
233 youth think that everyone on the team is important.
199 youth think they can make a big difference in their community by helping others.
122 youth think they have something to contribute to the worth of the team.
333 youth understand how community leaders are elected to office.
233 youth understand that other ideas may be just as important as their own.
500 youth who report that they have learned that some choices are better than others.
1200 youth who report they can make a decision.
125 youth who report they now listen to people with more experience than themselves.
55 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Marion County

01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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Direct Methods for Extension Personnel

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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteer Hours

| All :               | 320                           |
| Total:              | 320                           |
Indirect Methods for Volunteers

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Contacts by Volunteers

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<td>Female Youth</td>
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</tr>
<tr>
<td>Male Adult</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>219</td>
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<td><strong>2</strong></td>
<td><strong>0</strong></td>
<td><strong>936</strong></td>
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Units Reporting Program Activity
Marion County

All 2010 Outcomes (entire year)

- 32 are concerned about problems in their community.
- 8 beef producers sold 200 calves managed according to BQA guidelines to increase returns by $FRM.
- 8 beef producers stored 1600 large, round bales under some type of cover to increase returns by $FRM.
- 6 beef producers utilized bulls with greater genetic potential to produce 400 head of calves to increase returns by $FRM.
- 6 beef producers utilized hay feeding rings to feed 1200 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 2 beef producers utilized improved marketing methods to market 160 head of calves to increase returns by $FRM.
- 8 goat producers have implemented practices related to genetic improvement, nutrition, health,
reproduction and other information as a result of the Master Goat Program.
8 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
8 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
32 now feel a sense of responsibility toward their school and community.
32 now have a sense of pride about their school and community.
11 of 11 parents/caregivers report an increase in use of appropriate child guidance techniques.
11 of 11 parents/caregivers report an increase in use of positive communication techniques with their children.
11 of 11 parents/caregivers report feeling better about their abilities as parents.
5 of 5 parents/caregivers report feeling less stressed as parents.
40 of 120 participants ate more whole grains.
60 of 120 participants decreased consumption of high-sugar foods.
40 of 120 participants eat at least six meals together as a family each week.
8 of 120 participants lost weight: 40 total pounds lost.
120 of 120 participnats engaged in physical activity for at least 30 minutes five or more days during most weeks.
154 of 158 respondents improved knowledge of how divorce impacts children by age/stage of development.
152 of 158 respondents learned effective communication techniques.
154 of 158 respondents plan to decrease exposure of their children to parental conflict.
148 of 158 respondents report understanding the importance of working together for the sakes of their children.
65 of 79 respondents reported a decrease in level of resentment at being required to attend the parenting class from pre- to post-class.
11 parents/caregivers learned age and situation appropriate child guidance strategies.
11 parents/caregivers learned effective communication techniques to use with their children.
5 parents/caregivers learned stages of child development.
5 parents/caregivers learned strategies for dealing with parenting stress.
4 producers planted 200 acres with clover for an increased production valued at $FRM.
4 producers planted 100 acres with warm-season grasses for an added value of $FRM.
4 producers sprayed 600 acres for broadleaf weed control for an increased production valued at $FRM.
10 producers stockpiled 400 acres of tall fescue, reducing feeding cost by $FRM.
32 would assist with or participate in elections, voting and campaigns.
32 youth believe that a team can accomplish more than an individual.
64 youth believe that people working together can help others less fortunate.
150 youth can analyze the results of a scientific investigation.
150 youth can ask a question that can be answered by collecting data.
150 youth can design a scientific procedure to answer a question.
150 youth can record data accurately.
150 youth can use specific scientific knowledge to form a question.
32 youth enjoy working with others toward a common goal.
224 youth now get information about a problem.
32 youth now report they are concerned about the well-being of others.
64 youth report that they can now cooperate and work in a group.
64 youth report that they know how to set goals and they use that ability when leading a group.
64 youth report that they learned about important leaders who contributed to our nation.
64 youth report that they make sure everyone gets an opportunity to say what they think.
64 youth report that they take their jobs seriously as members of a committee.
64 youth report that when in charge of a group, they treat everyone fairly and equally.
32 youth think that everyone on the team is important.
64 youth think they can make a big difference in their community by helping others.
32 youth think they have something to contribute to the worth of the team.
64 youth understand how community leaders are elected to office.
32 youth understand that other ideas may be just as important as their own.
224 youth who report that they have learned that some choices are better than others.
224 youth who report they can make a decision.
224 youth who report they now listen to people with more experience than themselves.
224 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Marshall County

01/01/2010 to 12/31/2010

<table>
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<th>Extension Personnel Hours</th>
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<tbody>
<tr>
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Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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Indirect Methods for Extension Personnel

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<td>3500</td>
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<td>Newspaper Article(s):</td>
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### Contacts by Extension Personnel

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<tr>
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<tr>
<td>Female Youth</td>
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<tr>
<td>Male Adult</td>
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<tr>
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### Volunteer Hours

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### Volunteers Who Served

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### Contacts by Volunteers

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<td>Female Adult</td>
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<tr>
<td>Female Youth</td>
<td>10,558</td>
<td>1,802</td>
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<tr>
<td>Male Adult</td>
<td>20,404</td>
<td>1,043</td>
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<tr>
<td>Male Youth</td>
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<td>1,735</td>
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<tr>
<td>Total</td>
<td>51,495</td>
<td>55,12</td>
<td>34,17</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
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<td>492</td>
<td>114</td>
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**Units Reporting Program Activity**

Marshall County

**All 2010 Outcomes (entire year)**

70 4-H clubs were met by volunteers.
10 4-H judging teams were coached by volunteers.
6 4-H project groups were met by volunteers.
55 4-H volunteers utilized volunteer position descriptions.
184 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
104 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
92 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
25 new 4-H volunteers were recruited this year.
0 producers have gained knowledge about certified organic dairy production, other niche marketing opportunities and the Tennessee Agricultural Enhancement program.
128 producers have gained knowledge about the benefits of pasture and grazing for dairy cattle.
72 producers have gained knowledge about the need for production and sound financial records to manage their operations.
92 producers have gained knowledge about the opportunities associated with the use of AI and crossbreeding for dairy cattle.
84 producers have improved herds due to more AI and the use of better bulls and/or more structured crossbreeding in their herds.
0 producers have increased profits due to certified organic dairy production or some form of niche marketing.
68 producers have received cost share from the Tennessee Agricultural Enhancement program including the livestock improvement program.
128 producers that have increased profits due to better utilization of forages or grazing.
35 volunteer leaders increased their knowledge of positive youth development.
360 youth are willing to try new things.
580 youth break goals down into steps so they can check their progress.
440 youth can analyze the results of a scientific investigation.
440 youth can ask a question that can be answered by collecting data.
176 youth can conduct a meeting.
25 youth can correctly classify most foods using the MyPyramid guidelines.
390 youth can deal with their nervousness when giving a speech or talk.
370 youth can design a scientific procedure to answer a question.
420 youth can explain an idea to others.
0 youth can identify their skills and talents.
10 youth can now read and compare the nutrition labels of snack foods they like to eat.
440 youth can record data accurately.
420 youth can select a topic for a speech or talk.
500 youth can speak loudly enough to be heard when giving a speech or talk.
450 youth can use specific scientific knowledge to form a question.
400 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
25 youth know how good hygiene is important for good health.
390 youth know the difference between things they want and things they need.
10 youth now eat more whole grain breads and cereals.
422 youth now get information about a problem.
0 youth now know how to calculate their target heart rate.
10 youth now limit the amount of high-sugar snack foods they eat.
25 youth now realize they need to eat breakfast everyday.
10 youth now select 100% fruit juice, water or milk instead of soft drinks.
5 youth now select lower fat foods instead of higher fat foods.
15 youth now think about their food choices and how those choices affect their health.
25 youth now think water is the best fluid replacement drink.
25 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
650 youth now work to achieve their goals.
490 youth put their goals in writing.
0 youth report being able to meet new people and form friendships.
0 youth report standing up for what is right is important.
390 youth report telling the difference between right and wrong.
390 youth report that now they try to do the right thing.
0 youth report that they admire older 4-H'ers who are good role models.
310 youth report that they are now comfortable being a group leader.
370 youth report that they can now cooperate and work in a group.
350 youth report that they can now give clear directions.
170 youth report that they know how to set goals and they use that ability when leading a group.
378 youth report that they like to accomplish things on their own.
170 youth report that they make sure everyone gets an opportunity to say what they think.
25 youth report that they now know that being physically active helps them control their weight.
350 youth report that they now like to work with others and help them reach their goals.
0 youth report that they respect others different from themselves.
190 youth report that they take their jobs seriously as members of a committee.
110 youth report that when in charge of a group, they treat everyone fairly and equally.
25 youth report they will avoid substances that could harm their body.
176 youth report using enthusiasm to get a group working.
600 youth set high goals.
450 youth who report that they have learned that some choices are better than others.
440 youth who report they can make a decision.
480 youth who report they now listen to people with more experience than themselves.
440 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
Activity Report for Maury County
01/01/2010 to 12/31/2010

Extension Personnel Hours

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<tr>
<th>Method</th>
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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

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<th>Asian or Pacific Islander</th>
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### Volunteer Hours

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### Volunteers Who Served

#### Indirect Methods for Volunteers

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### Contacts by Volunteers

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<td><strong>15534</strong></td>
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Units Reporting Program Activity
Maury County
All 2010 Outcomes (entire year)

32 are concerned about problems in their community.
136 beef producers sold 2720 calves managed according to BQA guidelines to increase returns by $FRM.
40 beef producers stored 3600 large, round bales under some type of cover to increase returns by $FRM.
60 beef producers utilized bulls with greater genetic potential to produce 1200 head of calves to increase returns by $FRM.
80 beef producers utilized hay feeding rings to feed 1600 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
40 beef producers utilized improved marketing methods to market 2000 head of calves to increase returns by $FRM.
54 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
52 consumers implemented water-wise gardening practices to conserve and protect water quality.
54 consumers learned about plant selection and proper planting to save money and time in the landscape.
58 consumers learned how to apply landscape fertilizers and pesticides safely.
56 consumers learned how to conserve and protect water quality in the landscape.
54 consumers learned how to properly take a soil test and interpret the results.
56 consumers practiced best management practices relating to proper pruning and tree maintenance.
36 consumers used the results of their soil test to properly amend their soil.
22 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
3 farm families and rural business operators implementing improved record systems.
20 farm families evaluated new farm enterprises and value added activities.
40 farm families used FINPACK for developing and implementing whole farm plans.
0 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
40 farmers developed financial plans for their farms.
40 farmers increased their knowledge and skills in farm and financial planning.
40 farmers increased their potential cash income from their farming operation by $460000 by implementing a financial plan.
40 forest landowners are members in a local County Forestry Association representing 6000 forest acres.
50 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
28 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
28 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
10 horse owners fed 20 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
10 horse owners managed 20 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
20 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 40 horses, saving $FRM annually.
20 horse owners schedule routine hoof care on 40 horses, saving $FRM annually.
40 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.
10 landowners improved profitability (marketing) of forest ownership.
10 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 2000 forested acres.
66 Master Gardeners gained knowledge and confidence in entomology.
62 Master Gardeners gained knowledge and confidence in integrated pest management.
64 Master Gardeners gained knowledge and confidence in ornamentals.
62 Master Gardeners gained knowledge and confidence in plant diseases.
56 Master Gardeners gained knowledge and confidence in soils.
72 Master Gardeners gained knowledge and confidence in turfgrass.
44 Master Gardeners have used the knowledge and skills they learned in this program to assist 20 people in turf selection or management.
28 Master Gardeners have used the knowledge and skills they learned in this program to assist 20 people to control pests through integrated pest management.
28 Master Gardeners have used the knowledge and skills they learned in this program to assist 20 people to identify pests and/or the damage they cause.
30 Master Gardeners have used the knowledge and skills they learned in this program to assist 20 people to identify symptoms of plant disease.
32 Master Gardeners have used the knowledge and skills they learned in this program to assist 20 people to improve soil through soil test results.
36 now feel a sense of responsibility toward their school and community.
32 now have a sense of pride about their school and community.
80 of 90 adults wash hands more often.
0 of 0 better understood basic insurance needs.
0 of 0 better understood credit reporting and scoring.
564 of 842 better understood their parents' concerns about money.
0 of 0 checked their credit report.
42 of 58 homeowners increased their knowledge of fire ant management.
219 of 219 identified ways to reduce spending.
0 of 0 learned better how to communicate with creditors.
0 of 0 learned how to better manage stress caused by financial issues.
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
0 of 0 learned how to properly maintain and store household financial records.
60 of 60 learned who to pay first if they can't pay everything.
0 of 0 made a change in career or educational goals.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
24 of 24 parents/caregivers learned about issues related to stages of child development.
110 of 240 participants ate more whole grains.
25 of 25 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 0 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
0 of 0 participants better understood their parent's concerns about money.
0 of 0 participants communicated with other family members about financial matters.
250 of 450 participants decreased consumption of high-sugar foods.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
0 of 0 participants eat at least six meals together as a family each week.
80 of 90 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
25 of 25 participants felt more confident that they could build wealth.
564 of 842 participants felt more strongly that they needed to get a good education.
564 of 842 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
0 of 0 participants followed a spending plan.
0 of 0 participants gained skill in determining their net worth.
49 of 49 participants gained skill in making a spending plan.
60 of 60 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
0 of 0 participants improved their cholesterol levels.
0 of 0 participants improved their triglyceride levels.
60 of 90 participants increased physical activity.
893 of 951 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
656 of 842 participants learned better how to plan their spending.
0 of 0 participants learned how education will affect the kind of job they can get.
622 of 842 participants learned how having a family can affect their lifestyle.
690 of 842 participants learned how much money it takes to get by.
648 of 842 participants learned how occupation and income will affect their lifestyle.
438 of 842 participants learned how payroll deductions are taken from gross pay.
548 of 842 participants learned how to keep a checkbook register.
538 of 842 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
304 of 842 participants made changes to their future plans.
80 of 90 participants now eat more fruit.
101 of 114 participants now eat more vegetables.
40 of 58 participants plan to use the two-step method around the home for managing fire ants.
194 of 842 participants planned to change their career goals.
496 of 842 participants planned to get more education after high school.
0 of 0 participants reduced debt an average of $ 0 per month.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
20 of 25 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
40 of 90 participants surveyed used a thermometer to check the internal temperature of food.
30 of 40 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
44 of 48 participants who increased their intake of dairy foods.
60 of 90 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
50 of 88 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 respondents plan to decrease exposure of their children to parental conflict.
0 of 0 respondents report understanding the importance of working together for the sakes of their children.
0 of 0 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
0 of 0 youth now wash hands more often.
0 parents/caregivers learned effective communication techniques to use with their children.
24 parents/caregivers learned strategies for dealing with parenting stress.
40 participants now correctly deworm 80 horses, saving $ FRM this year.
40 producers planted 800 acres with clover for an increased production valued at $FRM.
40 producers planted 400 acres with warm-season grasses for an added value of $FRM.
100 producers sprayed 2000 acres for broadleaf weed control for an increased production valued at $FRM.
20 producers stockpiled 1000 acres of tall fescue, reducing feeding cost by $FRM.
0 underserved landowners are now alley cropping with annual crops and high-value hardwoods.
0 underserved landowners began pursuing forest farming operations of high-value specialty crops such as herbs, medicinal plants or mushrooms.
0 underserved landowners maintained wooded pastures.
0 underserved landowners planted riparian buffer strips along waterways.
0 underserved landowners planted windbreaks in fields.
30 would assist with or participate in elections, voting and campaigns.
734 youth are better able to understand and follow directions.
0 youth are confident they can work through a disagreement without using violence.
718 youth are willing to try new things.
30 youth can assist a group in deciding on team plans for reaching goals.
812 youth can complete projects they are proud of.
26 youth can conduct a meeting.
548 youth can express ideas with a poster, exhibit or other display.
542 youth can now share their ideas through writing.
522 youth can use technology to help themselves express ideas.
686 youth feel comfortable asking others to help on a project.
448 youth have learned at least five jobs in which communication skills are important.
32 youth have learned new skills and ways of doing things by participating in groups.
860 youth know the difference between things they want and things they need.
694 youth like to work with others to complete projects.
34 youth now encourage other team members to give their best effort.
32 youth now report that they can justify their decision.
34 youth now report that they have confidence making their own decisions.
22 youth now report that they think about past choices when making new decisions.
28 youth now report that when making a decision, they think about what does the most good for the most people.
20 youth now report that when they make a decision, they think about what a person of character would do.
32 youth now report they are concerned about the well-being of others.
38 youth now think it's important to listen to all group members before making a decision.
32 youth now want to see other team members succeed even if they achieve more than themselves.
0 youth report finding acceptable ways to deal with stress when things bother them.
154 youth report helping others in need.
896 youth report telling the difference between right and wrong.
862 youth report that now they try to do the right thing.
0 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
28 youth report that they are now comfortable being a group leader.
38 youth report that they can now cooperate and work in a group.
24 youth report that they can now give clear directions.
0 youth report that they can now identify their personal interests and strengths.
166 youth report that they consider others when making decisions.
0 youth report that they have learned to win and lose gracefully when participating in competitive events.
176 youth report that they know how to make good decisions.
36 youth report that they know how to set goals and they use that ability when leading a group.
702 youth report that they like to accomplish things on their own.
28 youth report that they make sure everyone gets an opportunity to say what they think.
156 youth report that they now continue to work toward their goals, even if they do not at first succeed.
32 youth report that they now like to work with others and help them reach their goals.
34 youth report that they take their jobs seriously as members of a committee.
32 youth report that when in charge of a group, they treat everyone fairly and equally.
694 youth report that when they disagree with someone, they can stand up for themselves without using violence.
162 youth report they now take responsibility for the decisions they make.
26 youth report using enthusiasm to get a group working.
868 youth understand that they cannot always be "the best" in everything.

Units Reporting Program Outcomes (entire year)
None

Activity Report for McMinn County

01/01/2010 to 12/31/2010

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### Indirect Methods for Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

### Indirect Methods for Volunteers

http://super.tennessee.edu/reports/by_unit_roll_up.asp  
3/15/2011
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### Contacts by Volunteers

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### Units Reporting Program Activity

**McMinn County**

**All 2010 Outcomes (entire year)**

- 80 beef producers sold 2748 calves managed according to BQA guidelines to increase returns by $FRM.
- 136 beef producers stored 10880 large, round bales under some type of cover to increase returns by $FRM.
- 36 beef producers utilized bulls with greater genetic potential to produce 974 head of calves to increase returns by $FRM.
- 63 beef producers utilized hay feeding rings to feed 4410 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 196 beef producers utilized improved marketing methods to market 23884 head of calves to increase returns by $FRM.
- 28 dial-gauge lids were tested.
- 64 farmers developed financial plans for their farms.
- 178 farmers increased their knowledge and skills in farm and financial planning.
- 11162 miles were walked in the Walk Across Tennessee Program.
- 69 of 69 adolescents learned about he consequences of risky behaviors which could result in...
damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
29 of 29 adolescents learned about the consequences of risky behaviors which could result in being
arrested.
29 of 29 adolescents learned how to generate healthy discussion within their family about sexuality,
values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)
70 of 70 adults wash hands more often.
22 of 22 parents of teens learned how to generate discussion within their family about skills related to
communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk,
Too, Straight Talk for Guys, Fitting It Together)
22 of 22 parents of teens learned how to generate discussion within their family about the
consequences of risky behavior which could result in being arrested. (Fitting It Together)
84 of 89 parents/caregivers increased knowledge of age and situation appropriate child guidance
strategies
86 of 89 parents/caregivers learned about issues related to stages of child development.
30 of 30 participants are choosing foods that do not cause sharp a rise in blood sugar six months after
completing the program.
28 of 30 participants are confident they can better manage their diabetes as a result of participating in
this program.
24 of 30 participants are getting necessary health screenings such as eye, foot and dental exams six
months after completing the program.
30 of 30 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots
six months after completing the program.
26 of 32 participants are more physically active six months after completing the program.
30 of 30 participants are preventing or treating other health conditions such as heart and blood vessel
problems, kidney disease, nerve damage and foot problems six months after completing the program.
28 of 30 participants are regularly checking their blood sugar six months after completing the
program.
27 of 30 participants are using the Healthy Plate Method six months after completing the program.
77 of 81 participants ate more whole grains.
46 of 49 participants can apply joint protection techniques.
40 of 50 participants can better control their chronic disease as a result of participating in the program.
30 of 30 participants can choose foods that do not cause a sharp rise in blood sugar.
40 of 49 participants can use relaxation techniques to better manage their arthritis symptoms.
175 of 181 participants decreased consumption of high-sugar foods.
89 of 111 participants eat at least six meals together as a family each week.
166 of 177 participants eat more fat-free or low-fat dairy products.
32 of 32 participants feel confident they can apply pain management techniques, such as relaxation,
breathing and guided imagery, for overcoming arthritis pain.
46 of 49 participants feel confident they can better manage their arthritis by continuing to do the
program exercises after this program ends.
1150 of 1160 participants feel confident they know what to do in case of a poisoning.
29 of 32 participants have added exercise to their action steps for managing their arthritis.
24 of 32 participants have improved performance of daily activities six months after completing the
program.
38 of 49 participants have improved their arthritis symptoms as a result of participating in this
program.
35 of 49 participants have less arthritis symptoms from their arthritis six months after completing the
program.
62 of 76 participants have less arthritis symptoms.
20 of 32 participants have less pain from their arthritis six months after completing the program.
29 of 32 participants have less stiffness six months after completing the program.
19 of 30 participants have reduced their A1c six months after completing the program.
66 of 76 participants improved control of their arthritis symptoms.
66 of 76 participants improved performance of daily activities.
30 of 49 participants improved their balance six months after completing the program.
57 of 76 participants improved their balance.
32 of 49 participants improved their flexibility six months after completing the program.
65 of 76 participants improved their flexibility.
41 of 49 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
41 of 49 participants improved their range of motion in their joints six months after completing the program.
548 of 1725 participants increased physical activity.
125 of 125 participants increased their exercise routine during Walk Across Tennessee Program.
9 of 9 participants learned culinary skills.
2 of 2 participants lost weight: 10 total pounds lost.
78 of 80 participants now eat more fruit.
65 of 80 participants now eat more vegetables.
5 of 32 participants now take fewer medications for arthritis pain six months after completing the program.
27 of 30 participants plan to regularly check their blood sugar as requested by their doctor.
30 of 30 participants plan to use the Healthy Plate Method.
60 of 60 participants refrigerate perishable foods within two hours.
60 of 60 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
30 of 30 participants surveyed canned pickles following a tested recipe. (TNCEP)
30 of 30 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
30 of 30 participants surveyed canned vegetables following a tested recipe. (TNCEP)
30 of 30 participants surveyed processed pickles in a water-bath canner. (TNCEP)
130 of 30 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
30 of 30 participants surveyed processed vegetables in a pressure canner. (TNCEP)
92 of 95 participants surveyed used a thermometer to check the internal temperature of food.
90 of 90 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
4 of 49 participants take fewer medications for arthritis symptoms six months after completing the program.
29 of 30 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
32 of 32 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
32 of 32 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
49 of 49 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
9 of 9 participants use healthy food preparation techniques.
1344 of 1730 participants who now select foods and beverages that promote healthy weight.
32 of 32 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
1160 of 1160 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
119 of 125 participants will continue to exercise after the Walk Across Tennessee Program.
325 of 325 participants will keep medications out of the reach of children.
323 of 325 participants will keep products in their original containers.
1160 of 1160 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.

325 of 325 participants will read the label before using a product.

9 of 9 participants chose fast foods or take-out foods less often.

275 of 300 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

86 of 89 respondents plan to decrease exposure of their children to parental conflict.

86 of 89 respondents report understanding the importance of working together for the sakes of their children.

30 of 30 youth now wash hands more often.

89 parents/caregivers learned effective communication techniques to use with their children.

89 parents/caregivers learned strategies for dealing with parenting stress.

45 participants process high-acid foods in a water bath canner.

125 participants walked in the Walk Across Tennessee Program.

100 producers gain the knowledge necessary to determine whether they could profitably produce a dedicated energy crop for either on-farm production of renewable energy or for sale to a bio-refinery or other energy producer.

20 producers have gained knowledge on measures of milk quality indicators (including somatic cell count, preliminary incubation count, standard plate counts, lab pasteurized counts, etc.)

20 producers have increased awareness of effective mastitis prevention and control programs.

20 producers have learned the relationship between somatic cell counts and milk production.

120 producers learned about different types of renewable energy options and what renewable energy systems would be technically and economically feasible to operate at the farm level.

120 producers learned about the four steps in the process for converting biomass into cellulosic ethanol: preprocessing, pretreatment, hydrolysis, and fermentation and distillation.

203 producers planted 10779 acres with clover for an increased production valued at $FRM.

10 producers planted 150 acres with warm-season grasses for an added value of $FRM.

30 producers sprayed 1400 acres for broadleaf weed control for an increased production valued at $FRM.

20 producers stockpiled 850 acres of tall fescue, reducing feeding cost by $FRM.

14 teams participated in the Walk Across Tennessee Program.

**Units Reporting Program Outcomes (entire year)**

None

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**Activity Report for McNairy County**

**01/01/2010 to 12/31/2010**

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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
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**Contacts by Extension Personnel**

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**Volunteer Hours**

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Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

McNairy County

All 2010 Outcomes (entire year)

- 8 African-American landowners increased their knowledge of property rights and responsibilities.
- 18 are concerned about problems in their community.
- 80 beef producers sold 1650 calves managed according to BQA guidelines to increase returns by $FRM.
- 70 beef producers stored 3500 large, round bales under some type of cover to increase returns by $FRM.
- 20 beef producers utilized bulls with greater genetic potential to produce 550 head of calves to increase returns by $FRM.
- 80 beef producers utilized hay feeding rings to feed 5000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 30 beef producers utilized improved marketing methods to market 800 head of calves to increase...
returns by $FRM.

480 forest landowners are members in a local County Forestry Association representing 120000 forest acres.

480 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.

300 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.

180 landowners improved profitability (marketing) of forest ownership.

56 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 14000 forested acres.

5797 miles were walked in the Walk Across Tennessee Program.

16 now feel a sense of responsibility toward their school and community.

12 now have a sense of pride about their school and community.

27 of 30 adults wash hands more often.

1024 of 1756 better understood their parents' concerns about money.

0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)

0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)

0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies

54 of 54 parents/caregivers learned about issues related to stages of child development.

28 of 37 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

28 of 37 participants are confident they can better manage their diabetes as a result of participating in this program.

28 of 37 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

28 of 37 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

28 of 37 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.

28 of 37 participants are regularly checking their blood sugar six months after completing the program.

28 of 37 participants are using the Healthy Plate Method six months after completing the program.

248 of 276 participants ate more whole grains.

1318 of 1318 participants became more aware of the importance of starting to save and invest early in life.

1024 of 1756 participants better understood their parent's concerns about money.

12 of 12 participants can apply joint protection techniques.

0 of 0 participants can better control their chronic disease as a result of participating in the program.

28 of 37 participants can choose foods that do not cause a sharp rise in blood sugar.

12 of 12 participants can use relaxation techniques to better manage their arthritis symptoms.

63 of 97 participants decreased their blood pressure six months after completing the program.

0 of 0 participants decreased their cholesterol levels six months after completing the program.

249 of 276 participants eat more fat-free or low-fat dairy products.

12 of 12 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
0 of 0 participants felt more confident that they could build wealth. 
1092 of 1756 participants felt more strongly that they needed to get a good education. 
1032 of 1756 participants felt more strongly that they needed to pay attention to their financial future. 
12 of 12 participants have improved their arthritis symptoms as a result of participating in this program. 
12 of 12 participants have less arthritis symptoms from their arthritis six months after completing the program. 
22 of 28 participants have reduced their A1c six months after completing the program. 
12 of 12 participants improved their balance six months after completing the program. 
12 of 12 participants improved their flexibility six months after completing the program. 
12 of 12 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program. 
12 of 12 participants improved their range of motion in their joints six months after completing the program. 
258 of 276 participants increased physical activity. 
97 of 108 participants increased their exercise routine during Walk Across Tennessee Program. 
2578 of 3074 participants increased their financial management skills. 
1228 of 1756 participants learned better how to plan their spending. 
1414 of 2078 participants learned how education will affect the kind of job they can get. 
616 of 1756 participants learned how having a family can affect their lifestyle. 
1192 of 1756 participants learned how much money it takes to get by. 
1204 of 1756 participants learned how occupation and income will affect their lifestyle. 
764 of 1756 participants learned how payroll deductions are taken from gross pay. 
1172 of 1756 participants learned how to keep a checkbook register. 
1232 of 1756 participants learned how to write a check. 
365 of 365 participants learned the difference between wants and needs. 
51 of 98 participants lost weight: 0 total pounds lost. 
0 of 0 participants lowered their blood sugar levels six months after completing the program. 
656 of 1756 participants made changes to their future plans. 
0 of 0 participants maintained their walking/exercise routine six months after completing the program. 
259 of 276 participants now eat more fruit. 
255 of 276 participants now eat more vegetables. 
365 of 365 participants now understand the difference between a need and a want. 
37 of 37 participants plan to regularly check their blood sugar as requested by their doctor. 
28 of 37 participants plan to use the Healthy Plate Method. 
468 of 1756 participants planned to change their career goals. 
1060 of 1756 participants planned to get more education after high school. 
24 of 24 participants refrigerate perishable foods within two hours. 
24 of 24 participants separate raw, cooked and ready-to-eat foods while storing and preparing. 
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver. 
22 of 24 participants surveyed used a thermometer to check the internal temperature of food. 
24 of 24 participants surveyed used a thermometer to check the internal temperature of their refrigerator. 
12 of 12 participants take fewer medications for arthritis symptoms six months after completing the program. 
37 of 0 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices. 
12 of 12 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms. 
322 of 322 participants understood the dangers of using too much credit. 
262 of 276 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants will continue to exercise after the Walk Across Tennessee Program.
322 of 322 participants understood the dangers of using too much credit.
54 of 54 respondents plan to decrease exposure of their children to parental conflict.
54 of 54 respondents report understanding the importance of working together for the sakes of their children.
336 of 366 youth now wash hands more often.
54 parents/caregivers learned effective communication techniques to use with their children.
54 parents/caregivers learned strategies for dealing with parenting stress.
108 participants walked in the Walk Across Tennessee Program.
42 producers planted 2600 acres with clover for an increased production valued at $FRM.
30 producers planted 1340 acres with warm-season grasses for an added value of $FRM.
20 producers sprayed 1650 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
0 teams participated in the Walk Across Tennessee Program.
14 would assist with or participate in elections, voting and campaigns.
184 youth believe that a team can accomplish more than an individual.
156 youth believe that people working together can help others less fortunate.
28 youth can analyze the results of a scientific investigation.
28 youth can ask a question that can be answered by collecting data.
32 youth can conduct a meeting.
130 youth can deal with their nervousness when giving a speech or talk.
14 youth can design a scientific procedure to answer a question.
178 youth can explain an idea to others.
48 youth can record data accurately.
138 youth can select a topic for a speech or talk.
166 youth can speak loudly enough to be heard when giving a speech or talk.
22 youth can use specific scientific knowledge to form a question.
192 youth enjoy working with others toward a common goal.
108 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
0 youth now report they are concerned about the well-being of others.
36 youth report that they are now comfortable being a group leader.
22 youth report that they can now cooperate and work in a group.
32 youth report that they can now give clear directions.
24 youth report that they know how to set goals and they use that ability when leading a group.
146 youth report that they learned about important leaders who contributed to our nation.
22 youth report that they make sure everyone gets an opportunity to say what they think.
38 youth report that they now like to work with others and help them reach their goals.
20 youth report that they take their jobs seriously as members of a committee.
20 youth report that when in charge of a group, they treat everyone fairly and equally.
38 youth report using enthusiasm to get a group working.
188 youth think that everyone on the team is important.
176 youth think they can make a big difference in their community by helping others.
180 youth think they have something to contribute to the worth of the team.
142 youth understand how community leaders are elected to office.
184 youth understand that other ideas may be just as important as their own.

**Units Reporting Program Outcomes (entire year)**

None
Activity Report for Meigs County

01/01/2010 to 12/31/2010

Extension Personnel Hours

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Direct Methods for Extension Personnel

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Contacts by Extension Personnel

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Volunteer Hours

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Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity
Meigs County

**All 2010 Outcomes (entire year)**

128 are concerned about problems in their community.
62 beef producers sold 700 calves managed according to BQA guidelines to increase returns by $FRM.
20 beef producers stored 2200 large, round bales under some type of cover to increase returns by $FRM.
4 beef producers utilized bulls with greater genetic potential to produce 100 head of calves to increase returns by $FRM.
20 beef producers utilized hay feeding rings to feed 700 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
12 beef producers utilized improved marketing methods to market 220 head of calves to increase returns by $FRM.
16 classrooms adopted this program.
4 dial-gauge lids were tested.
28 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
28 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
112 now feel a sense of responsibility toward their school and community.
96 now have a sense of pride about their school and community.
26 of 36 adults wash hands more often.
0 of 0 better understood their parents' concerns about money.
0 of 0 made a change in career or educational goals.
20 of 36 participants ate more whole grains.
0 of 0 participants began or increased savings an average of $ 0 per month.
0 of 0 participants better understood their parent's concerns about money.
0 of 0 participants communicated with other family members about financial matters.
148 of 236 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
148 of 236 participants eat fewer high-fat foods.
26 of 36 participants eat more fat-free or low-fat dairy products.
0 of 0 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants followed a spending plan.
0 of 0 participants increased physical activity.
0 of 0 participants increased their financial management skills.
0 of 0 participants learned better how to plan their spending.
18 of 18 participants learned culinary skills.
0 of 0 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
0 of 0 participants learned how payroll deductions are taken from gross pay.
0 of 0 participants learned how to keep a checkbook register.
0 of 0 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
0 of 0 participants made changes to their future plans.
26 of 36 participants now eat more fruit.
20 of 36 participants now eat more vegetables.
0 of 0 participants planned to change their career goals.
0 of 0 participants planned to get more education after high school.
30 of 36 participants refrigerate perishable foods within two hours.
22 of 36 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
12 of 12 participants surveyed canned pickles following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
12 of 12 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
0 of 0 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)
20 of 36 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
18 of 18 participants use healthy food preparation techniques.
158 of 236 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
18 of 18 participants chose fast foods or take-out foods less often.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
200 of 236 students increased amount of time in physical activity.
158 of 236 students who increased their intake of whole grains.
0 of 0 youth now wash hands more often.
12 participants process high-acid foods in a water bath canner.
10 producers planted 79 acres with clover for an increased production valued at $FRM.
6 producers planted 15 acres with warm-season grasses for an added value of $FRM.
30 producers sprayed 150 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
4 schools adopted this program.
32 would assist with or participate in elections, voting and campaigns.
152 youth believe that people working together can help others less fortunate.
36 youth break goals down into steps so they can check their progress.
680 youth can analyze the results of a scientific investigation.
816 youth can ask a question that can be answered by collecting data.
648 youth can deal with their nervousness when giving a speech or talk.
600 youth can design a scientific procedure to answer a question.
880 youth can explain an idea to others.
560 youth can give an informative speech or presentation.
768 youth can record data accurately.
1040 youth can select a topic for a speech or talk.
608 youth can show enthusiasm when giving a speech or presentation.
888 youth can speak loudly enough to be heard when giving a speech or talk.
728 youth can use specific scientific knowledge to form a question.
544 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
968 youth give a 2-3 minute speech or presentation.
0 youth have set a goal for their job or career.
696 youth know how to organize the parts of a speech or presentation.
144 youth now report they are concerned about the well-being of others.
0 youth now set high goals that require work to achieve them. 
36 youth now work to achieve their goals. 
36 youth put their goals in writing. 
608 youth report that they have developed confidence to speak in front of groups. 
80 youth report that they learned about important leaders who contributed to our nation. 
0 youth report that they now achieve goals they set for themselves. 
36 youth set high goals. 
152 youth think they can make a big difference in their community by helping others. 
136 youth understand how community leaders are elected to office. 
0 youth who are now making plans to achieve their goals. 
0 youth who have put their goal(s) in writing.

**Units Reporting Program Outcomes (entire year)**
None

**Activity Report for Monroe County**

**01/01/2010 to 12/31/2010**

**Extension Personnel Hours**

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**Direct Methods for Extension Personnel**

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**Indirect Methods for Extension Personnel**

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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

### Indirect Methods for Volunteers

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<td>Male Adult</td>
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<td>Male Youth</td>
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### Units Reporting Program Activity

**Monroe County**

**All 2010 Outcomes (entire year)**

- 36 of 36 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
- 36 of 36 adolescents learned about the consequences of risky behaviors which could result in being arrested.
- 36 of 36 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)
- 36 of 36 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
- 36 of 36 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
- 0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
- 16 of 16 parents/caregivers learned about issues related to stages of child development.
- 0 of 0 parents/caregivers report an increase in use of appropriate child guidance techniques.
- 14 of 36 parents/caregivers report an increase in use of positive communication techniques with their children.
- 32 of 36 parents/caregivers report feeling better about their abilities as parents.
- 0 of 0 parents/caregivers report feeling less stressed as parents.
- 0 of 0 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
- 0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
- 0 of 0 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
- 0 of 0 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)
- 14 of 20 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
- 16 of 20 participants are confident they can better manage their diabetes as a result of participating in this program.

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18 of 20 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
20 of 20 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
0 of 0 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program. 20 of 20 participants are regularly checking their blood sugar six months after completing the program.
0 of 0 participants are using the Healthy Plate Method six months after completing the program.
0 of 0 participants can apply joint protection techniques.
18 of 20 participants can choose foods that do not cause a sharp rise in blood sugar.
0 of 0 participants can use relaxation techniques to better manage their arthritis symptoms.
0 of 0 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
20 of 30 participants find the active ingredient on the medication label.
0 of 0 participants have improved their arthritis symptoms as a result of participating in this program.
10 of 14 participants have less arthritis symptoms.
0 of 0 participants have reduced their A1c six months after completing the program.
14 of 14 participants improved control of their arthritis symptoms.
10 of 14 participants improved performance of daily activities.
14 of 14 participants improved their balance.
10 of 14 participants improved their flexibility.
22 of 30 participants keep all of their prescription medications at the same pharmacy.
20 of 20 participants plan to regularly check their blood sugar as requested by their doctor.
16 of 20 participants plan to use the Healthy Plate Method.
30 of 30 participants read the directions before taking a prescription or over-the-counter medications.
30 of 30 participants seek the advice of a pharmacist if they have any questions about a medication.
30 of 30 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
30 of 30 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
0 of 0 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.
28 of 30 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
18 of 20 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
0 of 0 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
152 of 176 respondents plan to decrease exposure of their children to parental conflict.
160 of 176 respondents report understanding the importance of working together for the sakes of their children.
176 parents/caregivers learned effective communication techniques to use with their children.
176 parents/caregivers learned strategies for dealing with parenting stress.
712 youth are better able to understand and follow directions.
450 youth are now better listeners.
82 youth are willing to try new things.
2200 youth can deal with their nervousness when giving a speech or talk.
400 youth can explain an idea to others.
1040 youth can express ideas with a poster, exhibit or other display.
1750 youth can give an informative speech or presentation.
640 youth can now share their ideas through writing.
2000 youth can select a topic for a speech or talk.
400 youth can show enthusiasm when giving a speech or presentation.
1300 youth can speak loudly enough to be heard when giving a speech or talk.
560 youth can use technology to help themselves express ideas.
1000 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1250 youth give a 2-3 minute speech or presentation.
250 youth have explored careers in communications.
1000 youth have learned at least five jobs in which communication skills are important.
1750 youth know how to organize the parts of a speech or presentation.
20 youth know the difference between things they want and things they need.
90 youth now get information about a problem.
56 youth report helping others in need.
40 youth report telling the difference between right and wrong.
24 youth report that they consider others when making decisions.
500 youth report that they have developed confidence to speak in front of groups.
26 youth report that they know how to make good decisions.
42 youth report that they like to accomplish things on their own.
20 youth report that they now continue to work toward their goals, even if they do not at first succeed.
180 youth report they can now keep records.
60 youth report they have improved photography skills.
400 youth report they have learned skills in visual communications.
30 youth report they now take responsibility for the decisions they make.
76 youth who report that they have learned that some choices are better than others.
76 youth who report they can make a decision.
58 youth who report they now listen to people with more experience than themselves.
80 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Montgomery County

01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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<table>
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<tr>
<th>Direct Methods for Extension Personnel</th>
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</thead>
<tbody>
<tr>
<td>Method</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
### Client Visits to Extension Office:

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<thead>
<tr>
<th>Method</th>
<th>Number of Visits</th>
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<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
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<tr>
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<td>10342</td>
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<tr>
<td>Group Meetings / Demonstrations</td>
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</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
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<tr>
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<td>Total</td>
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### Indirect Methods for Extension Personnel

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<th>Method</th>
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### Contacts by Extension Personnel

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### Volunteer Hours

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Follow this link for more information:

http://super.tennessee.edu/reports/by_unit_roll_up.asp
Indirect Methods for Volunteers

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Contacts by Volunteers

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<td>462</td>
<td>136</td>
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Units Reporting Program Activity

Montgomery County

All 2010 Outcomes (entire year)

$1412000 in increased revenue, increased savings, and/or one-time capital purchases by 264 small business owners.

- Producers increased corn yield by 0 bushels/acre by selecting top yielding varieties on 0 acres of corn increasing their income by FRM.
- Producers increased yield by 0 bushels by selecting top yielding varieties on 0 acres of soybeans, earning an extra $FRM.
- The economic impact of Extension leadership programs was $256000 in increased revenue, one-time capital improvements and secured resources.
- 200 acres of burley achieving yields greater than 2,300 pounds per acre.
- 0 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
- 0 acres of corn scouted by a UT-trained scout to help make crop management decisions.
600 acres of dark tobacco achieving yields greater than 3,000 pounds per acre.
1200 acres of tobacco produced using recommended fertility practices indicated in soil test results.
1000 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
1000 acres produced using registered pesticides at appropriate application rates and timings.
800 acres soil tested no more than one year before planting.
400 acres were in an appropriate rotation (no more than two years consecutively in tobacco; time in tobacco equal to or less than half the rotation).
1000 acres were planted with university-tested varieties.
200 acres with field rouged, plowed or destroyed within 30 days after harvest.
136 beef producers sold 6143 calves managed according to BQA guidelines to increase returns by $FRM.
90 beef producers stored 56000 large, round bales under some type of cover to increase returns by $FRM.
74 beef producers utilized bulls with greater genetic potential to produce 1880 head of calves to increase returns by $FRM.
140 beef producers utilized hay feeding rings to feed 70000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
148 beef producers utilized improved marketing methods to market 7343 head of calves to increase returns by SFRM.
72 communities have undergone entrepreneurship support planning efforts.
150 consumers learned about plant selection and proper planting to save money and time in the landscape.
150 consumers learned how to apply landscape fertilizers and pesticides safely.
150 consumers learned how to conserve and protect water quality in the landscape.
18 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
20 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
18 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
66 dial-gauge lids were tested.
72 existing small businesses who are now operating with a business plan.
56 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
24 farm families and rural business operators implementing improved record systems.
28 farm families evaluated new farm enterprises and value added activities.
32 farm families used FINPACK for developing and implementing whole farm plans.
138 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
32 farmers developed financial plans for their farms.
518 farmers increased their knowledge and skills in farm and financial planning.
44 farmers increased their potential cash income from their farming operation by $2092 by implementing a financial plan.
52 forest landowners are members in a local County Forestry Association representing 7672 forest acres.
12 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
52 goat producers have improved knowledge about genetic improvement, nutrition, health,
reproduction and other information as a result of the Master Goat Program.
  12 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
  20 home lawn insect, disease and weed samples submitted for identification and control recommendations.
  30 home lawn soil samples submitted for testing.
  15 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
  10 homeowners established new turfgrass species and varieties.
  5 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
  2120 individual participants, governmental and non-governmental organizations involved in entrepreneurial network meetings.
  612 individuals who increased their entrepreneurial/business skills.
  54 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
  24 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.
  12 landowners improved profitability (marketing) of forest ownership.
  16 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 2000 forested acres.
  12 Master Gardeners gained knowledge and confidence in entomology.
  12 Master Gardeners gained knowledge and confidence in integrated pest management.
  12 Master Gardeners gained knowledge and confidence in ornamentals.
  12 Master Gardeners gained knowledge and confidence in plant diseases.
  12 Master Gardeners gained knowledge and confidence in soils.
  12 Master Gardeners gained knowledge and confidence in turfgrass.
  25 Master Gardeners have used the knowledge and skills they learned in this program to assist 125 people in turf selection or management.
  25 Master Gardeners have used the knowledge and skills they learned in this program to assist 80 people to control pests through integrated pest management.
  25 Master Gardeners have used the knowledge and skills they learned in this program to assist 80 people to identify pests and/or the damage they cause.
  25 Master Gardeners have used the knowledge and skills they learned in this program to assist 80 people to identify symptoms of plant disease.
  25 Master Gardeners have used the knowledge and skills they learned in this program to assist 125 people to improve soil through soil test results.
  90 new networking, mentoring and coaching outlets available to entrepreneurs.
  184 of 184 better understood credit reporting and scoring.
  0 of 0 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
  0 of 0 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.
  51 of 80 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
  73 of 100 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
  0 of 0 homeowners increased their knowledge of fire ant management.
  0 of 0 landscape and nursery participants increased their knowledge of fire ant management.
  212 of 212 participants analyzed their readiness for home ownership.
  212 of 212 participants determined how much they could pay for a home.
  264 of 256 participants developed and implemented a business plan.
184 of 184 participants gained better understanding of the mortgage process.
184 of 184 participants gained skill in determining their net worth.
184 of 184 participants gained skill in making a spending plan.
212 of 212 participants gained skill in shopping for a home.
36 of 68 participants improved their blood pressure.
40 of 108 participants improved their blood sugar.
10 of 108 participants improved their cholesterol levels.
0 of 108 participants improved their triglyceride levels.
184 of 184 participants increased their financial management skills.
158 of 136 participants purchased a home.
48 of 48 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
30 of 30 participants surveyed canned pickles following a tested recipe. (TNCEP)
30 of 30 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
30 of 30 participants surveyed canned vegetables following a tested recipe. (TNCEP)
172 of 216 participants surveyed increased personal involvement in community activities.
216 of 216 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
216 of 216 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
0 of 0 participants surveyed increased their knowledge on Integrated Pest Management (IPM) pest management strategies for controlling pests.
0 of 0 participants surveyed increased their knowledge on the health risks from exposure to pesticides.
218 of 389 participants surveyed increased understanding of and level of competency using business management concepts and tools.
266 of 385 participants surveyed indicated a positive change in perceived community/regional support for entrepreneurship.
0 of 0 participants surveyed made a positive change in the attitude about cooking food to a safe internal temperature.
150 of 150 participants surveyed made a positive change in their attitude about how they thaw food.
150 of 150 participants surveyed made a positive change in their attitude about cleaning surfaces, utensils and equipment to prevent cross-contamination.
260 of 260 participants surveyed made a positive change in their attitude about eating/drinking foods from unsafe sources.
150 of 148 participants surveyed made a positive change in their attitude about keeping the temperature in the refrigerator at 40 degrees F or below.
0 of 0 participants surveyed plan to use IPM in their school and/or childcare center.
30 of 10 participants surveyed processed pickles in a water-bath canner. (TNCEP)
30 of 30 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
30 of 30 participants surveyed processed vegetables in a pressure canner. (TNCEP)
30 participants process high-acid foods in a water bath canner.
0 pounds of burley marketed in large bale packages.
0 pounds of burley stripped properly according to buyer specifications.
0 pounds of total tobacco produced.
86 producers planted 4280 acres with clover for an increased production valued at $FRM.
10 producers planted 170 acres with warm-season grasses for an added value of $FRM.
160 producers sprayed 5600 acres for broadleaf weed control for an increased production valued at $FRM.
10 producers stockpiled 500 acres of tall fescue, reducing feeding cost by $FRM.
100 professionals increased their knowledge of components of business plans.
167 professionals increased their knowledge of green industry services and marketing practices.
168 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
173 professionals increased their knowledge of plant pests and pest control measures.
170 professionals increased their knowledge of proper plant selection.
256 small business owners who increase income and quality of living.
20 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
0 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
20 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
2 tobacco growers adopted worker protection standards such as training workers and handlers, proper posting of signs, pesticide recordkeeping, establishing decontamination sites, organizing worker protection information at a central location and proper care and use of Personal Protective Equipment.
0 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
16 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
18 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
16 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
16 tobacco producers increased their knowledge of training workers and pesticide handlers including the areas of pre-harvest intervals, restricted entry intervals and worker protection standards.
240 youth are better able to understand and follow directions.
200 youth are now better listeners.
200 youth break goals down into steps so they can check their progress.
250 youth can analyze the results of a scientific investigation.
250 youth can ask a question that can be answered by collecting data.
20 youth can complete projects they are proud of.
150 youth can deal with their nervousness when giving a speech or talk.
250 youth can design a scientific procedure to answer a question.
200 youth can explain an idea to others.
250 youth can express ideas with a poster, exhibit or other display.
200 youth can give an informative speech or presentation.
200 youth can now share their ideas through writing.
150 youth can record data accurately.
250 youth can select a topic for a speech or talk.
150 youth can show enthusiasm when giving a speech or presentation.
150 youth can speak loudly enough to be heard when giving a speech or talk.
200 youth can use specific scientific knowledge to form a question.
250 youth can use technology to help themselves express ideas.
20 youth feel comfortable asking others to help on a project.
150 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
250 youth give a 2-3 minute speech or presentation.
250 youth have explored careers in communications.
250 youth have learned at least five jobs in which communication skills are important.
240 youth have set a goal for their job or career.
250 youth know how to organize the parts of a speech or presentation.
20 youth like to work with others to complete projects.
200 youth now get information about a problem.
240 youth now report that they make a decision by thinking about what a person of good character would do.
200 youth now report that they use more than one source of information in making choices.
150 youth now report that they use standards in making choices.
200 youth now report they consider the risks of their choices.
200 youth now report they think about the truthfulness of sources of information when making choices.
240 youth now set high goals that require work to achieve them.
240 youth now work to achieve their goals.
200 youth put their goals in writing.
250 youth report that they have developed confidence to speak in front of groups.
150 youth report that they now achieve goals they set for themselves.
16 youth report that when they disagree with someone, they can stand up for themselves without using violence.
150 youth report they can now keep records.
10 youth report they have improved photography skills.
200 youth report they have learned skills in visual communications.
240 youth set high goals.
12 youth understand that they cannot always be "the best" in everything.
240 youth who are now making plans to achieve their goals.
150 youth who have put their goal(s) in writing.
250 youth who report that they have learned that some choices are better than others.
240 youth who report they can make a decision.
200 youth who report they now listen to people with more experience than themselves.
150 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Moore County

01/01/2010 to 12/31/2010

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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

#### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

**Moore County**

**All 2010 Outcomes (entire year)**

- 50 beef producers sold 2000 calves managed according to BQA guidelines to increase returns by $FRM.
- 150 beef producers stored 20000 large, round bales under some type of cover to increase returns by $FRM.
- 50 beef producers utilized bulls with greater genetic potential to produce 1700 head of calves to increase returns by $FRM.
- 200 beef producers utilized hay feeding rings to feed 10000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 40 beef producers utilized improved marketing methods to market 4000 head of calves to increase returns by $FRM.
- 6 dial-gauge lids were tested.
- 0 miles were walked in the Walk Across Tennessee Program.
- 4 of 20 participants can better control their chronic disease as a result of participating in the program.
- 142 of 400 participants decreased their blood pressure six months after completing the program.
- 106 of 400 participants decreased their cholesterol levels six months after completing the program.
- 176 of 400 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.

[http://super.tennessee.edu/reports/by_unit_roll_up.asp](http://super.tennessee.edu/reports/by_unit_roll_up.asp) 3/15/2011
206 of 400 participants increased their exercise routine during Walk Across Tennessee Program.
10 of 40 participants lost weight: 70 total pounds lost.
2 of 400 participants lowered their blood sugar levels six months after completing the program.
28 of 400 participants maintained their walking/exercise routine six months after completing the program.
28 of 40 participants surveyed canned pickles following a tested recipe. (TNCEP)
24 of 40 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
4 of 40 participants surveyed canned vegetables following a tested recipe. (TNCEP)
28 of 40 participants surveyed processed pickles in a water-bath canner. (TNCEP)
24 of 40 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
4 of 40 participants surveyed processed vegetables in a pressure canner. (TNCEP)
188 of 400 participants will continue to exercise after the Walk Across Tennessee Program.
4 of 6 teachers reported preschool children in their classes were more actively engaged in physical activity.
6 of 6 teachers reported preschool children in their classes were more willing to taste fruit.
6 of 6 teachers reported preschool children in their classes were more willing to taste vegetables.
2 of 6 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
2 of 6 teachers reported using physical activities from Healthy Steps at least three times per week.
0 participants process high-acid foods in a water bath canner.
420 participants walked in the Walk Across Tennessee Program.
20 producers planted 2000 acres with clover for an increased production valued at $FRM.
20 producers planted 1000 acres with warm-season grasses for an added value of $FRM.
100 producers sprayed 8000 acres for broadleaf weed control for an increased production valued at $FRM.
50 producers stockpiled 2400 acres of tall fescue, reducing feeding cost by $FRM.
14 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
30 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
172 report that because of their 4-H experiences, they will register to vote when they are eligible.
142 report that because of their 4-H service projects, they have learned about causes and issues.
166 report that because of their 4-H service projects, they know about resources in their community.
14 teams participated in the Walk Across Tennessee Program.
200 youth are better able to understand and follow directions.
100 youth are now better listeners.
250 youth are willing to try new things.
182 youth believe that people working together can help others less fortunate.
322 youth can conduct a meeting.
124 youth can correctly classify most foods using the MyPyramid guidelines.
150 youth can express ideas with a poster, exhibit or other display.
76 youth can now read and compare the nutrition labels of snack foods they like to eat.
120 youth can now share their ideas through writing.
100 youth can use technology to help themselves express ideas.
40 youth have explored careers in communications.
400 youth have learned at least five jobs in which communication skills are important.
300 youth know the difference between things they want and things they need.
34 youth now eat more whole grain breads and cereals.
20 youth now limit the amount of high-sugar snack foods they eat.
144 youth now realize they need to eat breakfast everyday.
128 youth now select 100% fruit juice, water or milk instead of soft drinks.
30 youth now select lower fat foods instead of higher fat foods.
50 youth now think about their food choices and how those choices affect their health.
178 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
250 youth report telling the difference between right and wrong.
200 youth report that now they try to do the right thing.
350 youth report that they are now comfortable being a group leader.
278 youth report that they can now cooperate and work in a group.
264 youth report that they can now give clear directions.
270 youth report that they know how to set goals and they use that ability when leading a group.
34 youth report that they learned about important leaders who contributed to our nation.
320 youth report that they like to accomplish things on their own.
244 youth report that they make sure everyone gets an opportunity to say what they think.
242 youth report that they now like to work with others and help them reach their goals.
256 youth report that they take their jobs seriously as members of a committee.
256 youth report that when in charge of a group, they treat everyone fairly and equally.
50 youth report they can now keep records.
20 youth report they have improved photography skills.
100 youth report they have learned skills in visual communications.
330 youth report using enthusiasm to get a group working.
176 youth think they can make a big difference in their community by helping others.
174 youth understand how community leaders are elected to office.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Morgan County

01/01/2010 to 12/31/2010

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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteers Who Served

### Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Morgan County

All 2010 Outcomes (entire year)

- 0 4-H clubs were met by volunteers.
- 2 4-H judging teams were coached by volunteers.
- 1 4-H project groups were met by volunteers.
- 6 4-H volunteers utilized volunteer position descriptions.
- 98 beef producers sold 1948 calves managed according to BQA guidelines to increase returns by $FRM.
- 130 beef producers stored 24868 large, round bales under some type of cover to increase returns by $FRM.
- 66 beef producers utilized bulls with greater genetic potential to produce 2244 head of calves to increase returns by $FRM.
- 130 beef producers utilized hay feeding rings to feed 23742 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 98 beef producers utilized improved marketing methods to market 770 head of calves to increase returns by $FRM.
- 14 classrooms adopted this program.
- 3 horse owners fed 65 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
- 0 horse owners managed 0 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
- 2 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 54 horses, saving $FRM annually.
- 1 horse owners schedule routine hoof care on 6 horses, saving $FRM annually.
- 3 new 4-H volunteers were recruited this year.
45 of 47 adults wash hands more often. 
68 of 136 better understood their parents' concerns about money. 
38 of 136 made a change in career or educational goals. 
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together) 
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together) 
19 of 19 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies 
19 of 19 parents/caregivers learned about issues related to stages of child development. 
5 of 6 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program. 
6 of 6 participants are confident they can better manage their diabetes as a result of participating in this program. 
4 of 6 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program. 
6 of 6 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program. 
5 of 6 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program. 
6 of 6 participants are regularly checking their blood sugar six months after completing the program. 
6 of 6 participants are using the Healthy Plate Method six months after completing the program. 
87 of 95 participants ate more whole grains. 
68 of 136 participants began or increased savings an average of $ 40 per month. 
68 of 136 participants better understood their parent's concerns about money. 
6 of 6 participants can choose foods that do not cause a sharp rise in blood sugar. 
42 of 136 participants communicated with other family members about financial matters. 
306 of 372 participants decreased consumption of high-sugar foods. 
42 of 52 participants lost weight: 22 total pounds lost. 
52 of 136 participants made a change in financial behavior. 
28 of 136 participants made a spending plan. 
52 of 136 participants made changes to their future plans. 
43 of 43 participants now eat more fruit.

http://super.tennessee.edu/reports/by_unit_roll_up.asp
43 of 43 participants now eat more vegetables.
6 of 6 participants plan to regularly check their blood sugar as requested by their doctor.
6 of 6 participants plan to use the Healthy Plate Method.
52 of 136 participants planned to change their career goals.
38 of 136 participants planned to get more education after high school.
35 of 43 participants refrigerate perishable foods within two hours.
35 of 43 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
31 of 43 participants surveyed used a thermometer to check the internal temperature of food.
31 of 43 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
58 of 136 participants talked about financial goals with their parents or others.
6 of 6 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
222 of 320 participants who increased their intake of dairy foods.
43 of 43 participants who now select foods and beverages that promote healthy weight.
28 of 136 participants worked toward new savings or investment goals.
40 of 52 participnats engaged in physical activity for at least 30 minutes five or more days during most weeks.
19 of 19 respondents plan to decrease exposure of their children to parental conflict.
19 of 19 respondents report understanding the importance of working together for the sakes of their children.
300 of 320 students increased amount of time in physical activity.
190 of 320 students who increased their intake of whole grains.
4 of 4 teachers reported preschool children in their classes were more actively engaged in physical activity.
4 of 4 teachers reported preschool children in their classes were more willing to taste fruit.
4 of 4 teachers reported preschool children in their classes were more willing to taste vegetables.
4 of 4 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
4 of 4 teachers reported using physical activities from Healthy Steps at least three times per week.
91 of 150 youth now wash hands more often.
19 parents/caregivers learned effective communication techniques to use with their children.
19 parents/caregivers learned strategies for dealing with parenting stress.
3 participants now correctly deworm 65 horses, saving $ FRM this year.
70 producers planted 2310 acres with clover for an increased production valued at $FRM.
32 producers planted 240 acres with warm-season grasses for an added value of $FRM.
32 producers sprayed 800 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
6 schools adopted this program.
6 volunteer leaders increased their knowledge of positive youth development.
8 youth are better able to understand and follow directions.
0 youth are now better listeners.
16 youth are willing to try new things.
396 youth can analyze the results of a scientific investigation.
408 youth can ask a question that can be answered by collecting data.
108 youth can deal with their nervousness when giving a speech or talk.
396 youth can design a scientific procedure to answer a question.
104 youth can explain an idea to others.
8 youth can express ideas with a poster, exhibit or other display.
140 youth can give an informative speech or presentation.
6 youth can now share their ideas through writing.
408 youth can record data accurately.
116 youth can select a topic for a speech or talk.
132 youth can show enthusiasm when giving a speech or presentation.
112 youth can speak loudly enough to be heard when giving a speech or talk.
408 youth can use specific scientific knowledge to form a question.
8 youth can use technology to help themselves express ideas.
72 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
176 youth give a 2-3 minute speech or presentation.
0 youth have explored careers in communications.
6 youth have learned at least five jobs in which communication skills are important.
148 youth know how to organize the parts of a speech or presentation.
22 youth know the difference between things they want and things they need.
56 youth now get information about a problem.
110 youth now report that they make a decision by thinking about what a person of good character would do.
110 youth now report that they use more than one source of information in making choices.
110 youth now report that they use standards in making choices.
110 youth now report they consider the risks of their choices.
104 youth now report they think about the truthfulness of sources of information when making choices.
0 youth report helping others in need.
18 youth report telling the difference between right and wrong.
22 youth report that now they try to do the right thing.
0 youth report that they consider others when making decisions.
164 youth report that they have developed confidence to speak in front of groups.
0 youth report that they know how to make good decisions.
18 youth report that they like to accomplish things on their own.
0 youth report that they now continue to work toward their goals, even if they do not at first succeed.
0 youth report they can now keep records.
0 youth report they have improved photography skills.
0 youth report they have learned skills in visual communications.
0 youth report they now take responsibility for the decisions they make.
56 youth who report that they have learned that some choices are better than others.
56 youth who report they can make a decision.
56 youth who report they now listen to people with more experience than themselves.
56 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Obion County

01/01/2010 to 12/31/2010

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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

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Volunteer Hours

All: 2766
Total: 2766

Volunteers Who Served

Indirect Methods for Volunteers

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<tr>
<th>Method</th>
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Contacts by Volunteers

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Units Reporting Program Activity

Obion County

All 2010 Outcomes (entire year)

Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 110400 acres of corn increasing their income by FRM.
Producers increased yield by 2 bushels by selecting top yielding varieties on 248000 acres of soybeans, earning an extra $FRM.
Producers increased yield by 10 bushels by selecting top yielding varieties on 28000 acres of wheat,
The economic impact of Extension leadership programs was $40872 in increased revenue, one-time capital improvements and secured resources.

2 4-H clubs were met by volunteers.
3 4-H judging teams were coached by volunteers.
1 4-H project groups were met by volunteers.
7 4-H volunteers utilized volunteer position descriptions.
80000 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
20000 acres of corn scouted by a UT-trained scout to help make crop management decisions.
54500 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
20 beef producers sold 200 calves managed according to BQA guidelines to increase returns by $FRM.
4 beef producers stored 250 large, round bales under some type of cover to increase returns by $FRM.
6 beef producers utilized bulls with greater genetic potential to produce 130 head of calves to increase returns by $FRM.
20 beef producers utilized hay feeding rings to feed 700 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
4 beef producers utilized improved marketing methods to market 96 head of calves to increase returns by $FRM.
140 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
207 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
100 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
5 new 4-H volunteers were recruited this year.
90 of 90 adults wash hands more often.
720 of 900 better understood their parents' concerns about money.
92 of 104 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
104 of 104 participants are confident they can better manage their diabetes as a result of participating in this program.
88 of 104 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
48 of 104 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
16 of 104 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
10 of 10 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.
104 of 104 participants are regularly checking their blood sugar six months after completing the program.
104 of 104 participants are using the Healthy Plate Method six months after completing the program.
106 of 154 participants ate more whole grains.
720 of 900 participants better understood their parent's concerns about money.
102 of 104 participants can choose foods that do not cause a sharp rise in blood sugar.
10 of 10 participants continued doing the MYB exercises six months after completing the program.
68 of 154 participants decreased consumption of high-sugar foods.
70 of 154 participants eat at least six meals together as a family each week.
18 of 90 participants eat fewer high-fat foods.
24 of 90 participants eat more fat-free or low-fat dairy products.
28 of 30 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
70 of 80 participants feel confident they know what to do in case of a poisoning.
10 of 10 participants feel confident they will continue doing the MYB routines after the MYB program ends.
540 of 900 participants felt more strongly that they needed to get a good education.
630 of 900 participants felt more strongly that they needed to pay attention to their financial future.
70 of 70 participants find the active ingredient on the medication label.
10 of 10 participants have improved their balance.
10 of 10 participants have improved their strength.
10 of 10 participants have increased their cardiovascular fitness.
10 of 10 participants have increased their motivation to exercise.
28 of 28 participants have less arthritis symptoms.
52 of 104 participants have reduced their A1c six months after completing the program.
28 of 28 participants improved control of their arthritis symptoms.
28 of 28 participants improved performance of daily activities.
28 of 28 participants improved their balance.
28 of 28 participants improved their flexibility.
70 of 90 participants increased physical activity.
450 of 900 participants increased their financial management skills.
66 of 70 participants keep all of their prescription medications at the same pharmacy.
29 of 30 participants know what cancer screenings they need according to their age and gender.
360 of 900 participants learned better how to plan their spending.
810 of 900 participants learned how education will affect the kind of job they can get.
540 of 900 participants learned how having a family can affect their lifestyle.
900 of 900 participants learned how much money it takes to get by.
675 of 900 participants learned how occupation and income will affect their lifestyle.
0 of 900 participants learned how payroll deductions are taken from gross pay.
900 of 900 participants learned how to keep a checkbook register.
900 of 900 participants learned how to write a check.
20 of 154 participants lost weight: 60 total pounds lost.
90 of 900 participants made changes to their future plans.
10 of 10 participants maintained their motivation to keep exercising six months after completing the program.
80 of 90 participants now eat more fruit.
70 of 90 participants now eat more vegetables.
25 of 30 participants plan to get age and gender appropriate cancer screenings.
104 of 104 participants plan to regularly check their blood sugar as requested by their doctor.
104 of 104 participants plan to use the Healthy Plate Method.
150 of 900 participants planned to change their career goals.
720 of 900 participants planned to get more education after high school.
60 of 70 participants read the directions before taking a prescription or over-the-counter medications.
90 of 90 participants refrigerate perishable foods within two hours.
68 of 70 participants seek the advice of a pharmacist if they have any questions about a medication.
90 of 90 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
50 of 1500 participants surveyed increased personal involvement in community activities.
62 of 70 participants surveyed know not to combine pain relievers, prescription or multi-symptom...
medications with the same active ingredient.

68 of 70 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.

70 of 70 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.

70 of 70 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.

30 of 90 participants surveyed used a thermometer to check the internal temperature of food.

90 of 90 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

104 of 104 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.

27 of 30 participants understand that cancer screening and early detection can save their life.

24 of 30 participants understand women age 40 and older should have a mammogram.

30 of 30 participants understand women of all ages need a Pap test.

20 of 90 participants who increased their intake of dairy foods.

80 of 90 participants who now select foods and beverages that promote healthy weight.

80 of 80 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.

80 of 80 participants will keep medications out of the reach of children.

70 of 80 participants will keep products in their original containers.

76 of 80 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.

76 of 80 participants will read the label before using a product.

20 of 154 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

90 of 90 youth now wash hands more often.

10 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.

130 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.

16 producers increased their return on 3000 acres by $FRM by utilizing irrigation instead of dry land production.

0 producers increased their return on 0 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.

4 producers planted 70 acres with clover for an increased production valued at $FRM.

2 producers planted 50 acres with warm-season grasses for an added value of $FRM.

16 producers report a 25 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.

8 producers sprayed 350 acres for broadleaf weed control for an increased production valued at $FRM.

6 producers stockpiled 126 acres of tall fescue, reducing feeding cost by $FRM.

20 producers utilized UT fertility recommendations.

200 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).

5 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

16 soybean producers report a $10 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

100 soybean producers used data provided by UT publications or UT Internet resources and made
changes in their production practices.
7 volunteer leaders increased their knowledge of positive youth development.
0 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
16 wheat producers implemented one or more wheat management practices based on data provided by UT (e.g., conservation tillage, plant population, growth retardants, IPM strategies, disease and weed control).
0 wheat producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
16 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
243 youth are better able to understand and follow directions.
350 youth believe that a team can accomplish more than an individual.
225 youth believe that people working together can help others less fortunate.
30 youth can analyze the results of a scientific investigation.
30 youth can ask a question that can be answered by collecting data.
8 youth can assist a group in deciding on team plans for reaching goals.
9 youth can correctly classify most foods using the MyPyramid guidelines.
8052 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
8052 youth can explain an idea to others.
2424 youth can express ideas with a poster, exhibit or other display.
9 youth can now read and compare the nutrition labels of snack foods they like to eat.
8052 youth can now share their ideas through writing.
30 youth can record data accurately.
8052 youth can select a topic for a speech or talk.
4830 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use specific scientific knowledge to form a question.
300 youth can use technology to help themselves express ideas.
256 youth enjoy working with others toward a common goal.
2016 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
300 youth have learned at least five jobs in which communication skills are important.
40 youth have learned new skills and ways of doing things by participating in groups.
40 youth now encourage other team members to give their best effort.
150 youth now get information about a problem.
9 youth now realize they need to eat breakfast everyday.
9 youth now think about their food choices and how those choices affect their health.
34 youth now think it's important to listen to all group members before making a decision.
16 youth now want to see other team members succeed even if they achieve more than themselves.
9 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
150 youth report that they learned about important leaders who contributed to our nation.
286 youth think that everyone on the team is important.
270 youth think they can make a big difference in their community by helping others.
188 youth think they have something to contribute to the worth of the team
225 youth understand how community leaders are elected to office.
238 youth understand that other ideas may be just as important as their own.
240 youth who report that they have learned that some choices are better than others.
285 youth who report they can make a decision.
150 youth who report they now listen to people with more experience than themselves.
225 youth who report they now try to identify what causes a problem.
Units Reporting Program Outcomes (entire year)
None

Activity Report for Overton County
01/01/2010 to 12/31/2010

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Direct Methods for Extension Personnel

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<td>Client Visits to Extension Office:</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
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### Volunteers Who Served

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**Volunteer Hours**

- **All:** 35
- **Total:** 35

### Contacts by Volunteers

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<tr>
<td>Female Youth</td>
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## Units Reporting Program Activity

**Overton County**

### All 2010 Outcomes (entire year)

<table>
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- 48 are concerned about problems in their community.
- 0 now can create on-screen (multi-media) presentations.
- 48 now feel a sense of responsibility toward their school and community.
- 72 now have a sense of pride about their school and community.
- 48 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
- 0 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
- 48 report that because of their 4-H experiences, they will register to vote when they are eligible.
- 40 report that because of their 4-H service projects, they have learned about causes and issues.
- 72 report that because of their 4-H service projects, they know about resources in their community.
- 40 would assist with or participate in elections, voting and campaigns.
- 1300 youth are now better listeners.
- 12 youth believe that people working together can help others less fortunate.
- 40 youth can assist a group in deciding on team plans for reaching goals.
- 6 youth can challenge policies through petitions, presentations or other positive ways.
- 0 youth can combine and build on the ideas of others when making decisions that affect the team.
- 900 youth can deal with their nervousness when giving a speech or talk.
- 48 youth can effectively encourage team members to achieve long-range goals.
- 700 youth can explain an idea to others.
- 1350 youth can give an informative speech or presentation.
- 52 youth can now prepare and deliver a five-minute speech.
- 1500 youth can select a topic for a speech or talk.
- 1270 youth can show enthusiasm when giving a speech or presentation.
- 1500 youth can speak loudly enough to be heard when giving a speech or talk.
- 0 youth can use compromise as a way to overcome conflict with other team members.
- 40 youth can use effective communication as a way to overcome conflict with team members.
- 0 youth effectively encourage others to stay on task in a team.
- 900 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
- 1300 youth give a 2-3 minute speech or presentation.
- 50 youth have a goal set for their job or career.
- 650 youth have explored careers in communications.
- 8 youth have knowledge of careers in the communications field.
- 40 youth have learned new skills and ways of doing things by participating in groups.
- 50 youth have set a goal for their job or career.
- 270 youth know how to organize the parts of a speech or presentation.
- 6 youth now communicate through a website.
- 40 youth now encourage other team members to give their best effort.
- 240 youth now get information about a problem.
- 56 youth now report that they can justify their decision.
- 30 youth now report that they have confidence making their own decisions.
- 112 youth now report that they make a decision by thinking about what a person of good character would do.
- 8 youth now report that they think about past choices when making new decisions.

[http://super.tennessee.edu/reports/by_unit_roll_up.asp](http://super.tennessee.edu/reports/by_unit_roll_up.asp)

3/15/2011
240 youth now report that they use more than one source of information in making choices.
112 youth now report that they use standards in making choices.
20 youth now report that when making a decision, they think about what does the most good for the most people.
30 youth now report that when they make a decision, they think about what a person of character would do.
60 youth now report they are concerned about the well-being of others.
0 youth now report they consider the risks of their choices.
112 youth now report they think about the truthfulness of sources of information when making choices.
70 youth now set high goals that require work to achieve them.
48 youth now think it's important to listen to all group members before making a decision.
40 youth now want to see other team members succeed even if they achieve more than themselves.
40 youth report being able to break tough jobs down into simpler tasks.
30 youth report being able to resolve problems without losing control of their emotions.
40 youth report being sensitive to the feelings of others when discussing and solving problems.
100 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
48 youth report that they are comfortable being responsible for a group.
30 youth report that they can now cooperate and work in a group.
1300 youth report that they have developed confidence to speak in front of groups.
50 youth report that they know how to set goals and they use that ability when leading a group.
134 youth report that they learned about important leaders who contributed to our nation.
50 youth report that they make sure everyone gets an opportunity to say what they think.
70 youth report that they now achieve goals they set for themselves.
10 youth report that they take their jobs seriously as members of a committee.
10 youth report that when in charge of a group, they treat everyone fairly and equally.
100 youth report they are now "accomplished public speakers."
4 youth report they can give an impromptu speech.
8 youth report they can now express their opinions in speeches or presentations.
30 youth report they can now keep records.
50 youth report they have improved photography skills.
108 youth report they have learned skills in visual communications.
40 youth seek out others who can help them become a better leader.
50 youth set deadlines to achieve their goals.
40 youth think they can make a big difference in their community by helping others.
70 youth try to get as much assistance as they can when working toward their goal.
48 youth understand how community leaders are elected to office.
200 youth use parliamentary procedure to run a meeting.
20 youth who are now making plans to achieve their goals.
50 youth who have put their goal(s) in writing.
20 youth who keep trying if they do not achieve their goal the first time.
240 youth who report that they have learned that some choices are better than others.
220 youth who report they can make a decision.
240 youth who report they now listen to people with more experience than themselves.
100 youth who report they now try to identify what causes a problem.
50 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None
### Activity Report for Perry County

**01/01/2010 to 12/31/2010**

#### Extension Personnel Hours

<table>
<thead>
<tr>
<th></th>
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#### Direct Methods for Extension Personnel

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<tbody>
<tr>
<td>Client Visits to Extension Office:</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>614</td>
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<td>Group Meetings / Demonstrations:</td>
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#### Indirect Methods for Extension Personnel

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#### Contacts by Extension Personnel

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Volunteer Hours
Total: 0

Volunteers Who Served

Indirect Methods for Volunteers

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<thead>
<tr>
<th>Method</th>
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Contacts by Volunteers

<table>
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Units Reporting Program Activity
Perry County

All 2010 Outcomes (entire year)

$0 in increased revenue, increased savings, and/or one-time capital purchases by 0 small business owners.
4 classrooms adopted this program.
2 communities have undergone entrepreneurial support planning efforts.
0 individual participants, governmental and non-governmental organizations involved in entrepreneurial network meetings.
0 new networking, mentoring and coaching outlets available to entrepreneurs.
0 of 0 adults wash hands more often.
0 of 0 better understood their parents’ concerns about money.
73 of 118 participants ate more whole grains.
0 of 0 participants better understood their parent's concerns about money.
40 of 77 participants decreased consumption of high-sugar foods.
0 of 0 participants developed and implemented a business plan.
95 of 118 participants eat at least six meals together as a family each week.
52 of 77 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
15 of 15 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
0 of 0 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants have less arthritis symptoms.
0 of 0 participants improved control of their arthritis symptoms.
0 of 0 participants improved performance of daily activities.
0 of 0 participants improved their balance.
0 of 0 participants improved their flexibility.
0 of 0 participants increased physical activity.
0 of 0 participants increased their financial management skills.
15 of 15 participants know what cancer screenings they need according to their age and gender.
0 of 0 participants learned better how to plan their spending.
0 of 0 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
186 of 186 participants learned how occupation and income will affect their lifestyle.
186 of 186 participants learned how payroll deductions are taken from gross pay.
186 of 186 participants learned how to keep a checkbook register.
186 of 186 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants made changes to their future plans.
92 of 118 participants now eat more fruit.
92 of 118 participants now eat more vegetables.
14 of 15 participants plan to get age and gender appropriate cancer screenings.
0 of 0 participants planned to change their career goals.
0 of 0 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed increased understanding of and level of competency using business management concepts and tools.
0 of 0 participants surveyed indicated a positive change in perceived community/regional support for entrepreneurship.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
15 of 15 participants understand that cancer screening and early detection can save their life.
15 of 15 participants understand women age 40 and older should have a mammogram.
15 of 15 participants understand women of all ages need a Pap test.
64 of 77 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
98 of 116 participants engaged in physical activity for at least 30 minutes five or more days during
most weeks.

70 of 77 students increased amount of time in physical activity.
58 of 77 students who increased their intake of whole grains.
0 of 0 teachers reported preschool children in their classes were more actively engaged in physical activity.
0 of 0 teachers reported preschool children in their classes were more willing to taste fruit.
0 of 0 teachers reported preschool children in their classes were more willing to taste vegetables.
0 of 0 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
0 of 0 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 youth now wash hands more often.
2 schools adopted this program.
20 times TEAM UP exchanged ideas or shared information.
6 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
0 youth are better able to understand and follow directions.
0 youth are now better listeners.
0 youth break goals down into steps so they can check their progress.
24 youth can complete projects they are proud of.
326 youth can deal with their nervousness when giving a speech or talk.
0 youth can explain an idea to others.
325 youth can express ideas with a poster, exhibit or other display.
186 youth can give an informative speech or presentation.
0 youth can now share their ideas through writing.
326 youth can select a topic for a speech or talk.
186 youth can show enthusiasm when giving a speech or presentation.
300 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use technology to help themselves express ideas.
20 youth feel comfortable asking others to help on a project.
275 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
242 youth give a 2-3 minute speech or presentation.
91 youth have a goal set for their job or career.
0 youth have explored careers in communications.
0 youth have learned at least five jobs in which communication skills are important.
91 youth have set a goal for their job or career.
326 youth know how to organize the parts of a speech or presentation.
23 youth like to work with others to complete projects.
0 youth now get information about a problem.
0 youth now report that they make a decision by thinking about what a person of good character would do.
0 youth now report that they use more than one source of information in making choices.
0 youth now report that they use standards in making choices.
0 youth now report they consider the risks of their choices.
0 youth now report they think about the truthfulness of sources of information when making choices.
0 youth now set high goals that require work to achieve them.
0 youth now work to achieve their goals.
61 youth put their goals in writing.
200 youth report that they have developed confidence to speak in front of groups.
61 youth report that they now achieve goals they set for themselves.
0 youth report that when they disagree with someone, they can stand up for themselves without using violence.
0 youth report they can now keep records.
0 youth report they have improved photography skills.
0 youth report they have learned skills in visual communications.
61 youth set deadlines to achieve their goals.
0 youth set high goals.
0 youth try to get as much assistance as they can when working toward their goal.
22 youth understand that they cannot always be "the best" in everything.
61 youth who are now making plans to achieve their goals.
61 youth who have put their goal(s) in writing.
0 youth who keep trying if they do not achieve their goal the first time.
0 youth who report that they have learned that some choices are better than others.
0 youth who report they can make a decision.
0 youth who report they now listen to people with more experience than themselves.
0 youth who report they now try to identify what causes a problem.
0 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Pickett County

01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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<td>Group Meetings / Demonstrations:</td>
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<table>
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<td>Method</td>
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<td>Exhibit(s):</td>
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### Contacts by Extension Personnel

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<tr>
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<th>White/Not of Hispanic origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
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### Volunteer Hours

| All                   | 496                          |
| Total:                | 496                          |

### Volunteers Who Served

<table>
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<th>Indirect Methods for Volunteers</th>
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### Contacts by Volunteers

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### Units Reporting Program Activity

**Pickett County**

**All 2010 Outcomes (entire year)**

- 0 4-H clubs were met by volunteers.
- 1 4-H judging teams were coached by volunteers.
- 3 4-H project groups were met by volunteers.
- 6 4-H volunteers utilized volunteer position descriptions.
- 252 are concerned about problems in their community.
- 32 beef producers sold 1318 calves managed according to BQA guidelines to increase returns by $FRM.
- 72 beef producers stored 28000 large, round bales under some type of cover to increase returns by $FRM.
- 84 beef producers utilized bulls with greater genetic potential to produce 2416 head of calves to increase returns by $FRM.
- 76 beef producers utilized hay feeding rings to feed 11400 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 32 beef producers utilized improved marketing methods to market 1318 head of calves to increase returns by $FRM.
- 6 new 4-H volunteers were recruited this year.
- 454 now feel a sense of responsibility toward their school and community.
- 522 now have a sense of pride about their school and community.
- 0 producers planted 0 acres with clover for an increased production valued at $FRM.
- 88 producers planted 4600 acres with warm-season grasses for an added value of $FRM.
- 156 producers sprayed 10920 acres for broadleaf weed control for an increased production valued at $FRM.
- 14 producers stockpiled 600 acres of tall fescue, reducing feeding cost by $FRM.
- 6 volunteer leaders increased their knowledge of positive youth development.
- 288 would assist with or participate in elections, voting and campaigns.
- 452 youth believe that a team can accomplish more than an individual.
- 312 youth believe that people working together can help others less fortunate.
- 322 youth can assist a group in deciding on team plans for reaching goals.
488 youth enjoy working with others toward a common goal.  
452 youth have learned new skills and ways of doing things by participating in groups.  
334 youth now encourage other team members to give their best effort.  
232 youth now get information about a problem.  
134 youth now report that they make a decision by thinking about what a person of good character would do.  
112 youth now report that they use more than one source of information in making choices.  
142 youth now report that they use standards in making choices.  
356 youth now report they are concerned about the well-being of others.  
112 youth now report they consider the risks of their choices.  
134 youth now report they think about the truthfulness of sources of information when making choices.  
344 youth now think it's important to listen to all group members before making a decision.  
458 youth now want to see other team members succeed even if they achieve more than themselves.  
150 youth report that they can now cooperate and work in a group.  
52 youth report that they know how to set goals and they use that ability when leading a group.  
488 youth report that they learned about important leaders who contributed to our nation.  
52 youth report that they make sure everyone gets an opportunity to say what they think.  
66 youth report that they take their jobs seriously as members of a committee.  
150 youth report that when in charge of a group, they treat everyone fairly and equally.  
422 youth think that everyone on the team is important.  
512 youth think they can make a big difference in their community by helping others.  
454 youth think they have something to contribute to the worth of the team  
512 youth understand how community leaders are elected to office.  
424 youth understand that other ideas may be just as important as their own.  
288 youth who report that they have learned that some choices are better than others.  
316 youth who report they can make a decision.  
358 youth who report they now listen to people with more experience than themselves.  
284 youth who report they now try to identify what causes a problem.  

Units Reporting Program Outcomes (entire year)  
None

Activity Report for Plant Sciences

01/01/2010 to 12/31/2010

<table>
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<tr>
<th>Extension Personnel Hours</th>
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<table>
<thead>
<tr>
<th>Direct Methods for Extension Personnel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method</td>
</tr>
<tr>
<td>--------</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp  
3/15/2011
### Client Visits to Extension Office

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<th>Method</th>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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</tr>
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### Indirect Methods for Extension Personnel

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<tbody>
<tr>
<td>Exhibit(s):</td>
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<tr>
<td>Newspaper Article(s):</td>
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<tr>
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### Contacts by Extension Personnel

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<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
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### Volunteer Hours

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Volunteers Who Served: [Link](http://super.tennessee.edu/reports/by_unit_roll_up.asp)
Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Plant Sciences

All 2010 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)

None

Activity Report for Polk County

01/01/2010 to 12/31/2010

Extension Personnel Hours

http://super.tennessee.edu/reports/by_unit_roll_up.asp
### Direct Methods for Extension Personnel

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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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Volunteer Hours

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Volunteers Who Served

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</tr>
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<td>Newspaper Article(s)</td>
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<tr>
<td>Other:</td>
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<tr>
<td>Publication(s)</td>
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<tr>
<td>Radio Program(s)</td>
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<td>TV Program(s)</td>
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Contacts by Volunteers

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Units Reporting Program Activity

Polk County

All 2010 Outcomes (entire year)

842 are concerned about problems in their community.
8 beef producers sold 40 calves managed according to BQA guidelines to increase returns by $FRM.
7 beef producers stored 2800 large, round bales under some type of cover to increase returns by $FRM.

http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
7 beef producers utilized bulls with greater genetic potential to produce 125 head of calves to increase returns by $FRM.
8 beef producers utilized hay feeding rings to feed 3200 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
1 beef producers utilized improved marketing methods to market 8 head of calves to increase returns by $FRM.
6 dial-gauge lids were tested.
954 now feel a sense of responsibility toward their school and community.
870 now have a sense of pride about their school and community.
193 of 203 adults wash hands more often.
3 of 3 gained skill in evaluating their housing options.
3 of 3 participants analyzed their readiness for home ownership.
142 of 203 participants ate more whole grains.
10 of 12 participants can apply joint protection techniques.
6 of 12 participants can use relaxation techniques to better manage their arthritis symptoms.
3 of 3 participants determined how much they could pay for a home.
152 of 203 participants eat more fat-free or low-fat dairy products.
10 of 12 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
3 of 3 participants gained better understanding of the mortgage process.
10 of 12 participants have improved their arthritis symptoms as a result of participating in this program.
6 of 50 participants have less arthritis symptoms from their arthritis six months after completing the program.
10 of 12 participants have less arthritis symptoms.
9 of 12 participants improved control of their arthritis symptoms.
10 of 12 participants improved performance of daily activities.
6 of 50 participants improved their balance six months after completing the program.
11 of 12 participants improved their balance.
6 of 50 participants improved their flexibility six months after completing the program.
9 of 12 participants improved their flexibility.
6 of 50 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
6 of 50 participants improved their range of motion in their joints six months after completing the program.
199 of 203 participants increased physical activity.
152 of 203 participants now eat more fruit.
152 of 203 participants now eat more vegetables.
3 of 3 participants purchased a home.
5 of 5 participants refrigerate perishable foods within two hours.
5 of 5 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
3 of 3 participants successfully completed homebuyer education requirements.
3 of 3 participants surveyed canned pickles following a tested recipe. (TNCEP)
5 of 5 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
7 of 7 participants surveyed canned vegetables following a tested recipe. (TNCEP)
3 of 3 participants surveyed processed pickles in a water-bath canner. (TNCEP)
5 of 5 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
7 of 7 participants surveyed processed vegetables in a pressure canner. (TNCEP)
4 of 5 participants surveyed used a thermometer to check the internal temperature of food.
4 of 5 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
3 of 25 participants take fewer medications for arthritis symptoms six months after completing the
program.

11 of 12 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.

165 of 208 participants who now select foods and beverages that promote healthy weight.

193 of 203 youth now wash hands more often.

5 participants process high-acid foods in a water bath canner.

4 producers gain the knowledge necessary to determine whether they could profitably produce a dedicated energy crop for either on-farm production of renewable energy or for sale to a bio-refinery or other energy producer.

4 producers learned about different types of renewable energy options and what renewable energy systems would be technically and economically feasible to operate at the farm level.

2 producers learned about the four steps in the process for converting biomass into cellulosic ethanol: preprocessing, pretreatment, hydrolysis, and fermentation and distillation.

18 producers planted 716 acres with clover for an increased production valued at $FRM.

4 producers planted 90 acres with warm-season grasses for an added value of $FRM.

12 producers sprayed 480 acres for broadleaf weed control for an increased production valued at $FRM.

0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.

1026 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.

908 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.

936 report that because of their 4-H experiences, they will register to vote when they are eligible.

880 report that because of their 4-H service projects, they have learned about causes and issues.

798 report that because of their 4-H service projects, they know about resources in their community.

934 would assist with or participate in elections, voting and campaigns.

27 youth believe that a team can accomplish more than an individual.

1028 youth believe that people working together can help others less fortunate.

142 youth break goals down into steps so they can check their progress.

30 youth can assist a group in deciding on team plans for reaching goals.

19 youth can combine and build on the ideas of others when making decisions that affect the team.

66 youth can conduct a meeting.

1190 youth can deal with their nervousness when giving a speech or talk.

20 youth can effectively encourage team members to achieve long-range goals.

1214 youth can explain an idea to others.

862 youth can give an informative speech or presentation.

1220 youth can select a topic for a speech or talk.

742 youth can show enthusiasm when giving a speech or presentation.

1400 youth can speak loudly enough to be heard when giving a speech or talk.

23 youth can use compromise as a way to overcome conflict with other team members.

23 youth can use effective communication as a way to overcome conflict with team members.

27 youth effectively encourage others to stay on task in a team.

21 youth enjoy working with others toward a common goal.

1154 youth feel comfortable sharing their thoughts and feelings in a speech or talk.

1032 youth give a 2-3 minute speech or presentation.

33 youth have learned new skills and ways of doing things by participating in groups.

892 youth know how to organize the parts of a speech or presentation.

31 youth now encourage other team members to give their best effort.

9 youth now get information about a problem.

6 youth now report that they make a decision by thinking about what a person of good character would do.

7 youth now report that they use more than one source of information in making choices.

6 youth now report that they use standards in making choices.
1038 youth now report they are concerned about the well-being of others.
7 youth now report they consider the risks of their choices.
7 youth now report they think about the truthfulness of sources of information when making choices.
27 youth now think it's important to listen to all group members before making a decision.
24 youth now want to see other team members succeed even if they achieve more than themselves.
182 youth now work to achieve their goals.
98 youth put their goals in writing.
43 youth report being able to break tough jobs down into simpler tasks.
42 youth report being able to resolve problems without losing control of their emotions.
42 youth report being sensitive to the feelings of others when discussing and solving problems.
43 youth report that they are comfortable being responsible for a group.
74 youth report that they are now comfortable being a group leader.
136 youth report that they can now cooperate and work in a group.
72 youth report that they can now give clear directions.
976 youth report that they have developed confidence to speak in front of groups.
130 youth report that they know how to set goals and they use that ability when leading a group.
852 youth report that they learned about important leaders who contributed to our nation.
115 youth report that they make sure everyone gets an opportunity to say what they think.
67 youth report that they now like to work with others and help them reach their goals.
128 youth report that they take their jobs seriously as members of a committee.
128 youth report that when in charge of a group, they treat everyone fairly and equally.
76 youth report using enthusiasm to get a group working.
40 youth seek out others who can help them become a better leader.
166 youth set high goals.
31 youth think that everyone on the team is important.
1082 youth think they can make a big difference in their community by helping others.
30 youth think they have something to contribute to the worth of the team.
918 youth understand how community leaders are elected to office.
29 youth understand that other ideas may be just as important as their own.
7 youth who report that they have learned that some choices are better than others.
8 youth who report they can make a decision.
4 youth who report they now listen to people with more experience than themselves.
5 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Putnam County

01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
### Direct Methods for Extension Personnel

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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteer Hours

| All :                      | 356                          |
Volunteers Who Served

### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

**Putnam County**

**All 2010 Outcomes (entire year)**

- 224 beef producers sold 4500 calves managed according to BQA guidelines to increase returns by $FRM.
- 300 beef producers stored 28000 large, round bales under some type of cover to increase returns by $FRM.
- 68 beef producers utilized bulls with greater genetic potential to produce 2176 head of calves to increase returns by $FRM.
- 500 beef producers utilized hay feeding rings to feed 36000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

http://super.tennessee.edu/reports/by_unit_roll_up.asp
36 beef producers utilized improved marketing methods to market 1760 head of calves to increase returns by $FRM.
20 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
24 farm families and rural business operators implementing improved record systems.
24 farm families evaluated new farm enterprises and value added activities.
24 farm families used FINPACK for developing and implementing whole farm plans.
112 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
20 farmers developed financial plans for their farms.
100 farmers increased their knowledge and skills in farm and financial planning.
4 fruit and/or vegetable producers realized an economic impact of $5600 in savings, increased revenue and one-time capital purchases by adopting season extension or organic production practices.
4 fruit and/or vegetable producers who increased business profitability by becoming USDA certified organic.
90 home lawn insect, disease and weed samples submitted for identification and control recommendations.
310 home lawn soil samples submitted for testing.
250 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
150 homeowners established new turfgrass species and varieties.
240 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
110 Master Gardeners gained knowledge and confidence in entomology.
70 Master Gardeners gained knowledge and confidence in integrated pest management.
78 Master Gardeners gained knowledge and confidence in ornamentals.
120 Master Gardeners gained knowledge and confidence in plant diseases.
90 Master Gardeners gained knowledge and confidence in soils.
78 Master Gardeners gained knowledge and confidence in turfgrass.
28 Master Gardeners have used the knowledge and skills they learned in this program to assist 68 people in turf selection or management.
22 Master Gardeners have used the knowledge and skills they learned in this program to assist 60 people to control pests through integrated pest management.
36 Master Gardeners have used the knowledge and skills they learned in this program to assist 104 people to identify pests and/or the damage they cause.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 70 people to identify symptoms of plant disease.
50 Master Gardeners have used the knowledge and skills they learned in this program to assist 120 people to improve soil through soil test results.
7500 miles were walked in the Walk Across Tennessee Program.
0 now can create on-screen (multi-media) presentations.
0 of 0 adults wash hands more often.
126 of 126 better understood basic insurance needs.
100 of 100 better understood credit reporting and scoring.
0 of 0 better understood their parents’ concerns about money.
70 of 100 checked their credit report.
6 of 32 farm families successfully diversified into fruit and vegetable production and marketing.
6 of 24 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
10 of 36 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
14 of 36 fruit and/or vegetable producers adopted IPM.
2 of 24 fruit and/or vegetable producers completed a food safety plan for their farm.
2 of 24 fruit and/or vegetable producers who began the transition to USDA certified organic production.
80 of 100 identified ways to reduce spending.
100 of 100 learned better how to communicate with creditors.
0 of 0 learned how to better manage stress caused by financial issues.
100 of 100 learned how to prepare a grab and go bag in case of an emergency home evacuation.
100 of 100 learned how to properly maintain and store household financial records.
100 of 100 learned who to pay first if they can't pay everything.
20 of 20 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
17 of 20 participants are confident they can better manage their diabetes as a result of participating in this program.
20 of 20 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
0 of 0 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
100 of 100 participants are making sure they are not taking two or more medications with the same active ingredient six months after completing the program.
0 of 0 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
0 of 0 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.
100 of 100 participants are reading the label of medications before they use them six months after completing the program.
20 of 20 participants are regularly checking their blood sugar six months after completing the program.
17 of 20 participants are using the Healthy Plate Method six months after completing the program.
70 of 135 participants ate more whole grains.
26 of 26 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
24 of 26 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
0 of 0 participants better understood their parent's concerns about money.
60 of 75 participants can better control their chronic disease as a result of participating in the program.
20 of 20 participants can choose foods that do not cause a sharp rise in blood sugar.
100 of 100 participants communicated with other family members about financial matters.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
80 of 135 participants eat more fat-free or low-fat dairy products.
0 of 0 participants feel confident they will continue doing the MYB routines after the MYB program ends.
90 of 100 participants felt more confident that they could build wealth.
0 of 0 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
210 of 210 participants find the active ingredient on the medication label.
80 of 100 participants followed a spending plan.
100 of 100 participants gained skill in determining their net worth.
120 of 126 participants gained skill in making a spending plan.
80 of 100 participants have all of their prescription medications at the same pharmacy six months after completing the program.
0 of 0 participants have improved their balance.
0 of 0 participants have improved their strength.
0 of 0 participants have increased their cardiovascular fitness.
0 of 0 participants have increased their motivation to exercise.
10 of 12 participants have less arthritis symptoms.
12 of 20 participants have reduced their A1c six months after completing the program.
126 of 126 participants identified ways to avoid being victimized by predatory practices or fraud.
12 of 12 participants improved control of their arthritis symptoms.
9 of 12 participants improved performance of daily activities.
12 of 12 participants improved their balance.
12 of 12 participants improved their flexibility.
55 of 80 participants increased physical activity.
55 of 75 participants increased their exercise routine during Walk Across Tennessee Program.
126 of 126 participants increased their financial management skills.
26 of 26 participants increased their understanding of the impact education can have on future earnings.
150 of 210 participants keep all of their prescription medications at the same pharmacy.
100 of 100 participants keep an up-to-date UT Med Minder card in their wallet six months after completing the program.
76 of 100 participants kept a record of spending.
0 of 0 participants learned better how to plan their spending.
26 of 26 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
26 of 26 participants learned how occupation and income will affect their lifestyle.
26 of 26 participants learned how payroll deductions are taken from gross pay.
13 of 13 participants learned how to keep a checkbook register.
13 of 13 participants learned how to write a check.
13 of 13 participants learned the difference between wants and needs.
76 of 100 participants made a spending plan.
0 of 0 participants made changes to their future plans.
110 of 135 participants now eat more fruit.
110 of 135 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.
20 of 20 participants plan to regularly check their blood sugar as requested by their doctor.
16 of 20 participants plan to use the Healthy Plate Method.
0 of 0 participants planned to change their career goals.
10 of 13 participants planned to get more education after high school.
90 of 100 participants purchased a home.
210 of 210 participants read the directions before taking a prescription or over-the-counter medications.
0 of 0 participants reduced debt an average of $ 0 per month.
0 of 0 participants refrigerate perishable foods within two hours.
210 of 210 participants seek the advice of a pharmacist if they have any questions about a medication.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
90 of 100 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
100 of 125 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
85 of 125 participants surveyed increased their knowledge of community assets, development
opportunities and/or programs available to their community.

210 of 210 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.

210 of 210 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.

210 of 210 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.

210 of 210 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.

22 of 35 participants surveyed used a thermometer to check the internal temperature of food.

30 of 35 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

0 of 0 participants talked about financial goals with their parents or others.

13 of 13 participants understand how to reconcile a checking account.

19 of 20 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.

113 of 113 participants understood the dangers of using too much credit.

13 of 13 participants were better able to identify appropriate savings and investment options for different financial goals.

50 of 80 participants who now select foods and beverages that promote healthy weight.

75 of 75 participants will continue to exercise after the Walk Across Tennessee Program.

0 of 0 participants worked toward new savings or investment goals.

113 of 113 participants understood the dangers of using too much credit.

76 of 100 tracked their spending.

0 of 0 worked toward new savings, investment or retirement goals.

135 of 135 youth now wash hands more often.

75 participants walked in the Walk Across Tennessee Program.

150 producers planted 1600 acres with clover for an increased production valued at $FRM.

10 producers planted 130 acres with warm-season grasses for an added value of $FRM.

480 producers sprayed 14400 acres for broadleaf weed control for an increased production valued at $FRM.

20 producers stockpiled 240 acres of tall fescue, reducing feeding cost by $FRM.

0 teams participated in the Walk Across Tennessee Program.

2190 youth are better able to understand and follow directions.

0 youth are now better listeners.

9 youth break goals down into steps so they can check their progress.

2800 youth can analyze the results of a scientific investigation.

2700 youth can ask a question that can be answered by collecting data.

1200 youth can deal with their nervousness when giving a speech or talk.

1700 youth can design a scientific procedure to answer a question.

1900 youth can explain an idea to others.

1700 youth can express ideas with a poster, exhibit or other display.

1500 youth can give an informative speech or presentation.

2000 youth can now share their ideas through writing.

2300 youth can record data accurately.

2100 youth can select a topic for a speech or talk.

1800 youth can show enthusiasm when giving a speech or presentation.

2000 youth can speak loudly enough to be heard when giving a speech or talk.

1000 youth can use specific scientific knowledge to form a question.

1100 youth can use technology to help themselves express ideas.
228 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
2100 youth give a 2-3 minute speech or presentation.
0 youth have explored careers in communications.
0 youth have knowledge of careers in the communications field.
155 youth have learned at least five jobs in which communication skills are important.
14 youth have set a goal for their job or career.
1700 youth know how to organize the parts of a speech or presentation.
20 youth now communicate through a website.
0 youth now get information about a problem.
0 youth now report that they make a decision by thinking about what a person of good character would do.
0 youth now report that they use more than one source of information in making choices.
0 youth now report that they use standards in making choices.
0 youth now report they consider the risks of their choices.
0 youth now report they think about the truthfulness of sources of information when making choices.
50 youth now set high goals that require work to achieve them.
13 youth now work to achieve their goals.
4 youth put their goals in writing.
0 youth now report that it is now easier to express their opinions to someone with a different opinion than their own.
0 youth now report that they have developed confidence to speak in front of groups.
45 youth now achieve goals they set for themselves.
34 youth report they can now keep records.
34 youth report they have improved photography skills.
34 youth report they have learned skills in visual communications.
15 youth set high goals.
20 youth use parliamentary procedure to run a meeting.
50 youth who are now making plans to achieve their goals.
38 youth who have put their goal(s) in writing.
0 youth who report that they have learned that some choices are better than others.
70 youth who report they can make a decision.
0 youth who report they now listen to people with more experience than themselves.
0 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Rhea County

01/01/2010 to 12/31/2010

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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<tbody>
<tr>
<td>All: 4398.5</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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<tbody>
<tr>
<td>Client Visits to Extension Office</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>Group Meetings / Demonstrations:</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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<th>White/Not of Hispanic origin</th>
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<th>Asian or Pacific Islander</th>
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<tr>
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### Volunteer Hours

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<tr>
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Volunteers Who Served

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<th>Contacts Reached</th>
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Contacts by Volunteers

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<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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<td>0</td>
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<td>27</td>
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<td>Male Adult</td>
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<td>114</td>
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<td>68</td>
<td>206</td>
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Units Reporting Program Activity

Rhea County

All 2010 Outcomes (entire year)

16 beef producers sold 300 calves managed according to BQA guidelines to increase returns by $FRM.
16 beef producers stored 1600 large, round bales under some type of cover to increase returns by $FRM.
12 beef producers utilized bulls with greater genetic potential to produce 360 head of calves to increase returns by $FRM.
22 beef producers utilized hay feeding rings to feed 2200 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
0 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.

10 dial-gauge lids were tested.

32 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

23000 miles were walked in the Walk Across Tennessee Program.

30 of 30 adults wash hands more often.

13 of 13 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

13 of 13 participants are confident they can better manage their diabetes as a result of participating in this program.

13 of 13 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

10 of 13 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

8 of 13 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.

13 of 13 participants are regularly checking their blood sugar six months after completing the program.

13 of 13 participants are using the Healthy Plate Method six months after completing the program.

60 of 60 participants ate more whole grains.

8 of 30 participants called the TN Poison Center because they suspected a poisoning or had a question about a product six months after completing the program.

100 of 100 participants can better control their chronic disease as a result of participating in the program.

13 of 13 participants can choose foods that do not cause a sharp rise in blood sugar.

20 of 30 participants conducted a poison safety audit six months after completing the program.

60 of 60 participants decreased consumption of high-sugar foods.

30 of 100 participants decreased their blood pressure six months after completing the program.

0 of 0 participants decreased their cholesterol levels six months after completing the program.

60 of 60 participants eat at least six meals together as a family each week.

30 of 30 participants eat fewer high-fat foods.

30 of 30 participants eat more fat-free or low-fat dairy products.

30 of 30 participants feel confident they know what to do in case of a poisoning.

0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.

30 of 30 participants find the active ingredient on the medication label.

13 of 13 participants have reduced their A1c six months after completing the program.

30 of 30 participants increased physical activity.

25 of 30 participants keep all of their prescription medications at the same pharmacy.

75 of 160 participants lost weight: 65 total pounds lost.

0 of 0 participants lowered their blood sugar levels six months after completing the program.

0 of 0 participants maintained their walking/exercise routine six months after completing the program.

30 of 30 participants now eat more fruit.

30 of 30 participants now eat more vegetables.

13 of 13 participants plan to regularly check their blood sugar as requested by their doctor.

13 of 13 participants plan to use the Healthy Plate Method.

30 of 30 participants posted the TN Poison Center toll free number by a phone and in their cell phone address book six months after completing the program.

25 of 30 participants read the directions before taking a prescription or over-the-counter medications.
30 of 30 participants refrigerate perishable foods within two hours.
20 of 30 participants seek the advice of a pharmacist if they have any questions about a medication.
30 of 30 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
30 of 30 participants stored food and household products in separate areas six months after completing the program.
30 of 30 participants stored medications out of the reach of children six months after completing the program.
7 of 7 participants surveyed canned pickles following a tested recipe. (TNCEP)
7 of 7 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
7 of 7 participants surveyed canned vegetables following a tested recipe. (TNCEP)
25 of 30 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
18 of 30 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
7 of 7 participants surveyed processed pickles in a water-bath canner. (TNCEP)
7 of 7 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
7 of 7 participants surveyed processed vegetables in a pressure canner. (TNCEP)
15 of 30 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.
22 of 30 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
30 of 30 participants surveyed used a thermometer to check the internal temperature of food.
30 of 30 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
30 of 40 participants taught their children to always ask first before eating or drinking anything suspicious or questionable six months after completing the program.
13 of 13 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
30 of 30 participants who increased their intake of dairy foods.
30 of 30 participants who now select foods and beverages that promote healthy weight.
30 of 30 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
100 of 100 participants will continue to exercise after the Walk Across Tennessee Program.
30 of 30 participants will keep medications out of the reach of children.
30 of 30 participants will keep products in their original containers.
30 of 30 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
30 of 30 participants will read the label before using a product.
60 of 60 participnats engaged in physical activity for at least 30 minutes five or more days during most weeks.
10 of 10 teachers reported preschool children in their classes were more actively engaged in physical activity.
10 of 10 teachers reported preschool children in their classes were more willing to taste fruit.
10 of 10 teachers reported preschool children in their classes were more willing to taste vegetables.
10 of 10 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
10 of 10 teachers reported using physical activities from Healthy Steps at least three times per week.
30 of 30 youth now wash hands more often.
7 participants process high-acid foods in a water bath canner.
100 participants walked in the Walk Across Tennessee Program.
35 producers planted 1058 acres with clover for an increased production valued at $FRM.
1 producers planted 1 acres with warm-season grasses for an added value of $FRM.
12 producers sprayed 640 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
10 teams participated in the Walk Across Tennessee Program.

Units Reporting Program Outcomes (entire year)
None

## Activity Report for Ridley 4-H Center

### 01/01/2010 to 12/31/2010

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
<th>All</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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### Direct Methods for Extension Personnel

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<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>3419</td>
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<tr>
<td>Group Meetings / Demonstrations:</td>
<td>299</td>
<td>2928</td>
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<td>Total:</td>
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### Indirect Methods for Extension Personnel

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<tr>
<td>Radio Program(s):</td>
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### Volunteer Hours

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<tbody>
<tr>
<td><strong>Volunteers Who Served</strong></td>
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### Units Reporting Program Activity

Ridley 4-H Center

**All 2010 Outcomes (entire year)**
Units Reporting Program Outcomes (entire year)
None

Activity Report for Roane County
01/01/2010 to 12/31/2010

Extension Personnel Hours

<table>
<thead>
<tr>
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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

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**Volunteer Hours**

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**Volunteers Who Served**

**Indirect Methods for Volunteers**

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Units Reporting Program Activity
Roane County
All 2010 Outcomes (entire year)

61 beef producers sold 190 calves managed according to BQA guidelines to increase returns by $FRM.
40 beef producers stored 4100 large, round bales under some type of cover to increase returns by $FRM.
11 beef producers utilized bulls with greater genetic potential to produce 275 head of calves to increase returns by $FRM.
20 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
18 beef producers utilized improved marketing methods to market 125 head of calves to increase returns by $FRM.
2 dial-gauge lids were tested.
12 horse owners fed 15 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
3 horse owners managed 12 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
12 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 15 horses, saving $FRM annually.
12 horse owners schedule routine hoof care on 15 horses, saving $FRM annually.
132 Master Gardeners gained knowledge and confidence in entomology.
132 Master Gardeners gained knowledge and confidence in integrated pest management.
114 Master Gardeners gained knowledge and confidence in ornamentals.
12 Master Gardeners gained knowledge and confidence in plant diseases.
132 Master Gardeners gained knowledge and confidence in soils.
144 Master Gardeners gained knowledge and confidence in turfgrass.
36 Master Gardeners have used the knowledge and skills they learned in this program to assist 48 people in turf selection or management.
12 Master Gardeners have used the knowledge and skills they learned in this program to assist 30 people to control pests through integrated pest management.
90 Master Gardeners have used the knowledge and skills they learned in this program to assist 90 people to identify pests and/or the damage they cause.
18 Master Gardeners have used the knowledge and skills they learned in this program to assist 36 people to identify symptoms of plant disease.
114 Master Gardeners have used the knowledge and skills they learned in this program to assist 114 people to improve soil through soil test results.
0 of 0 adults wash hands more often.
0 of 0 better understood basic insurance needs.
0 of 0 better understood credit reporting and scoring.
0 of 0 better understood their parents’ concerns about money.
0 of 0 gained skill in evaluating their housing options.
25 of 30 identified ways to reduce spending.
0 of 0 learned better how to communicate with creditors.
0 of 0 learned how to better manage stress caused by financial issues.
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
0 of 0 learned how to properly maintain and store household financial records.
0 of 0 learned who to pay first if they can't pay everything.
0 of 0 made a change in career or educational goals.
0 of 0 participants analyzed their readiness for home ownership.
0 of 0 participants ate more whole grains.
20 of 30 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 0 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
0 of 0 participants better understood their parent's concerns about money.
0 of 0 participants communicated with other family members about financial matters.
0 of 0 participants determined how much they could pay for a home.
0 of 0 participants eat more fat-free or low-fat dairy products.
0 of 0 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants followed a spending plan.
0 of 0 participants gained better understanding of the mortgage process.
30 of 30 participants gained skill in determining their net worth.
30 of 30 participants gained skill in making a spending plan.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants increased physical activity.
30 of 30 participants increased their financial management skills.
0 of 0 participants learned better how to plan their spending.
0 of 0 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
0 of 0 participants learned how payroll deductions are taken from gross pay.
0 of 0 participants learned how to keep a checkbook register.
0 of 0 participants learned how to write a check.
0 of 0 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
0 of 0 participants made changes to their future plans.
0 of 0 participants now eat more fruit.
0 of 0 participants now eat more vegetables.
0 of 0 participants planned to change their career goals.
0 of 0 participants planned to get more education after high school.
0 of 0 participants purchased a home.
0 of 0 participants refrigerate perishable foods within two hours.
19 of 30 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants successfully completed homebuyer education requirements.
0 of 0 participants surveyed canned pickles following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
0 of 0 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 youth now wash hands more often.
15 participants now correctly deworm 30 horses, saving $ FRM this year.
0 participants process high-acid foods in a water bath canner.
52 producers planted 467 acres with clover for an increased production valued at $FRM.
2 producers planted 70 acres with warm-season grasses for an added value of $FRM.
40 producers sprayed 400 acres for broadleaf weed control for an increased production valued at
$FRM.
5 producers stockpiled 192 acres of tall fescue, reducing feeding cost by $FRM.
0 youth believe that a team can accomplish more than an individual.
0 youth can assist a group in deciding on team plans for reaching goals.
0 youth can combine and build on the ideas of others when making decisions that affect the team.
0 youth can effectively encourage team members to achieve long-range goals.
0 youth can use compromise as a way to overcome conflict with other team members.
0 youth can use effective communication as a way to overcome conflict with team members.
0 youth effectively encourage others to stay o task in a team.
0 youth enjoy working with others toward a common goal.
0 youth have learned new skills and ways of doing things by participating in groups.
0 youth now encourage other team members to give their best effort.
0 youth now think it's important to listen to all group members before making a decision.
0 youth now want to see other team members succeed even if they achieve more than themselves.
0 youth think that everyone on the team is important.
0 youth think they have something to contribute to the worth of the team
0 youth understand that other ideas may be just as important as their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Robertson County

01/01/2010 to 12/31/2010

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</tr>
<tr>
<td>Direct Mail / Telephone Calls</td>
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<tr>
<td>Group Meetings / Demonstrations</td>
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<td>On-Site Visits (Farm, Home, and Workplace)</td>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteer Hours

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Volunteers Who Served
## Indirect Methods for Volunteers

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## Contacts by Volunteers

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## Units Reporting Program Activity

**Robertson County**

**All 2010 Outcomes (entire year)**

Producers increased corn yield by 0 bushels/acre by selecting top yielding varieties on 0 acres of corn increasing their income by FRM.

Producers increased yield by 0 bushels by selecting top yielding varieties on 0 acres of soybeans, earning an extra $FRM.

138 4-H clubs were met by volunteers.

34 4-H judging teams were coached by volunteers.

26 4-H project groups were met by volunteers.

24 4-H volunteers utilized volunteer position descriptions.

164 acres of burley achieving yields greater than 2,300 pounds per acre.

0 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

0 acres of corn scouted by a UT-trained scout to help make crop management decisions.

1722 acres of dark tobacco achieving yields greater than 3,000 pounds per acre.
6240 acres of tobacco produced using recommended fertility practices indicated in soil test results.
164 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
3432 acres produced using registered pesticides at appropriate application rates and timings.
4896 acres soil tested no more than one year before planting.
6180 acres were in an appropriate rotation (no more than two years consecutively in tobacco; time in tobacco equal to or less than half the rotation).
1968 acres were planted with university-tested varieties.
902 acres with field rouged, plowed or destroyed within 30 days after harvest.
34 beef producers sold 1590 calves managed according to BQA guidelines to increase returns by $FRM.
72 beef producers stored 10800 large, round bales under some type of cover to increase returns by $FRM.
114 beef producers utilized bulls with greater genetic potential to produce 4104 head of calves to increase returns by $FRM.
0 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
34 beef producers utilized improved marketing methods to market 1590 head of calves to increase returns by $FRM.
0 classrooms adopted this program.
0 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
24 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
0 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
13 Master Gardeners gained knowledge and confidence in entomology.
13 Master Gardeners gained knowledge and confidence in integrated pest management.
13 Master Gardeners gained knowledge and confidence in ornamentals.
13 Master Gardeners gained knowledge and confidence in plant diseases.
13 Master Gardeners gained knowledge and confidence in soils.
13 Master Gardeners gained knowledge and confidence in turfgrass.
32 miles were walked in the Walk Across Tennessee Program.
38 new 4-H volunteers were recruited this year.
45 of 45 adults wash hands more often.
45 of 45 better understood credit reporting and scoring.
25 of 55 better understood their parents' concerns about money.
0 of 0 caregivers feel prepared to cope with the stresses of being a kinship caregiver.
0 of 0 caregivers improved knowledge of child development.
0 of 0 caregivers increased confidence in their ability to find and access community resources.
0 of 0 caregivers increased knowledge of their legal rights as caregivers of relative children.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
10 of 10 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
20 of 2 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
20 of 20 parents/caregivers learned about issues related to stages of child development.
20 of 40 parents/caregivers report an increase in use of appropriate child guidance techniques.

http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
22 of 40 parents/caregivers report an increase in use of positive communication techniques with their children.

24 of 40 parents/caregivers report feeling better about their abilities as parents.

12 of 40 parents/caregivers report feeling less stressed as parents.

16 of 20 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)

14 of 20 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)

10 of 20 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)

10 of 20 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)

8 of 8 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.

40 of 45 participants analyzed their readiness for home ownership.

38 of 38 participants are more physically active six months after completing the program.

12 of 12 participants are practicing the postural alignment exercises they learned in the program.

59 of 59 participants ate more whole grains.

25 of 55 participants better understood their parent's concerns about money.

38 of 38 participants can apply joint protection techniques.

0 of 0 participants can better control their chronic disease as a result of participating in the program.

12 of 12 participants can make their bones healthier with a personal plan for better bone health.

12 of 12 participants can name calcium-rich foods.

38 of 38 participants can use relaxation techniques to better manage their arthritis symptoms.

30 of 45 participants decreased consumption of high-sugar foods.

45 of 45 participants determined how much they could pay for a home.

0 of 0 participants eat at least six meals together as a family each week.

45 of 45 participants eat fewer high-fat foods.

28 of 28 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.

38 of 38 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

31 of 55 participants felt more strongly that they needed to get a good education.

20 of 55 participants felt more strongly that they needed to pay attention to their financial future.

45 of 45 participants gained better understanding of the mortgage process.

0 of 0 participants gained skill in determining their net worth.

45 of 45 participants gained skill in making a spending plan.

45 of 45 participants gained skill in shopping for a home.

38 of 38 participants have added exercise to their action steps for managing their arthritis.

38 of 38 participants have improved performance of daily activities six months after completing the program.

38 of 38 participants have improved their arthritis symptoms as a result of participating in this program.

38 of 38 participants have less arthritis symptoms from their arthritis six months after completing the program.

12 of 12 participants have less arthritis symptoms.

38 of 38 participants have less pain from their arthritis six months after completing the program.

38 of 38 participants have less stiffness six months after completing the program.

12 of 12 participants improved control of their arthritis symptoms.

12 of 12 participants improved performance of daily activities.
38 of 38 participants improved their balance six months after completing the program.
12 of 12 participants improved their balance.
0 of 0 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
0 of 0 participants improved their cholesterol levels.
0 of 0 participants improved their flexibility six months after completing the program.
12 of 12 participants improved their flexibility.
0 of 0 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
0 of 0 participants improved their range of motion in their joints six months after completing the program.
0 of 0 participants improved their triglyceride levels.
22 of 32 participants increased their exercise routine during Walk Across Tennessee Program.
76 of 100 participants increased their financial management skills.
120 of 12 participants know how to get 400 to 800 IU of Vitamin D each day.
12 of 12 participants know how to get at least 1,200 mg of calcium each day.
31 of 55 participants learned better how to plan their spending.
23 of 55 participants learned how education will affect the kind of job they can get.
35 of 55 participants learned how having a family can affect their lifestyle.
39 of 55 participants learned how much money it takes to get by.
32 of 55 participants learned how occupation and income will affect their lifestyle.
36 of 55 participants learned how payroll deductions are taken from gross pay.
17 of 55 participants learned how to keep a checkbook register.
16 of 55 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
13 of 55 participants made changes to their future plans.
0 of 0 participants now eat more fruit.
0 of 0 participants now eat more vegetables.
0 of 0 participants now take fewer medications for arthritis pain six months after completing the program.
6 of 55 participants planned to change their career goals.
31 of 55 participants planned to get more education after high school.
45 of 45 participants purchased a home.
12 of 12 participants recognize that exercise can make their bones healthier.
45 of 45 participants refrigerate perishable foods within two hours.
8 of 8 participants report being more aware of what activities their children are involved in
8 of 8 participants report giving out personal information less than before.
8 of 8 participants report that they have selected at least three Safe Side Adults with their children.
45 of 45 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
28 of 45 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
20 of 20 participants surveyed increased their knowledge on how regular cleaning can help reduce environmental health hazards.
20 of 20 participants surveyed increased their knowledge on safer house cleaning techniques.
20 of 20 participants surveyed increased their knowledge on the importance of moisture control in their home.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants take fewer medications for arthritis symptoms six months after completing the program.
8 of 8 participants talk to their children on a periodic basis about what to do if that child gets lost in
public.

28 of 28 participants understand that arthritis is a chronic disease that they can control with self-management techniques.

12 of 12 participants understand that fractures caused by osteoporosis are most common in the spine, hip, and wrist.

12 of 12 participants understand that osteoporosis is a disease that can make bones thinner and weaker.

0 of 0 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.

38 of 38 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.

0 of 0 participants who increased their intake of dairy foods.

0 of 0 participants who now select foods and beverages that promote healthy weight.

0 of 0 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.

22 of 32 participants will continue to exercise after the Walk Across Tennessee Program.

464 of 59 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

24 of 24 respondents improved knowledge of how divorce impacts children by age/stage of development.

24 of 24 respondents learned effective communication techniques.

34 of 34 respondents plan to decrease exposure of their children to parental conflict.

24 of 24 respondents report understanding the importance of working together for the sakes of their children.

24 of 24 respondents reported a decrease in level of resentment at being required to attend the parenting class from pre- to post-class.

0 of 0 students increased amount of time in physical activity.

0 of 0 students who increased their intake of whole grains.

0 of 0 youth now wash hands more often.

10 of 20 youth/children are able to communicate their understanding of science/math concepts through their involvement with activities.

23 of 23 youth/children are able to create, present, or use new technologies they didn’t utilize before.

23 of 23 youth/children have increased their knowledge base in the areas of technology, science, reading, health and relationships.

23 of 23 youth/children read books or other print at least three times per week in their afterschool or home setting.

20 of 23 youth/children report feeling better and eating better than before.

20 parents/caregivers learned age and situation appropriate child guidance strategies.

40 parents/caregivers learned effective communication techniques to use with their children.

20 parents/caregivers learned stages of child development.

40 parents/caregivers learned strategies for dealing with parenting stress.

32 participants walked in the Walk Across Tennessee Program.

0 pounds of burley marketed in large bale packages.

0 pounds of burley stripped properly according to buyer specifications.

244800000 pounds of total tobacco produced.

0 producers planted 0 acres with clover for an increased production valued at $FRM.

8 producers planted 180 acres with warm-season grasses for an added value of $FRM.

72 producers sprayed 5600 acres for broadleaf weed control for an increased production valued at $FRM.

0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.

0 schools adopted this program.
0 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
0 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
0 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 teams participated in the Walk Across Tennessee Program.
98 tobacco growers adopted worker protection standards such as training workers and handlers, proper posting of signs, pesticide recordkeeping, establishing decontamination sites, organizing worker protection information at a central location and proper care and use of Personal Protective Equipment.
102 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
102 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
104 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
102 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
88 tobacco producers increased their knowledge of training workers and pesticide handlers including the areas of pre-harvest intervals, restricted entry intervals and worker protection standards.
22 volunteer leaders increased their knowledge of positive youth development.
951 youth are better able to understand and follow directions.
188 youth are now better listeners.
356 youth are willing to try new things.
79 youth believe that a team can accomplish more than an individual.
104 youth believe that people working together can help others less fortunate.
1024 youth break goals down into steps so they can check their progress.
0 youth can analyze the results of a scientific investigation.
0 youth can ask a question that can be answered by collecting data.
60 youth can assist a group in deciding on team plans for reaching goals.
0 youth can combine and build on the ideas of others when making decisions that affect the team.
156 youth can conduct a meeting.
38 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
0 youth can effectively encourage team members to achieve long-range goals.
39 youth can explain an idea to others.
774 youth can express ideas with a poster, exhibit or other display.
39 youth can give an informative speech or presentation.
867 youth can now share their ideas through writing.
0 youth can record data accurately.
40 youth can select a topic for a speech or talk.
38 youth can show enthusiasm when giving a speech or presentation.
40 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use compromise as a way to overcome conflict with other team members.
0 youth can use effective communication as a way to overcome conflict with team members.
0 youth can use specific scientific knowledge to form a question.
771 youth can use technology to help themselves express ideas.
0 youth effectively encourage others to stay on task in a team.
76 youth enjoy working with others toward a common goal.
35 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
37 youth give a 2-3 minute speech or presentation.
56 youth have explored careers in communications.
546 youth have learned at least five jobs in which communication skills are important.
60 youth have learned new skills and ways of doing things by participating in groups.
95 youth have set a goal for their job or career.
41 youth know how to organize the parts of a speech or presentation.
452 youth know the difference between things they want and things they need.
64 youth now encourage other team members to give their best effort.
56 youth now get information about a problem.
0 youth now report that they can justify their decision.
22 youth now report that they make a decision by thinking about what a person of good character would do.
0 youth now report that they think about past choices when making new decisions.
186 youth now report that they use more than one source of information in making choices.
30 youth now report that they use standards in making choices.
0 youth now report that when making a decision, they think about what does the most good for the most people.
0 youth now report that when they make a decision, they think about what a person of character would do.
32 youth now report they consider the risks of their choices.
348 youth now report they think about the truthfulness of sources of information when making choices.
32 youth now set high goals that require work to achieve them.
64 youth now think it's important to listen to all group members before making a decision.
60 youth now want to see other team members succeed even if they achieve more than themselves.
2100 youth now work to achieve their goals.
2350 youth put their goals in writing.
12 youth report being able to break tough jobs down into simpler tasks.
10 youth report being able to resolve problems without losing control of their emotions.
13 youth report being sensitive to the feelings of others when discussing and solving problems.
208 youth report helping others in need.
458 youth report telling the difference between right and wrong.
480 youth report that now they try to do the right thing.
7 youth report that they are comfortable being responsible for a group.
174 youth report that they are now comfortable being a group leader.
314 youth report that they can now cooperate and work in a group.
198 youth report that they can now give clear directions.
0 youth report that they consider others when making decisions.
39 youth report that they have developed confidence to speak in front of groups.
230 youth report that they know how to make good decisions.
210 youth report that they know how to set goals and they use that ability when leading a group.
81 youth report that they learned about important leaders who contributed to our nation.
416 youth report that they like to accomplish things on their own.
236 youth report that they make sure everyone gets an opportunity to say what they think.
21 youth report that they now achieve goals they set for themselves.
0 youth report that they now continue to work toward their goals, even if they do not at first succeed.
206 youth report that they now like to work with others and help them reach their goals.
232 youth report that they take their jobs seriously as members of a committee.
240 youth report that when in charge of a group, they treat everyone fairly and equally.
110 youth report they can now keep records.
42 youth report they have improved photography skills.
116 youth report they have learned skills in visual communications.
0 youth report they now take responsibility for the decisions they make.
122 youth report using enthusiasm to get a group working.
7 youth seek out others who can help them become a better leader.
1505 youth set high goals.
76 youth think that everyone on the team is important.
117 youth think they can make a big difference in their community by helping others.
79 youth think they have something to contribute to the worth of the team.
89 youth understand how community leaders are elected to office.
74 youth understand that other ideas may be just as important as their own.
21 youth who are now making plans to achieve their goals.
619 youth who have put their goal(s) in writing.
79 youth who report that they have learned that some choices are better than others.
115 youth who report they can make a decision.
84 youth who report they now listen to people with more experience than themselves.
58 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Rutherford County

01/01/2010 to 12/31/2010

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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<tr>
<td>All: 16083</td>
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<table>
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<tr>
<th>Direct Methods for Extension Personnel</th>
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<tbody>
<tr>
<td>Method</td>
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<tr>
<td>Client Visits to Extension Office:</td>
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<td>989</td>
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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>12996</td>
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<td>Group Meetings / Demonstrations:</td>
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<td>982</td>
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<table>
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<tr>
<th>Indirect Methods for Extension Personnel</th>
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<tr>
<td>Method</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp
### Contacts by Extension Personnel

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<tr>
<th></th>
<th>White/Not of Hispanic origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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<td>Female Adult</td>
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<td>Female Youth</td>
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### Volunteer Hours

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### Volunteers Who Served

### Indirect Methods for Volunteers

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<tr>
<th>Method</th>
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<td>Exhibit(s):</td>
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<td>0</td>
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<tr>
<td>Other:</td>
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<td>75</td>
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<td>Publication(s):</td>
<td>32</td>
<td>792</td>
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<tr>
<td>Radio Program(s):</td>
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<tr>
<td>TV Program(s):</td>
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<td>0</td>
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Contacts by Volunteers

<table>
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<th></th>
<th>White/Not of Hispanic origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Female Adult</td>
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<td>164</td>
<td>55</td>
<td>9</td>
<td>3</td>
<td>1907</td>
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<tr>
<td>Female Youth</td>
<td>1330</td>
<td>265</td>
<td>123</td>
<td>16</td>
<td>1</td>
<td>1735</td>
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<tr>
<td>Male Adult</td>
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<td>11</td>
<td>7</td>
<td>0</td>
<td>1005</td>
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<td>138</td>
<td>60</td>
<td>7</td>
<td>0</td>
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<td><strong>637</strong></td>
<td><strong>249</strong></td>
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**Units Reporting Program Activity**

Rutherford County

**All 2010 Outcomes (entire year)**

The economic impact of Extension leadership programs was $0 in increased revenue, one-time capital improvements and secured resources.

2 4-H clubs were met by volunteers.
2 4-H judging teams were coached by volunteers.
8 4-H project groups were met by volunteers.
40 4-H volunteers utilized volunteer position descriptions.
0 are concerned about problems in their community.
276 beef producers sold 0 calves managed according to BQA guidelines to increase returns by $FRM.
52 beef producers stored 0 large, round bales under some type of cover to increase returns by $FRM.
149 beef producers utilized bulls with greater genetic potential to produce 0 head of calves to increase returns by $FRM.
0 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
16 beef producers utilized improved marketing methods to market 16022 head of calves to increase returns by $FRM.
3 classrooms adopted this program.
54 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
0 consumers implemented water-wise gardening practices to conserve and protect water quality.
534 consumers learned about plant selection and proper planting to save money and time in the landscape.
442 consumers learned how to apply landscape fertilizers and pesticides safely.
98 consumers learned how to conserve and protect water quality in the landscape.
190 consumers learned how to properly take a soil test and interpret the results.
102 consumers practiced best management practices relating to proper pruning and tree maintenance.
252 consumers used the results of their soil test to properly amend their soil.

http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
10 dial-gauge lids were tested.
122 disease, insect and weed samples form commercial turf submitted for identification and control recommendations.
240 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
250 farm families and rural business operators implementing improved record systems.
40 farm families evaluated new farm enterprises and value added activities.
24 farm families used FINPACK for developing and implementing whole farm plans.
70 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
24 farmers developed financial plans for their farms.
170 farmers increased their knowledge and skills in farm and financial planning.
0 golf course superintendents adopted UT's recommended practices for crabgrass control.
0 high school coaches have adopted UT's athletic field management recommendations.
382 home lawn insect, disease and weed samples submitted for identification and control recommendations.
284 home lawn soil samples submitted for testing.
582 homeowners dethatching, aerifying or applying a pesticide to the home lawn as recommended by county Extension professional.
66 homeowners established new turfgrass species and varieties.
698 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
5 horse owners fed 22 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
0 horse owners managed 0 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
9 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 0 horses, saving $FRM annually.
0 horse owners schedule routine hoof care on 0 horses, saving $FRM annually.
108 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) dethatching, aerifying and controlling turfgrass pests according to UT Extension recommendations.
34 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
108 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) mowed, fertilized or irrigated turf according to Extension guidelines.
120 Master Gardeners gained knowledge and confidence in entomology.
174 Master Gardeners gained knowledge and confidence in integrated pest management.
202 Master Gardeners gained knowledge and confidence in ornamentals.
124 Master Gardeners gained knowledge and confidence in plant diseases.
124 Master Gardeners gained knowledge and confidence in soils.
374 Master Gardeners gained knowledge and confidence in turfgrass.
52 Master Gardeners have used the knowledge and skills they learned in this program to assist 62 people in turf selection or management.
50 Master Gardeners have used the knowledge and skills they learned in this program to assist 62 people to control pests through integrated pest management.
48 Master Gardeners have used the knowledge and skills they learned in this program to assist 62 people to identify pests and/or the damage they cause.
54 Master Gardeners have used the knowledge and skills they learned in this program to assist 62 people to identify symptoms of plant disease.
54 Master Gardeners have used the knowledge and skills they learned in this program to assist 62
people to improve soil through soil test results.
30 new 4-H volunteers were recruited this year.
20 now can create on-screen (multi-media) presentations.
0 now feel a sense of responsibility toward their school and community.
0 now have a sense of pride about their school and community.
6 of 6 adults wash hands more often.
30 of 54 better understood basic insurance needs.
18 of 21 better understood credit reporting and scoring.
9 of 21 checked their credit report.
128 of 144 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
146 of 146 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
114 of 166 homeowners increased their knowledge of fire ant management.
12 of 21 identified ways to reduce spending.
0 of 0 landscape and nursery participants increased their knowledge of fire ant management.
12 of 21 learned better how to communicate with creditors.
0 of 0 learned how to better manage stress caused by financial issues.
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
0 of 0 learned how to properly maintain and store household financial records.
9 of 21 learned who to pay first if they can't pay everything.
27 of 32 participants ate more whole grains.
36 of 54 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 0 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
0 of 0 participants communicated with other family members about financial matters.
29 of 35 participants decreased consumption of high-sugar foods.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
0 of 0 participants eat at least six meals together as a family each week.
3 of 6 participants eat fewer high-fat foods.
2 of 6 participants eat more fat-free or low-fat dairy products.
0 of 0 participants felt more confident that they could build wealth.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
0 of 0 participants followed a spending plan.
48 of 54 participants gained skill in determining their net worth.
54 of 54 participants gained skill in making a spending plan.
0 of 0 participants have less arthritis symptoms.
48 of 54 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants improved control of their arthritis symptoms.
0 of 0 participants improved performance of daily activities.
0 of 0 participants improved their balance.
8 of 21 participants improved their blood pressure.
6 of 16 participants improved their blood sugar.
8 of 21 participants improved their cholesterol levels.
0 of 0 participants improved their flexibility.
0 of 0 participants improved their triglyceride levels.
4 of 6 participants increased physical activity.
45 of 48 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
0 of 0 participants learned how education will affect the kind of job they can get.
0 of 0 participants lost weight: 17 total pounds lost.
18 of 54 participants made a spending plan.
5 of 6 participants now eat more fruit.
5 of 6 participants now eat more vegetables.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
0 of 0 participants reduced debt an average of $0 per month.
4 of 6 participants refrigerate perishable foods within two hours.
5 of 6 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
48 of 54 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
8 of 10 participants surveyed canned pickles following a tested recipe. (TNCEP)
9 of 10 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
8 of 10 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed increased personal involvement in community activities.
0 of 0 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
0 of 0 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
9 of 10 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
4 of 10 participants surveyed processed vegetables in a pressure canner. (TNCEP)
4 of 6 participants surveyed used a thermometer to check the internal temperature of food.
6 of 6 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
39 of 48 participants understood the dangers of using too much credit.
0 of 0 participants use healthy food preparation techniques.
48 of 54 participants were better able to identify appropriate savings and investment options for different financial goals.
2 of 6 participants who increased their intake of dairy foods.
4 of 6 participants who now select foods and beverages that promote healthy weight.
45 of 48 participants worked toward new savings or investment goals.
21 of 21 participants understood the dangers of using too much credit.
0 of 0 participants chose fast foods or take-out foods less often.
27 of 35 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
4 of 4 teachers reported preschool children in their classes were more actively engaged in physical activity.
4 of 4 teachers reported preschool children in their classes were more willing to taste fruit.
4 of 4 teachers reported preschool children in their classes were more willing to taste vegetables.
4 of 4 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
3 of 4 teachers reported using physical activities from Healthy Steps at least three times per week.
18 of 36 tracked their spending.
30 of 54 worked toward new savings, investment or retirement goals.
0 of 0 youth now wash hands more often.
11 participants now correctly deworm 0 horses, saving $FRM this year.
7 participants process high-acid foods in a water bath canner.
39 producers planted 0 acres with clover for an increased production valued at $FRM.
25 producers planted 0 acres with warm-season grasses for an added value of $FRM.
21 producers sprayed 0 acres for broadleaf weed control for an increased production valued at $FRM.
8 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.  
92 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.  
120 professionals added additional services and/or marketing practices.  
0 professionals developed or made adjustment to their business plans.  
0 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.  
98 professionals implemented recommended management practices for pest control.  
32 professionals increased their knowledge of components of business plans.  
124 professionals increased their knowledge of green industry services and marketing practices.  
44 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).  
146 professionals increased their knowledge of plant pests and pest control measures.  
138 professionals increased their knowledge of proper plant selection.  
0 professionals practiced proper plant selection and installation practices.  
0 public utility managers who have adopted UT's weed management recommendations in rough turf.  
1 schools adopted this program.  
2 sod farms adopted UT's recommended practices for weed control at seeding.  
76 soil samples from commercial turf submitted for testing.  
40 volunteer leaders increased their knowledge of positive youth development.  
0 would assist with or participate in elections, voting and campaigns.  
51 youth are better able to understand and follow directions.  
0 youth are now better listeners.  
0 youth believe that a team can accomplish more than an individual.  
244 youth believe that people working together can help others less fortunate.  
13 youth break goals down into steps so they can check their progress.  
69 youth can analyze the results of a scientific investigation.  
121 youth can ask a question that can be answered by collecting data.  
51 youth can assist a group in deciding on team plans for reaching goals.  
0 youth can challenge policies through petitions, presentations or other positive ways.  
0 youth can conduct a meeting.  
0 youth can deal with their nervousness when giving a speech or talk.  
48 youth can design a scientific procedure to answer a question.  
0 youth can explain an idea to others.  
5 youth can express ideas with a poster, exhibit or other display.  
0 youth can give an informative speech or presentation.  
0 youth can now prepare and deliver a five-minute speech.  
51 youth can now share their ideas through writing.  
70 youth can record data accurately.  
0 youth can select a topic for a speech or talk.  
0 youth can show enthusiasm when giving a speech or presentation.  
0 youth can speak loudly enough to be heard when giving a speech or talk.  
66 youth can use specific scientific knowledge to form a question.  
0 youth can use technology to help themselves express ideas.  
0 youth enjoy working with others toward a common goal.  
0 youth feel comfortable sharing their thoughts and feelings in a speech or talk.  
0 youth give a 2-3 minute speech or presentation.  
14 youth have a goal set for their job or career.  
20 youth have explored careers in communications.  
20 youth have knowledge of careers in the communications field.  
0 youth have learned at least five jobs in which communication skills are important.
51 youth have learned new skills and ways of doing things by participating in groups.
14 youth have set a goal for their job or career.
0 youth know how to organize the parts of a speech or presentation.
40 youth now communicate through a website.
0 youth now encourage other team members to give their best effort.
0 youth now get information about a problem.
50 youth now report that they make a decision by thinking about what a person of good character would do.
20 youth now report that they use more than one source of information in making choices.
24 youth now report that they use standards in making choices.
0 youth now report they are concerned about the well-being of others.
20 youth now report they consider the risks of their choices.
20 youth now report they think about the truthfulness of sources of information when making choices.
34 youth now set high goals that require work to achieve them.
0 youth now think it's important to listen to all group members before making a decision.
0 youth now want to see other team members succeed even if they achieve more than themselves.
65 youth now work to achieve their goals.
47 youth put their goals in writing.
0 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
0 youth report that they are now comfortable being a group leader.
266 youth report that they can now cooperate and work in a group.
0 youth report that they can now give clear directions.
0 youth report that they have developed confidence to speak in front of groups.
224 youth report that they know how to set goals and they use that ability when leading a group.
238 youth report that they learned about important leaders who contributed to our nation.
262 youth report that they make sure everyone gets an opportunity to say what they think.
14 youth report that they now achieve goals they set for themselves.
0 youth report that they now like to work with others and help them reach their goals.
246 youth report that they take their jobs seriously as members of a committee.
272 youth report that when in charge of a group, they treat everyone fairly and equally.
0 youth report they are now "accomplished public speakers."
0 youth report they can give an impromptu speech.
0 youth report they can now express their opinions in speeches or presentations.
0 youth report they can now keep records.
0 youth report they have improved photography skills.
20 youth report they have learned skills in visual communications.
0 youth report using enthusiasm to get a group working.
10 youth set deadlines to achieve their goals.
51 youth set high goals.
0 youth think that everyone on the team is important.
268 youth think they can make a big difference in their community by helping others.
0 youth think they have something to contribute to the worth of the team.
14 youth try to get as much assistance as they can when working toward their goal.
202 youth understand how community leaders are elected to office.
0 youth understand that other ideas may be just as important as their own.
0 youth use parliamentary procedure to run a meeting.
34 youth who are now making plans to achieve their goals.
28 youth who have put their goal(s) in writing.
14 youth who keep trying if they do not achieve their goal the first time.
24 youth who report that they have learned that some choices are better than others.
22 youth who report they can make a decision.
36 youth who report they now listen to people with more experience than themselves.
0 youth who report they now try to identify what causes a problem.
14 youth who work out the details when others set goals for them.

**Units Reporting Program Outcomes (entire year)**
None

**Activity Report for Scott County**

**01/01/2010 to 12/31/2010**

### Extension Personnel Hours

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### Direct Methods for Extension Personnel

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### Indirect Methods for Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

### Indirect Methods for Volunteers

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### Contacts by Volunteers

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<td>0</td>
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</table>
Youth | 7429 | 6 | 3 | 5 | 1 | 7444  
Male Adult | 7659 | 0 | 0 | 0 | 0 | 7659  
Male Youth | 7178 | 3 | 0 | 3 | 0 | 7184  
Total | 29641 | 9 | 3 | 8 | 1 | 29662

### Units Reporting Program Activity

Scott County

#### All 2010 Outcomes (entire year)

- 24 beef producers sold 108 calves managed according to BQA guidelines to increase returns by $FRM.
- 24 beef producers stored 1800 large, round bales under some type of cover to increase returns by $FRM.
- 0 beef producers utilized bulls with greater genetic potential to produce 0 head of calves to increase returns by $FRM.
- 0 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 0 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.
- 40 farmers developed financial plans for their farms.
- 52 farmers increased their knowledge and skills in farm and financial planning.
- 60 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 68 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 0 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
- 0 horse owners fed 0 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
- 0 horse owners managed 0 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
- 0 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 0 horses, saving $FRM annually.
- 4 horse owners schedule routine hoof care on 14 horses, saving $FRM annually.
- 2440 miles were walked in the Walk Across Tennessee Program.
- 56 of 58 adults wash hands more often.
- 0 of 0 better understood basic insurance needs.
- 176 of 186 better understood credit reporting and scoring.
- 402 of 518 better understood their parents' concerns about money.
- 0 of 0 checked their credit report.
- 70 of 140 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
- 16 of 88 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
- 0 of 0 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.
98 of 140 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
340 of 358 identified ways to reduce spending.
162 of 186 learned better how to communicate with creditors.
316 of 358 learned how to better manage stress caused by financial issues.
170 of 186 learned how to prepare a grab and go bag in case of an emergency home evacuation.
170 of 186 learned how to properly maintain and store household financial records.
164 of 186 learned who to pay first if they can't pay everything.
0 of 0 made a change in career or educational goals.
65 of 74 participants are better able to manage their health.
61 of 74 participants are better able to manage their living environments.
66 of 74 participants are better able to store and prepare foods to keep them safe to consume.
18 of 18 participants are confident they can better manage their diabetes as a result of participating in this program.
58 of 74 participants are more confident in relationships with family and friends.
204 of 229 participants ate more whole grains.
0 of 0 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 0 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
402 of 518 participants better understood their parent's concerns about money.
60 of 61 participants can better control their chronic disease as a result of participating in the program.
15 of 18 participants can choose foods that do not cause a sharp rise in blood sugar.
0 of 0 participants communicated with other family members about financial matters.
221 of 229 participants decreased consumption of high-sugar foods.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
129 of 142 participants eat at least six meals together as a family each week.
160 of 168 participants eat fewer high-fat foods.
142 of 168 participants eat more fat-free or low-fat dairy products.
49 of 63 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
0 of 0 participants felt more confident that they could build wealth.
64 of 96 participants felt more strongly that they needed to get a good education.
440 of 518 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
0 of 0 participants followed a spending plan.
0 of 0 participants gained skill in determining their net worth.
340 of 358 participants gained skill in making a spending plan.
180 of 186 participants identified ways to avoid being victimized by predatory practices or fraud.
151 of 168 participants increased physical activity.
60 of 61 participants increased their exercise routine during Walk Across Tennessee Program.
436 of 454 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
63 of 74 participants know better how to manage and protect their assets for a secure retirement.
63 of 63 participants know what cancer screenings they need according to their age and gender.
80 of 96 participants learned better how to plan their spending.
80 of 96 participants learned how education will affect the kind of job they can get.
96 of 96 participants learned how having a family can affect their lifestyle.
80 of 96 participants learned how much money it takes to get by.
78 of 96 participants learned how occupation and income will affect their lifestyle.
78 of 96 participants learned how payroll deductions are taken from gross pay.
96 of 96 participants learned how to keep a checkbook register.
96 of 96 participants learned how to write a check.
0 of 0 participants learned the difference between wants and needs.
122 of 122 participants lost weight: 1596 total pounds lost.
0 of 0 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
72 of 96 participants made changes to their future plans.
144 of 168 participants now eat more fruit.
140 of 168 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.
41 of 63 participants plan to get age and gender appropriate cancer screenings.
13 of 18 participants plan to regularly check their blood sugar as requested by their doctor.
14 of 18 participants plan to use the Healthy Plate Method.
70 of 96 participants planned to change their career goals.
64 of 96 participants planned to get more education after high school.
0 of 0 participants reduced debt an average of $0 per month.
76 of 78 participants refrigerate perishable foods within two hours.
71 of 78 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
62 of 78 participants surveyed used a thermometer to check the internal temperature of food.
72 of 78 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
14 of 18 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
48 of 63 participants understand that cancer screening and early detection can save their life.
70 of 74 participants understand the special nutritional needs of the elderly.
63 of 63 participants understand women age 40 and older should have a mammogram.
63 of 63 participants understand women of all ages need a Pap test.
180 of 186 participants understood the dangers of using too much credit.
328 of 358 participants were better able to identify appropriate savings and investment options for different financial goals.
142 of 168 participants who increased their intake of dairy foods.
109 of 168 participants who now select foods and beverages that promote healthy weight.
61 of 61 participants will continue to exercise after the Walk Across Tennessee Program.
0 of 0 participants worked toward new savings or investment goals.
180 of 186 participants understood the dangers of using too much credit.
191 of 229 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
7 of 7 teachers reported preschool children in their classes were more actively engaged in physical activity.
7 of 7 teachers reported preschool children in their classes were more willing to taste fruit.
6 of 7 teachers reported preschool children in their classes were more willing to taste vegetables.
7 of 7 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
7 of 7 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
588 of 588 youth now wash hands more often.
6 participants now correctly deworm 22 horses, saving $FRM this year.
61 participants walked in the Walk Across Tennessee Program.
16 producers planted 228 acres with clover for an increased production valued at $FRM.
24 producers planted 108 acres with warm-season grasses for an added value of $FRM.
44 producers sprayed 2000 acres for broadleaf weed control for an increased production valued at $FRM.
16 producers stockpiled 340 acres of tall fescue, reducing feeding cost by $FRM.
5 teams participated in the Walk Across Tennessee Program.
555 youth are willing to try new things.
9 youth can conduct a meeting.
544 youth know the difference between things they want and things they need.
112 youth now get information about a problem.
160 youth now report that they make a decision by thinking about what a person of good character would do.
116 youth now report that they use more than one source of information in making choices.
92 youth now report that they use standards in making choices.
112 youth now report they consider the risks of their choices.
88 youth now report they think about the truthfulness of sources of information when making choices.
195 youth report helping others in need.
579 youth report telling the difference between right and wrong.
648 youth report that now they try to do the right thing.
7 youth report that they are now comfortable being a group leader.
12 youth report that they can now cooperate and work in a group.
7 youth report that they can now give clear directions.
205 youth report that they consider others when making decisions.
190 youth report that they know how to make good decisions.
11 youth report that they know how to set goals and they use that ability when leading a group.
645 youth report that they like to accomplish things on their own.
7 youth report that they make sure everyone gets an opportunity to say what they think.
176 youth report that they now continue to work toward their goals, even if they do not at first succeed.
8 youth report that they now like to work with others and help them reach their goals.
7 youth report that they take their jobs seriously as members of a committee.
10 youth report that when in charge of a group, they treat everyone fairly and equally.
166 youth report they now take responsibility for the decisions they make.
7 youth report using enthusiasm to get a group working.
128 youth who report that they have learned that some choices are better than others.
116 youth who report they can make a decision.
144 youth who report they now listen to people with more experience than themselves.
134 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Sequatchie County

01/01/2010 to 12/31/2010
### Extension Personnel Hours

- **All**: 5411
- **Total**: 5411

### Direct Methods for Extension Personnel

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Total: 5449

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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
Volunteer Hours

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Volunteers Who Served

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### Contacts by Volunteers

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Units Reporting Program Activity

Sequatchie County

All 2010 Outcomes (entire year)

3 4-H clubs were met by volunteers.
3 4-H judging teams were coached by volunteers.

http://super.tennessee.edu/reports/by_unit_roll_up.asp
0 4-H project groups were met by volunteers. 
0 4-H volunteers utilized volunteer position descriptions.
0 forest landowners are members in a local County Forestry Association representing 0 forest acres.
0 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
3 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.
0 landowners improved profitability (marketing) of forest ownership.
6 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 120 forested acres.
30 Master Gardeners gained knowledge and confidence in entomology.
30 Master Gardeners gained knowledge and confidence in integrated pest management.
30 Master Gardeners gained knowledge and confidence in ornamentals.
30 Master Gardeners gained knowledge and confidence in plant diseases.
30 Master Gardeners gained knowledge and confidence in soils.
30 Master Gardeners gained knowledge and confidence in turfgrass.
18 Master Gardeners have used the knowledge and skills they learned in this program to assist 78 people in turf selection or management.
27 Master Gardeners have used the knowledge and skills they learned in this program to assist 87 people to control pests through integrated pest management.
36 Master Gardeners have used the knowledge and skills they learned in this program to assist 225 people to identify pests and/or the damage they cause.
30 Master Gardeners have used the knowledge and skills they learned in this program to assist 165 people to identify symptoms of plant disease.
33 Master Gardeners have used the knowledge and skills they learned in this program to assist 501 people to improve soil through soil test results.
756 miles were walked in the Walk Across Tennessee Program.
0 new 4-H volunteers were recruited this year.
0 of 0 adults wash hands more often.
48 of 48 participants are confident they can better manage their diabetes as a result of participating in this program.
724 of 852 participants ate more whole grains.
0 of 0 participants can better control their chronic disease as a result of participating in the program.
40 of 48 participants can choose foods that do not cause a sharp rise in blood sugar.
0 of 0 participants decreased consumption of high-sugar foods.
136 of 168 participants eat at least six meals together as a family each week.
156 of 216 participants eat fewer high-fat foods.
24 of 52 participants eat more fat-free or low-fat dairy products.
144 of 176 participants increased physical activity.
128 of 128 participants increased their exercise routine during Walk Across Tennessee Program.
0 of 0 participants lost weight: 0 total pounds lost.
134 of 204 participants now eat more fruit.
148 of 220 participants now eat more vegetables.
36 of 48 participants plan to regularly check their blood sugar as requested by their doctor.
48 of 48 participants plan to use the Healthy Plate Method.
16 of 24 participants refrigerate perishable foods within two hours.
16 of 24 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
20 of 36 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
40 of 48 participants understand proper cooking techniques for such products as artificial sweeteners,
reduced fat replacers, and herbs and spices.
70 of 84 participants who increased their intake of dairy foods.
22 of 24 participants who now select foods and beverages that promote healthy weight.
80 of 128 participants will continue to exercise after the Walk Across Tennessee Program.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
272 of 312 respondents improved knowledge of how divorce impacts children by age/stage of development.
296 of 312 respondents learned effective communication techniques.
312 of 312 respondents plan to decrease exposure of their children to parental conflict.
292 of 312 respondents report understanding the importance of working together for the sakes of their children.
260 of 312 respondents reported a decrease in level of resentment at being required to attend the parenting class from pre- to post-class.
224 of 272 youth now wash hands more often.
94 parents/caregivers learned age and situation appropriate child guidance strategies.
72 parents/caregivers learned effective communication techniques to use with their children.
108 parents/caregivers learned stages of child development.
84 parents/caregivers learned strategies for dealing with parenting stress.
128 participants walked in the Walk Across Tennessee Program.
0 producers planted 0 acres with clover for an increased production valued at $FRM.
0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
2 producers sprayed 110 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
8 teams participated in the Walk Across Tennessee Program.
0 volunteer leaders increased their knowledge of positive youth development.
15 youth are better able to understand and follow directions.
9 youth can analyze the results of a scientific investigation.
9 youth can ask a question that can be answered by collecting data.
75 youth can assist a group in deciding on team plans for reaching goals.
66 youth can combine and build on the ideas of others when making decisions that affect the team.
84 youth can conduct a meeting.
9 youth can design a scientific procedure to answer a question.
72 youth can effectively encourage team members to achieve long-range goals.
12 youth can express ideas with a poster, exhibit or other display.
12 youth can now share their ideas through writing.
9 youth can record data accurately.
84 youth can use compromise as a way to overcome conflict with other team members.
66 youth can use effective communication as a way to overcome conflict with team members.
6 youth can use specific scientific knowledge to form a question.
9 youth can use technology to help themselves express ideas.
84 youth effectively encourage others to stay on task in a team.
12 youth have learned at least five jobs in which communication skills are important.
84 youth have learned new skills and ways of doing things by participating in groups.
84 youth now encourage other team members to give their best effort.
12 youth now get information about a problem.
75 youth now think it's important to listen to all group members before making a decision.
78 youth now want to see other team members succeed even if they achieve more than themselves.
85 youth report being able to break tough jobs down into simpler tasks.
91 youth report being able to resolve problems without losing control of their emotions.
81 youth report being sensitive to the feelings of others when discussing and solving problems.
98 youth report that they are comfortable being responsible for a group.
86 youth report that they are now comfortable being a group leader.
94 youth report that they can now give clear directions.
104 youth report that they now like to work with others and help them reach their goals.
95 youth report using enthusiasm to get a group working.
92 youth seek out others who can help them become a better leader.
12 youth who report they have learned that some choices are better than others.
9 youth who report they can make a decision.
9 youth who report they now listen to people with more experience than themselves.
12 youth who report they now try to identify what causes a problem.

**Units Reporting Program Outcomes (entire year)**
None

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**Activity Report for Sevier County**

**01/01/2010 to 12/31/2010**

**Extension Personnel Hours**

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<thead>
<tr>
<th>Method</th>
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**Direct Methods for Extension Personnel**

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**Indirect Methods for Extension Personnel**

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TV Program(s): 2 15000
Total: 177 103571

Contacts by Extension Personnel

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Volunteer Hours

| All:                  | 1750.5                      |
| Total:                | 1750.5                      |

Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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<td>159</td>
<td>11</td>
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<td>110</td>
<td>328</td>
<td>36</td>
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**Units Reporting Program Activity**

Sevier County

**All 2010 Outcomes (entire year)**

- 687 are concerned about problems in their community.
- 24 beef producers sold 578 calves managed according to BQA guidelines to increase returns by $FRM.
- 10 beef producers stored 1100 large, round bales under some type of cover to increase returns by $FRM.
- 6 beef producers utilized bulls with greater genetic potential to produce 136 head of calves to increase returns by $FRM.
- 0 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 10 beef producers utilized improved marketing methods to market 310 head of calves to increase returns by $FRM.
- 6 classrooms adopted this program.
- 24 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
- 24 consumers implemented water-wise gardening practices to conserve and protect water quality.
- 64 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 68 consumers learned how to apply landscape fertilizers and pesticides safely.
- 36 consumers learned how to conserve and protect water quality in the landscape.
- 46 consumers learned how to properly take a soil test and interpret the results.
- 24 consumers practiced best management practices relating to proper pruning and tree maintenance.
- 46 consumers used the results of their soil test to properly amend their soil.
- 0 dial-gauge lids were tested.
- 166 home lawn insect, disease and weed samples submitted for identification and control recommendations.
- 66 home lawn soil samples submitted for testing.
- 42 homeowners dethatching, aeriging or applying a pesticide to the home lawn as recommended by county Extension professional.
- 112 homeowners established new turfgrass species and varieties.
- 152 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
- 28 Master Gardeners gained knowledge and confidence in entomology.
28 Master Gardeners gained knowledge and confidence in integrated pest management.
28 Master Gardeners gained knowledge and confidence in ornamentals.
28 Master Gardeners gained knowledge and confidence in plant diseases.
28 Master Gardeners gained knowledge and confidence in soils.
28 Master Gardeners gained knowledge and confidence in turfgrass.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 422 people in turf selection or management.
8 Master Gardeners have used the knowledge and skills they learned in this program to assist 32 people to control pests through integrated pest management.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 226 people to identify pests and/or the damage they cause.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 220 people to identify symptoms of plant disease.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 78 people to improve soil through soil test results.
345 now feel a sense of responsibility toward their school and community.
357 now have a sense of pride about their school and community.
477 of 555 adults wash hands more often.
2176 of 3200 better understood their parents' concerns about money.
0 of 0 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
0 of 0 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
0 of 0 fruit and/or vegetable producers adopted IPM.
0 of 0 fruit and/or vegetable producers completed a food safety plan for their farm.
0 of 0 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
0 of 0 fruit and/or vegetable producers who began the transition to USDA certified organic production.
66 of 78 homeowners increased their knowledge of fire ant management.
644 of 3200 made a change in career or educational goals.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
20 of 22 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
20 of 22 parents/caregivers learned about issues related to stages of child development.
20 of 22 parents/caregivers report an increase in use of appropriate child guidance techniques.
0 of 0 parents/caregivers report an increase in use of positive communication techniques with their children.
18 of 22 parents/caregivers report feeling better about their abilities as parents.
21 of 22 parents/caregivers report feeling less stressed as parents.
0 of 0 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
0 of 0 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
0 of 0 parents/caregivers reported visiting the library more than before the program. (Windows Book
By Book)  
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.  
99 of 99 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.  
0 of 0 participants are better able to manage their health.  
0 of 0 participants are better able to manage their living environments.  
23 of 23 participants are better able to store and prepare foods to keep them safe to consume.  
0 of 0 participants are more confident in relationships with family and friends.  
0 of 0 participants ate more whole grains.  
0 of 0 participants began or increased savings an average of $ 0 per month.  
2176 of 3200 participants better understood their parent's concerns about money.  
19 of 27 participants can apply joint protection techniques.  
19 of 27 participants can use relaxation techniques to better manage their arthritis symptoms.  
1504 of 3200 participants communicated with other family members about financial matters.  
115 of 170 participants decreased consumption of high-sugar foods.  
125 of 170 participants eat fewer high-fat foods.  
482 of 555 participants eat more fat-free or low-fat dairy products.  
11 of 13 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.  
19 of 27 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.  
2048 of 3200 participants felt more strongly that they needed to get a good education.  
2176 of 3200 participants felt more strongly that they needed to pay attention to their financial future.  
0 of 0 participants find the active ingredient on the medication label.  
0 of 0 participants followed a spending plan.  
12 of 13 participants have added exercise to their action steps for managing their arthritis.  
18 of 27 participants have improved their arthritis symptoms as a result of participating in this program.  
7 of 12 participants have less arthritis symptoms from their arthritis six months after completing the program.  
8 of 12 participants have less arthritis symptoms.  
10 of 12 participants improved control of their arthritis symptoms.  
10 of 12 participants improved performance of daily activities.  
9 of 12 participants improved their balance six months after completing the program.  
7 of 12 participants improved their balance.  
9 of 12 participants improved their flexibility six months after completing the program.  
8 of 12 participants improved their flexibility.  
10 of 12 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.  
8 of 12 participants improved their range of motion in their joints six months after completing the program.  
499 of 555 participants increased physical activity.  
2400 of 3200 participants increased their financial management skills.  
0 of 0 participants keep all of their prescription medications at the same pharmacy.  
0 of 0 participants know better how to manage and protect their assets for a secure retirement.  
2976 of 3200 participants learned better how to plan their spending.  
2048 of 3200 participants learned how education will affect the kind of job they can get.  
2176 of 3200 participants learned how having a family can affect their lifestyle.  
2400 of 3200 participants learned how much money it takes to get by.  
2624 of 3200 participants learned how occupation and income will affect their lifestyle.
1536 of 3200 participants learned how payroll deductions are taken from gross pay.
2176 of 3200 participants learned how to keep a checkbook register.
2176 of 3200 participants learned how to write a check.
0 of 0 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
1088 of 3200 participants made changes to their future plans.
316 of 555 participants now eat more fruit.
266 of 555 participants now eat more vegetables.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
704 of 3200 participants planned to change their career goals.
1952 of 3200 participants planned to get more education after high school.
27 of 29 participants read the directions before taking a prescription or over-the-counter medications.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants report being more aware of what activities their children are involved in.
0 of 0 participants report reading more to their children than before. (Preparing Your Child for Kindergarten)
194 of 775 participants report that they have selected at least three Safe Side Adults with their children.
0 of 0 participants report their child as exhibiting decreased anxiety about the first day of school. (Preparing Your Child for Kindergarten)
29 of 29 participants seek the advice of a pharmacist if they have any questions about a medication.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed canned pickles following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned vegetables following a tested recipe. (TNCEP)
29 of 29 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
29 of 29 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
0 of 0 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.
29 of 29 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 12 participants take fewer medications for arthritis symptoms six months after completing the program.
194 of 775 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)
1104 of 3200 participants talked about financial goals with their parents or others.
13 of 13 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
13 of 13 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
27 of 27 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
5 of 5 participants understand the special nutritional needs of the elderly.
134 of 170 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
10 of 13 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
466 of 3200 participants worked toward new savings or investment goals.
0 of 0 respondents plan to decrease exposure of their children to parental conflict.
17 of 22 respondents report understanding the importance of working together for the sakes of their children.
0 of 0 students increased amount of time in physical activity.
127 of 170 students who increased their intake of whole grains.
4 of 4 teachers reported preschool children in their classes were more actively engaged in physical activity.
4 of 4 teachers reported preschool children in their classes were more willing to taste fruit.
4 of 4 teachers reported preschool children in their classes were more willing to taste vegetables.
4 of 4 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
3 of 4 teachers reported using physical activities from Healthy Steps at least three times per week.
477 of 555 youth now wash hands more often.
22 parents/caregivers learned effective communication techniques to use with their children.
22 parents/caregivers learned strategies for dealing with parenting stress.
0 participants process high-acid foods in a water bath canner.
44 producers planted 800 acres with clover for an increased production valued at $FRM.
0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
36 producers sprayed 870 acres for broadleaf weed control for an increased production valued at $FRM.
10 producers stockpiled 220 acres of tall fescue, reducing feeding cost by $FRM.
4 schools adopted this program.
213 would assist with or participate in elections, voting and campaigns.
733 youth believe that people working together can help others less fortunate.
1402 youth can conduct a meeting.
0 youth can correctly classify most foods using the MyPyramid guidelines.
3242 youth can give an informative speech or presentation.
0 youth can now read and compare the nutrition labels of snack foods they like to eat.
2640 youth can show enthusiasm when giving a speech or presentation.
3300 youth give a 2-3 minute speech or presentation.
2970 youth know how to organize the parts of a speech or presentation.
1174 youth now realize they need to eat breakfast everyday.
712 youth now report they are concerned about the well-being of others.
804 youth now think about their food choices and how those choices affect their health.
1046 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
1444 youth report that they are now comfortable being a group leader.
1484 youth report that they can now cooperate and work in a group.
1382 youth report that they can now give clear directions.
2640 youth report that they have developed confidence to speak in front of groups.
1444 youth report that they know how to set goals and they use that ability when leading a group.
321 youth report that they learned about important leaders who contributed to our nation.
1512 youth report that they make sure everyone gets an opportunity to say what they think.
1414 youth report that they now like to work with others and help them reach their goals.
1476 youth report that they take their jobs seriously as members of a committee.
1554 youth report that when in charge of a group, they treat everyone fairly and equally.
1310 youth report using enthusiasm to get a group working.
722 youth think they can make a big difference in their community by helping others.
321 youth understand how community leaders are elected to office.

**Units Reporting Program Outcomes (entire year)**
None

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**Activity Report for Shelby County**

**01/01/2010 to 12/31/2010**

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**Contacts by Extension Personnel**

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**Volunteer Hours**

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**Volunteers Who Served**

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**Contacts by Volunteers**

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**Units Reporting Program Activity**

**Shelby County**

**All 2010 Outcomes (entire year)**

Producers increased yield by 300 pounds by selecting top yielding varieties on 15200 acres of cotton, earning an extra $FRM.

6 4-H clubs were met by volunteers.

6 4-H judging teams were coached by volunteers.

12 4-H project groups were met by volunteers.

328 4-H volunteers utilized volunteer position descriptions.

18285 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.

18285 acres of cotton scouted by a UT-trained scout to help make crop management decisions.

25275 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.

28 beef producers sold 1818 calves managed according to BQA guidelines to increase returns by $FRM.

16 beef producers stored 2350 large, round bales under some type of cover to increase returns by $FRM.

24 beef producers utilized bulls with greater genetic potential to produce 1898 head of calves to increase returns by $FRM.

12 beef producers utilized hay feeding rings to feed 790 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

24 beef producers utilized improved marketing methods to market 790 head of calves to increase returns by $FRM.

125 classrooms adopted this program.

170 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.

150 consumers implemented water-wise gardening practices to conserve and protect water quality.

200 consumers learned about plant selection and proper planting to save money and time in the landscape.

200 consumers learned how to apply landscape fertilizers and pesticides safely.

56 consumers learned how to conserve and protect water quality in the landscape.

250 consumers learned how to properly take a soil test and interpret the results.

90 consumers practiced best management practices relating to proper pruning and tree maintenance.

200 consumers used the results of their soil test to properly amend their soil.

42 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

40 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).

39 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

8 cotton producers report a $220 reduction in pest control costs by following recommended control.
strategies for insects, weeds or plant diseases.
39 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
40 dial-gauge lids were tested.
39 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
90 home lawn insect, disease and weed samples submitted for identification and control recommendations.
150 home lawn soil samples submitted for testing.
40 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
50 homeowners established new turfgrass species and varieties.
80 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
20 horse owners fed 30 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
30 horse owners managed 60 horses using rotational grazing in their pasture management to increase forage production, saving FRM annually.
70 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 90 horses, saving FRM annually.
90 horse owners schedule routine hoof care on 130 horses, saving FRM annually.
2 landowners expanded an existing aquaculture industry.
39 landowners improved profitability (marketing) of forest ownership.
24 landowners properly fertilized their pond, followed stocking/harvesting recommendations, or controlled weeds/algae.
170 Master Gardeners gained knowledge and confidence in entomology.
170 Master Gardeners gained knowledge and confidence in integrated pest management.
170 Master Gardeners gained knowledge and confidence in ornamentals.
170 Master Gardeners gained knowledge and confidence in plant diseases.
170 Master Gardeners gained knowledge and confidence in soils.
170 Master Gardeners gained knowledge and confidence in turfgrass.
60 Master Gardeners have used the knowledge and skills they learned in this program to assist 100 people in turf selection or management.
70 Master Gardeners have used the knowledge and skills they learned in this program to assist 90 people to control pests through integrated pest management.
70 Master Gardeners have used the knowledge and skills they learned in this program to assist 110 people to identify pests and/or the damage they cause.
70 Master Gardeners have used the knowledge and skills they learned in this program to assist 100 people to identify symptoms of plant disease.
90 Master Gardeners have used the knowledge and skills they learned in this program to assist 140 people to improve soil through soil test results.
1000 miles were walked in the Walk Across Tennessee Program.
240 new 4-H volunteers were recruited this year.
522 of 743 adults wash hands more often.
4000 of 6600 better understood their parents' concerns about money.
10 of 10 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
10 of 10 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
170 of 170 homeowners increased their knowledge of fire ant management.
4 of 4 landscape and nursery participants increased their knowledge of fire ant management.
20 of 20 participants are better informed to make medical decisions for themselves and their families
three months after participating in the program.
20 of 20 participants are better informed to make medical decisions for themselves and their families.
20 of 20 participants are better informed to protect their health.
30 of 40 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
36 of 40 participants are confident they can better manage their diabetes as a result of participating in this program.
38 of 40 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
40 of 40 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
20 of 20 participants are more motivated to care for their health.
60 of 80 participants are more physically active six months after completing the program.
36 of 40 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
40 of 40 participants are regularly checking their blood sugar six months after completing the program.
36 of 40 participants are using the Healthy Plate Method six months after completing the program.
329 of 518 participants ate more whole grains.
0 of 0 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants better understood their parent's concerns about money.
20 of 40 participants called the TN Poison Center because they suspected a poisoning or had a question about a product six months after completing the program.
200 of 200 participants can better control their chronic disease as a result of participating in the program.
20 of 20 participants can better protect their health three months after participating in the program.
40 of 40 participants can choose foods that do not cause a sharp rise in blood sugar.
40 of 40 participants conducted a poison safety audit six months after completing the program.
1086 of 1960 participants decreased consumption of high-sugar foods.
40 of 80 participants decreased their blood pressure six months after completing the program.
50 of 80 participants decreased their cholesterol levels six months after completing the program.
20 of 60 participants eat at least six meals together as a family each week.
983 of 1900 participants eat fewer high-fat foods.
254 of 358 participants eat more fat-free or low-fat dairy products.
80 of 80 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
20 of 20 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
268 of 294 participants feel confident they know what to do in case of a poisoning.
80 of 80 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
0 of 0 participants felt more confident that they could build wealth.
0 of 0 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
40 of 40 participants find the active ingredient on the medication label.
80 of 80 participants have added exercise to their action steps for managing their arthritis.
20 of 20 participants have changed the way they navigate through their healthcare system three months after participating in the program.
20 of 20 participants have greater confidence in navigating their healthcare system.
70 of 80 participants have improved performance of daily activities six months after completing the program.
72 of 80 participants have less pain from their arthritis six months after completing the program.
76 of 80 participants have less stiffness six months after completing the program.
34 of 40 participants have reduced their A1c six months after completing the program.
20 of 20 participants have used the information they learned three months after participating in the program.
20 of 20 participants have used the information they learned.
95 of 170 participants improved their blood pressure.
70 of 120 participants improved their blood sugar.
45 of 120 participants improved their cholesterol levels.
30 of 120 participants improved their triglyceride levels.
236 of 420 participants increased physical activity.
180 of 200 participants increased their exercise routine during Walk Across Tennessee Program.
0 of 0 participants increased their financial management skills.
20 of 20 participants increased their understanding about their health and the healthcare system.
30 of 40 participants keep all of their prescription medications at the same pharmacy.
20 of 20 participants know what cancer screenings they need according to their age and gender.
0 of 0 participants learned better how to plan their spending.
6600 of 6600 participants learned how education will affect the kind of job they can get.
6000 of 6600 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
0 of 0 participants learned how payroll deductions are taken from gross pay.
5600 of 6600 participants learned how to keep a checkbook register.
5000 of 6600 participants learned how to write a check.
0 of 0 participants learned the difference between wants and needs.
140 of 140 participants lost weight: 400 total pounds lost.
40 of 80 participants lowered their blood sugar levels six months after completing the program.
0 of 0 participants made changes to their future plans.
70 of 80 participants maintained their walking/exercise routine six months after completing the program.
623 of 784 participants now eat more fruit.
667 of 780 participants now eat more vegetables.
40 of 80 participants now take fewer medications for arthritis pain six months after completing the program.
0 of 0 participants now understand the difference between a need and a want.
20 of 20 participants plan to get age and gender appropriate cancer screenings.
40 of 40 participants plan to regularly check their blood sugar as requested by their doctor.
40 of 440 participants plan to use the Healthy Plate Method.
100 of 100 participants plan to use the two-step method around the home for managing fire ants.
0 of 0 participants planned to change their career goals.
0 of 0 participants planned to get more education after high school.
40 of 40 participants posted the TN Poison Center toll free number by a phone and in their cell phone address book six months after completing the program.
40 of 40 participants read the directions before taking a prescription or over-the-counter medications.
329 of 429 participants refrigerate perishable foods within two hours.
40 of 40 participants seek the advice of a pharmacist if they have any questions about a medication.
300 of 400 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
40 of 40 participants stored food and household products in separate areas six months after completing the program.
40 of 40 participants stored medications out of the reach of children six months after completing the program.
program.
20 of 20 participants surveyed canned pickles following a tested recipe. (TNCEP)
20 of 20 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
16 of 16 participants surveyed canned vegetables following a tested recipe. (TNCEP)
20 of 20 participants surveyed change and wash sheets and towels weekly.
20 of 20 participants surveyed clean bathrooms weekly.
20 of 20 participants surveyed clean kitchens daily.
20 of 20 participants surveyed increased their knowledge on how regular cleaning can help reduce environmental health hazards.
20 of 20 participants surveyed increased their knowledge on safer house cleaning techniques.
20 of 20 participants surveyed increased their knowledge on the importance of moisture control in their home.
40 of 40 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
36 of 40 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
60 of 60 participants surveyed made a positive change in the attitude about cooking food to a safe internal temperature.
60 of 60 participants surveyed made a positive change in their attitude about how they thaw food.
60 of 60 participants surveyed made a positive change in their attitude about cleaning surfaces, utensils and equipment to prevent cross-contamination.
60 of 60 participants surveyed made a positive change in their attitude about eating/drinking foods from unsafe sources.
60 of 60 participants surveyed made a positive change in their attitude about keeping the temperature in the refrigerator at 40 degrees F or below.
20 of 20 participants surveyed processed pickles in a water-bath canner. (TNCEP)
20 of 20 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
16 of 16 participants surveyed processed vegetables in a pressure canner. (TNCEP)
20 of 20 participants surveyed separate out heavily soiled work clothes and wash separately.
40 of 40 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.
40 of 40 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
228 of 424 participants surveyed used a thermometer to check the internal temperature of food.
228 of 424 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
40 of 40 participants taught their children to always ask first before eating or drinking anything suspicious or questionable six months after completing the program.
40 of 40 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
80 of 80 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
20 of 20 participants understand that cancer screening and early detection can save their life.
76 of 80 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
20 of 20 participants understand women age 40 and older should have a mammogram.
20 of 20 participants understand women of all ages need a Pap test.
0 of 0 participants understood the dangers of using too much credit.
1396 of 1900 participants who increased their intake of dairy foods.
269 of 386 participants who now select foods and beverages that promote healthy weight.
70 of 80 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.

80 of 80 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.

180 of 200 participants will continue to exercise after the Walk Across Tennessee Program.

294 of 294 participants will keep medications out of the reach of children.

268 of 294 participants will keep products in their original containers.

294 of 294 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.

80 of 80 participants will read the label before using a product.

0 of 0 participants understood the dangers of using too much credit.

50 of 60 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

1498 of 1900 students increased amount of time in physical activity.

1553 of 1900 students who increased their intake of whole grains.

58 of 58 teachers reported preschool children in their classes were more actively engaged in physical activity.

58 of 58 teachers reported preschool children in their classes were more willing to taste fruit.

58 of 58 teachers reported preschool children in their classes were more willing to taste vegetables.

58 of 18 teachers reported preschool children in their classes were more willing to taste whole-grain foods.

50 of 58 teachers reported using physical activities from Healthy Steps at least three times per week.

959 of 1426 youth now wash hands more often.

100 participants now correctly deworm 170 horses, saving $FRM this year.

20 participants process high-acid foods in a water bath canner.

200 participants walked in the Walk Across Tennessee Program.

3 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.

44 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.

3 producers increased their return on 2100 acres by $FRM by utilizing irrigation instead of dry land production.

6 producers increased their return on 5000 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.

116 producers planted 5622 acres with clover for an increased production valued at $FRM.

32 producers planted 4558 acres with warm-season grasses for an added value of $FRM.

106 producers sprayed 6930 acres for broadleaf weed control for an increased production valued at $FRM.

20 producers stockpiled 1028 acres of tall fescue, reducing feeding cost by $FRM.

38 producers utilized UT fertility recommendations.

23 schools adopted this program.

12 teams participated in the Walk Across Tennessee Program.

2 tenants avoided eviction by improving their house cleaning skills.

0 volunteer leaders increased their knowledge of positive youth development.

0 youth are better able to understand and follow directions.

44 youth believe that a team can accomplish more than an individual.

760 youth can express ideas with a poster, exhibit or other display.

0 youth can now share their ideas through writing.

0 youth can use technology to help themselves express ideas.

44 youth enjoy working with others toward a common goal.

0 youth have learned at least five jobs in which communication skills are important.
0 youth report that they can now cooperate and work in a group.
16 youth report that they know how to set goals and they use that ability when leading a group.
0 youth report that they make sure everyone gets an opportunity to say what they think.
24 youth report that they take their jobs seriously as members of a committee.
0 youth report that when in charge of a group, they treat everyone fairly and equally.
44 youth think that everyone on the team is important.
44 youth think they have something to contribute to the worth of the team
0 youth understand that other ideas may be just as important as their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Smith County
01/01/2010 to 12/31/2010

Extension Personnel Hours

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### Volunteer Hours

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### Contacts by Volunteers

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### Units Reporting Program Activity

#### Smith County

#### All 2010 Outcomes (entire year)

The economic impact of Extension leadership programs was $0 in increased revenue, one-time capital improvements and secured resources.

- 10 beef producers sold 130 calves managed according to BQA guidelines to increase returns by $FRM.
- 48 beef producers stored 6700 large, round bales under some type of cover to increase returns by $FRM.
- 16 beef producers utilized bulls with greater genetic potential to produce 600 head of calves to increase returns by $FRM.
- 56 beef producers utilized hay feeding rings to feed 6900 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 12 beef producers utilized improved marketing methods to market 300 head of calves to increase returns by $FRM.
- 9 dial-gauge lids were tested.
- 0 farmers developed financial plans for their farms.
- 0 farmers increased their knowledge and skills in farm and financial planning.
- 960 of 1100 adults wash hands more often.
- 0 of 0 better understood basic insurance needs.
- 244 of 336 better understood credit reporting and scoring.
- 98 of 168 checked their credit report.
- 6 of 132 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
- 6 of 12 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
- 8 of 12 fruit and/or vegetable producers learned about methods for improving profitability with IPM, row covers, high tunnels, greenhouses and/or colored plastic mulches.
- 24 of 24 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
- 316 of 336 identified ways to reduce spending.
- 200 of 336 learned better how to communicate with creditors.
- 0 of 0 learned how to better manage stress caused by financial issues.
- 132 of 168 learned how to prepare a grab and go bag in case of an emergency home evacuation.
- 0 of 0 learned how to properly maintain and store household financial records.
- 276 of 336 learned who to pay first if they can't pay everything.
- 0 of 0 made a change in career or educational goals.
- 0 of 0 parents of teens learned how to generate discussion within their family about skills related to
communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)

0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)

0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies

0 of 0 parents/caregivers learned about issues related to stages of child development.

8 of 8 participants analyzed their readiness for home ownership.

15 of 30 participants are more physically active six months after completing the program.

87 of 111 participants ate more whole grains.

414 of 454 participants became more aware of the importance of starting to save and invest early in life.

172 of 336 participants began or increased savings an average of $500 per month.

0 of 0 participants better understood employer benefits.

0 of 0 participants better understood the difference between pre-tax and after-tax investments.

78 of 84 participants can apply joint protection techniques.

63 of 84 participants can use relaxation techniques to better manage their arthritis symptoms.

0 of 0 participants communicated with other family members about financial matters.

8 of 8 participants determined how much they could pay for a home.

0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.

66 of 90 participants eat more fat-free or low-fat dairy products.

30 of 30 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.

84 of 84 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

0 of 0 participants felt more confident that they could build wealth.

0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.

260 of 336 participants followed a spending plan.

6 of 8 participants gained better understanding of the mortgage process.

118 of 176 participants gained skill in determining their net worth.

138 of 176 participants gained skill in making a spending plan.

0 of 0 participants gained skill in shopping for a home.

24 of 30 participants have added exercise to their action steps for managing their arthritis.

21 of 30 participants have improved performance of daily activities six months after completing the program.

78 of 84 participants have improved their arthritis symptoms as a result of participating in this program.

48 of 63 participants have less arthritis symptoms from their arthritis six months after completing the program.

6 of 9 participants have less arthritis symptoms.

15 of 30 participants have less pain from their arthritis six months after completing the program.

21 of 30 participants have less stiffness six months after completing the program.

0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.

6 of 9 participants improved control of their arthritis symptoms.

9 of 9 participants improved performance of daily activities.

63 of 63 participants improved their balance six months after completing the program.

6 of 9 participants improved their balance.

45 of 63 participants improved their flexibility six months after completing the program.

9 of 9 participants improved their flexibility.
48 of 63 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

63 of 63 participants improved their range of motion in their joints six months after completing the program.

1061 of 1190 participants increased physical activity.
388 of 396 participants increased their financial management skills.
220 of 336 participants kept a record of spending.
0 of 0 participants learned how education will affect the kind of job they can get.
90 of 118 participants learned the difference between wants and needs.
0 of 0 participants made a change in financial behavior.
130 of 168 participants made a spending plan.
132 of 158 participants now eat more fruit.
139 of 162 participants now eat more vegetables.
6 of 30 participants now take fewer medications for arthritis pain six months after completing the program.
16 of 16 participants now understand the difference between a need and a want.
0 of 0 participants reduced debt an average of $0 per month.
52 of 64 participants refrigerate perishable foods within two hours.
51 of 64 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
32 of 32 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants surveyed canned pickles following a tested recipe. (TNCEP)
72 of 72 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed consumed fewer foods from unsafe sources.
1800 of 2400 participants surveyed have implemented at least one waste reduction strategy to preserve open spaces, sustain environmental quality, and improve health benefits.
1068 of 1200 participants surveyed increased personal involvement in community activities.
1806 of 1518 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
1320 of 2232 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
2400 of 2400 participants surveyed increased their knowledge of environmental problems associated with "not-smart" growth.
27 of 36 participants surveyed increased their knowledge of health problems associated with "not-smart" growth.
24 of 36 participants surveyed increased their knowledge of how to become involved with public officials and other decision makers concerning Smart Growth principles.
0 of 0 participants surveyed increased their knowledge of Smart Growth principles.
2250 of 2400 participants surveyed increased their knowledge on how to communicate Smart Growth principles to others.
60 of 72 participants surveyed made a positive change in the attitude about cooking food to a safe internal temperature.
0 of 0 participants surveyed made a positive change in their attitude about how they thaw food.
0 of 0 participants surveyed made a positive change in the way they stored perishable foods. (TNCEP)
72 of 72 participants surveyed made a positive change in their attitude about cleaning surfaces, utensils and equipment to prevent cross-contamination.
0 of 0 participants surveyed made a positive change in their attitude about eating/drinking foods from unsafe sources.
0 of 0 participants surveyed made a positive change in their attitude about keeping the temperature in the refrigerator at 40 degrees F or below.
72 of 72 participants surveyed more often thoroughly washed their produce under running water.
before eating them.

0 of 0 participants surveyed more often washed items that came in contact with raw meat, chicken or seafood with hot, soapy water before continuing to cook. (TNCEP)

0 of 0 participants surveyed more often washed the plate used to hold raw meat, poultry, or seafood with hot, soapy water before returning cooked food to the plate OR used a clean plate. (TNCEP)

72 of 72 participants surveyed more often washed their hands with soap and warm running water before eating.

360 of 360 participants surveyed participated in a local initiative to improve conditions related to at least one Smart Growth principle that has direct effects on human health.

1500 of 2400 participants surveyed participated in a local initiative to improve conditions related to at least one Smart Growth principle that has direct effects on the environment.

72 of 72 participants surveyed processed pickles in a water-bath canner. (TNCEP)

72 of 72 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)

0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)

72 of 72 participants surveyed used a thermometer to check the internal temperature of food.

0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

12 of 63 participants take fewer medications for arthritis symptoms six months after completing the program.

60 of 118 participants talked about financial goals with their parents or others.

24 of 30 participants understand that arthritis is a chronic disease that they can control with self-management techniques.

24 of 30 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.

81 of 84 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.

158 of 168 participants understood the dangers of using too much credit.

0 of 0 participants washed their hands with soap and warm running water after working with raw meat, chicken, or seafood. (TNCEP)

0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.

48 of 64 participants who now select foods and beverages that promote healthy weight.

30 of 30 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.

0 of 0 participants worked toward new savings or investment goals.

316 of 336 participants understood the dangers of using too much credit.

0 of 0 pregnant or formerly pregnant participants surveyed avoided one or more of the following foods during pregnancy: cold hot dogs, soft cheese like brie, Camembert and queso fesco and cold deli meats.

72 of 78 respondents improved knowledge of how divorce impacts children by age/stage of development.

72 of 78 respondents learned effective communication techniques.

72 of 78 respondents plan to decrease exposure of their children to parental conflict.

72 of 78 respondents report understanding the importance of working together for the sakes of their children.

69 of 78 respondents reported a decrease in level of resentment at being required to attend the parenting class from pre- to post-class.

110 of 168 tracked their spending.

0 of 0 worked toward new savings, investment or retirement goals.

74 of 85 youth now wash hands more often.

0 parents/caregivers learned effective communication techniques to use with their children.

0 parents/caregivers learned strategies for dealing with parenting stress.

72 participants process high-acid foods in a water bath canner.
21 producers planted 780 acres with clover for an increased production valued at $FRM.
10 producers planted 350 acres with warm-season grasses for an added value of $FRM.
70 producers sprayed 4400 acres for broadleaf weed control for an increased production valued at
$FRM.
14 producers stockpiled 500 acres of tall fescue, reducing feeding cost by $FRM.
0 projects were implemented in the community incorporating Smart Growth principles.
0 schools adopted the Smart Growth curriculum.
212 youth are better able to understand and follow directions.
82 youth are now better listeners.
94 youth are willing to try new things.
36 youth can conduct a meeting.
174 youth can deal with their nervousness when giving a speech or talk.
196 youth can explain an idea to others.
168 youth can express ideas with a poster, exhibit or other display.
90 youth can give an informative speech or presentation.
164 youth can now share their ideas through writing.
208 youth can select a topic for a speech or talk.
86 youth can show enthusiasm when giving a speech or presentation.
198 youth can speak loudly enough to be heard when giving a speech or talk.
158 youth can use technology to help themselves express ideas.
130 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
90 youth give a 2-3 minute speech or presentation.
54 youth have explored careers in communications.
140 youth have learned at least five jobs in which communication skills are important.
94 youth have set a goal for their job or career.
98 youth know how to organize the parts of a speech or presentation.
110 youth know the difference between things they want and things they need.
34 youth now get information about a problem.
24 youth now report that they make a decision by thinking about what a person of good character
would do.
30 youth now report that they use more than one source of information in making choices.
24 youth now report that they use standards in making choices.
30 youth now report they consider the risks of their choices.
24 youth now report they think about the truthfulness of sources of information when making choices.
98 youth now set high goals that require work to achieve them.
72 youth report helping others in need.
110 youth report telling the difference between right and wrong.
108 youth report that now they try to do the right thing.
30 youth report that they are now comfortable being a group leader.
68 youth report that they can now cooperate and work in a group.
30 youth report that they can now give clear directions.
66 youth report that they consider others when making decisions.
84 youth report that they have developed confidence to speak in front of groups.
74 youth report that they know how to make good decisions.
52 youth report that they know how to set goals and they use that ability when leading a group.
102 youth report that they like to accomplish things on their own.
70 youth report that they make sure everyone gets an opportunity to say what they think.
94 youth report that they now achieve goals they set for themselves.
66 youth report that they now continue to work toward their goals, even if they do not at first succeed.
34 youth report that they now like to work with others and help them reach their goals.
70 youth report that they take their jobs seriously as members of a committee.
68 youth report that when in charge of a group, they treat everyone fairly and equally.
74 youth report they can now keep records.
92 youth report they have improved photography skills.
96 youth report they have learned skills in visual communications.
74 youth report they now take responsibility for the decisions they make.
30 youth report using enthusiasm to get a group working.
106 youth who are now making plans to achieve their goals.
34 youth who have put their goal(s) in writing.
36 youth who report that they have learned that some choices are better than others.
34 youth who report they can make a decision.
34 youth who report they now listen to people with more experience than themselves.
30 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Soil, Plant and Pest Center

01/01/2010 to 12/31/2010

Extension Personnel Hours

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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

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Units Reporting Program Activity
Soil, Plant and Pest Center
All 2010 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)
None

Activity Report for Stewart County
01/01/2010 to 12/31/2010

Extension Personnel Hours

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Indirect Methods for Extension Personnel

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**Contacts by Extension Personnel**

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**Volunteer Hours**

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**Volunteers Who Served**

**Indirect Methods for Volunteers**

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**Units Reporting Program Activity**

Stewart County

**All 2010 Outcomes (entire year)**

The economic impact of Extension leadership programs was $0 in increased revenue, one-time capital improvements and secured resources.

- 10 acres of burley achieving yields greater than 2,300 pounds per acre.
- 400 acres of dark tobacco achieving yields greater than 3,000 pounds per acre.
- 615 acres of tobacco produced using recommended fertility practices indicated in soil test results.
- 20 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
- 615 acres produced using registered pesticides at appropriate application rates and timings.
- 615 acres soil tested no more than one year before planting.
- 535 acres were in an appropriate rotation (no more than two years consecutively in tobacco; time in tobacco equal to or less than half the rotation).
- 615 acres were planted with university-tested varieties.
- 300 acres with field rouged, plowed or destroyed within 30 days after harvest.
- 75 are concerned about problems in their community.
- 40 beef producers sold 620 calves managed according to BQA guidelines to increase returns by $FRM.
- 36 beef producers stored 4000 large, round bales under some type of cover to increase returns by $FRM.
- 24 beef producers utilized bulls with greater genetic potential to produce 720 head of calves to increase returns by $FRM.
- 54 beef producers utilized hay feeding rings to feed 4800 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 10 beef producers utilized improved marketing methods to market 430 head of calves to increase returns by $FRM.
- 16 farm families evaluated new farm enterprises and value added activities.
- 54 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
- 16 farmers developed financial plans for their farms.
- 48 farmers increased their knowledge and skills in farm and financial planning.
- 72 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 72 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 72 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
42 horse owners fed 138 horses according to specific nutrient requirements for each class of horse, saving FRM annually.

24 horse owners managed 246 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.

42 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 138 horses, saving $FRM annually.

30 horse owners schedule routine hoof care on 68 horses, saving $FRM annually.

79 now feel a sense of responsibility toward their school and community.

93 now have a sense of pride about their school and community.

0 of 0 adults wash hands more often.

0 of 0 better understood their parents’ concerns about money.

0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)

0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)

12 of 12 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.

12 of 12 parents/caregivers learned about issues related to stages of child development.

2 of 4 participants are more physically active six months after completing the program.

0 of 0 participants are practicing the postural alignment exercises they learned in the program.

163 of 216 participants ate more whole grains.

0 of 0 participants better understood their parent’s concerns about money.

4 of 4 participants can apply joint protection techniques.

0 of 0 participants can make their bones healthier with a personal plan for better bone health.

76 of 80 participants can name calcium-rich foods.

4 of 4 participants can use relaxation techniques to better manage their arthritis symptoms.

28 of 50 participants decreased consumption of high-sugar foods.

22 of 50 participants eat at least six meals together as a family each week.

75 of 166 participants eat more fat-free or low-fat dairy products.

4 of 4 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.

4 of 4 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

50 of 50 participants feel confident they know what to do in case of a poisoning.

0 of 0 participants felt more strongly that they needed to get a good education.

0 of 0 participants felt more strongly that they needed to pay attention to their financial future.

2 of 4 participants have added exercise to their action steps for managing their arthritis.

4 of 4 participants have improved performance of daily activities six months after completing the program.

4 of 4 participants have improved their arthritis symptoms as a result of participating in this program.

4 of 4 participants have less arthritis symptoms from their arthritis six months after completing the program.

2 of 4 participants have less pain from their arthritis six months after completing the program.

4 of 4 participants have less stiffness six months after completing the program.

4 of 4 participants improved their balance six months after completing the program.

4 of 4 participants improved their flexibility six months after completing the program.

2 of 4 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

4 of 4 participants improved their range of motion in their joints six months after completing the program.
136 of 166 participants increased physical activity. 
0 of 0 participants increased their financial management skills. 
64 of 80 participants know how to get 400 to 800 IU of Vitamin D each day. 
68 of 80 participants know how to get at least 1,200 mg of calcium each day. 
0 of 0 participants learned better how to plan their spending. 
0 of 0 participants learned how education will affect the kind of job they can get. 
0 of 0 participants learned how having a family can affect their lifestyle. 
0 of 0 participants learned how much money it takes to get by. 
0 of 0 participants learned how occupation and income will affect their lifestyle. 
0 of 0 participants learned how payroll deductions are taken from gross pay. 
0 of 0 participants learned how to keep a checkbook register. 
0 of 0 participants learned how to write a check. 
0 of 0 participants lost weight: 0 total pounds lost. 
0 of 0 participants made changes to their future plans. 
124 of 166 participants now eat more fruit. 
111 of 166 participants now eat more vegetables. 
2 of 4 participants now take fewer medications for arthritis pain six months after completing the program. 
0 of 0 participants planned to change their career goals. 
0 of 0 participants planned to get more education after high school. 
80 of 80 participants recognize that exercise can make their bones healthier. 
0 of 0 participants refrigerate perishable foods within two hours. 
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing. 
19 of 30 participants surveyed increased personal involvement in community activities. 
46 of 60 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities. 
46 of 60 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community. 
0 of 0 participants surveyed used a thermometer to check the internal temperature of food. 
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator. 
2 of 4 participants take fewer medications for arthritis symptoms six months after completing the program. 
4 of 4 participants understand that arthritis is a chronic disease that they can control with self-management techniques. 
52 of 80 participants understand that fractures caused by osteoporosis are most common in the spine, hip, and wrist. 
64 of 80 participants understand that osteoporosis is a disease that can make bones thinner and weaker. 
4 of 4 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis. 
4 of 4 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms. 
142 of 166 participants who now select foods and beverages that promote healthy weight. 
4 of 4 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis. 
50 of 50 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product. 
0 of 0 participants will keep medications out of the reach of children. 
0 of 0 participants will keep products in their original containers. 
50 of 50 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
0 of 0 participants will read the label before using a product.
50 of 50 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
12 of 12 respondents plan to decrease exposure of their children to parental conflict.
12 of 12 respondents report understanding the importance of working together for the sakes of their children.
153 of 166 youth now wash hands more often.
12 parents/caregivers learned effective communication techniques to use with their children.
12 parents/caregivers learned strategies for dealing with parenting stress.
28 participants now correctly deworm 76 horses, saving $ FRM this year.
40000 pounds of burley marketed in large bale packages.
40000 pounds of burley stripped properly according to buyer specifications.
1944000 pounds of total tobacco produced.
46 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
29 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
44 report that because of their 4-H experiences, they will register to vote when they are eligible.
30 report that because of their 4-H service projects, they have learned about causes and issues.
31 report that because of their 4-H service projects, they know about resources in their community.
7 tobacco growers adopted worker protection standards such as training workers and handlers, proper posting of signs, pesticide recordkeeping, establishing decontamination sites, organizing worker protection information at a central location and proper care and use of Personal Protective Equipment.
15 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
23 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
23 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
23 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
20 tobacco producers increased their knowledge of training workers and pesticide handlers including the areas of pre-harvest intervals, restricted entry intervals and worker protection standards.
75 would assist with or participate in elections, voting and campaigns.
81 youth are willing to try new things.
42 youth believe that a team can accomplish more than an individual.
96 youth believe that people working together can help others less fortunate.
55 youth break goals down into steps so they can check their progress.
189 youth can conduct a meeting.
48 youth enjoy working with others toward a common goal.
58 youth know the difference between things they want and things they need.
98 youth now report they are concerned about the well-being of others.
59 youth now work to achieve their goals.
42 youth put their goals in writing.
32 youth report being able to break tough jobs down into simpler tasks.
39 youth report being able to resolve problems without losing control of their emotions.
47 youth report being sensitive to the feelings of others when discussing and solving problems.
74 youth report telling the difference between right and wrong.
59 youth report that now they try to do the right thing.
35 youth report that they are comfortable being responsible for a group.
33 youth report that they are now comfortable being a group leader.
103 youth report that they can now cooperate and work in a group.
41 youth report that they can now give clear directions.
86 youth report that they know how to set goals and they use that ability when leading a group.
84 youth report that they learned about important leaders who contributed to our nation.
80 youth report that they like to accomplish things on their own.
95 youth report that they make sure everyone gets an opportunity to say what they think.
47 youth report that they now like to work with others and help them reach their goals.
86 youth report that they take their jobs seriously as members of a committee.
100 youth report that when in charge of a group, they treat everyone fairly and equally.
40 youth report using enthusiasm to get a group working.
37 youth seek out others who can help them become a better leader.
52 youth set high goals.
48 youth think that everyone on the team is important.
95 youth think they can make a big difference in their community by helping others.
42 youth think they have something to contribute to the worth of the team
73 youth understand how community leaders are elected to office.
48 youth understand that other ideas may be just as important as their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Sullivan County

01/01/2010 to 12/31/2010

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Direct Methods for Extension Personnel

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<td>On-Site Visits (Farm, Home, and Workplace): 489</td>
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Indirect Methods for Extension Personnel

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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

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<td>TV Program(s)</td>
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Contacts by Volunteers

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Units Reporting Program Activity

Sullivan County

All 2010 Outcomes (entire year)

11 classrooms adopted this program.
28 dial-gauge lids were tested.
140 Master Gardeners gained knowledge and confidence in entomology.
140 Master Gardeners gained knowledge and confidence in integrated pest management.
140 Master Gardeners gained knowledge and confidence in ornamentals.
120 Master Gardeners gained knowledge and confidence in plant diseases.
140 Master Gardeners gained knowledge and confidence in soils.
140 Master Gardeners gained knowledge and confidence in turfgrass.
70 Master Gardeners have used the knowledge and skills they learned in this program to assist 5074 people in turf selection or management.
122 Master Gardeners have used the knowledge and skills they learned in this program to assist 14132 people to control pests through integrated pest management.
140 Master Gardeners have used the knowledge and skills they learned in this program to assist 12460 people to identify pests and/or the damage they cause.
122 Master Gardeners have used the knowledge and skills they learned in this program to assist 11712 people to identify symptoms of plant disease.
122 Master Gardeners have used the knowledge and skills they learned in this program to assist 20008 people to improve soil through soil test results.
0 miles were walked in the Walk Across Tennessee Program.
65 of 67 adults wash hands more often.
0 of 0 better understood basic insurance needs.
0 of 0 better understood credit reporting and scoring.
0 of 0 better understood their parents’ concerns about money.
75 of 750 identified ways to reduce spending.
88 of 130 learned better how to communicate with creditors.
0 of 0 learned how to better manage stress caused by financial issues.
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
0 of 0 learned how to properly maintain and store household financial records.
0 of 0 learned who to pay first if they can't pay everything.
0 of 0 made a change in career or educational goals.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
0 of 0 parents/caregivers learned about issues related to stages of child development.
12 of 18 participants are better informed to make medical decisions for themselves and their families.
15 of 18 participants are better informed to protect their health.
3 of 9 participants are confident they can better manage their diabetes as a result of participating in this program.
0 of 0 participants are more motivated to care for their health.
12 of 16 participants are more physically active six months after completing the program.
321 of 637 participants ate more whole grains.
0 of 0 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 0 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
0 of 0 participants better understood their parent's concerns about money.
10 of 22 participants can apply joint protection techniques.
0 of 0 participants can better control their chronic disease as a result of participating in the program.
4 of 9 participants can choose foods that do not cause a sharp rise in blood sugar.
18 of 22 participants can use relaxation techniques to better manage their arthritis symptoms.
0 of 0 participants communicated with other family members about financial matters.
375 of 586 participants decreased consumption of high-sugar foods.
0 of 0 participants decreased their blood pressure six months after completing the program.
0 of 0 participants decreased their cholesterol levels six months after completing the program.
19 of 42 participants eat at least six meals together as a family each week.
115 of 220 participants eat fewer high-fat foods.
502 of 676 participants eat more fat-free or low-fat dairy products.
19 of 22 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
12 of 22 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
164 of 367 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
0 of 0 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants followed a spending plan.
0 of 0 participants gained skill in determining their net worth.
0 of 0 participants gained skill in making a spending plan.
15 of 22 participants have added exercise to their action steps for managing their arthritis.
9 of 18 participants have greater confidence in navigating their healthcare system.
11 of 16 participants have improved performance of daily activities six months after completing the
program.  
16 of 22 participants have improved their arthritis symptoms as a result of participating in this program.  
13 of 16 participants have less pain from their arthritis six months after completing the program.  
10 of 16 participants have less stiffness six months after completing the program.  
0 of 0 participants have used the information they learned.  
65 of 130 participants identified ways to avoid being victimized by predatory practices or fraud.  
22 of 47 participants improved their blood pressure.  
8 of 47 participants improved their blood sugar.  
0 of 0 participants improved their cholesterol levels.  
0 of 0 participants improved their triglyceride levels.  
30 of 40 participants increased physical activity.  
174 of 174 participants increased their exercise routine during Walk Across Tennessee Program.  
0 of 0 participants increased their financial management skills.  
11 of 18 participants increased their understanding about their health and the healthcare system.  
97 of 367 participants know what cancer screenings they need according to their age and gender.  
0 of 0 participants learned better how to plan their spending.  
0 of 0 participants learned how education will affect the kind of job they can get.  
0 of 0 participants learned how having a family can affect their lifestyle.  
0 of 0 participants learned how much money it takes to get by.  
0 of 0 participants learned how occupation and income will affect their lifestyle.  
0 of 0 participants learned how payroll deductions are taken from gross pay.  
0 of 0 participants learned how to keep a checkbook register.  
0 of 0 participants learned how to write a check.  
40 of 59 participants lost weight; 220 total pounds lost.  
0 of 0 participants lowered their blood sugar levels six months after completing the program.  
0 of 0 participants made a change in financial behavior.  
0 of 0 participants made a spending plan.  
0 of 0 participants made changes to their future plans.  
0 of 0 participants maintained their walking/exercise routine six months after completing the program.  
1637 of 2669 participants now eat more fruit.  
1351 of 2669 participants now eat more vegetables.  
7 of 16 participants now take fewer medications for arthritis pain six months after completing the program.  
153 of 367 participants plan to get age and gender appropriate cancer screenings.  
0 of 0 participants plan to regularly check their blood sugar as requested by their doctor.  
7 of 9 participants plan to use the Healthy Plate Method.  
0 of 0 participants planned to change their career goals.  
0 of 0 participants planned to get more education after high school.  
89 of 215 participants refrigerate perishable foods within two hours.  
95 of 103 participants separate raw, cooked and ready-to-eat foods while storing and preparing.  
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.  
18 of 23 participants surveyed canned pickles following a tested recipe. (TNCEP)  
20 of 23 participants surveyed canned tomatoes following a tested recipe. (TNCEP)  
17 of 23 participants surveyed canned vegetables following a tested recipe. (TNCEP)  
15 of 23 participants surveyed processed pickles in a water-bath canner. (TNCEP)  
17 of 23 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)  
23 of 23 participants surveyed processed vegetables in a pressure canner. (TNCEP)  
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.  
158 of 178 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
6 of 9 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
20 of 22 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
202 of 367 participants understand that cancer screening and early detection can save their life.
10 of 22 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
15 of 22 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
105 of 367 participants understand women age 40 and older should have a mammogram.
88 of 367 participants understand women of all ages need a Pap test.
0 of 0 participants understood the dangers of using too much credit.
99 of 250 participants who increased their intake of dairy foods.
271 of 488 participants who now select foods and beverages that promote healthy weight.
16 of 22 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
100 of 174 participants will continue to exercise after the Walk Across Tennessee Program.
0 of 0 participants worked toward new savings or investment goals.
110 of 143 respondents plan to decrease exposure of their children to parental conflict.
110 of 143 respondents report understanding the importance of working together for the sakes of their children.
167 of 220 students increased amount of time in physical activity.
66 of 220 students who increased their intake of whole grains.
315 of 560 youth now wash hands more often.
144 youth report they can now keep records.
188 youth report they have improved photography skills.
134 youth report they have learned skills in visual communications. 
768 youth set high goals.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Sumner County
01/01/2010 to 12/31/2010

Extension Personnel Hours

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Direct Methods for Extension Personnel

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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

Asian or American

http://super.tennessee.edu/reports/by_unit_roll_up.asp
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**Volunteer Hours**

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**Volunteers Who Served**

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity
Sumner County
All 2010 Outcomes (entire year)

50 beef producers sold 1708 calves managed according to BQA guidelines to increase returns by $FRM.
34 beef producers stored 3012 large, round bales under some type of cover to increase returns by $FRM.
36 beef producers utilized bulls with greater genetic potential to produce 11462 head of calves to increase returns by $FRM.
34 beef producers utilized hay feeding rings to feed 3012 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
22 beef producers utilized improved marketing methods to market 826 head of calves to increase returns by $FRM.
12 classrooms adopted this program.
16 dial-gauge lids were tested.
16 horse owners fed 79 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
16 horse owners managed 20 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
16 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 79 horses, saving $FRM annually.
16 horse owners schedule routine hoof care on 79 horses, saving $FRM annually.
143 of 220 adults wash hands more often.
52 of 52 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
48 of 52 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
52 of 53 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
52 of 52 parents/caregivers learned about issues related to stages of child development.
211 of 275 participants ate more whole grains.
226 of 326 participants decreased consumption of high-sugar foods.
120 of 398 participants eat at least six meals together as a family each week.
206 of 270 participants eat fewer high-fat foods.
154 of 220 participants eat more fat-free or low-fat dairy products.
336 of 420 participants increased physical activity.
9 of 9 participants learned culinary skills.
7 of 19 participants lost weight: 70 total pounds lost.
315 of 420 participants now eat more fruit.
82 of 102 participants now eat more fruits and vegetables.
273 of 420 participants now eat more vegetables.
176 of 220 participants refrigerate perishable foods within two hours.
198 of 220 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
9 of 9 participants surveyed canned pickles following a tested recipe. (TNCEP)
9 of 9 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
9 of 9 participants surveyed canned vegetables following a tested recipe. (TNCEP)
8 of 9 participants surveyed processed pickles in a water-bath canner. (TNCEP)
9 of 9 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
9 of 9 participants surveyed processed vegetables in a pressure canner. (TNCEP)
110 of 220 participants surveyed used a thermometer to check the internal temperature of food.
97 of 220 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
9 of 9 participants use healthy food preparation techniques.
153 of 270 participants who increased their intake of dairy foods.
210 of 420 participants who now select foods and beverages that promote healthy weight.
7 of 9 participants chose fast foods or take-out foods less often.
12 of 19 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
50 of 52 respondents plan to decrease exposure of their children to parental conflict.
52 of 52 respondents report understanding the importance of working together for the sakes of their children.
247 of 270 students increased amount of time in physical activity.
55 of 102 students who decreased their intake of high-sugar foods including sweetened beverages.
143 of 270 students who increased their intake of whole grains.
8 of 8 teachers reported preschool children in their classes were more actively engaged in physical activity.
7 of 8 teachers reported preschool children in their classes were more willing to taste fruit.
5 of 8 teachers reported preschool children in their classes were more willing to taste vegetables.
5 of 8 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
4 of 8 teachers reported using physical activities from Healthy Steps at least three times per week.
176 of 220 youth now wash hands more often.
10 of 10 youth/children have increased their knowledge base in the areas of technology, science, reading, health and relationships.
51 parents/caregivers learned effective communication techniques to use with their children.
52 parents/caregivers learned strategies for dealing with parenting stress.
16 participants now correctly deworm 79 horses, saving $ FRM this year.
8 participants process high-acid foods in a water bath canner.
23 producers planted 2947 acres with clover for an increased production valued at $FRM.
1 producers planted 40 acres with warm-season grasses for an added value of $FRM.
14 producers sprayed 533 acres for broadleaf weed control for an increased production valued at $FRM.
23 producers stockpiled 2414 acres of tall fescue, reducing feeding cost by $FRM.
6 schools adopted this program.
72 youth believe that a team can accomplish more than an individual.
236 youth break goals down into steps so they can check their progress.
17 youth can analyze the results of a scientific investigation.
19 youth can ask a question that can be answered by collecting data.
414 youth can deal with their nervousness when giving a speech or talk.
19 youth can design a scientific procedure to answer a question.
434 youth can explain an idea to others.
23 youth can record data accurately.
450 youth can select a topic for a speech or talk.
424 youth can speak loudly enough to be heard when giving a speech or talk.
18 youth can use specific scientific knowledge to form a question.
67 youth enjoy working with others toward a common goal.
294 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
188 youth now get information about a problem.
118 youth now report that they make a decision by thinking about what a person of good character would do.
198 youth now report that they use more than one source of information in making choices.
178 youth now report that they use standards in making choices.
162 youth now report they consider the risks of their choices.
164 youth now report they think about the truthfulness of sources of information when making choices.
261 youth now work to achieve their goals.
49 youth put their goals in writing.
244 youth set high goals.
70 youth think that everyone on the team is important.
64 youth think they have something to contribute to the worth of the team.
67 youth understand that other ideas may be just as important as their own.
306 youth who report that they have learned that some choices are better than others.
310 youth who report they can make a decision.
243 youth who report they now listen to people with more experience than themselves.
180 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Tennessee State University

01/01/2010 to 12/31/2010

Extension Personnel Hours

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<tr>
<th>Method</th>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteer Hours

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### Volunteers Who Served

### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

**Tennessee State University**

**All 2010 Outcomes (entire year)**

- 140 participants increased awareness of the levels of caregiving.
- 140 participants learned coping skills as a caregiver through experiences shared by others.
- 140 participants now know various issues associated with caregiving.
- 0 participants report that partnerships have been strengthened with public agencies.
- 0 report that community support has been enhanced by interacting with care providers, educators, students, and family caregivers.
- 0 youth can analyze the results of a scientific investigation.
- 0 youth can ask a question that can be answered by collecting data.
- 0 youth can design a scientific procedure to answer a question.
- 0 youth can record data accurately.
- 0 youth can use specific scientific knowledge to form a question.

**Units Reporting Program Outcomes (entire year)**

None

### Activity Report for Tipton County
01/01/2010 to 12/31/2010

## Extension Personnel Hours

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## Indirect Methods for Extension Personnel

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## Contacts by Extension Personnel

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**Volunteer Hours**

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**Volunteers Who Served**

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**Contacts by Volunteers**

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**Units Reporting Program Activity**

Tipton County

All 2010 Outcomes (entire year)
Producers increased corn yield by 0 bushels/acre by selecting top yielding varieties on 0 acres of corn increasing their income by FRM.

Producers increased yield by 6 bushels by selecting top yielding varieties on 63590 acres of soybeans, earning an extra $FRM.

Producers increased yield by 112 pounds by selecting top yielding varieties on 18400 acres of cotton, earning an extra $FRM.

30316 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

0 acres of corn scouted by a UT-trained scout to help make crop management decisions.

20980 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.

1500 acres of cotton scouted by a UT-trained scout to help make crop management decisions.

63593 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.

2000 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

14 beef producers sold 909 calves managed according to BQA guidelines to increase returns by $FRM.

8 beef producers stored 1175 large, round bales under some type of cover to increase returns by $FRM.

12 beef producers utilized bulls with greater genetic potential to produce 949 head of calves to increase returns by $FRM.

0 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

6 beef producers utilized improved marketing methods to market 395 head of calves to increase returns by $FRM.

0 classrooms adopted this program.

70 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.

60 consumers implemented water-wise gardening practices to conserve and protect water quality.

30 consumers learned about plant selection and proper planting to save money and time in the landscape.

24 consumers learned how to apply landscape fertilizers and pesticides safely.

30 consumers learned how to conserve and protect water quality in the landscape.

30 consumers learned how to properly take a soil test and interpret the results.

70 consumers practiced best management practices relating to proper pruning and tree maintenance.

60 consumers used the results of their soil test to properly amend their soil.

70 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).

0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

70 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

70 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).

70 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

0 cotton producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

70 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

30 Master Gardeners gained knowledge and confidence in entomology.
30 Master Gardeners gained knowledge and confidence in integrated pest management.
30 Master Gardeners gained knowledge and confidence in ornamentals.
30 Master Gardeners gained knowledge and confidence in plant diseases.
30 Master Gardeners gained knowledge and confidence in soils.
30 Master Gardeners gained knowledge and confidence in turfgrass.
30 Master Gardeners have used the knowledge and skills they learned in this program to assist 50 people in turf selection or management.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 24 people to control pests through integrated pest management.
16 Master Gardeners have used the knowledge and skills they learned in this program to assist 20 people to identify pests and/or the damage they cause.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 50 people to identify symptoms of plant disease.
30 Master Gardeners have used the knowledge and skills they learned in this program to assist 50 people to improve soil through soil test results.
6 of 6 adolescents learned about he consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.
6 of 6 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)
20 of 25 adults wash hands more often.
0 of 0 better understood their parents' concerns about money.
4 of 20 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
24 of 40 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
24 of 70 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
16 of 30 homeowners increased their knowledge of fire ant management.
16 of 30 landscape and nursery participants increased their knowledge of fire ant management.
6 of 6 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
6 of 6 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
21 of 21 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
21 of 21 parents/caregivers learned about issues related to stages of child development.
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.
11 of 11 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
22 of 30 participants are confident they can better manage their diabetes as a result of participating in this program.
0 of 0 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
0 of 0 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
0 of 0 participants are preventing or treating other health conditions such as heart and blood vessel...
problems, kidney disease, nerve damage and foot problems six months after completing the program. 10 of 10 participants are regularly checking their blood sugar six months after completing the program. 6 of 11 participants are using the Healthy Plate Method six months after completing the program. 13 of 42 participants ate more whole grains. 274 of 309 participants better understood their parent's concerns about money. 22 of 30 participants can choose foods that do not cause a sharp rise in blood sugar. 19 of 42 participants decreased consumption of high-sugar foods. 3 of 30 participants eat at least six meals together as a family each week. 12 of 12 participants eat fewer high-fat foods. 5 of 12 participants eat more fat-free or low-fat dairy products. 10 of 16 participants feel confident they know what to do in case of a poisoning. 290 of 309 participants felt more strongly that they needed to get a good education. 0 of 0 participants felt more strongly that they needed to pay attention to their financial future. 1 of 1 participants have less arthritis symptoms. 6 of 11 participants have reduced their A1c six months after completing the program. 0 of 0 participants improved control of their arthritis symptoms. 6 of 6 participants improved performance of daily activities. 4 of 6 participants improved their balance. 0 of 0 participants improved their blood pressure. 0 of 0 participants improved their blood sugar. 0 of 0 participants improved their cholesterol levels. 3 of 6 participants improved their flexibility. 0 of 0 participants improved their triglyceride levels. 20 of 25 participants increased physical activity. 0 of 0 participants increased their financial management skills. 271 of 309 participants learned better how to plan their spending. 267 of 309 participants learned how education will affect the kind of job they can get. 266 of 309 participants learned how having a family can affect their lifestyle. 273 of 309 participants learned how much money it takes to get by. 289 of 309 participants learned how occupation and income will affect their lifestyle. 236 of 309 participants learned how payroll deductions are taken from gross pay. 250 of 309 participants learned how to keep a checkbook register. 291 of 309 participants learned how to write a check. 0 of 0 participants lost weight: 0 total pounds lost. 0 of 0 participants made changes to their future plans. 18 of 25 participants now eat more fruit. 18 of 25 participants now eat more vegetables. 14 of 30 participants plan to regularly check their blood sugar as requested by their doctor. 24 of 30 participants plan to use the Healthy Plate Method. 16 of 30 participants plan to use the two-step method around the home for managing fire ants. 0 of 0 participants planned to change their career goals. 288 of 309 participants planned to get more education after high school. 30 of 30 participants refrigerate perishable foods within two hours. 30 of 30 participants separate raw, cooked and ready-to-eat foods while storing and preparing. 0 of 0 participants surveyed increased their knowledge of the health effects of environmental tobacco smoke on children. 0 of 0 participants surveyed increased their knowledge on how regular cleaning can help reduce environmental health hazards. 0 of 0 participants surveyed increased their knowledge on how to minimize their child's exposure to environmental tobacco smoke.
0 of 0 participants surveyed increased their knowledge on safer house cleaning techniques.
0 of 0 participants surveyed increased their knowledge on the importance of moisture control in their home.
60 of 60 participants surveyed made a positive change in the attitude about cooking food to a safe internal temperature.
50 of 60 participants surveyed made a positive change in their attitude about how they thaw food.
60 of 60 participants surveyed made a positive change in their attitude about cleaning surfaces, utensils and equipment to prevent cross-contamination.
0 of 0 participants surveyed made a positive change in their attitude about eating/drinking foods from unsafe sources.
60 of 60 participants surveyed made a positive change in their attitude about keeping the temperature in the refrigerator at 40 degrees F or below.
12 of 30 participants surveyed used a thermometer to check the internal temperature of food.
12 of 30 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
20 of 30 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
0 of 0 participants who increased their intake of dairy foods.
200 of 200 participants who now select foods and beverages that promote healthy weight.
10 of 16 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
10 of 16 participants will keep medications out of the reach of children.
10 of 16 participants will keep products in their original containers.
10 of 16 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
10 of 16 participants will read the label before using a product.
85 of 210 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
40 of 40 providers had increased knowledge of the workshop(s) topics.
14 of 14 respondents improved knowledge of how divorce impacts children by age/stage of development.
14 of 14 respondents learned effective communication techniques.
28 of 28 respondents plan to decrease exposure of their children to parental conflict.
14 of 28 respondents report understanding the importance of working together for the sakes of their children.
14 of 14 respondents reported a decrease in level of resentment at being required to attend the parenting class from pre- to post-class.
6 of 6 teachers reported preschool children in their classes were more actively engaged in physical activity.
6 of 6 teachers reported preschool children in their classes were more willing to taste fruit.
6 of 6 teachers reported preschool children in their classes were more willing to taste vegetables.
6 of 6 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
6 of 6 teachers reported using physical activities from Healthy Steps at least three times per week.
200 of 200 youth now wash hands more often.
44 parents/caregivers learned effective communication techniques to use with their children.
40 parents/caregivers learned strategies for dealing with parenting stress.
0 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
70 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
12 producers planted 2185 acres with clover for an increased production valued at $FRM.
12 producers planted 2185 acres with warm-season grasses for an added value of $FRM.
0 producers sprayed 0 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
0 schools adopted this program.
70 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
70 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
0 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
70 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Trousdale County

01/01/2010 to 12/31/2010

Extension Personnel Hours

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Direct Methods for Extension Personnel

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<td>On-Site Visits (Farm, Home, and Workplace): 82</td>
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Indirect Methods for Extension Personnel

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<td><strong>6</strong></td>
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### Volunteer Hours

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### Volunteers Who Served

#### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

**Trousdale County**

**All 2010 Outcomes (entire year)**

- 34 beef producers sold 1712 calves managed according to BQA guidelines to increase returns by $FRM.
- 34 beef producers stored 7480 large, round bales under some type of cover to increase returns by $FRM.
- 32 beef producers utilized bulls with greater genetic potential to produce 1506 head of calves to increase returns by $FRM.
- 34 beef producers utilized hay feeding rings to feed 7640 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 4 beef producers utilized improved marketing methods to market 114 head of calves to increase returns by $FRM.
- 0 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 0 of 0 adults wash hands more often.
- 0 of 0 better understood basic insurance needs.
- 4 of 4 better understood credit reporting and scoring.
- 48 of 48 better understood their parents’ concerns about money.
- 2 of 4 checked their credit report.
- 0 of 0 identified ways to reduce spending.
- 0 of 0 learned better how to communicate with creditors.
- 0 of 0 learned how to better manage stress caused by financial issues.
- 0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
- 0 of 0 learned how to properly maintain and store household financial records.
- 0 of 0 learned who to pay first if they can't pay everything.
- 0 of 0 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
- 4 of 12 participants are confident they can better manage their diabetes as a result of participating in this program.
- 0 of 0 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
0 of 0 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
0 of 0 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
0 of 0 participants are regularly checking their blood sugar six months after completing the program.
0 of 0 participants are using the Healthy Plate Method six months after completing the program.
208 of 236 participants ate more whole grains.
2 of 4 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 0 participants better understood employer benefits.
2 of 4 participants better understood the difference between pre-tax and after-tax investments.
48 of 48 participants better understood their parent's concerns about money.
12 of 12 participants can choose foods that do not cause a sharp rise in blood sugar.
260 of 376 participants decreased consumption of high-sugar foods.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
192 of 376 participants eat at least six meals together as a family each week.
0 of 0 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
0 of 0 participants felt more confident that they could build wealth.
48 of 48 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
6 of 6 participants followed a spending plan.
2 of 4 participants gained skill in determining their net worth.
10 of 10 participants gained skill in making a spending plan.
0 of 0 participants have less arthritis symptoms.
0 of 0 participants have reduced their A1c six months after completing the program.
6 of 6 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants improved control of their arthritis symptoms.
24 of 24 participants improved performance of daily activities.
24 of 24 participants improved their balance.
112 of 236 participants improved their blood pressure.
104 of 236 participants improved their blood sugar.
76 of 236 participants improved their cholesterol levels.
24 of 24 participants improved their flexibility.
72 of 236 participants improved their triglyceride levels.
0 of 0 participants increased physical activity.
58 of 58 participants increased their financial management skills.
6 of 6 participants kept a record of spending.
48 of 48 participants learned better how to plan their spending.
44 of 48 participants learned how education will affect the kind of job they can get.
44 of 48 participants learned how having a family can affect their lifestyle.
44 of 48 participants learned how much money it takes to get by.
44 of 48 participants learned how occupation and income will affect their lifestyle.
48 of 48 participants learned how payroll deductions are taken from gross pay.
48 of 48 participants learned how to keep a checkbook register.
48 of 48 participants learned how to write a check.
0 of 0 participants learned the difference between wants and needs.
132 of 376 participants lost weight: 1744 total pounds lost.
6 of 6 participants made a spending plan.
0 of 0 participants made changes to their future plans.
0 of 0 participants now eat more fruit.
0 of 0 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.
4 of 12 participants plan to regularly check their blood sugar as requested by their doctor.
12 of 12 participants plan to use the Healthy Plate Method.
0 of 0 participants planned to change their career goals.
48 of 48 participants planned to get more education after high school.
0 of 0 participants reduced debt an average of $0 per month.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
10 of 10 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
12 of 12 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
4 of 4 participants understood the dangers of using too much credit.
0 of 0 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
4 of 4 participants worked toward new savings or investment goals.
4 of 4 participants understood the dangers of using too much credit.
252 of 376 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
6 of 6 tracked their spending.
4 of 4 worked toward new savings, investment or retirement goals.
0 of 0 youth now wash hands more often.
30 producers planted 1540 acres with clover for an increased production valued at $FRM.
4 producers planted 140 acres with warm-season grasses for an added value of $FRM.
34 producers sprayed 3236 acres for broadleaf weed control for an increased production valued at $FRM.
20 producers stockpiled 432 acres of tall fescue, reducing feeding cost by $FRM.
52 youth can analyze the results of a scientific investigation.
91 youth can ask a question that can be answered by collecting data.
104 youth can assist a group in deciding on team plans for reaching goals.
70 youth can design a scientific procedure to answer a question.
75 youth can record data accurately.
73 youth can use specific scientific knowledge to form a question.
109 youth have learned new skills and ways of doing things by participating in groups.
109 youth now encourage other team members to give their best effort.
90 youth now report that they make a decision by thinking about what a person of good character would do.
85 youth now report that they use more than one source of information in making choices.
75 youth now report that they use standards in making choices.
100 youth now report they consider the risks of their choices.
70 youth now report they think about the truthfulness of sources of information when making choices.
117 youth now think it's important to listen to all group members before making a decision.
91 youth now want to see other team members succeed even if they achieve more than themselves.

Units Reporting Program Outcomes (entire year)
## Activity Report for Unicoi County

### 01/01/2010 to 12/31/2010

### Extension Personnel Hours

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<tr>
<th>All</th>
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### Direct Methods for Extension Personnel

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<td>Group Meetings / Demonstrations:</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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### Indirect Methods for Extension Personnel

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**Volunteer Hours**

- **All:** 1483
- **Total:** 1483

**Volunteers Who Served**

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**Contacts by Volunteers**

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</table>
Units Reporting Program Activity
Unicoi County

All 2010 Outcomes (entire year)

26 are concerned about problems in their community.
80 consumers learned about plant selection and proper planting to save money and time in the landscape.
168 consumers learned how to apply landscape fertilizers and pesticides safely.
36 consumers learned how to conserve and protect water quality in the landscape.
116 consumers learned how to properly take a soil test and interpret the results.
40 dial-gauge lids were tested.
116 home lawn insect, disease and weed samples submitted for identification and control recommendations.
148 home lawn soil samples submitted for testing.
44 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
76 homeowners established new turfgrass species and varieties.
104 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
32 now feel a sense of responsibility toward their school and community.
32 now have a sense of pride about their school and community.
8 of 8 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
0 of 0 homeowners increased their knowledge of fire ant management.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
35 of 42 parents/caregivers learned about issues related to stages of child development.
20 of 20 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
16 of 18 participants are confident they can better manage their diabetes as a result of participating in this program.
18 of 20 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
16 of 20 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
20 of 20 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
18 of 20 participants are regularly checking their blood sugar six months after completing the program.
14 of 20 participants are using the Healthy Plate Method six months after completing the program.
0 of 0 participants can apply joint protection techniques.
18 of 18 participants can choose foods that do not cause a sharp rise in blood sugar.
0 of 0 participants can use relaxation techniques to better manage their arthritis symptoms.
0 of 0 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
20 of 20 participants find the active ingredient on the medication label.
0 of 0 participants have improved their arthritis symptoms as a result of participating in this program.  
0 of 0 participants have less arthritis symptoms from their arthritis six months after completing the program.  
10 of 20 participants have reduced their A1c six months after completing the program.  
0 of 0 participants improved their balance six months after completing the program.  
0 of 0 participants improved their flexibility six months after completing the program.  
0 of 0 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.  
0 of 0 participants improved their range of motion in their joints six months after completing the program.  
16 of 20 participants keep all of their prescription medications at the same pharmacy.  
16 of 18 participants plan to regularly check their blood sugar as requested by their doctor.  
16 of 18 participants plan to use the Healthy Plate Method.  
16 of 20 participants read the directions before taking a prescription or over-the-counter medications.  
20 of 20 participants seek the advice of a pharmacist if they have any questions about a medication.  
18 of 20 participants surveyed canned pickles following a tested recipe. (TNCEP)  
20 of 20 participants surveyed canned tomatoes following a tested recipe. (TNCEP)  
20 of 20 participants surveyed canned vegetables following a tested recipe. (TNCEP)  
20 of 20 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.  
20 of 20 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.  
20 of 20 participants surveyed processed pickles in a water-bath canner. (TNCEP)  
18 of 20 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)  
20 of 20 participants surveyed processed vegetables in a pressure canner. (TNCEP)  
20 of 20 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.  
20 of 20 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.  
0 of 0 participants take fewer medications for arthritis symptoms six months after completing the program.  
18 of 18 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.  
0 of 0 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.  
39 of 42 respondents plan to decrease exposure of their children to parental conflict.  
34 of 42 respondents report understanding the importance of working together for the sakes of their children.  
39 parents/caregivers learned effective communication techniques to use with their children.  
0 parents/caregivers learned strategies for dealing with parenting stress.  
20 participants process high-acid foods in a water bath canner.  
28 would assist with or participate in elections, voting and campaigns.  
846 youth are better able to understand and follow directions.  
864 youth believe that people working together can help others less fortunate.  
800 youth can analyze the results of a scientific investigation.  
864 youth can ask a question that can be answered by collecting data.  
26 youth can conduct a meeting.  
26 youth can deal with their nervousness when giving a speech or talk.  
835 youth can design a scientific procedure to answer a question.  
30 youth can explain an idea to others.
830 youth can express ideas with a poster, exhibit or other display.
876 youth can now share their ideas through writing.
866 youth can record data accurately.
32 youth can select a topic for a speech or talk.
28 youth can speak loudly enough to be heard when giving a speech or talk.
857 youth can use specific scientific knowledge to form a question.
885 youth can use technology to help themselves express ideas.
30 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
778 youth have learned at least five jobs in which communication skills are important.
8 youth now get information about a problem.
8 youth now report that they make a decision by thinking about what a person of good character would do.
8 youth now report that they use more than one source of information in making choices.
8 youth now report that they use standards in making choices.
32 youth now report they are concerned about the well-being of others.
8 youth now report they consider the risks of their choices.
8 youth now report they think about the truthfulness of sources of information when making choices.
24 youth report that they are now comfortable being a group leader.
32 youth report that they can now cooperate and work in a group.
30 youth report that they can now give clear directions.
22 youth report that they know how to set goals and they use that ability when leading a group.
24 youth report that they learned about important leaders who contributed to our nation.
22 youth report that they make sure everyone gets an opportunity to say what they think.
26 youth report that they now like to work with others and help them reach their goals.
26 youth report that they take their jobs seriously as members of a committee.
34 youth report that when in charge of a group, they treat everyone fairly and equally.
22 youth report using enthusiasm to get a group working.
30 youth think they can make a big difference in their community by helping others.
28 youth understand how community leaders are elected to office.
8 youth who report that they have learned that some choices are better than others.
8 youth who report they can make a decision.
8 youth who report they now listen to people with more experience than themselves.
8 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Union County

01/01/2010 to 12/31/2010

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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<tbody>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
</tr>
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<tr>
<td>Client Visits to Extension Office:</td>
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</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
<td>573</td>
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<tr>
<td>Group Meetings / Demonstrations:</td>
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<tr>
<td>On-Site Visits (Farm, Home, and Workplace):</td>
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<td><strong>Total:</strong></td>
<td><strong>1233</strong></td>
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### Indirect Methods for Extension Personnel

<table>
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<th>Method</th>
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### Contacts by Extension Personnel

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<th>White/Not of Hispanic origin</th>
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<th>Asian or Pacific Islander</th>
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### Volunteer Hours

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<td>All :</td>
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[Link: http://super.tennessee.edu/reports/by_unit_roll_up.asp]
Volunteers Who Served

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<td>TV Program(s):</td>
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Contacts by Volunteers

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<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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<tbody>
<tr>
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Units Reporting Program Activity

Union County

All 2010 Outcomes (entire year)

3 of 3 adults wash hands more often.
0 of 0 better understood their parents' concerns about money.
0 of 0 made a change in career or educational goals.
0 of 0 participants ate more whole grains.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 0 participants better understood their parent's concerns about money.
0 of 0 participants communicated with other family members about financial matters.
0 of 0 participants eat more fat-free or low-fat dairy products.
0 of 0 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants followed a spending plan.
164 of 164 participants increased physical activity.
0 of 0 participants increased their financial management skills.
0 of 0 participants learned better how to plan their spending.
0 of 0 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
0 of 0 participants learned how payroll deductions are taken from gross pay.
0 of 0 participants learned how to keep a checkbook register.
0 of 0 participants learned how to write a check.
0 of 0 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
0 of 0 participants made changes to their future plans.
156 of 164 participants now eat more fruit.
157 of 164 participants now eat more vegetables.
0 of 0 participants planned to change their career goals.
0 of 0 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
6 of 8 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
0 of 0 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
164 of 164 youth now wash hands more often.
0 youth are willing to try new things.
0 youth know the difference between things they want and things they need.
0 youth report telling the difference between right and wrong.
0 youth report that now they try to do the right thing.
0 youth report that they like to accomplish things on their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Van Buren County

01/01/2010 to 12/31/2010

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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<tbody>
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<td>All: 2308</td>
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http://super.tennessee.edu/reports/by_unit_roll_up.asp  3/15/2011
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office:</td>
<td>196</td>
<td>297</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
<td>458</td>
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<td>Group Meetings / Demonstrations:</td>
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<td>On-Site Visits (Farm, Home, and Workplace):</td>
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<td><strong>Total:</strong></td>
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### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
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<td>Publication(s):</td>
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<td>Radio Program(s):</td>
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<td>TV Program(s):</td>
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### Contacts by Extension Personnel

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<th>White/Not of Hispanic origin</th>
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<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
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<tbody>
<tr>
<td>Female Adult</td>
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<td>Male Adult</td>
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<td>7</td>
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</table>

### Volunteer Hours

| All                   | 459                          |

http://super.tennessee.edu/reports/by_unit_roll_up.asp  3/15/2011
Total: 459

Volunteers Who Served

<table>
<thead>
<tr>
<th>Method</th>
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<th>Contacts Reached</th>
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<tbody>
<tr>
<td>Exhibit(s):</td>
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Contacts by Volunteers

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Units Reporting Program Activity

Van Buren County

All 2010 Outcomes (entire year)

336 beef producers sold 11760 calves managed according to BQA guidelines to increase returns by $FRM.
62 beef producers stored 10540 large, round bales under some type of cover to increase returns by $FRM.
40 beef producers utilized bulls with greater genetic potential to produce 1400 head of calves to increase returns by $FRM.
104 beef producers utilized hay feeding rings to feed 10920 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
84 beef producers utilized improved marketing methods to market 2940 head of calves to increase returns by $FRM.
60 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
0 now can create on-screen (multi-media) presentations.
223 of 223 adults wash hands more often.
10 of 10 gained skill in evaluating their housing options.
10 of 10 participants analyzed their readiness for home ownership.
811 of 1110 participants ate more whole grains.
559 of 1110 participants decreased consumption of high-sugar foods.
10 of 10 participants determined how much they could pay for a home.
127 of 744 participants eat at least six meals together as a family each week.
198 of 552 participants eat fewer high-fat foods.
89 of 186 participants eat more fat-free or low-fat dairy products.
10 of 10 participants gained better understanding of the mortgage process.
0 of 0 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
0 of 0 participants improved their cholesterol levels.
0 of 0 participants improved their triglyceride levels.
489 of 552 participants increased physical activity.
0 of 558 participants lost weight: 0 total pounds lost.
473 of 552 participants now eat more fruit.
473 of 552 participants now eat more vegetables.
10 of 10 participants purchased a home.
186 of 186 participants refrigerate perishable foods within two hours.
186 of 186 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
10 of 10 participants successfully completed homebuyer education requirements.
75 of 186 participants surveyed used a thermometer to check the internal temperature of food.
75 of 186 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
460 of 775 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
366 of 366 youth now wash hands more often.
48 producers planted 960 acres with clover for an increased production valued at $FRM.
16 producers planted 320 acres with warm-season grasses for an added value of $FRM.
104 producers sprayed 2080 acres for broadleaf weed control for an increased production valued at $FRM.
24 producers stockpiled 480 acres of tall fescue, reducing feeding cost by $FRM.
124 youth are better able to understand and follow directions.
95 youth are now better listeners.
700 youth break goals down into steps so they can check their progress.
131 youth can analyze the results of a scientific investigation.
138 youth can ask a question that can be answered by collecting data.
0 youth can communicate a scientific procedure to others.
0 youth can create a display to communicate scientific data and observations.
86 youth can deal with their nervousness when giving a speech or talk.
140 youth can design a scientific procedure to answer a question.
121 youth can explain an idea to others.
101 youth can express ideas with a poster, exhibit or other display.
80 youth can give an informative speech or presentation.
119 youth can now share their ideas through writing.
138 youth can record data accurately.
94 youth can select a topic for a speech or talk.
65 youth can show enthusiasm when giving a speech or presentation.
94 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use data to create a graph for presentation to others.
0 youth can use science terms to share scientific results.
135 youth can use specific scientific knowledge to form a question.
94 youth can use technology to help themselves express ideas.
0 youth can use the results of their investigation to answer the question they had asked.
71 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
86 youth give a 2-3 minute speech or presentation.
212 youth have a goal set for their job or career.
46 youth have explored careers in communications.
0 youth have knowledge of careers in the communications field.
77 youth have learned at least five jobs in which communication skills are important.
366 youth have set a goal for their job or career.
85 youth know how to organize the parts of a speech or presentation.
0 youth now communicate through a website.
213 youth now get information about a problem.
190 youth now report that they make a decision by thinking about what a person of good character would do.
194 youth now report that they use more than one source of information in making choices.
188 youth now report that they use standards in making choices.
186 youth now report they consider the risks of their choices.
190 youth now report they think about the truthfulness of sources of information when making choices.
432 youth now set high goals that require work to achieve them.
707 youth now work to achieve their goals.
730 youth put their goals in writing.
75 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
80 youth report that they have developed confidence to speak in front of groups.
432 youth report that they now achieve goals they set for themselves.
64 youth report they can now keep records.
97 youth report they have improved photography skills.
71 youth report they have learned skills in visual communications.
212 youth set deadlines to achieve their goals.
705 youth set high goals.
212 youth try to get as much assistance as they can when working toward their goal.
0 youth use parliamentary procedure to run a meeting.
432 youth who are now making plans to achieve their goals.
432 youth who have put their goal(s) in writing.
150 youth who keep trying if they do not achieve their goal the first time.
219 youth who report that they have learned that some choices are better than others.
240 youth who report they can make a decision.
194 youth who report they now listen to people with more experience than themselves.
229 youth who report they now try to identify what causes a problem.
0 youth who work out the details when others set goals for them.
Units Reporting Program Outcomes (entire year)
None

Activity Report for Warren County
01/01/2010 to 12/31/2010

Extension Personnel Hours
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### Volunteers Who Served

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Units Reporting Program Activity

Warren County

All 2010 Outcomes (entire year)

44 of 44 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.
44 of 44 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)
0 of 0 adults wash hands more often.
47 of 47 better understood their parents' concerns about money.
19 of 19 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
0 of 0 parents/caregivers learned about issues related to stages of child development.
644 of 963 participants ate more whole grains.
47 of 47 participants better understood their parent's concerns about money.
0 of 0 participants can apply joint protection techniques.
52 of 60 participants can use relaxation techniques to better manage their arthritis symptoms.
12 of 16 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
0 of 0 participants eat fewer high-fat foods.
17 of 19 participants eat more fat-free or low-fat dairy products.
0 of 0 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
0 of 0 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
47 of 47 participants felt more strongly that they needed to get a good education.
47 of 47 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants have improved their arthritis symptoms as a result of participating in this program.
0 of 0 participants have less arthritis symptoms from their arthritis six months after completing the program.
0 of 0 participants have less arthritis symptoms.
0 of 0 participants improved control of their arthritis symptoms.
24 of 30 participants improved performance of daily activities.
0 of 0 participants improved their balance six months after completing the program.
28 of 30 participants improved their balance.
0 of 0 participants improved their flexibility six months after completing the program.
20 of 30 participants improved their flexibility.
0 of 0 participants improved their performance of daily activities by adding exercise to their daily routines.
routine six months after completing the program.

0 of 0 participants improved their range of motion in their joints six months after completing the program.

29 of 39 participants increased physical activity.
47 of 47 participants increased their financial management skills.
47 of 47 participants learned better how to plan their spending.
47 of 47 participants learned how education will affect the kind of job they can get.
47 of 47 participants learned how having a family can affect their lifestyle.
47 of 47 participants learned how much money it takes to get by.
47 of 47 participants learned how occupation and income will affect their lifestyle.
47 of 47 participants learned how payroll deductions are taken from gross pay.
47 of 47 participants learned how to keep a checkbook register.
47 of 47 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
8 of 47 participants made changes to their future plans.
610 of 767 participants now eat more fruit.
522 of 710 participants now eat more vegetables.
8 of 47 participants planned to change their career goals.
47 of 47 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants take fewer medications for arthritis symptoms six months after completing the program.
0 of 0 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
0 of 0 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
56 of 60 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
0 of 0 participants who increased their intake of dairy foods.
24 of 26 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
58 of 70 respondents plan to decrease exposure of their children to parental conflict.
61 of 70 respondents report understanding the importance of working together for the sakes of their children.
0 of 0 teachers reported preschool children in their classes were more actively engaged in physical activity.
33 of 33 teachers reported preschool children in their classes were more willing to taste fruit.
33 of 33 teachers reported preschool children in their classes were more willing to taste vegetables.
27 of 33 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
21 of 21 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 youth now wash hands more often.
60 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
450 youth are better able to understand and follow directions.
96 youth are now better listeners.
171 youth believe that a team can accomplish more than an individual.
245 youth break goals down into steps so they can check their progress.
438 youth can analyze the results of a scientific investigation.
438 youth can ask a question that can be answered by collecting data.
446 youth can communicate a scientific procedure to others.
450 youth can create a display to communicate scientific data and observations.
288 youth can deal with their nervousness when giving a speech or talk.
438 youth can design a scientific procedure to answer a question.
288 youth can explain an idea to others.
450 youth can express ideas with a poster, exhibit or other display.
216 youth can give an informative speech or presentation.
450 youth can now share their ideas through writing.
448 youth can record data accurately.
206 youth can select a topic for a speech or talk.
211 youth can show enthusiasm when giving a speech or presentation.
211 youth can speak loudly enough to be heard when giving a speech or talk.
450 youth can use data to create a graph for presentation to others.
450 youth can use models to explain scientific results.
450 youth can use science terms to share scientific results.
448 youth can use specific scientific knowledge to form a question.
435 youth can use technology to help themselves express ideas.
449 youth can use the results of their investigation to answer the question they had asked.
171 youth enjoy working with others toward a common goal.
216 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
216 youth give a 2-3 minute speech or presentation.
130 youth have explored careers in communications.
450 youth have learned at least five jobs in which communication skills are important.
70 youth have set a goal for their job or career.
216 youth know how to organize the parts of a speech or presentation.
171 youth now get information about a problem.
78 youth now set high goals that require work to achieve them.
253 youth now work to achieve their goals.
251 youth put their goals in writing.
216 youth report that they have developed confidence to speak in front of groups.
84 youth report that they now achieve goals they set for themselves.
76 youth report they can now keep records.
150 youth report they have improved photography skills.
150 youth report they have learned skills in visual communications.
249 youth set high goals.
171 youth think that everyone on the team is important.
171 youth think they have something to contribute to the worth of the team.
171 youth understand that other ideas may be just as important as their own.
82 youth who are now making plans to achieve their goals.
76 youth who have put their goal(s) in writing.
171 youth who report that they have learned that some choices are better than others.
171 youth who report they can make a decision.
166 youth who report they now listen to people with more experience than themselves.
171 youth who report they now try to identify what causes a problem.
### Units Reporting Program Outcomes (entire year)

None

### Activity Report for Washington County

**01/01/2010 to 12/31/2010**

#### Extension Personnel Hours

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http://super.tennessee.edu/reports/by_unit_roll_up.asp
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**Volunteer Hours**

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**Volunteers Who Served**

**Indirect Methods for Volunteers**

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### Units Reporting Program Activity

**Washington County**

#### All 2010 Outcomes (entire year)

Producers increased corn yield by 0 bushels/acre by selecting top yielding varieties on 0 acres of corn increasing their income by FRM.

11 4-H clubs were met by volunteers.

3 4-H judging teams were coached by volunteers.

4 4-H project groups were met by volunteers.

9 4-H volunteers utilized volunteer position descriptions.

0 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

0 acres of corn scouted by a UT-trained scout to help make crop management decisions.

84 beef producers sold 986 calves managed according to BQA guidelines to increase returns by $FRM.

60 beef producers stored 9000 large, round bales under some type of cover to increase returns by $FRM.

32 beef producers utilized bulls with greater genetic potential to produce 1280 head of calves to increase returns by $FRM.

86 beef producers utilized hay feeding rings to feed 12000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

100 beef producers utilized improved marketing methods to market 1062 head of calves to increase returns by $FRM.

23 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).

46 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

46 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

0 fruit and/or vegetable producers realized an economic impact of $0 in savings, increased revenue and one-time capital purchases by adopting season extension or organic production practices.

0 fruit and/or vegetable producers who increased business profitability by becoming USDA certified organic.

8 new 4-H volunteers were recruited this year.

746 of 940 better understood their parents’ concerns about money.

8 of 8 farm families successfully diversified into fruit and vegetable production and marketing.

0 of 0 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.

12 of 40 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

40 of 40 fruit and/or vegetable producers adopted IPM.

0 of 0 fruit and/or vegetable producers completed a food safety plan for their farm.

8 of 40 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
0 of 0 fruit and/or vegetable producers who began the transition to USDA certified organic production.
504 of 940 made a change in career or educational goals.
458 of 940 participants began or increased savings an average of $209 per month.
754 of 940 participants better understood their parent's concerns about money.
488 of 940 participants communicated with other family members about financial matters.
846 of 940 participants felt more strongly that they needed to get a good education.
698 of 940 participants felt more strongly that they needed to pay attention to their financial future.
416 of 940 participants followed a spending plan.
730 of 940 participants increased their financial management skills.
760 of 940 participants learned better how to plan their spending.
766 of 940 participants learned how education will affect the kind of job they can get.
722 of 940 participants learned how having a family can affect their lifestyle.
740 of 940 participants learned how much money it takes to get by.
694 of 940 participants learned how occupation and income will affect their lifestyle.
712 of 940 participants learned how payroll deductions are taken from gross pay.
682 of 940 participants learned how to keep a checkbook register.
498 of 940 participants learned how to write a check.
434 of 940 participants made a change in financial behavior.
442 of 940 participants made a spending plan.
456 of 940 participants made changes to their future plans.
526 of 940 participants planned to change their career goals.
564 of 940 participants planned to get more education after high school.
428 of 940 participants talked about financial goals with their parents or others.
446 of 940 participants worked toward new savings or investment goals.
34 producers have gained knowledge on measures of milk quality indicators (including somatic cell count, preliminary incubation count, standard plate counts, lab pasteurized counts, etc.)
34 producers have increased awareness of effective mastitis prevention and control programs.
34 producers have learned the relationship between somatic cell counts and milk production.
52 producers planted 520 acres with clover for an increased production valued at $FRM.
25 producers planted 200 acres with warm-season grasses for an added value of $FRM.
65 producers sprayed 650 acres for broadleaf weed control for an increased production valued at $FRM.
32 producers stockpiled 320 acres of tall fescue, reducing feeding cost by $FRM.
8 volunteer leaders increased their knowledge of positive youth development.
208 youth are willing to try new things.
454 youth can analyze the results of a scientific investigation.
570 youth can ask a question that can be answered by collecting data.
370 youth can deal with their nervousness when giving a speech or talk.
546 youth can design a scientific procedure to answer a question.
336 youth can explain an idea to others.
556 youth can give an informative speech or presentation.
620 youth can record data accurately.
582 youth can select a topic for a speech or talk.
502 youth can show enthusiasm when giving a speech or presentation.
502 youth can speak loudly enough to be heard when giving a speech or talk.
622 youth can use specific scientific knowledge to form a question.
378 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
574 youth give a 2-3 minute speech or presentation.
526 youth know how to organize the parts of a speech or presentation.
192 youth know the difference between things they want and things they need.
160 youth report helping others in need.
208 youth report telling the difference between right and wrong.
224 youth report that now they try to do the right thing.
152 youth report that they consider others when making decisions.
556 youth report that they have developed confidence to speak in front of groups.
156 youth report that they know how to make good decisions.
176 youth report that they like to accomplish things on their own.
160 youth report that they now continue to work toward their goals, even if they do not at first succeed.
160 youth report they now take responsibility for the decisions they make.

**Units Reporting Program Outcomes (entire year)**
None

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**Activity Report for Wayne County**

**01/01/2010 to 12/31/2010**

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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<table>
<thead>
<tr>
<th>Direct Methods for Extension Personnel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method</td>
</tr>
<tr>
<td>Client Visits to Extension Office:</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations:</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace):</td>
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<table>
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<tr>
<th>Indirect Methods for Extension Personnel</th>
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<tbody>
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<td>Method</td>
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<td>Other:</td>
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## Radio Program(s)

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Total: 302 483335

## Contacts by Extension Personnel

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## Volunteer Hours

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## Volunteers Who Served

## Indirect Methods for Volunteers

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<tr>
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## Contacts by Volunteers

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http://super.tennessee.edu/reports/by_unit_roll_up.asp
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<td>47</td>
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<tr>
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<td>0</td>
<td>158</td>
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<tr>
<td>Male Youth</td>
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**Units Reporting Program Activity**

Wayne County

**All 2010 Outcomes (entire year)**

- 0 now can create on-screen (multi-media) presentations.
- 200 of 350 adults wash hands more often.
- 127 of 341 better understood credit reporting and scoring.
- 272 of 372 better understood their parents' concerns about money.
- 110 of 170 identified ways to reduce spending.
- 100 of 170 learned better how to communicate with creditors.
- 100 of 170 learned who to pay first if they can't pay everything.
- 189 of 549 participants ate more whole grains.
- 241 of 200 participants became more aware of the importance of starting to save and invest early in life.
- 60 of 390 participants began or increased savings an average of $ 20 per month.
- 66 of 222 participants better understood employer benefits.
- 30 of 211 participants better understood the difference between pre-tax and after-tax investments.
- 0 of 0 participants better understood their parent's concerns about money.
- 120 of 220 participants communicated with other family members about financial matters.
- 176 of 550 participants decreased consumption of high-sugar foods.
- 50 of 220 participants determined how to better balance their investments among pre-tax and after-tax options.
- 300 of 550 participants eat at least six meals together as a family each week.
- 101 of 350 participants eat fewer high-fat foods.
- 66 of 350 participants eat more fat-free or low-fat dairy products.
- 120 of 392 participants felt more confident that they could build wealth.
- 0 of 0 participants felt more strongly that they needed to get a good education.
- 300 of 372 participants felt more strongly that they needed to pay attention to their financial future.
- 10 of 220 participants felt that they were taking better advantage of the investment options offered by their employer.
- 80 of 390 participants followed a spending plan.
- 134 of 222 participants gained skill in determining their net worth.
- 111 of 220 participants gained skill in making a spending plan.
- 33 of 200 participants improved their blood pressure.
- 27 of 200 participants improved their blood sugar.
39 of 200 participants improved their cholesterol levels.  
0 of 200 participants improved their triglyceride levels.  
54 of 350 participants increased physical activity.  
104 of 390 participants increased their financial management skills.  
30 of 170 participants kept a record of spending.  
0 of 0 participants learned better how to plan their spending.  
110 of 220 participants learned how education will affect the kind of job they can get.  
288 of 372 participants learned how having a family can affect their lifestyle.  
0 of 0 participants learned how much money it takes to get by.  
0 of 0 participants learned how occupation and income will affect their lifestyle.  
224 of 372 participants learned how payroll deductions are taken from gross pay.  
0 of 0 participants learned how to keep a checkbook register.  
340 of 372 participants learned how to write a check.  
20 of 370 participants lost weight: 126 total pounds lost.  
30 of 170 participants made a spending plan.  
0 of 0 participants made changes to their future plans.  
177 of 350 participants now eat more fruit.  
188 of 350 participants now eat more vegetables.  
0 of 0 participants planned to change their career goals.  
252 of 372 participants planned to get more education after high school.  
42 of 390 participants reduced debt an average of $ 30 per month.  
240 of 350 participants refrigerate perishable foods within two hours.  
312 of 350 participants separate raw, cooked and ready-to-eat foods while storing and preparing.  
0 of 220 participants set savings or investment goals and/or enrolled as a Tennessee Saver.  
60 of 350 participants surveyed used a thermometer to check the internal temperature of food.  
20 of 350 participants surveyed used a thermometer to check the internal temperature of their refrigerator.  
77 of 220 participants talked about financial goals with their parents or others.  
50 of 220 participants were better able to identify appropriate savings and investment options for different financial goals.  
70 of 350 participants who increased their intake of dairy foods.  
180 of 350 participants who now select foods and beverages that promote healthy weight.  
154 of 390 participants worked toward new savings or investment goals.  
139 of 390 participants understood the dangers of using too much credit.  
108 of 550 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.  
233 of 350 youth now wash hands more often.  
1414 youth are better able to understand and follow directions.  
2092 youth are now better listeners.  
0 youth break goals down into steps so they can check their progress.  
1520 youth can analyze the results of a scientific investigation.  
0 youth can ask a question that can be answered by collecting data.  
0 youth can challenge policies through petitions, presentations or other positive ways.  
1968 youth can deal with their nervousness when giving a speech or talk.  
0 youth can design a scientific procedure to answer a question.  
0 youth can explain an idea to others.  
2044 youth can express ideas with a poster, exhibit or other display.  
2588 youth can give an informative speech or presentation.  
0 youth can now prepare and deliver a five-minute speech.  
0 youth can now share their ideas through writing.  
0 youth can record data accurately.
0 youth can select a topic for a speech or talk.
0 youth can show enthusiasm when giving a speech or presentation.
2648 youth can speak loudly enough to be heard when giving a speech or talk.
730 youth can use specific scientific knowledge to form a question.
0 youth can use technology to help themselves express ideas.
0 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
0 youth give a 2-3 minute speech or presentation.
0 youth have explored careers in communications.
2054 youth have knowledge of careers in the communications field.
0 youth have learned at least five jobs in which communication skills are important.
0 youth know how to organize the parts of a speech or presentation.
0 youth now communicate through a website.
0 youth now get information about a problem.
0 youth now report that they make a decision by thinking about what a person of good character would do.
0 youth now report that they use more than one source of information in making choices.
0 youth now report that they use standards in making choices.
2364 youth now report they consider the risks of their choices.
0 youth now report they think about the truthfulness of sources of information when making choices.
0 youth now work to achieve their goals.
1308 youth put their goals in writing.
0 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
0 youth report that they have developed confidence to speak in front of groups.
0 youth report they are now "accomplished public speakers."
536 youth report they can give an impromptu speech.
0 youth report they can now express their opinions in speeches or presentations.
0 youth report they can now keep records.
0 youth report they have improved photography skills.
1202 youth report they have learned skills in visual communications.
0 youth set high goals.
0 youth use parliamentary procedure to run a meeting.
0 youth who report that they have learned that some choices are better than others.
3022 youth who report they can make a decision.
2914 youth who report they now listen to people with more experience than themselves.
0 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Weakley County

01/01/2010 to 12/31/2010

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<thead>
<tr>
<th>Extension Personnel Hours</th>
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<tbody>
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### Direct Methods for Extension Personnel

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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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<td>Group Meetings / Demonstrations:</td>
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<td><strong>23964</strong></td>
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### Indirect Methods for Extension Personnel

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<th>Method</th>
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### Contacts by Extension Personnel

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Volunteer Hours

All: 385
Total: 385

Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Weakley County

All 2010 Outcomes (entire year)

Producers increased corn yield by 5 bushels/acre by selecting top yielding varieties on 47840 acres of corn increasing their income by FRM.
Producers increased yield by 1 bushels by selecting top yielding varieties on 85560 acres of soybeans, earning an extra $FRM.
Producers increased yield by 5 bushels by selecting top yielding varieties on 19320 acres of wheat,
earning an extra $FRM.
100098 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
100098 acres of corn scouted by a UT-trained scout to help make crop management decisions.
270000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
166 beef producers sold 9600 calves managed according to BQA guidelines to increase returns by $FRM.
160 beef producers stored 29000 large, round bales under some type of cover to increase returns by $FRM.
150 beef producers utilized bulls with greater genetic potential to produce 2800 head of calves to increase returns by $FRM.
90 beef producers utilized hay feeding rings to feed 2600 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
48 beef producers utilized improved marketing methods to market 1100 head of calves to increase returns by $FRM.
240 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
192 corn producers report a $100000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
110 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
46 of 53 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
0 of 0 adolescents learned about the consequences of risky behaviors which could result in being arrested.
46 of 53 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)
0 of 0 adults wash hands more often.
23 of 25 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
0 of 0 parents/caregivers learned about issues related to stages of child development.
10 of 30 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
22 of 38 participants are confident they can better manage their diabetes as a result of participating in this program.
18 of 30 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
18 of 30 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
18 of 30 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
3 of 6 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.
12 of 30 participants are regularly checking their blood sugar six months after completing the program.
12 of 30 participants are using the Healthy Plate Method six months after completing the program.
0 of 0 participants ate more whole grains.
28 of 38 participants can choose foods that do not cause a sharp rise in blood sugar.
10 of 38 participants eat more fat-free or low-fat dairy products.
3 of 6 participants feel confident they will continue doing the MYB routines after the MYB program ends.
3 of 6 participants have improved their balance.
3 of 6 participants have improved their strength.
3 of 6 participants have increased their cardiovascular fitness.
3 of 6 participants have increased their motivation to exercise.
3 of 4 participants have less arthritis symptoms.
8 of 30 participants have reduced their A1c six months after completing the program.
4 of 4 participants improved control of their arthritis symptoms.
4 of 4 participants improved performance of daily activities.
4 of 4 participants improved their balance.
4 of 4 participants improved their flexibility.
194 of 260 participants increased physical activity.
393 of 450 participants now eat more fruit.
393 of 450 participants now eat more vegetables.
20 of 38 participants plan to regularly check their blood sugar as requested by their doctor.
20 of 38 participants plan to use the Healthy Plate Method.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
20 of 38 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
254 of 316 participants who now select foods and beverages that promote healthy weight.
58 of 59 respondents plan to decrease exposure of their children to parental conflict.
55 of 59 respondents report understanding the importance of working together for the sakes of their children.
29 of 38 youth now wash hands more often.
54 parents/caregivers learned effective communication techniques to use with their children.
56 parents/caregivers learned strategies for dealing with parenting stress.
4 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
120 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
6 producers increased their return on 2400 acres by $FRM by utilizing irrigation instead of dry land production.
0 producers increased their return on 0 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
110 producers planted 3000 acres with clover for an increased production valued at $FRM.
70 producers planted 1900 acres with warm-season grasses for an added value of $FRM.
0 producers report a 0 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
94 producers sprayed 4200 acres for broadleaf weed control for an increased production valued at $FRM.
18 producers stockpiled 600 acres of tall fescue, reducing feeding cost by $FRM.
0 producers utilized UT fertility recommendations.
0 soybean producers adopted UT recommended resistance management strategies to control pests.

http://super.tennessee.edu/reports/by_unit_roll_up.asp 3/15/2011
(weeds, insects and diseases).
0 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
110 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
0 wheat producers implemented one or more wheat management practices based on data provided by UT (e.g., conservation tillage, plant population, growth retardants, IPM strategies, disease and weed control).
80 wheat producers report a $240000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
110 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Western Region

01/01/2010 to 12/31/2010

Units Reporting Program Outcomes (entire year)
None
### Direct Methods for Extension Personnel

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<th>Method</th>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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Volunteer Hours

Total: 0

Volunteers Who Served

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Western Region

All 2010 Outcomes (entire year)

Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 408296 acres of corn increasing their income by FRM.

Producers increased yield by 2 bushels by selecting top yielding varieties on 1092960 acres of soybeans, earning an extra $FRM.

Producers increased yield by 10 bushels by selecting top yielding varieties on 230552 acres of wheat, earning an extra $FRM.

54110 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

1000 acres of corn scouted by a UT-trained scout to help make crop management decisions.

86 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).

50 corn producers report a $18 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

58 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
34 producers report a 7% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
100 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
50 soybean producers report a $18 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
58 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
34 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
34 wheat producers implemented one or more wheat management practices based on data provided by UT (e.g., conservation tillage, plant population, growth retardants, IPM strategies, disease and weed control).
34 wheat producers report a $18 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
28 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

Units Reporting Program Outcomes (entire year)
None

Activity Report for White County
01/01/2010 to 12/31/2010

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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## Contacts by Extension Personnel

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<td><strong>14</strong></td>
<td><strong>6</strong></td>
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## Volunteer Hours

- **All:** 721
- **Total:** 721

## Volunteers Who Served

## Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

White County

All 2010 Outcomes (entire year)

168 beef producers sold 5880 calves managed according to BQA guidelines to increase returns by $FRM.
248 beef producers stored 27860 large, round bales under some type of cover to increase returns by $FRM.
94 beef producers utilized bulls with greater genetic potential to produce 3290 head of calves to increase returns by $FRM.
80 beef producers utilized hay feeding rings to feed 8400 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
58 beef producers utilized improved marketing methods to market 2320 head of calves to increase returns by $FRM.
62 farmers developed financial plans for their farms.
62 farmers increased their knowledge and skills in farm and financial planning.
62 farmers increased their potential cash income from their farming operation by $3000 by implementing a financial plan.
30 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
30 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
30 of 100 adults wash hands more often.
360 of 540 better understood basic insurance needs.
180 of 300 better understood credit reporting and scoring.
90 of 300 checked their credit report.
44 of 90 gained skill in evaluating their housing options.
170 of 300 identified ways to reduce spending.
110 of 300 learned better how to communicate with creditors.
0 of 0 learned how to better manage stress caused by financial issues.

http://super.tennessee.edu/reports/by_unit_roll_up.asp
280 of 300 learned how to prepare a grab and go bag in case of an emergency home evacuation.
300 of 300 learned how to properly maintain and store household financial records.
240 of 300 learned who to pay first if they can't pay everything.
0 of 0 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
39 of 42 parents/caregivers learned about issues related to stages of child development.
76 of 90 participants analyzed their readiness for home ownership.
50 of 100 participants ate more whole grains.
250 of 540 participants became more aware of the importance of starting to save and invest early in life.
30 of 240 participants began or increased savings an average of $10 per month.
260 of 540 participants better understood employer benefits.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
90 of 300 participants communicated with other family members about financial matters.
90 of 100 participants decreased consumption of high-sugar foods.
76 of 90 participants determined how much they could pay for a home.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
24 of 100 participants eat at least six meals together as a family each week.
58 of 100 participants eat fewer high-fat foods.
60 of 100 participants eat more fat-free or low-fat dairy products.
200 of 300 participants felt more confident that they could build wealth.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
80 of 300 participants followed a spending plan.
76 of 76 participants gained better understanding of the mortgage process.
120 of 300 participants gained skill in determining their net worth.
460 of 540 participants gained skill in making a spending plan.
260 of 300 participants identified ways to avoid being victimized by predatory practices or fraud.
12 of 100 participants increased physical activity.
460 of 540 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
96 of 300 participants kept a record of spending.
470 of 540 participants learned how education will affect the kind of job they can get.
240 of 240 participants learned how occupation and income will affect their lifestyle.
240 of 240 participants learned how payroll deductions are taken from gross pay.
240 of 240 participants learned how to keep a checkbook register.
240 of 240 participants learned how to write a check.
240 of 240 participants learned the difference between wants and needs.
0 of 0 participants lost weight: 0 total pounds lost.
296 of 300 participants made a spending plan.
40 of 100 participants now eat more fruit.
30 of 100 participants now eat more vegetables.
160 of 240 participants planned to get more education after high school.
54 of 76 participants purchased a home.
0 of 0 participants reduced debt an average of $0 per month.
90 of 100 participants refrigerate perishable foods within two hours.
90 of 100 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
100 of 300 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
76 of 76 participants successfully completed homebuyer education requirements.
40 of 100 participants surveyed used a thermometer to check the internal temperature of food.
80 of 100 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
200 of 300 participants talked about financial goals with their parents or others.
150 of 240 participants understand how to reconcile a checking account.
250 of 540 participants understood the dangers of using too much credit.
270 of 540 participants were better able to identify appropriate savings and investment options for different financial goals.
12 of 100 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
150 of 300 participants worked toward new savings or investment goals.
250 of 540 participants understood the dangers of using too much credit.
12 of 100 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
39 of 42 respondents plan to decrease exposure of their children to parental conflict.
39 of 42 respondents report understanding the importance of working together for the sakes of their children.
4 of 4 teachers reported preschool children in their classes were more actively engaged in physical activity.
4 of 4 teachers reported preschool children in their classes were more willing to taste fruit.
4 of 4 teachers reported preschool children in their classes were more willing to taste vegetables.
4 of 4 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
4 of 4 teachers reported using physical activities from Healthy Steps at least three times per week.
182 of 300 tracked their spending.
90 of 300 worked toward new savings, investment or retirement goals.
160 of 300 youth now wash hands more often.
37 parents/caregivers learned effective communication techniques to use with their children.
39 parents/caregivers learned strategies for dealing with parenting stress.
14 producers have gained knowledge about certified organic dairy production, other niche marketing opportunities and the Tennessee Agricultural Enhancement program.
14 producers have gained knowledge about the benefits of pasture and grazing for dairy cattle.
14 producers have gained knowledge about the need for production and sound financial records to manage their operations.
10 producers have gained knowledge about the opportunities associated with the use of AI and crossbreeding for dairy cattle.
6 producers have improved herds due to more AI and the use of better bulls and/or more structured crossbreeding in their herds.
2 producers have increased profits due to certified organic dairy production or some form of niche marketing.
10 producers have received cost share from the Tennessee Agricultural Enhancement program including the livestock improvement program.
35 producers planted 875 acres with clover for an increased production valued at $FRM.
9 producers planted 95 acres with warm-season grasses for an added value of $FRM.
220 producers sprayed 1575 acres for broadleaf weed control for an increased production valued at $FRM.
25 producers stockpiled 625 acres of tall fescue, reducing feeding cost by $FRM.
14 producers that have increased profits due to better utilization of forages or grazing.
1312 youth believe that a team can accomplish more than an individual.
1962 youth can analyze the results of a scientific investigation.
1300 youth can ask a question that can be answered by collecting data.
1316 youth can design a scientific procedure to answer a question.
1318 youth can record data accurately.
1300 youth can use specific scientific knowledge to form a question.
1242 youth enjoy working with others toward a common goal.
1312 youth think that everyone on the team is important.
1252 youth think they have something to contribute to the worth of the team
1360 youth understand that other ideas may be just as important as their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Williamson County

01/01/2010 to 12/31/2010

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<th>Extension Personnel Hours</th>
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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteers Who Served

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http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
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**Units Reporting Program Activity**

**Williamson County**

**All 2010 Outcomes (entire year)**

0 4-H volunteers utilized volunteer position descriptions.
21 are concerned about problems in their community.
380 beef producers sold 7000 calves managed according to BQA guidelines to increase returns by $FRM.
440 beef producers stored 26000 large, round bales under some type of cover to increase returns by $FRM.
250 beef producers utilized bulls with greater genetic potential to produce 80000 head of calves to increase returns by $FRM.
600 beef producers utilized hay feeding rings to feed 30000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
30 beef producers utilized improved marketing methods to market 600 head of calves to increase returns by $FRM.
0 new 4-H volunteers were recruited this year.
23 now feel a sense of responsibility toward their school and community.
23 now have a sense of pride about their school and community.
20 producers planted 600 acres with clover for an increased production valued at $FRM.
2 producers planted 20 acres with warm-season grasses for an added value of $FRM.
40 producers sprayed 800 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
23 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
22 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
25 report that because of their 4-H experiences, they will register to vote when they are eligible.
22 report that because of their 4-H service projects, they have learned about causes and issues.
22 report that because of their 4-H service projects, they know about resources in their community.
0 volunteer leaders increased their knowledge of positive youth development.
21 would assist with or participate in elections, voting and campaigns.
18 youth believe that a team can accomplish more than an individual.
26 youth believe that people working together can help others less fortunate.
17 youth can assist a group in deciding on team plans for reaching goals.
21 youth can challenge policies through petitions, presentations or other positive ways.
18 youth can combine and build on the ideas of others when making decisions that affect the team.
23 youth can conduct a meeting.
26 youth can deal with their nervousness when giving a speech or talk.
18 youth can effectively encourage team members to achieve long-range goals.
27 youth can explain an idea to others.
27 youth can give an informative speech or presentation.
28 youth can now prepare and deliver a five-minute speech.
28 youth can select a topic for a speech or talk.
24 youth can show enthusiasm when giving a speech or presentation.
25 youth can speak loudly enough to be heard when giving a speech or talk.
18 youth can use compromise as a way to overcome conflict with other team members.
18 youth can use effective communication as a way to overcome conflict with team members.
18 youth effectively encourage others to stay on task in a team.
18 youth enjoy working with others toward a common goal.
22 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
27 youth give a 2-3 minute speech or presentation.
54 youth have a goal set for their job or career.
18 youth have learned new skills and ways of doing things by participating in groups.
50 youth have set a goal for their job or career.
27 youth know how to organize the parts of a speech or presentation.
18 youth now encourage other team members to give their best effort.
28 youth now get information about a problem.
39 youth now report that they can justify their decision.
45 youth now report that they have confidence making their own decisions.
42 youth now report that they make a decision by thinking about what a person of good character would do.
45 youth now report that they think about past choices when making new decisions.
42 youth now report that they use more than one source of information in making choices.
33 youth now report that they use standards in making choices.
42 youth now report that when making a decision, they think about what does the most good for the most people.
39 youth now report that when they make a decision, they think about what a person of character would do.
25 youth now report they are concerned about the well-being of others.
39 youth now report they consider the risks of their choices.
40 youth now report they think about the truthfulness of sources of information when making choices.
52 youth now set high goals that require work to achieve them.
19 youth now think it's important to listen to all group members before making a decision.
19 youth now want to see other team members succeed even if they achieve more than themselves.
27 youth report being able to break tough jobs down into simpler tasks.
26 youth report being able to resolve problems without losing control of their emotions.
23 youth report being sensitive to the feelings of others when discussing and solving problems.
25 youth report that they are comfortable being responsible for a group.
25 youth report that they are now comfortable being a group leader.
32 youth report that they can now cooperate and work in a group.
28 youth report that they can now give clear directions.
23 youth report that they have developed confidence to speak in front of groups.
29 youth report that they know how to set goals and they use that ability when leading a group.
24 youth report that they learned about important leaders who contributed to our nation.
29 youth report that they make sure everyone gets an opportunity to say what they think.
56 youth report that they now achieve goals they set for themselves.
31 youth report that they now like to work with others and help them reach their goals.
31 youth report that they take their jobs seriously as members of a committee.
32 youth report that when in charge of a group, they treat everyone fairly and equally.
22 youth report they are now "accomplished public speakers."
17 youth report they can give an impromptu speech.
27 youth report they can now express their opinions in speeches or presentations.
28 youth report using enthusiasm to get a group working.
27 youth seek out others who can help them become a better leader.
36 youth set deadlines to achieve their goals.
19 youth think that everyone on the team is important.
26 youth think they can make a big difference in their community by helping others.
19 youth think they have something to contribute to the worth of the team.
44 youth try to get as much assistance as they can when working toward their goal.
24 youth understand how community leaders are elected to office.
19 youth understand that other ideas may be just as important as their own.
56 youth who are now making plans to achieve their goals.
26 youth who have put their goal(s) in writing.
64 youth who keep trying if they do not achieve their goal the first time.
30 youth who report that they have learned that some choices are better than others.
28 youth who report they can make a decision.
26 youth who report they now listen to people with more experience than themselves.
28 youth who report they now try to identify what causes a problem.
54 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Wilson County

01/01/2010 to 12/31/2010

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<td>Group Meetings / Demos:</td>
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**Units Reporting Program Activity**

Wilson County

**All 2010 Outcomes (entire year)**

10 4-H volunteers utilized volunteer position descriptions.
250 beef producers sold 6000 calves managed according to BQA guidelines to increase returns by $FRM.
158 beef producers stored 16502 large, round bales under some type of cover to increase returns by $FRM.
194 beef producers utilized bulls with greater genetic potential to produce 3880 head of calves to increase returns by $FRM.
334 beef producers utilized hay feeding rings to feed 48096 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
30 beef producers utilized improved marketing methods to market 1090 head of calves to increase returns by $FRM.
12 classrooms adopted this program.
8 dial-gauge lids were tested.
54 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
54 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
54 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
10 new 4-H volunteers were recruited this year.
76 of 76 adults wash hands more often.
4 of 4 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
12 of 12 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
128 of 128 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
128 of 128 parents/caregivers learned about issues related to stages of child development.
104 of 128 parents/caregivers report an increase in use of appropriate child guidance techniques.
128 of 128 parents/caregivers report an increase in use of positive communication techniques with their children.
26 of 128 parents/caregivers report feeling better about their abilities as parents.
114 of 128 parents/caregivers report feeling less stressed as parents.
122 of 128 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
94 of 128 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
128 of 128 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
54 of 128 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)
572 of 588 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.
54 of 86 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.
54 of 54 participants ate more whole grains.
0 of 0 participants called the TN Poison Center because they suspected a poisoning or had a question about a product six months after completing the program.
26 of 94 participants conducted a poison safety audit six months after completing the program.
236 of 294 participants decreased consumption of high-sugar foods.
16 of 54 participants eat at least six meals together as a family each week.
234 of 294 participants eat fewer high-fat foods.
42 of 48 participants eat more fat-free or low-fat dairy products.
94 of 94 participants feel confident they know what to do in case of a poisoning.
46 of 54 participants improved their blood pressure.
36 of 54 participants improved their blood sugar.
12 of 54 participants improved their cholesterol levels.
6 of 54 participants improved their triglyceride levels.
10 of 10 participants increased physical activity.
0 of 0 participants lost weight: 0 total pounds lost.
54 of 54 participants now eat more fruit.
54 of 54 participants now eat more vegetables.
94 of 94 participants posted the TN Poison Center toll free number by a phone and in their cell phone address book six months after completing the program.
46 of 54 participants refrigerate perishable foods within two hours.
128 of 128 participants report being more aware of what activities their children are involved in.
128 of 128 participants report reading more to their children than before. (Preparing Your Child for Kindergarten)
144 of 294 participants report saying more positive statements toward their children than before.
78 of 86 participants report that they have selected at least three Safe Side Adults with their children.
242 of 294 participants report their child as being less stressed about the first day of kindergarten.
238 of 294 participants report their child as exhibiting decreased anxiety about the first day of school.

(Preparing Your Child for Kindergarten)
216 of 294 participants report watching less TV while getting children ready for school.
50 of 54 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
94 of 94 participants stored food and household products in separate areas six months after completing the program.
94 of 94 participants stored medications out of the reach of children six months after completing the program.
84 of 84 participants surveyed canned pickles following a tested recipe. (TNCEP)
84 of 84 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
84 of 84 participants surveyed canned vegetables following a tested recipe. (TNCEP)
84 of 84 participants surveyed processed pickles in a water-bath canner. (TNCEP)
84 of 84 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
84 of 84 participants surveyed processed vegetables in a pressure canner. (TNCEP)
54 of 54 participants surveyed used a thermometer to check the internal temperature of food.
54 of 54 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
74 of 86 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)
46 of 94 participants taught their children to always ask first before eating or drinking anything suspicious or questionable six months after completing the program.
210 of 288 participants who increased their intake of dairy foods.
44 of 54 participants who now select foods and beverages that promote healthy weight.
94 of 94 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
94 of 94 participants will keep medications out of the reach of children.
94 of 94 participants will keep products in their original containers.
94 of 94 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
94 of 94 participants will read the label before using a product.
10 of 10 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
294 of 294 providers had increased knowledge of the workshop(s) topics.
264 of 294 providers report their children are provided with varied opportunities and materials that support fine and large motor development using recommended practices.
282 of 294 providers report their children are read to on a daily basis and asking open-ended questions of the children when possible using recommended practices.
234 of 294 providers report they express warmth through behaviors such as physical affection, eye contact, tone of voice, and smiles toward the children using recommended practices.
216 of 294 providers report they provide children varied opportunities to gain an appreciation of art, music, drama and dance in ways that reflect cultural diversity using recommended practices.
194 of 294 providers report they work in partnership with families, establishing and maintaining regular, ongoing, two-way communication using recommended practices.
222 of 294 providers report they work to prevent challenging or disruptive behaviors using recommended guidance practices.
128 of 128 respondents plan to decrease exposure of their children to parental conflict.
128 of 128 respondents report understanding the importance of working together for the sakes of their children.
226 of 240 students increased amount of time in physical activity.
188 of 240 students who increased their intake of whole grains.
23 of 23 teachers reported preschool children in their classes were more actively engaged in physical activity.
23 of 23 teachers reported preschool children in their classes were more willing to taste fruit.
23 of 23 teachers reported preschool children in their classes were more willing to taste vegetables.
23 of 23 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
23 of 23 teachers reported using physical activities from Healthy Steps at least three times per week.
40 of 40 youth now wash hands more often.
128 parents/caregivers learned effective communication techniques to use with their children.
128 parents/caregivers learned strategies for dealing with parenting stress.
84 participants process high-acid foods in a water bath canner.
274 producers planted 8220 acres with clover for an increased production valued at $FRM.
52 producers planted 1050 acres with warm-season grasses for an added value of $FRM.
264 producers sprayed 9240 acres for broadleaf weed control for an increased production valued at $FRM.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
2 schools adopted this program.
10 volunteer leaders increased their knowledge of positive youth development.
263 youth are better able to understand and follow directions.
35 youth break goals down into steps so they can check their progress.
123 youth can deal with their nervousness when giving a speech or talk.
144 youth can explain an idea to others.
263 youth can express ideas with a poster, exhibit or other display.
120 youth can give an informative speech or presentation.
249 youth can now share their ideas through writing.
150 youth can select a topic for a speech or talk.
120 youth can show enthusiasm when giving a speech or presentation.
0 youth can speak loudly enough to be heard when giving a speech or talk.
208 youth can use technology to help themselves express ideas.
120 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
120 youth give a 2-3 minute speech or presentation.
270 youth have learned at least five jobs in which communication skills are important.
93 youth have set a goal for their job or career.
116 youth know how to organize the parts of a speech or presentation.
110 youth now set high goals that require work to achieve them.
40 youth now work to achieve their goals.
20 youth put their goals in writing.
101 youth report that they have developed confidence to speak in front of groups.
107 youth report that they now achieve goals they set for themselves.
40 youth set high goals.
116 youth who are now making plans to achieve their goals.
83 youth who have put their goal(s) in writing.

Units Reporting Program Outcomes (entire year)
None
Activity Report for York 4-H Center

01/01/2010 to 12/31/2010

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
<th></th>
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<tbody>
<tr>
<td>All</td>
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<td>Total</td>
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Direct Methods for Extension Personnel

<table>
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<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
<td>30</td>
<td>3</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>3</td>
<td>220</td>
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<td><strong>Total</strong></td>
<td>33</td>
<td>223</td>
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Indirect Methods for Extension Personnel

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<tr>
<td>Exhibit(s)</td>
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<tr>
<td>Newspaper Article(s)</td>
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<tr>
<td>Other</td>
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<tr>
<td>Publication(s)</td>
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<td>Radio Program(s)</td>
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<td>TV Program(s)</td>
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Contacts by Extension Personnel

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Female Adult</td>
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<td>0</td>
<td>0</td>
<td>39</td>
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<tr>
<td>Female Youth</td>
<td>75</td>
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<td>20</td>
<td>0</td>
<td>0</td>
<td>95</td>
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<tr>
<td>Male Adult</td>
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</table>

http://super.tennessee.edu/reports/by_unit_roll_up.asp

3/15/2011
| Male Youth | 59 | 1 | 21 | 0 | 1 | 82 |
| Total      | 179| 1 | 42 | 0 | 1 | 223|

### Volunteer Hours

<p>| | |</p>
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### Volunteers Who Served

#### Indirect Methods for Volunteers

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### Contacts by Volunteers

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<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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<tbody>
<tr>
<td>Female Adult</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Female Youth</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Adult</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
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<td>0</td>
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### Units Reporting Program Activity

York 4-H Center

**All 2010 Outcomes (entire year)**

### Units Reporting Program Outcomes (entire year)

None