Activity Report for 4-H Youth Development

01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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Units Reporting Program Activity
4-H Youth Development
All 2011 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)
None

Activity Report for Agricultural Economics
01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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## Volunteers

### Contacts by Extension Personnel

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### Volunteer Hours

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### Contacts by Volunteers

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Units Reporting Program Activity

Agricultural Economics

All 2011 Outcomes (entire year)
$0 in increased revenue, increased savings, and/or one-time capital purchases by 0 small business owners.
8 communities have undergone entrepreneurial support planning efforts.
0 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
0 farm families and rural business operators implementing improved record systems.
0 farm families evaluated new farm enterprises and value added activities.
0 farm families used FINPACK for developing and implementing whole farm plans.
10 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
40 individual participants, governmental and non-governmental organizations involved in entrepreneurial network meetings.
8 new networking, mentoring and coaching outlets available to entrepreneurs.
0 of 0 participants developed and implemented a business plan.
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.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Anderson County

01/01/2011 to 12/31/2011

Extension Personnel

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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
Volunteer Hours

All: 1460
Total: 1460

Indirect Methods for Volunteers

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Units Reporting Program Activity

Anderson County

All 2011 Outcomes (entire year)

11 classrooms adopted this program.
10 dial-gauge lids were tested.
8123 miles were walked in the Walk Across Tennessee Program.
60 of 60 adults wash hands more often.
80 of 104 better understood basic insurance needs.
104 of 104 better understood credit reporting and scoring.
848 of 892 better understood their parents' concerns about money.
20 of 104 checked their credit report.
98 of 104 identified ways to reduce spending.
76 of 104 learned better how to communicate with creditors.
70 of 104 learned how to better manage stress caused by financial issues.
70 of 104 learned how to prepare a grab and go bag in case of an emergency home evacuation.
104 of 104 learned how to properly maintain and store household financial records.
80 of 104 learned who to pay first if they can't pay everything.
160 of 320 made a change in career or educational goals.
5 of 5 participants are confident they can better manage their diabetes as a result of participating in this program.
90 of 130 participants ate more whole grains.
90 of 104 participants became more aware of the importance of starting to save and invest early in life.
204 of 424 participants began or increased savings an average of $ 12 per month.
60 of 104 participants better understood the difference between pre-tax and after-tax investments.
848 of 892 participants better understood their parent's concerns about money.
10 of 32 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.
240 of 320 participants communicated with other family members about financial matters.
235 of 334 participants decreased consumption of high-sugar foods.
15 of 32 participants decreased their blood pressure six months after completing the program.
10 of 32 participants decreased their cholesterol levels six months after completing the program.
50 of 104 participants determined how to better balance their investments among pre-tax and after-tax options.
20 of 70 participants eat at least six meals together as a family each week.
180 of 264 participants eat fewer high-fat foods.
30 of 60 participants eat more fat-free or low-fat dairy products.
60 of 70 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
32 of 32 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
708 of 892 participants felt more strongly that they needed to get a good education.
776 of 892 participants felt more strongly that they needed to pay attention to their financial future.
60 of 104 participants felt that they were taking better advantage of the investment options offered by their employer.
310 of 424 participants followed a spending plan.
80 of 104 participants gained skill in determining their net worth.
104 of 104 participants gained skill in making a spending plan.
90 of 104 participants identified ways to avoid being victimized by predatory practices or fraud.
10 of 30 participants increased physical activity.
32 of 32 participants increased their exercise routine during Walk Across Tennessee Program.
926 of 996 participants increased their financial management skills.
80 of 104 participants kept a record of spending.
796 of 892 participants learned better how to plan their spending.
884 of 892 participants learned how education will affect the kind of job they can get.
892 of 892 participants learned how having a family can affect their lifestyle.
828 of 892 participants learned how much money it takes to get by.
844 of 892 participants learned how occupation and income will affect their lifestyle.
688 of 892 participants learned how payroll deductions are taken from gross pay.
668 of 892 participants learned how to keep a checkbook register.
796 of 892 participants learned how to write a check.
57 of 102 participants lost weight: 240 total pounds lost.
2 of 32 participants lowered their blood sugar levels six months after completing the program.
260 of 320 participants made a change in financial behavior.
360 of 424 participants made a spending plan.
504 of 892 participants made changes to their future plans.
30 of 32 participants maintained their walking/exercise routine six months after completing the program.
38 of 60 participants now eat more fruit.
38 of 60 participants now eat more vegetables.
5 of 5 participants plan to regularly check their blood sugar as requested by their doctor.
5 of 5 participants plan to use the Healthy Plate Method.
388 of 2044 participants planned to change their career goals.
642 of 892 participants planned to get more education after high school.
82 of 104 participants reduced debt an average of $50 per month.
40 of 60 participants refrigerate perishable foods within two hours.
36 of 60 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
80 of 104 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
16 of 16 participants surveyed canned pickles following a tested recipe. (TNCEP)
16 of 16 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
16 of 16 participants surveyed canned vegetables following a tested recipe. (TNCEP)
16 of 16 participants surveyed processed pickles in a water-bath canner. (TNCEP)
16 of 16 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
16 of 16 participants surveyed processed vegetables in a pressure canner. (TNCEP)
10 of 20 participants surveyed used a thermometer to check the internal temperature of food.
12 of 20 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
280 of 320 participants talked about financial goals with their parents or others.
5 of 5 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
104 of 104 participants understood the dangers of using too much credit.
180 of 264 participants who increased their intake of dairy foods.
40 of 60 participants who now select foods and beverages that promote healthy weight.
32 of 32 participants will continue to exercise after the Walk Across Tennessee Program.
300 of 424 participants worked toward new savings or investment goals.
104 of 104 participants understood the dangers of using too much credit.
120 of 264 students increased amount of time in physical activity.
180 of 264 students who increased their intake of whole grains.
80 of 104 tracked their spending.
90 of 104 worked toward new savings, investment or retirement goals.
100 of 150 youth now wash hands more often.
16 participants process high-acid foods in a water bath canner.
32 participants walked in the Walk Across Tennessee Program.
4 schools adopted this program.
5 teams participated in the Walk Across Tennessee Program.
396 youth can analyze the results of a scientific investigation.
376 youth can ask a question that can be answered by collecting data.
400 youth can deal with their nervousness when giving a speech or talk.
320 youth can design a scientific procedure to answer a question.
456 youth can explain an idea to others.
408 youth can give an informative speech or presentation.
368 youth can record data accurately.
544 youth can select a topic for a speech or talk.
368 youth can show enthusiasm when giving a speech or presentation.
416 youth can speak loudly enough to be heard when giving a speech or talk.
344 youth can use specific scientific knowledge to form a question.
468 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
452 youth give a 2-3 minute speech or presentation.
488 youth know how to organize the parts of a speech or presentation.
272 youth now get information about a problem.
476 youth now report that they make a decision by thinking about what a person of good character would do.
368 youth now report that they use more than one source of information in making choices.
360 youth now report that they use standards in making choices.
416 youth now report they consider the risks of their choices.
372 youth now report they think about the truthfulness of sources of information when making choices.
404 youth report that they have developed confidence to speak in front of groups.
316 youth who report that they have learned that some choices are better than others.
320 youth who report they can make a decision.
268 youth who report they now listen to people with more experience than themselves.
296 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Animal Science

01/01/2011 to 12/31/2011

Extension Personnel

<table>
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### Contacts by Extension Personnel

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### Volunteers

### Volunteer Hours

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### Indirect Methods for Volunteers

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TV Program(s): 0 0
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Contacts by Volunteers

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Units Reporting Program Activity
Animal Science

All 2011 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)
None

Activity Report for Austin 4-H Center

01/01/2011 to 12/31/2011

Extension Personnel

Extension Personnel Hours

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### Indirect Methods for Extension Personnel

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### Contacts by Volunteers
Activity Report for Bedford County

01/01/2011 to 12/31/2011

Extension Personnel

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Units Reporting Program Activity
Austin 4-H Center

All 2011 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)
None

Activity Report for Bedford County

01/01/2011 to 12/31/2011

Extension Personnel

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### Contacts by Volunteers

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### Units Reporting Program Activity

**Bedford County**

**All 2011 Outcomes (entire year)**

- 900 beef producers sold 26000 calves managed according to BQA guidelines to increase returns by $FRM.
- 600 beef producers stored 60000 large, round bales under some type of cover to increase returns by $FRM.
- 900 beef producers utilized bulls with greater genetic potential to produce 26000 head of calves to increase returns by $FRM.
- 1200 beef producers utilized hay feeding rings to feed 120000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 300 beef producers utilized improved marketing methods to market 20000 head of calves to increase returns by $FRM.
- 3 dial-gauge lids were tested.
- 8 of 8 adults wash hands more often.
- 8 of 8 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.
- 70 of 72 participants learned culinary skills.
- 59 of 72 participants now eat more fruit.
- 62 of 72 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.
19 of 34 participants surveyed canned pickles following a tested recipe. (TNCEP)
19 of 34 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
25 of 34 participants surveyed canned vegetables following a tested recipe. (TNCEP)
19 of 34 participants surveyed processed pickles in a water-bath canner. (TNCEP)
20 of 34 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
22 of 34 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.
8 of 8 participants who now select foods and beverages that promote healthy weight.
0 of 0 youth now wash hands more often.
27 participants process high-acid foods in a water bath canner.
160 producers planted 5564 acres with clover for an increased production valued at $FRM.
40 producers planted 600 acres with warm-season grasses for an added value of $FRM.
300 producers sprayed 26840 acres for broadleaf weed control for an increased production valued at $FRM.
200 producers stockpiled 15000 acres of tall fescue, reducing feeding cost by $FRM.
96 youth are better able to understand and follow directions.
96 youth break goals down into steps so they can check their progress.
96 youth can deal with their nervousness when giving a speech or talk.
100 youth can explain an idea to others.
102 youth can express ideas with a poster, exhibit or other display.
196 youth can now share their ideas through writing.
102 youth can select a topic for a speech or talk.
74 youth can speak loudly enough to be heard when giving a speech or talk.
54 youth can use technology to help themselves express ideas.
84 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
274 youth have a goal set for their job or career.
42 youth have learned at least five jobs in which communication skills are important.
272 youth now get information about a problem.
74 youth now work to achieve their goals.
58 youth put their goals in writing.
238 youth set deadlines to achieve their goals.
78 youth set high goals.
484 youth try to get as much assistance as they can when working toward their goal.
252 youth who keep trying if they do not achieve their goal the first time.
284 youth who report that they have learned that some choices are better than others.
262 youth who report they can make a decision.
254 youth who report they now listen to people with more experience than themselves.
274 youth who report they now try to identify what causes a problem.
202 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Benton County

01/01/2011 to 12/31/2011
## Extension Personnel

### 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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### Volunteers

#### Volunteer Hours

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#### Indirect Methods for Volunteers

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#### Contacts by Volunteers

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### Units Reporting Program Activity

Benton County

All 2011 Outcomes (entire year)
12 classrooms adopted this program.
10 of 10 adults wash hands more often.
80 of 100 better understood their parents' concerns about money.
40 of 100 made a change in career or educational goals.
2 of 6 participants are applying health eating principles when making food decisions six months after completing the program.
4 of 6 participants are better self-managers of their chronic condition six months after completing the program.
2 of 6 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
2 of 6 participants are physically active six months after completing the program.
2 of 6 participants are using the UT Med Minder card to keep a record of their medications.
15 of 15 participants ate more whole grains.
0 of 0 participants began or increased savings an average of $0 per month.
80 of 100 participants better understood their parent's concerns about money.
12 of 12 participants can apply health eating principles when making daily food decisions.
12 of 12 participants can better control their chronic condition with self-management techniques.
40 of 100 participants communicated with other family members about financial matters.
15 of 30 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
10 of 25 participants eat fewer high-fat foods.
8 of 10 participants eat more fat-free or low-fat dairy products.
5 of 5 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
12 of 12 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
12 of 12 participants feel confident using the Take PART technique when talking to their health care provider.
80 of 100 participants felt more strongly that they needed to get a good education.
60 of 100 participants felt more strongly that they needed to pay attention to their financial future.
6 of 6 participants have fewer visits to the emergency room six months after completing the program.
2 of 6 participants have less pain from their chronic condition six months after completing the program.
2 of 6 participants have used the Take PART technique when talking to their health care provider.
6 of 6 participants improved their blood pressure.
6 of 6 participants improved their blood sugar.
1 of 6 participants improved their cholesterol levels.
1 of 6 participants improved their triglyceride levels.
5 of 10 participants increased physical activity.
80 of 100 participants increased their financial management skills.
60 of 100 participants learned better how to plan their spending.
80 of 100 participants learned how education will affect the kind of job they can get.
80 of 100 participants learned how having a family can affect their lifestyle.
80 of 100 participants learned how much money it takes to get by.
80 of 100 participants learned how occupation and income will affect their lifestyle.
80 of 100 participants learned how payroll deductions are taken from gross pay.
90 of 100 participants learned how to keep a checkbook register.
100 of 100 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 100 participants made a change in financial behavior.
0 of 100 participants made a spending plan.
80 of 100 participants made changes to their future plans.
8 of 10 participants now eat more fruit.
10 of 10 participants now eat more vegetables.
12 of 12 participants plan to exercise more often to help manage their chronic condition.
12 of 12 participants plan to use the UT Med Minder card to keep a record of their medications.
80 of 100 participants planned to change their career goals.
60 of 100 participants planned to get more education after high school.
8 of 10 participants refrigerate perishable foods within two hours.
4 of 10 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 10 participants surveyed used a thermometer to check the internal temperature of food.
0 of 10 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 100 participants talked about financial goals with their parents or others.
12 of 12 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
5 of 25 participants who increased their intake of dairy foods.
8 of 10 participants who now select foods and beverages that promote healthy weight.
12 of 12 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
0 of 100 participants worked toward new savings or investment goals.
10 of 25 students increased amount of time in physical activity.
2 of 25 students who increased their intake of whole grains.
10 of 13 youth now wash hands more often.
12 schools adopted this program.
250 youth are better able to understand and follow directions.
40 youth are now better listeners.
40 youth break goals down into steps so they can check their progress.
1000 youth can analyze the results of a scientific investigation.
1000 youth can ask a question that can be answered by collecting data.
30 youth can deal with their nervousness when giving a speech or talk.
1000 youth can design a scientific procedure to answer a question.
30 youth can explain an idea to others.
600 youth can express ideas with a poster, exhibit or other display.
30 youth can give an informative speech or presentation.
1200 youth can now share their ideas through writing.
1000 youth can record data accurately.
250 youth can select a topic for a speech or talk.
30 youth can show enthusiasm when giving a speech or presentation.
30 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.
100 youth can use technology to help themselves express ideas.
30 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 a goal set for their job or career.
40 youth have explored careers in communications.
100 youth have learned at least five jobs in which communication skills are important.
250 youth have set a goal for their job or career.
250 youth know how to organize the parts of a speech or presentation.
30 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.
120 youth now set high goals that require work to achieve them.
40 youth now work to achieve their goals.
250 youth put their goals in writing.
30 youth report that they have developed confidence to speak in front of groups.
40 youth report that they now achieve goals they set for themselves.
0 youth report they can now keep records.
40 youth report they have improved photography skills.
40 youth report they have learned skills in visual communications.
40 youth set deadlines to achieve their goals.
120 youth set high goals.
80 youth try to get as much assistance as they can when working toward their goal.
40 youth who are now making plans to achieve their goals.
250 youth who have put their goal(s) in writing.
20 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.
30 youth who report they can make a decision.
30 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.
20 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Biosystem Engineering and Soil Science

01/01/2011 to 12/31/2011

Extension Personnel

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

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Group Meetings / Demonstrations: 1593 14669
On-Site Visits (Farm, Home, and Workplace): 481 685
Total: 2489 16749

Indirect Methods for Extension Personnel

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Volunteers

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Indirect Methods for Volunteers

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Activity Report for Bledsoe County

01/01/2011 to 12/31/2011

Extension Personnel

Extension Personnel Hours

All: 4629.5
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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**Volunteers**
Volunteer Hours

All: 1832
Total: 1832

Indirect Methods for Volunteers

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Contacts by Volunteers

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<td><strong>2</strong></td>
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Units Reporting Program Activity

Bledsoe County

All 2011 Outcomes (entire year)

196 are concerned about problems in their community.
70 beef producers sold 1230 calves managed according to BQA guidelines to increase returns by $FRM.
78 beef producers stored 21000 large, round bales under some type of cover to increase returns by $FRM.
64 beef producers utilized bulls with greater genetic potential to produce 1580 head of calves to increase returns by $FRM.
72 beef producers utilized hay feeding rings to feed 16500 bales and improved feeding methods to
reduce wastage/spoilage, saving $FRM.
66 beef producers utilized improved marketing methods to market 844 head of calves to increase returns by $FRM.
8 classrooms adopted this program.
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.
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.
2 Master Gardeners have used the knowledge and skills they learned in this program to assist 4 people in turf selection or management.
12 Master Gardeners have used the knowledge and skills they learned in this program to assist 36 people to control pests through integrated pest management.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 50 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 36 people to identify symptoms of plant disease.
6 Master Gardeners have used the knowledge and skills they learned in this program to assist 40 people to improve soil through soil test results.
4102 miles were walked in the Walk Across Tennessee Program.
192 now feel a sense of responsibility toward their school and community.
224 now have a sense of pride about their school and community.
90 of 95 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
53 of 54 parents/caregivers learned about issues related to stages of child development.
5 of 7 participants are applying health eating principles when making food decisions six months after completing the program.
58 of 108 participants are better able to manage their living environments.
94 of 108 participants are better able to store and prepare foods to keep them safe to consume.
7 of 7 participants are better self-managers of their chronic condition six months after completing the program.
6 of 7 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
88 of 108 participants are more confident in relationships with family and friends.
7 of 7 participants are physically active six months after completing the program.
6 of 7 participants are using the UT Med Minder card to keep a record of their medications.
283 of 392 participants ate more whole grains.
25 of 26 participants can apply health eating principles when making daily food decisions.
52 of 54 participants can apply joint protection techniques.
26 of 26 participants can better control their chronic condition with self-management techniques.
0 of 0 participants can better control their chronic disease as a result of participating in the program.
52 of 54 participants can use relaxation techniques to better manage their arthritis symptoms.
106 of 130 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.
30 of 48 participants eat at least six meals together as a family each week.
35 of 82 participants eat fewer high-fat foods.
201 of 344 participants eat more fat-free or low-fat dairy products.
25 of 48 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
24 of 26 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
54 of 54 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
25 of 26 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
7 of 7 participants have fewer visits to the emergency room six months after completing the program.
46 of 54 participants have improved their arthritis symptoms as a result of participating in this program.
33 of 44 participants have less arthritis symptoms from their arthritis six months after completing the program.
6 of 7 participants have less pain from their chronic condition six months after completing the program.
5 of 7 participants have used the Take PART technique when talking to their health care provider.
40 of 44 participants improved their balance six months after completing the program.
32 of 44 participants improved their flexibility six months after completing the program.
44 of 44 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
34 of 44 participants improved their range of motion in their joints six months after completing the program.
238 of 238 participants increased physical activity.
118 of 118 participants increased their exercise routine during Walk Across Tennessee Program.
0 of 108 participants know better how to manage and protect their assets for a secure retirement.
4 of 48 participants lost weight: 15 total pounds lost.
0 of 0 participants lowered their blood sugar levels six months after completing the program.
82 of 118 participants maintained their walking/exercise routine six months after completing the program.
326 of 344 participants now eat more fruit.
268 of 344 participants now eat more vegetables.
26 of 26 participants plan to exercise more often to help manage their chronic condition.
24 of 26 participants plan to use the UT Med Minder card to keep a record of their medications.
15 of 24 participants refrigerate perishable foods within two hours.
11 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.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
29 of 44 participants take fewer medications for arthritis symptoms six months after completing the
25 of 26 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
53 of 54 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
100 of 108 participants understand the special nutritional needs of the elderly.
72 of 82 participants who increased their intake of dairy foods.
201 of 344 participants who now select foods and beverages that promote healthy weight.
26 of 26 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
82 of 118 participants will continue to exercise after the Walk Across Tennessee Program.
50 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.
75 of 82 students increased amount of time in physical activity.
60 of 82 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.
11 of 11 teachers reported using physical activities from Healthy Steps at least three times per week.
1085 of 1085 youth now wash hands more often.
52 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
118 participants walked in the Walk Across Tennessee Program.
38 producers planted 1700 acres with clover for an increased production valued at $FRM.
20 producers planted 900 acres with warm-season grasses for an added value of $FRM.
36 producers sprayed 1640 acres for broadleaf weed control for an increased production valued at $FRM.
70 producers stockpiled 2250 acres of tall fescue, reducing feeding cost by $FRM.
2 schools adopted this program.
5 teams participated in the Walk Across Tennessee Program.
176 would assist with or participate in elections, voting and campaigns.
240 youth believe that people working together can help others less fortunate.
112 youth can conduct a meeting.
264 youth now report they are concerned about the well-being of others.
136 youth report that they are now comfortable being a group leader.
280 youth report that they can now cooperate and work in a group.
156 youth report that they can now give clear directions.
172 youth report that they know how to set goals and they use that ability when leading a group.
210 youth report that they learned about important leaders who contributed to our nation.
216 youth report that they make sure everyone gets an opportunity to say what they think.
198 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.
244 youth report that when in charge of a group, they treat everyone fairly and equally.
188 youth report using enthusiasm to get a group working.
248 youth think they can make a big difference in their community by helping others.
204 youth understand how community leaders are elected to office.
### Units Reporting Program Outcomes (entire year)
None

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### Activity Report for Blount County

**01/01/2011 to 12/31/2011**

#### Extension Personnel

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<tr>
<th>Extension Personnel Hours</th>
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<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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<td><strong>1051</strong></td>
<td><strong>649</strong></td>
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**Volunteers**

**Volunteer Hours**

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**Contacts by Volunteers**

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<td>39</td>
<td>4</td>
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<td>0</td>
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<tr>
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<td>172</td>
<td>72</td>
<td>29</td>
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<tr>
<td>Male Adult</td>
<td>695</td>
<td>6</td>
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<td>1</td>
<td>0</td>
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Units Reporting Program Activity
Blount County

All 2011 Outcomes (entire year)

Producers increased corn yield by 2 bushels/acre by selecting top yielding varieties on 300 acres of corn increasing their income by FRM.

400 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.

938 are concerned about problems in their community.

14 beef producers sold 300 calves managed according to BQA guidelines to increase returns by $FRM.

16 beef producers stored 2000 large, round bales under some type of cover to increase returns by $FRM.

16 beef producers utilized bulls with greater genetic potential to produce 340 head of calves to increase returns by $FRM.

10 beef producers utilized hay feeding rings to feed 320 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

12 beef producers utilized improved marketing methods to market 200 head of calves to increase returns by $FRM.

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

6 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.

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

38 dial-gauge lids were tested.

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

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

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

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

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

75 farmers developed financial plans for their farms.

2263 farmers increased their knowledge and skills in farm and financial planning.

13 farmers increased their potential cash income from their farming operation by $ 226268 by implementing a financial plan.

4 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.
80 home lawn insect, disease and weed samples submitted for identification and control recommendations.
72 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.
40 homeowners established new turfgrass species and varieties.
80 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
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.
76 Master Gardeners gained knowledge and confidence in entomology.
88 Master Gardeners gained knowledge and confidence in integrated pest management.
92 Master Gardeners gained knowledge and confidence in ornamentals.
88 Master Gardeners gained knowledge and confidence in plant diseases.
92 Master Gardeners gained knowledge and confidence in soils.
80 Master Gardeners gained knowledge and confidence in turfgrass.
28 Master Gardeners have used the knowledge and skills they learned in this program to assist 48 people in turf selection or management.
32 Master Gardeners have used the knowledge and skills they learned in this program to assist 40 people to control pests through integrated pest management.
28 Master Gardeners have used the knowledge and skills they learned in this program to assist 96 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 44 people to identify symptoms of plant disease.
60 Master Gardeners have used the knowledge and skills they learned in this program to assist 100 people to improve soil through soil test results.
966 now feel a sense of responsibility toward their school and community.
966 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
49 of 51 better understood basic insurance needs.
47 of 63 better understood credit reporting and scoring.
36 of 36 gained skill in evaluating their housing options.
42 of 64 identified ways to reduce spending.
39 of 61 learned better how to communicate with creditors.
52 of 55 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.
204 of 243 learned how to properly maintain and store household financial records.
16 of 16 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)
72 of 74 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
72 of 74 parents/caregivers learned about issues related to stages of child development.
36 of 36 participants analyzed their readiness for home ownership.
1774 of 2421 participants ate more whole grains.
42 of 44 participants became more aware of the importance of starting to save and invest early in life.
32 of 80 participants began or increased savings an average of $166 per month.
26 of 33 participants better understood the difference between pre-tax and after-tax investments.
18 of 28 participants can apply joint protection techniques.
12 of 28 participants can use relaxation techniques to better manage their arthritis symptoms.
16 of 18 participants communicated with other family members about financial matters.
32 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.
1256 of 1550 participants eat more fat-free or low-fat dairy products.
22 of 28 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
18 of 25 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
23 of 30 participants followed a spending plan.
34 of 36 participants gained better understanding of the mortgage process.
93 of 165 participants gained skill in determining their net worth.
162 of 246 participants gained skill in making a spending plan.
12 of 28 participants have improved their arthritis symptoms as a result of participating in this program.
7 of 14 participants have less arthritis symptoms from their arthritis six months after completing the program.
0 of 0 participants have less arthritis symptoms.
125 of 127 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.
14 of 14 participants improved their balance six months after completing the program.
0 of 0 participants improved their balance.
12 of 14 participants improved their flexibility six months after completing the program.
0 of 0 participants improved their flexibility.
7 of 14 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
12 of 14 participants improved their range of motion in their joints six months after completing the program.
2670 of 3062 participants increased physical activity.
206 of 275 participants increased their financial management skills.
14 of 18 participants increased their understanding of the impact education can have on future earnings.
28 of 31 participants kept a record of spending.
19 of 25 participants know what cancer screenings they need according to their age and gender.
16 of 18 participants learned how education will affect the kind of job they can get.
15 of 18 participants learned how occupation and income will affect their lifestyle.
16 of 18 participants learned how payroll deductions are taken from gross pay.
15 of 18 participants learned how to keep a checkbook register.
16 of 18 participants learned how to write a check.
16 of 18 participants learned the difference between wants and needs.
15 of 18 participants made a change in financial behavior.
41 of 43 participants made a spending plan.
2599 of 2895 participants now eat more fruit.
2599 of 2895 participants now eat more vegetables.
20 of 25 participants plan to get age and gender appropriate cancer screenings.
16 of 18 participants planned to get more education after high school.
7 of 28 participants purchased a home.
16 of 79 participants reduced debt an average of $129 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.
43 of 79 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
36 of 36 participants successfully completed homebuyer education requirements.
23 of 23 participants surveyed canned pickles following a tested recipe. (TNCEP)
23 of 23 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
23 of 23 participants surveyed canned vegetables following a tested recipe. (TNCEP)
28 of 76 participants surveyed have implemented at least one waste reduction strategy to preserve open spaces, sustain environmental quality, and improve health benefits.
32 of 36 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
32 of 36 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
48 of 68 participants surveyed increased their knowledge of environmental problems associated with "not-smart" growth.
40 of 68 participants surveyed increased their knowledge of health problems associated with "not-smart" growth.
48 of 68 participants surveyed increased their knowledge of how to become involved with public officials and other decision makers concerning Smart Growth principles.
72 of 68 participants surveyed increased their knowledge of Smart Growth principles.
36 of 68 participants surveyed increased their knowledge on how to communicate Smart Growth principles to others.
20 of 76 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.
28 of 76 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.
23 of 23 participants surveyed processed pickles in a water-bath canner. (TNCEP)
22 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.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
5 of 14 participants take fewer medications for arthritis symptoms six months after completing the program.
16 of 18 participants understand how to reconcile a checking account.
23 of 25 participants understand that cancer screening and early detection can save their life.
28 of 28 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
22 of 25 participants understand women age 40 and older should have a mammogram.
21 of 25 participants understand women of all ages need a Pap test.
63 of 66 participants understood the dangers of using too much credit.
16 of 18 participants were better able to identify appropriate savings and investment options for different financial goals.
873 of 1123 participants who now select foods and beverages that promote healthy weight.
25 of 25 participants worked toward new savings or investment goals.
63 of 66 participants understood the dangers of using too much credit.
72 of 74 respondents plan to decrease exposure of their children to parental conflict.
72 of 74 respondents report understanding the importance of working together for the sakes of their children.
21 of 21 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
649 of 671 youth now wash hands more often.
71 parents/caregivers learned effective communication techniques to use with their children.
73 parents/caregivers learned strategies for dealing with parenting stress.
0 participants now correctly deworm 0 horses, saving $FRM this year.
22 participants process high-acid foods in a water bath canner.
25 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.
25 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.
52 producers learned about the four steps in the process for converting biomass into cellulosic ethanol: preprocessing, pretreatment, hydrolysis, and fermentation and distillation.
6 producers planted 100 acres with clover for an increased production valued at $FRM.
2 producers planted 40 acres with warm-season grasses for an added value of $FRM.
12 producers sprayed 600 acres for broadleaf weed control for an increased production valued at $FRM.
4 producers stockpiled 100 acres of tall fescue, reducing feeding cost by $FRM.
8 projects were implemented in the community incorporating Smart Growth principles.
966 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
946 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
946 report that because of their 4-H experiences, they will register to vote when they are eligible.
900 report that because of their 4-H service projects, they have learned about causes and issues.
1800 report that because of their 4-H service projects, they know about resources in their community.
4 schools adopted the Smart Growth curriculum.
4 times TEAM UP exchanged ideas or shared information.
4 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
966 would assist with or participate in elections, voting and campaigns.
966 youth believe that people working together can help others less fortunate.
456 youth can conduct a meeting.
966 youth now report they are concerned about the well-being of others.
456 youth report being able to break tough jobs down into simpler tasks.
456 youth report being able to resolve problems without losing control of their emotions.
456 youth report being sensitive to the feelings of others when discussing and solving problems.
380 youth report that they are comfortable being responsible for a group.
440 youth report that they are now comfortable being a group leader.
456 youth report that they can now cooperate and work in a group.
446 youth report that they can now give clear directions.
456 youth report that they know how to set goals and they use that ability when leading a group.
962 youth report that they learned about important leaders who contributed to our nation.
456 youth report that they make sure everyone gets an opportunity to say what they think.
436 youth report that they now like to work with others and help them reach their goals.
456 youth report that they take their jobs seriously as members of a committee.
456 youth report that when in charge of a group, they treat everyone fairly and equally.
422 youth report using enthusiasm to get a group working.
448 youth seek out others who can help them become a better leader.
960 youth think they can make a big difference in their community by helping others.
966 youth understand how community leaders are elected to office.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Bradley County

01/01/2011 to 12/31/2011

Extension Personnel

Extension Personnel Hours

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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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<tr>
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**Volunteers**

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**Indirect Methods for Volunteers**

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**Contacts by Volunteers**

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**Units Reporting Program Activity**

**Bradley County**

**All 2011 Outcomes (entire year)**

0 4-H clubs were met by volunteers.
3 4-H judging teams were coached by volunteers.
45 4-H project groups were met by volunteers.
6 4-H volunteers utilized volunteer position descriptions.
76 beef producers sold 1100 calves managed according to BQA guidelines to increase returns by $FRM.
50 beef producers stored 3000 large, round bales under some type of cover to increase returns by $FRM.
60 beef producers utilized bulls with greater genetic potential to produce 2100 head of calves to increase returns by $FRM.
70 beef producers utilized hay feeding rings to feed 1600 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
30 beef producers utilized improved marketing methods to market 700 head of calves to increase returns by $FRM.
0 classrooms adopted this program.
38 Master Gardeners gained knowledge and confidence in entomology.
40 Master Gardeners gained knowledge and confidence in integrated pest management.
30 Master Gardeners gained knowledge and confidence in ornamentals.
32 Master Gardeners gained knowledge and confidence in plant diseases.
42 Master Gardeners gained knowledge and confidence in soils.
36 Master Gardeners gained knowledge and confidence in turfgrass.
12 Master Gardeners have used the knowledge and skills they learned in this program to assist 24 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.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 84 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 110 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.
6 new 4-H volunteers were recruited this year.
56 of 56 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)
48 of 56 adolescents learned about the consequences of risky behaviors which could result in being arrested.
56 of 56 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 30 adults wash hands more often.
22 of 22 better understood basic insurance needs.
22 of 22 better understood credit reporting and scoring.
636 of 920 better understood their parents' concerns about money.
8 of 10 checked their credit report.
38 of 38 gained skill in evaluating their housing options.
22 of 22 identified ways to reduce spending.
22 of 22 learned better how to communicate with creditors.
22 of 22 learned how to better manage stress caused by financial issues.
50 of 50 learned how to prepare a grab and go bag in case of an emergency home evacuation.
40 of 40 learned how to properly maintain and store household financial records.
22 of 22 learned who to pay first if they can't pay everything.
328 of 920 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.
38 of 38 participants analyzed their readiness for home ownership.
0 of 0 participants are applying health eating principles when making food decisions six months after completing the program.
0 of 0 participants are better self-managers of their chronic condition six months after completing the program.
0 of 0 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
14 of 14 participants are confident they can better manage their diabetes as a result of participating in this program.
0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the 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 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.
0 of 0 participants are using the UT Med Minder card to keep a record of their medications.
50 of 55 participants ate more whole grains.
0 of 0 participants became more aware of the importance of starting to save and invest early in life.
424 of 935 participants began or increased savings an average of $ 30 per month.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
636 of 920 participants better understood their parent's concerns about money.
16 of 16 participants can apply health eating principles when making daily food decisions.
16 of 16 participants can better control their chronic condition with self-management techniques.
14 of 14 participants can choose foods that do not cause a sharp rise in blood sugar.
484 of 920 participants communicated with other family members about financial matters.
22 of 25 participants decreased consumption of high-sugar foods.
38 of 38 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.
15 of 25 participants eat at least six meals together as a family each week.
0 of 0 participants eat fewer high-fat foods.
30 of 30 participants eat more fat-free or low-fat dairy products.
18 of 25 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
16 of 16 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
16 of 16 participants feel confident using the Take PART technique when talking to their health care provider.
616 of 920 participants felt more strongly that they needed to get a good education.
544 of 920 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.
512 of 920 participants followed a spending plan.
38 of 38 participants gained better understanding of the mortgage process.
22 of 22 participants gained skill in determining their net worth.
22 of 22 participants gained skill in making a spending plan.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
0 of 0 participants have less pain from their chronic condition six months after completing the program.
0 of 0 participants have reduced their A1c six months after completing the program.
0 of 0 participants have used the Take PART technique when talking to their health care provider.
22 of 22 participants identified ways to avoid being victimized by predatory practices or fraud.
10 of 15 participants improved their blood pressure.
12 of 15 participants improved their blood sugar.
12 of 15 participants improved their cholesterol levels.
9 of 15 participants improved their triglyceride levels.
12 of 30 participants increased physical activity.
566 of 942 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
588 of 920 participants learned better how to plan their spending.
580 of 920 participants learned how education will affect the kind of job they can get.
636 of 920 participants learned how having a family can affect their lifestyle.
496 of 920 participants learned how much money it takes to get by.
516 of 920 participants learned how occupation and income will affect their lifestyle.
568 of 920 participants learned how payroll deductions are taken from gross pay.
560 of 920 participants learned how to keep a checkbook register.
568 of 920 participants learned how to write a check.
3 of 25 participants lost weight: 32 total pounds lost.
396 of 920 participants made a change in financial behavior.
516 of 942 participants made a spending plan.
240 of 920 participants made changes to their future plans.
28 of 30 participants now eat more fruit.
25 of 30 participants now eat more vegetables.
16 of 16 participants plan to exercise more often to help manage their chronic condition.
14 of 14 participants plan to regularly check their blood sugar as requested by their doctor.
14 of 14 participants plan to use the Healthy Plate Method.
16 of 16 participants plan to use the UT Med Minder card to keep a record of their medications.
216 of 920 participants planned to change their career goals.
472 of 920 participants planned to get more education after high school.
18 of 21 participants purchased a home.
10 of 22 participants reduced debt an average of $ 52 per month.
25 of 30 participants refrigerator perishable foods within two hours.
25 of 30 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
22 of 22 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
10 of 5 participants successfully completed educational requirements for post-filing bankruptcy education.
10 of 10 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
38 of 38 participants successfully completed homebuyer education requirements.
10 of 20 participants surveyed used a thermometer to check the internal temperature of food.
15 of 20 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
484 of 920 participants talked about financial goals with their parents or others.
14 of 14 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
16 of 16 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
22 of 22 participants understood the dangers of using too much credit.
0 of 0 participants who increased their intake of dairy foods.
25 of 30 participants who now select foods and beverages that promote healthy weight.
16 of 16 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
592 of 942 participants worked toward new savings or investment goals.
22 of 22 respondents plan to decrease exposure of their children to parental conflict.
32 of 32 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.
57 of 57 teachers reported preschool children in their classes were more actively engaged in physical activity.
57 of 57 teachers reported preschool children in their classes were more willing to taste fruit.
57 of 57 teachers reported preschool children in their classes were more willing to taste vegetables.
57 of 57 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
57 of 57 teachers reported using physical activities from Healthy Steps at least three times per week.
18 of 22 tracked their spending.
20 of 22 worked toward new savings, investment or retirement goals.
28 of 30 youth now wash hands more often.
32 parents/caregivers learned effective communication techniques to use with their children.
32 parents/caregivers learned strategies for dealing with parenting stress.
12 producers planted 150 acres with clover for an increased production valued at $FRM.
9 producers planted 150 acres with warm-season grasses for an added value of $FRM.
18 producers sprayed 750 acres for broadleaf weed control for an increased production valued at $FRM.
12 producers stockpiled 550 acres of tall fescue, reducing feeding cost by $FRM.
0 schools adopted this program.
6 volunteer leaders increased their knowledge of positive youth development.
1674 youth believe that people working together can help others less fortunate.
1072 youth can analyze the results of a scientific investigation.
1240 youth can ask a question that can be answered by collecting data.
1136 youth can communicate a scientific procedure to others.
184 youth can conduct a meeting.
1176 youth can create a display to communicate scientific data and observations.
168 youth can deal with their nervousness when giving a speech or talk.
1124 youth can analyze the results of a scientific investigation.
200 youth can explain an idea to others.
200 youth can give an informative speech or presentation.
1212 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.
152 youth can speak loudly enough to be heard when giving a speech or talk.
1240 youth can use data to create a graph for presentation to others.
1204 youth can use models to explain scientific results.
1144 youth can use science terms to share scientific results.
1180 youth can use specific scientific knowledge to form a question.
1216 youth can use the results of their investigation to answer the question they had asked.
112 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
200 youth give a 2-3 minute speech or presentation.
156 youth know how to organize the parts of a speech or presentation.
16 youth now get information about a problem.
160 youth report that they are now comfortable being a group leader.
200 youth report that they can now cooperate and work in a group.
196 youth report that they can now give clear directions.
140 youth report that they have developed confidence to speak in front of groups.
176 youth report that they know how to set goals and they use that ability when leading a group.
1474 youth report that they learned about important leaders who contributed to our nation.
168 youth report that they make sure everyone gets an opportunity to say what they think.
148 youth report that they now like to work with others and help them reach their goals.
0 youth report that they take their jobs seriously as members of a committee.
184 youth report that when in charge of a group, they treat everyone fairly and equally.
164 youth report using enthusiasm to get a group working.
1700 youth think they can make a big difference in their community by helping others.
1244 youth understand how community leaders are elected to office.
16 youth who report that they have learned that some choices are better than others.
16 youth who report they can make a decision.
15 youth who report they now listen to people with more experience than themselves.
13 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Campbell County
## Extension Personnel

### 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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### Indirect Methods for Extension Personnel

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### Volunteers

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#### Volunteer Hours

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#### Indirect Methods for Volunteers

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#### Contacts by Volunteers

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#### Units Reporting Program Activity
Campbell County

All 2011 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 430 head of calves to increase returns by $FRM.
- 1 classrooms adopted this 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.
- 16 of 16 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)
- 64 of 64 adolescents learned about the consequences of risky behaviors which could result in being arrested.
- 16 of 16 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)
- 91 of 93 adults wash hands more often.
- 40 of 48 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)
- 20 of 20 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)
- 160 of 160 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
- 160 of 160 parents/caregivers learned about issues related to stages of child development.
- 90 of 93 participants ate more whole grains.
- 12 of 12 participants can apply joint protection techniques.
- 12 of 12 participants can use relaxation techniques to better manage their arthritis symptoms.
- 20 of 25 participants decreased consumption of high-sugar foods.
- 20 of 25 participants eat fewer high-fat foods.
- 87 of 93 participants eat more fat-free or low-fat dairy products.
- 8 of 12 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
- 8 of 12 participants have improved their arthritis symptoms as a result of participating in this program.
- 80 of 93 participants increased physical activity.
- 90 of 93 participants now eat more vegetables.
- 90 of 93 participants refrigerate perishable foods within two hours.
- 92 of 93 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
- 87 of 93 participants surveyed used a thermometer to check the internal temperature of food.
- 93 of 93 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
- 12 of 12 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
19 of 25 participants who increased their intake of dairy foods.
87 of 93 participants who now select foods and beverages that promote healthy weight.
156 of 160 respondents plan to decrease exposure of their children to parental conflict.
158 of 160 respondents report understanding the importance of working together for the sakes of their children.
23 of 25 students increased amount of time in physical activity.
14 of 25 students who increased their intake of whole grains.
98 of 100 youth now wash hands more often.
54 of 64 youth/children are able to communicate their understanding of science/math concepts through their involvement with activities.
54 of 64 youth/children are able to create, present, or use new technologies they didn’t utilize before.
54 of 64 youth/children have increased their knowledge base in the areas of technology, science, reading, health and relationships.
64 of 64 youth/children read books or other print at least three times per week in their afterschool or home setting.
64 of 64 youth/children report feeling better and eating better than before.
160 parents/caregivers learned effective communication techniques to use with their children.
160 parents/caregivers learned strategies for dealing with parenting stress.
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.
1 schools adopted this program.
50 youth believe that a team can accomplish more than an individual.
2250 youth can analyze the results of a scientific investigation.
2150 youth can ask a question that can be answered by collecting data.
2034 youth can deal with their nervousness when giving a speech or talk.
1878 youth can design a scientific procedure to answer a question.
2040 youth can explain an idea to others.
1810 youth can give an informative speech or presentation.
2240 youth can record data accurately.
2182 youth can select a topic for a speech or talk.
1752 youth can show enthusiasm when giving a speech or presentation.
1950 youth can speak loudly enough to be heard when giving a speech or talk.
1902 youth can use specific scientific knowledge to form a question.
50 youth enjoy working with others toward a common goal.
1880 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
2200 youth give a 2-3 minute speech or presentation.
1780 youth know how to organize the parts of a speech or presentation.
1760 youth report that they have developed confidence to speak in front of groups.
50 youth think that everyone on the team is important.
50 youth think they have something to contribute to the worth of the team.
40 youth understand that other ideas may be just as important as their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Cannon County
01/01/2011 to 12/31/2011

Extension Personnel

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<th>Direct Methods for Extension Personnel</th>
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<td>Client Visits to Extension Office:</td>
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**Volunteers**

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**Units Reporting Program Activity**
Cannon County

All 2011 Outcomes (entire year)

440 beef producers sold 8800 calves managed according to BQA guidelines to increase returns by $FRM.
288 beef producers stored 24990 large, round bales under some type of cover to increase returns by $FRM.
163 beef producers utilized bulls with greater genetic potential to produce 26700 head of calves to increase returns by $FRM.
90 beef producers utilized hay feeding rings to feed 5000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
10 beef producers utilized improved marketing methods to market 400 head of calves to increase returns by $FRM.
4 classrooms adopted this program.
16284 miles were walked in the Walk Across Tennessee Program.
56 of 56 adults wash hands more often.
608 of 624 better understood their parents' concerns about money.
16 of 16 participants ate more whole grains.
608 of 624 participants better understood their parent's concerns about money.
24 of 24 participants can apply health eating principles when making daily food decisions.
24 of 24 participants can better control their chronic condition with self-management techniques.
40 of 144 participants can better control their chronic disease as a result of participating in the program.
16 of 16 participants chose fast foods or take-out foods less often.
46 of 92 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.
46 of 92 participants eat fewer high-fat foods.
158 of 294 participants eat more fat-free or low-fat dairy products.
21 of 24 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
22 of 24 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
528 of 624 participants felt more strongly that they needed to get a good education.
624 of 624 participants felt more strongly that they needed to pay attention to their financial future.
40 of 40 participants increased physical activity.
80 of 200 participants increased their exercise routine during Walk Across Tennessee Program.
480 of 624 participants increased their financial management skills.
576 of 624 participants learned better how to plan their spending.
16 of 16 participants learned culinary skills.
560 of 624 participants learned how education will affect the kind of job they can get.
560 of 624 participants learned how having a family can affect their lifestyle.
528 of 624 participants learned how much money it takes to get by.
512 of 624 participants learned how occupation and income will affect their lifestyle.
480 of 624 participants learned how payroll deductions are taken from gross pay.
592 of 624 participants learned how to keep a checkbook register.
544 of 624 participants learned how to write a check.
10 of 100 participants lost weight: 100 total pounds lost.
0 of 0 participants lowered their blood sugar levels six months after completing the program.
240 of 624 participants made changes to their future plans. 
0 of 0 participants maintained their walking/exercise routine six months after completing the program. 
136 of 156 participants now eat more fruit. 
136 of 156 participants now eat more vegetables. 
22 of 24 participants plan to exercise more often to help manage their chronic condition. 
22 of 24 participants plan to use the UT Med Minder card to keep a record of their medications. 
224 of 624 participants planned to change their career goals. 
496 of 624 participants planned to get more education after high school. 
16 of 16 participants refrigerate perishable foods within two hours. 
16 of 16 participants separate raw, cooked and ready-to-eat foods while storing and preparing. 
32 of 48 participants surveyed change and wash sheets and towels weekly. 
44 of 48 participants surveyed clean bathrooms weekly. 
40 of 48 participants surveyed clean kitchens daily. 
24 of 24 participants surveyed increased their knowledge of environmental problems associated with "not-smart" growth. 
24 of 24 participants surveyed increased their knowledge of health problems associated with "not-smart" growth. 
24 of 24 participants surveyed increased their knowledge of how to become involved with public officials and other decision makers concerning Smart Growth principles. 
24 of 24 participants surveyed increased their knowledge of Smart Growth principles. 
68 of 68 participants surveyed increased their knowledge on how regular cleaning can help reduce environmental health hazards. 
24 of 24 participants surveyed increased their knowledge on how to communicate Smart Growth principles to others. 
68 of 68 participants surveyed increased their knowledge on safer house cleaning techniques. 
68 of 68 participants surveyed increased their knowledge on the importance of moisture control in their home. 
32 of 48 participants surveyed separate out heavily soiled work clothes and wash separately. 
16 of 16 participants surveyed used a thermometer to check the internal temperature of food. 
16 of 16 participants surveyed used a thermometer to check the internal temperature of their refrigerator. 
22 of 24 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis. 
16 of 16 participants use healthy food preparation techniques. 
46 of 92 participants who increased their intake of dairy foods. 
26 of 40 participants who now select foods and beverages that promote healthy weight. 
22 of 24 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition. 
70 of 200 participants will continue to exercise after the Walk Across Tennessee Program. 
46 of 92 students increased amount of time in physical activity. 
46 of 92 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. 
902 of 902 youth now wash hands more often. 
200 participants walked in the Walk Across Tennessee Program. 
500 producers planted 20000 acres with clover for an increased production valued at $FRM.
2 producers planted 90 acres with warm-season grasses for an added value of $FRM.
150 producers sprayed 6000 acres for broadleaf weed control for an increased production valued at $FRM.
250 producers stockpiled 5000 acres of tall fescue, reducing feeding cost by $FRM.
4 schools adopted this program.
40 teams participated in the Walk Across Tennessee Program.
12 tenants avoided eviction by improving their house cleaning skills.
276 youth break goals down into steps so they can check their progress.
192 youth can conduct a meeting.
2162 youth can deal with their nervousness when giving a speech or talk.
1990 youth can explain an idea to others.
2050 youth can give an informative speech or presentation.
2186 youth can select a topic for a speech or talk.
2048 youth can show enthusiasm when giving a speech or presentation.
1886 youth can speak loudly enough to be heard when giving a speech or talk.
1726 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
2094 youth give a 2-3 minute speech or presentation.
240 youth have set a goal for their job or career.
2002 youth know how to organize the parts of a speech or presentation.
2481 youth now get information about a problem.
1818 youth now report that they make a decision by thinking about what a person of good character would do.
2254 youth now report that they use more than one source of information in making choices.
2162 youth now report that they use standards in making choices.
2048 youth now report that they consider the risks of their choices.
192 youth now report they think about the truthfulness of sources of information when making choices.
226 youth now set high goals that require work to achieve them.
288 youth now work to achieve their goals.
244 youth put their goals in writing.
212 youth report that they are now comfortable being a group leader.
332 youth report that they can now cooperate and work in a group.
212 youth report that they can now give clear directions.
2048 youth report that they have developed confidence to speak in front of groups.
252 youth report that they know how to set goals and they use that ability when leading a group.
292 youth report that they make sure everyone gets an opportunity to say what they think.
256 youth report that they now achieve goals they set for themselves.
288 youth report that they now like to work with others and help them reach their goals.
284 youth report that they take their jobs seriously as members of a committee.
288 youth report that when in charge of a group, they treat everyone fairly and equally.
252 youth report using enthusiasm to get a group working.
202 youth set high goals.
270 youth who are now making plans to achieve their goals.
244 youth who have put their goal(s) in writing.
2527 youth who report that they have learned that some choices are better than others.
2435 youth who report they can make a decision.
2503 youth who report they now listen to people with more experience than themselves.
2269 youth who report they now try to idnetify what causes a problem.

Units Reporting Program Outcomes (entire year)
### Activity Report for Carroll County

**01/01/2011 to 12/31/2011**

### Extension Personnel

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**Volunteers**

**Volunteer Hours**

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Units Reporting Program Activity

Carroll County

All 2011 Outcomes (entire year)

Producers increased corn yield by 40 bushels/acre by selecting top yielding varieties on 70000 acres of corn increasing their income by $FRM.

Producers increased yield by 10 bushels by selecting top yielding varieties on 40000 acres of soybeans, earning an extra $FRM.

Producers increased yield by 30 bushels by selecting top yielding varieties on 12000 acres of wheat, earning an extra $FRM.

Producers increased yield by 100 pounds by selecting top yielding varieties on 48000 acres of cotton, earning an extra $FRM.

20000 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.

40000 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.

40000 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.

48000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.

64 beef producers sold 620 calves managed according to BQA guidelines to increase returns by $FRM.

40 beef producers stored 1700 large, round bales under some type of cover to increase returns by $FRM.

20 beef producers utilized bulls with greater genetic potential to produce 650 head of calves to increase returns by $FRM.

10 beef producers utilized hay feeding rings to feed 200 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

12 beef producers utilized improved marketing methods to market 200 head of calves to increase returns by $FRM.

14 classrooms adopted this program.

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

46 corn producers report a $40000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

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

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

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

40 cotton producers report a $16000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
40 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

70,483.6 miles were walked in the Walk Across Tennessee Program.

68 of 82 better understood basic insurance needs.

40 of 48 better understood credit reporting and scoring.

420 of 440 better understood their parents' concerns about money.

14 of 14 checked their credit report.

14 of 14 gained skill in evaluating their housing options.

48 of 48 identified ways to reduce spending.

48 of 48 learned better how to communicate with creditors.

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

40 of 48 learned how to prepare a grab and go bag in case of an emergency home evacuation.

48 of 48 learned how to properly maintain and store household financial records.

48 of 48 learned who to pay first if they can't pay everything.

14 of 14 participants analyzed their readiness for home ownership.

10 of 14 participants are applying health eating principles when making food decisions six months after completing the program.

12 of 14 participants are better self-managers of their chronic condition six months after completing the program.

12 of 14 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

10 of 14 participants are physically active six months after completing the program.

0 of 0 participants are using the UT Med Minder card to keep a record of their medications.

82 of 82 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.

36 of 48 participants better understood the difference between pre-tax and after-tax investments.

420 of 440 participants better understood their parent's concerns about money.

14 of 14 participants can apply health eating principles when making daily food decisions.

22 of 30 participants can apply joint protection techniques.

12 of 14 participants can better control their chronic condition with self-management techniques.

2,240 of 3,200 participants can better control their chronic disease as a result of participating in the program.

26 of 30 participants can use relaxation techniques to better manage their arthritis symptoms.

150 of 300 participants decreased consumption of high-sugar foods.

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.

150 of 300 participants eat fewer high-fat foods.

12 of 14 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

28 of 30 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 confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

14 of 14 participants feel confident using the Take PART technique when talking to their health care provider.

392 of 440 participants felt more strongly that they needed to get a good education.

420 of 440 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.

30 of 30 participants find the active ingredient on the medication label.
28 of 48 participants followed a spending plan.
14 of 14 participants gained better understanding of the mortgage process.
32 of 48 participants gained skill in determining their net worth.
82 of 82 participants gained skill in making a spending plan.
12 of 14 participants have fewer visits to the emergency room six months after completing the program.
18 of 30 participants have improved their arthritis symptoms as a result of participating in this program.
16 of 30 participants have less arthritis symptoms from their arthritis six months after completing the program.
8 of 14 participants have less pain from their chronic condition six months after completing the program.
10 of 14 participants have used the Take PART technique when talking to their health care provider.
80 of 82 participants identified ways to avoid being victimized by predatory practices or fraud.
18 of 30 participants improved their balance six months after completing the program.
22 of 30 participants improved their flexibility six months after completing the program.
20 of 30 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
22 of 30 participants improved their range of motion in their joints six months after completing the program.
3456 of 3640 participants increased their exercise routine during Walk Across Tennessee Program.
512 of 522 participants increased their financial management skills.
110 of 140 participants know what cancer screenings they need according to their age and gender.
432 of 440 participants learned better how to plan their spending.
454 of 474 participants learned how education will affect the kind of job they can get.
440 of 440 participants learned how having a family can affect their lifestyle.
12 of 14 participants plan to exercise more often to help manage their chronic condition.
80 of 140 participants plan to get age and gender appropriate cancer screenings.
0 of 0 participants successfully completed educational requirements for post-filing bankruptcy education.
0 of 0 participants successfully completed educational requirements for pre-filing bankruptcy education.
counseling.
14 of 14 participants successfully completed homebuyer education requirements.
24 of 30 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.
12 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.
0 of 0 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
8 of 30 participants take fewer medications for arthritis symptoms six months after completing the program.
34 of 34 participants understand how to reconcile a checking account.
110 of 140 participants understand that cancer screening and early detection can save their life.
14 of 14 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
22 of 30 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
140 of 140 participants understand women age 40 and older should have a mammogram.
136 of 140 participants understand women of all ages need a Pap test.
82 of 82 participants understood the dangers of using too much credit.
34 of 34 participants were better able to identify appropriate savings and investment options for different financial goals.
150 of 300 participants who increased their intake of dairy foods.
12 of 14 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
3290 of 3640 participants will continue to exercise after the Walk Across Tennessee Program.
0 of 0 participants worked toward new savings or investment goals.
34 of 34 participants understood the dangers of using too much credit.
200 of 300 students increased amount of time in physical activity.
150 of 300 students who increased their intake of whole grains.
16 of 48 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
3456 participants walked in the Walk Across Tennessee Program.
20 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
16 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
20 producers increased their return on 24000 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.
30 producers planted 7000 acres with clover for an increased production valued at $FRM.
10 producers planted 190 acres with warm-season grasses for an added value of $FRM.
12 producers report a 10 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
24 producers sprayed 8000 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 producers utilized UT fertility recommendations.
4 schools adopted this program.
142 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
42 soybean producers report a $36000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
142 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
212 teams participated in the Walk Across Tennessee Program.
12 times TEAM UP exchanged ideas or shared information.
0 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
30 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).
10 wheat producers report a $4000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
30 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
376 youth are better able to understand and follow directions.
400 youth are now better listeners.
360 youth break goals down into steps so they can check their progress.
200 youth can analyze the results of a scientific investigation.
332 youth can ask a question that can be answered by collecting data.
368 youth can deal with their nervousness when giving a speech or talk.
200 youth can design a scientific procedure to answer a question.
392 youth can explain an idea to others.
400 youth can express ideas with a poster, exhibit or other display.
392 youth can give an informative speech or presentation.
768 youth can now share their ideas through writing.
400 youth can record data accurately.
400 youth can select a topic for a speech or talk.
368 youth can show enthusiasm when giving a speech or presentation.
384 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.
360 youth can use technology to help themselves express ideas.
384 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
352 youth give a 2-3 minute speech or presentation.
360 youth have explored careers in communications.
400 youth have learned at least five jobs in which communication skills are important.
360 youth have set a goal for their job or career.
400 youth know how to organize the parts of a speech or presentation.
344 youth now get information about a problem.
360 youth now set high goals that require work to achieve them.
360 youth now work to achieve their goals.
360 youth put their goals in writing.
376 youth report that they have developed confidence to speak in front of groups.
400 youth report that they now achieve goals they set for themselves.
368 youth report they can now keep records.
400 youth report they have improved photography skills.
336 youth report they have learned skills in visual communications. 
360 youth set high goals. 
380 youth who are now making plans to achieve their goals. 
360 youth who have put their goal(s) in writing. 
400 youth who report that they have learned that some choices are better than others. 
376 youth who report they can make a decision. 
368 youth who report they now listen to people with more experience than themselves. 
344 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Carter County
01/01/2011 to 12/31/2011

Extension Personnel

<table>
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<tr>
<th>Extension Personnel Hours</th>
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<tr>
<th>Direct Methods for Extension Personnel</th>
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<th>Number of Methods</th>
<th>Contacts Reached</th>
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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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<th>Indirect Methods for Extension Personnel</th>
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<tr>
<td>Method</td>
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<td>Exhibit(s):</td>
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<td>TV Program(s):</td>
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### Contacts by Extension Personnel

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<th>Asian or Pacific Islander</th>
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### Volunteers

#### Volunteer Hours

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#### Indirect Methods for Volunteers

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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**

Carter County

**All 2011 Outcomes (entire year)**

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $180,000 in increased savings, increased income, and one-time capital purchases.

496 are concerned about problems in their community.

6 classrooms adopted this program.

1200 consumers learned about plant selection and proper planting to save money and time in the landscape.

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

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

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

23 dial-gauge lids were tested.

0 Master Gardeners gained knowledge and confidence in entomology.

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

70 Master Gardeners gained knowledge and confidence in ornamentals.

70 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.

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

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

174 of 174 adults wash hands more often.

19 of 20 better understood basic insurance needs.

105 of 105 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.
0 of 0 participants are applying health eating principles when making food decisions six months after completing the program.

0 of 0 participants are better self-managers of their chronic condition six months after completing the program.

0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

0 of 0 participants are 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.

0 of 0 participants are using the UT Med Minder card to keep a record of their medications.

704 of 810 participants ate more whole grains.

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

26 of 30 participants can apply health eating principles when making daily food decisions.

28 of 30 participants can better control their chronic condition with self-management techniques.

6 of 20 participants communicated with other family members about financial matters.

0 of 0 participants continued doing the MYB exercises six months after completing the program.

256 of 280 participants decreased consumption of high-sugar foods.

80 of 112 participants eat at least six meals together as a family each week.

160 of 168 participants eat fewer high-fat foods.

628 of 698 participants eat more fat-free or low-fat dairy products.

78 of 112 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

20 of 30 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

0 of 0 participants feel confident they will continue doing the MYB routines after the MYB program ends.

26 of 30 participants feel confident using the Take PART technique when talking to their health care provider.

18 of 25 participants find the active ingredient on the medication label.

17 of 20 participants gained skill in making a spending plan.

0 of 0 participants have fewer visits to the emergency room 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.

8 of 8 participants have less arthritis symptoms.

0 of 0 participants have less pain from their chronic condition six months after completing the program.

0 of 0 participants have used the Take PART technique when talking to their health care provider.

19 of 20 participants identified ways to avoid being victimized by predatory practices or fraud.

5 of 8 participants improved control of their arthritis symptoms.

5 of 8 participants improved performance of daily activities.

8 of 8 participants improved their balance.

8 of 8 participants improved their flexibility.

258 of 698 participants increased physical activity.

19 of 20 participants increased their financial management skills.

0 of 20 participants increased their understanding of the impact education can have on future earnings.

20 of 25 participants keep all of their prescription medications at the same pharmacy.

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

0 of 20 participants learned how occupation and income will affect their lifestyle.

0 of 20 participants learned how payroll deductions are taken from gross pay.
0 of 20 participants learned how to keep a checkbook register.
0 of 20 participants learned how to write a check.
0 of 20 participants learned the difference between wants and needs.
0 of 0 participants lost weight: 0 total pounds lost.
6 of 20 participants made a change in financial behavior.
4 of 20 participants made a spending plan.
0 of 0 participants maintained their motivation to keep exercising six months after completing the program.
300 of 698 participants now eat more fruit.
310 of 698 participants now eat more vegetables.
26 of 30 participants plan to exercise more often to help manage their chronic condition.
16 of 30 participants plan to use the UT Med Minder card to keep a record of their medications.
0 of 20 participants planned to get more education after high school.
24 of 25 participants read the directions before taking a prescription or over-the-counter medications.
172 of 174 participants refrigerate perishable foods within two hours.
22 of 25 participants seek the advice of a pharmacist if they have any questions about a medication.
174 of 174 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
7 of 8 participants surveyed canned pickles following a tested recipe. (TNCEP)
7 of 8 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
7 of 8 participants surveyed canned vegetables following a tested recipe. (TNCEP)
23 of 23 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
23 of 23 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
28 of 29 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
19 of 29 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
7 of 8 participants surveyed processed pickles in a water-bath canner. (TNCEP)
8 of 8 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
8 of 8 participants surveyed processed vegetables in a pressure canner. (TNCEP)
22 of 31 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 25 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
46 of 46 participants surveyed used a thermometer to check the internal temperature of food.
46 of 46 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 20 participants understand how to reconcile a checking account.
30 of 30 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
20 of 20 participants understood the dangers of using too much credit.
19 of 20 participants were better able to identify appropriate savings and investment options for different financial goals.
160 of 168 participants who increased their intake of dairy foods.
136 of 174 participants who now select foods and beverages that promote healthy weight.
22 of 30 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
20 of 20 participants understood the dangers of using too much credit.
214 of 218 respondents plan to decrease exposure of their children to parental conflict.
204 of 218 respondents report understanding the importance of working together for the sakes of their children.
162 of 168 students increased amount of time in physical activity.
164 of 168 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.
640 of 698 youth now wash hands more often.
218 parents/caregivers learned effective communication techniques to use with their children.
218 parents/caregivers learned strategies for dealing with parenting stress.
8 participants process high-acid foods in a water bath canner.
0 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.
0 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.
3 producers learned about the four steps in the process for converting biomass into cellulosic ethanol: preprocessing, pretreatment, hydrolysis, and fermentation and distillation.
6 professionals added additional services and/or marketing practices.
10 professionals developed or made adjustment to their business plans.
48 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
30 professionals implemented recommended management practices for pest control.
20 professionals increased their knowledge of components of business plans.
50 professionals increased their knowledge of green industry services and marketing practices.
48 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
54 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.
520 report that because of their 4-H experiences, they will register to vote when they are eligible.
486 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.
4 schools adopted this program.
314 would assist with or participate in elections, voting and campaigns.
14 youth believe that a team can accomplish more than an individual.
692 youth believe that people working together can help others less fortunate.
14 youth can assist a group in deciding on team plans for reaching goals.
322 youth can conduct a meeting.
65 youth can deal with their nervousness when giving a speech or talk.
66 youth can explain an idea to others.
68 youth can give an informative speech or presentation.
80 youth can select a topic for a speech or talk.
57 youth can show enthusiasm when giving a speech or presentation.
67 youth can speak loudly enough to be heard when giving a speech or talk.
14 youth enjoy working with others toward a common goal.
51 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
68 youth give a 2-3 minute speech or presentation.
14 youth have learned new skills and ways of doing things by participating in groups.
64 youth know how to organize the parts of a speech or presentation.
28 youth now encourage other team members to give their best effort.
0 youth now report that they can justify their decision.
0 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.
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 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.
0 youth now report they are concerned about the well-being of others.
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.
14 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.
334 youth report that they are now comfortable being a group leader.
290 youth report that they can now give clear directions.
61 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.
326 youth report that they now like to work with others and help them reach their goals.
258 youth report using enthusiasm to get a group working.
0 youth think that everyone on the team is important.
540 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.
222 youth understand how community leaders are elected to office.
0 youth understand that other ideas may be just as important as their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Center for Profitable Agriculture

01/01/2011 to 12/31/2011

Extension Personnel

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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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<td>63</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>941</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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## Volunteers

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Volunteer Hours

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity
Center for Profitable Agriculture

All 2011 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)
None

Activity Report for Central Region

01/01/2011 to 12/31/2011

Extension Personnel

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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteers

#### Volunteer Hours
Indirect Methods for Volunteers

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Contacts by Volunteers

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**Units Reporting Program Activity**

**Central Region**

**All 2011 Outcomes (entire year)**

- 550 beef producers sold 14200 calves managed according to BQA guidelines to increase returns by $FRM.
- 168 beef producers stored 14000 large, round bales under some type of cover to increase returns by $FRM.
- 214 beef producers utilized bulls with greater genetic potential to produce 6420 head of calves to increase returns by $FRM.
- 360 beef producers utilized hay feeding rings to feed 14400 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 12 beef producers utilized improved marketing methods to market 200 head of calves to increase returns by $FRM.
- 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 participants now correctly deworm 0 horses, saving $FRM this year.
- 200 producers planted 5000 acres with clover for an increased production valued at $FRM.
- 12 producers planted 400 acres with warm-season grasses for an added value of $FRM.
120 producers sprayed 7200 acres for broadleaf weed control for an increased production valued at $FRM.
94 producers stockpiled 4000 acres of tall fescue, reducing feeding cost by $FRM.
0 youth can conduct a meeting.
0 youth report that they are now comfortable being a group leader.
0 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 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.
0 youth report that they now like to work with others and help them reach their goals.
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 using enthusiasm to get a group working.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Cheatham County
01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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Indirect Methods for Extension Personnel

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### Volunteers

#### Volunteer Hours

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#### Indirect Methods for Volunteers

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### Contacts by Extension Personnel

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**Newspaper Article(s):**
- 120
- 185500

**Radio Program(s):**
- 13
- 45000

**TV Program(s):**
- 0
- 0

**Total:**
- 171
- 283675

**Publication(s):**
- 3
- 6000

**Other:**
- 17
- 5825
Contacts by Volunteers

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Units Reporting Program Activity

Cheatham County

All 2011 Outcomes (entire year)

10 4-H clubs were met by volunteers.
0 4-H judging teams were coached by volunteers.
0 4-H project groups were met by volunteers.
7 4-H volunteers utilized volunteer position descriptions.
60 acres of burley achieving yields greater than 2,300 pounds per acre.
980 acres of dark tobacco achieving yields greater than 3,000 pounds per acre.
1020 acres of tobacco produced using recommended fertility practices indicated in soil test results.
50 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
1044 acres produced using registered pesticides at appropriate application rates and timings.
950 acres soil tested no more than one year before planting.
1244 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).
1396 acres were planted with university-tested varieties.
550 acres with field rouged, plowed or destroyed within 30 days after harvest.
124 beef producers sold 3600 calves managed according to BQA guidelines to increase returns by $FRM.
70 beef producers stored 11800 large, round bales under some type of cover to increase returns by $FRM.
90 beef producers utilized bulls with greater genetic potential to produce 2600 head of calves to increase returns by $FRM.
300 beef producers utilized hay feeding rings to feed 30000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
50 beef producers utilized improved marketing methods to market 1360 head of calves to increase returns by $FRM.
17 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
15 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.
18 consumers learned how to apply landscape fertilizers and pesticides safely.
12 consumers learned how to conserve and protect water quality in the landscape.
16 consumers learned how to properly take a soil test and interpret the results.
25 consumers practiced best management practices relating to proper pruning and tree maintenance.
14 consumers used the results of their soil test to properly amend their soil.
112 disease, insect and weed samples from 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.
33 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) dethatched, aerified and controlling turfgrass pests according to UT Extension recommendations.
15 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
32 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.
43 Master Gardeners gained knowledge and confidence in entomology.
39 Master Gardeners gained knowledge and confidence in integrated pest management.
43 Master Gardeners gained knowledge and confidence in ornamentals.
37 Master Gardeners gained knowledge and confidence in plant diseases.
40 Master Gardeners gained knowledge and confidence in soils.
33 Master Gardeners gained knowledge and confidence in turfgrass.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 38 people in turf selection or management.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 22 people to control pests through integrated pest management.
38 Master Gardeners have used the knowledge and skills they learned in this program to assist 72 people to identify pests and/or the damage they cause.
36 Master Gardeners have used the knowledge and skills they learned in this program to assist 50 people to identify symptoms of plant disease.
34 Master Gardeners have used the knowledge and skills they learned in this program to assist 76 people to improve soil through soil test results.
5 new 4-H volunteers were recruited this year.
100 of 100 adults wash hands more often.
0 of 0 homeowners increased their knowledge of fire ant management.
28 of 28 participants are better able to manage their living environments.
16 of 16 participants are better able to store and prepare foods to keep them safe to consume.
40 of 40 participants are more confident in relationships with family and friends.
160 of 260 participants ate more whole grains.
20 of 200 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
60 of 60 participants eat more fat-free or low-fat dairy products.
10 of 10 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
6 of 10 participants improved their blood pressure.
6 of 10 participants improved their blood sugar.
10 of 10 participants improved their cholesterol levels.
0 of 0 participants improved their triglyceride levels.
60 of 60 participants increased physical activity.
28 of 28 participants know better how to manage and protect their assets for a secure retirement.
0 of 0 participants lost weight: 0 total pounds lost.
60 of 60 participants now eat more fruit.
140 of 200 participants now eat more vegetables.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
6 of 10 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.
36 of 36 participants understand the special nutritional needs of the elderly.
0 of 0 participants who now select foods and beverages that promote healthy weight.
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.
1200 of 1200 youth now wash hands more often.
0 pounds of burley marketed in large bale packages.
140000 pounds of burley stripped properly according to buyer specifications.
5400000 pounds of total tobacco produced.
62 producers planted 1430 acres with clover for an increased production valued at $FRM.
12 producers planted 44 acres with warm-season grasses for an added value of $FRM.
34 producers sprayed 844 acres for broadleaf weed control for an increased production valued at $FRM.
20 producers stockpiled 440 acres of tall fescue, reducing feeding cost by $FRM.
25 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.
33 professionals added additional services and/or marketing practices.
30 professionals developed or made adjustment to their business plans.
39 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
41 professionals implemented recommended management practices for pest control.
36 professionals increased their knowledge of components of business plans.
45 professionals increased their knowledge of green industry services and marketing practices.
28 professionals increased their knowledge of plant culture ( e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
36 professionals increased their knowledge of plant pests and pest control measures.
43 professionals increased their knowledge of proper plant selection.
33 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.
206 soil samples from commercial turf submitted for testing.
18 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.
16 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
66 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market
76 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.

90 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).

108 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.

7 volunteer leaders increased their knowledge of positive youth development.

1254 youth are better able to understand and follow directions.

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

1254 youth can deal with their nervousness when giving a speech or talk.

1354 youth can explain an idea to others.

1344 youth can express ideas with a poster, exhibit or other display.

50 youth can give an informative speech or presentation.

2476 youth can now share their ideas through writing.

1454 youth can select a topic for a speech or talk.

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

1454 youth can speak loudly enough to be heard when giving a speech or talk.

554 youth can use technology to help themselves express ideas.

1354 youth feel comfortable sharing their thoughts and feelings in a speech or talk.

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

1254 youth have learned at least five jobs in which communication skills are important.

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

342 youth now get information about a problem.

1290 youth now work to achieve their goals.

478 youth put their goals in writing.

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

622 youth set high goals.

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

704 youth who report they can make a decision.

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

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

Units Reporting Program Outcomes (entire year)

None

Activity Report for Chester County

01/01/2011 to 12/31/2011

Extension Personnel

<table>
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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

Volunteer Hours
All: 181
Total: 181

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Chester County

All 2011 Outcomes (entire year)

76 beef producers sold 3588 calves managed according to BQA guidelines to increase returns by $FRM.
74 beef producers stored 7124 large, round bales under some type of cover to increase returns by $FRM.
70 beef producers utilized bulls with greater genetic potential to produce 1270 head of calves to increase returns by $FRM.
70 beef producers utilized hay feeding rings to feed 8700 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.

176 now can create on-screen (multi-media) presentations.
0 of 0 better understood their parents' concerns about money.
32 of 48 made a change in career or educational goals.
0 of 0 participants began or increased savings an average of $ 0 per month.
104 of 120 participants better understood their parent's concerns about money.
0 of 0 participants communicated with other family members about financial matters.
114 of 120 participants felt more strongly that they needed to get a good education.
116 of 120 participants felt more strongly that they needed to pay attention to their financial future.
24 of 48 participants followed a spending plan.
98 of 120 participants increased their financial management skills.
112 of 120 participants learned better how to plan their spending.
84 of 120 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.
110 of 120 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
102 of 120 participants learned how payroll deductions are taken from gross pay.
104 of 120 participants learned how to keep a checkbook register.
114 of 120 participants learned how to write a check.
28 of 48 participants made a change in financial behavior.
34 of 48 participants made a spending plan.
94 of 120 participants made changes to their future plans.
72 of 120 participants planned to change their career goals.
60 of 120 participants planned to get more education after high school.
0 of 0 participants talked about financial goals with their parents or others.
26 of 48 participants worked toward new savings or investment goals.
46 producers planted 1300 acres with clover for an increased production valued at $FRM.
72 producers planted 3270 acres with warm-season grasses for an added value of $FRM.
34 producers sprayed 1082 acres for broadleaf weed control for an increased production valued at $FRM.

26 producers stockpiled 1014 acres of tall fescue, reducing feeding cost by $FRM.
332 youth are better able to understand and follow directions.
130 youth are now better listeners.
324 youth break goals down into steps so they can check their progress.
162 youth can analyze the results of a scientific investigation.
94 youth can ask a question that can be answered by collecting data.
48 youth can deal with their nervousness when giving a speech or talk.
46 youth can design a scientific procedure to answer a question.
90 youth can explain an idea to others.
220 youth can express ideas with a poster, exhibit or other display.
568 youth can now share their ideas through writing.
110 youth can record data accurately.
62 youth can select a topic for a speech or talk.
74 youth can speak loudly enough to be heard when giving a speech or talk.
54 youth can use specific scientific knowledge to form a question.
248 youth can use technology to help themselves express ideas.
38 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
58 youth have explored careers in communications.
72 youth have knowledge of careers in the communications field.
0 youth have learned at least five jobs in which communication skills are important.
236 youth have set a goal for their job or career.
184 youth now communicate through a website.
158 youth now get information about a problem.
98 youth now report that they make a decision by thinking about what a person of good character would do.
154 youth now report that they use more than one source of information in making choices.
128 youth now report that they use standards in making choices.
174 youth now report they consider the risks of their choices.
90 youth now report they think about the truthfulness of sources of information when making choices.
312 youth now set high goals that require work to achieve them.
368 youth now work to achieve their goals.
68 youth put their goals in writing.
168 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
224 youth report that they now achieve goals they set for themselves.
76 youth report they can now keep records.
136 youth report they have improved photography skills.
92 youth report they have learned skills in visual communications.
248 youth set high goals.
268 youth use parliamentary procedure to run a meeting.
288 youth who are now making plans to achieve their goals.
92 youth who have put their goal(s) in writing.
164 youth who report that they have learned that some choices are better than others.
178 youth who report they can make a decision.
134 youth who report they now listen to people with more experience than themselves.
112 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Claiborne County

01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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**Volunteers**

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### Contacts by Volunteers

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**Units Reporting Program Activity**

**Claiborne County**

**All 2011 Outcomes (entire year)**

- 160 beef producers sold 3224 calves managed according to BQA guidelines to increase returns by $FRM.
- 204 beef producers stored 30600 large, round bales under some type of cover to increase returns by $FRM.
- 26 beef producers utilized bulls with greater genetic potential to produce 560 head of calves to increase returns by $FRM.
- 184 beef producers utilized hay feeding rings to feed 3680 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 160 beef producers utilized improved marketing methods to market 3224 head of calves to increase returns by $FRM.
- 14 classrooms adopted this program.
- 0 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 34 consumers learned how to apply landscape fertilizers and pesticides safely.
- 34 consumers learned how to conserve and protect water quality in the landscape.
34 consumers learned how to properly take a soil test and interpret the results.
1 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.
33 Master Gardeners gained knowledge and confidence in entomology.
0 Master Gardeners gained knowledge and confidence in integrated pest management.
0 Master Gardeners gained knowledge and confidence in ornamentals.
0 Master Gardeners gained knowledge and confidence in plant diseases.
33 Master Gardeners gained knowledge and confidence in soils.
0 Master Gardeners gained knowledge and confidence in turfgrass.
35 of 50 adults wash hands more often.
8 of 8 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
28 of 34 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
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
0 of 0 parents/caregivers learned about issues related to stages of child development.
0 of 0 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
5 of 6 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.
18 of 25 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.
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.
12 of 49 participants ate more whole grains.
26 of 34 participants can apply health eating principles when making daily food decisions.
16 of 16 participants can apply joint protection techniques.
26 of 34 participants can better control their chronic condition with self-management techniques.
5 of 6 participants can choose foods that do not cause a sharp rise in blood sugar.
12 of 16 participants can use relaxation techniques to better manage their arthritis symptoms.
2 of 10 participants continued doing the MYB exercises six months after completing the program.
175 of 306 participants decreased consumption of high-sugar foods.
12 of 27 participants eat at least six meals together as a family each week.
146 of 212 participants eat fewer high-fat foods.
1 of 2 participants eat more fat-free or low-fat dairy products.
10 of 47 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
18 of 24 participants feel confident they can apply pain management techniques, such as distraction,
16 of 16 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

5 of 25 participants feel confident they will continue doing the MYB routines after the MYB program ends.

21 of 24 participants feel confident using the Take PART technique when talking to their health care provider.

16 of 16 participants have improved their arthritis symptoms as a result of participating in this program.

8 of 15 participants have improved their balance.

18 of 25 participants have improved their strength.

12 of 25 participants have increased their cardiovascular fitness.

10 of 25 participants have increased their motivation to exercise.

6 of 10 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 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.

4 of 10 participants improved their balance six months after completing the program.

0 of 0 participants improved their balance.

4 of 10 participants improved their blood pressure.

3 of 10 participants improved their blood sugar.

4 of 10 participants improved their cholesterol levels.

8 of 10 participants improved their flexibility six months after completing the program.

0 of 0 participants improved their flexibility.

8 of 10 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

6 of 10 participants improved their range of motion in their joints six months after completing the program.

0 of 0 participants improved their triglyceride levels.

87 of 119 participants increased physical activity.

10 of 47 participants lost weight: 97 total pounds lost.

5 of 10 participants maintained their motivation to keep exercising six months after completing the program.

90 of 115 participants now eat more fruit.

57 of 121 participants now eat more vegetables.

22 of 24 participants plan to exercise more often to help manage their chronic condition.

5 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.

21 of 24 participants plan to use the UT Med Minder card to keep a record of their medications.

10 of 12 participants refrigerate perishable foods within two hours.

12 of 12 participants separate raw, cooked and ready-to-eat foods while storing and preparing.

8 of 8 participants successfully completed educational requirements for post-filing bankruptcy education.

11 of 11 participants successfully completed educational requirements for pre-filing bankruptcy counseling.

33 of 33 participants surveyed canned pickles following a tested recipe. (TNCEP)

33 of 33 participants surveyed canned tomatoes following a tested recipe. (TNCEP)

33 of 33 participants surveyed canned vegetables following a tested recipe. (TNCEP)

33 of 33 participants surveyed processed pickles in a water-bath canner. (TNCEP)
20 of 33 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
33 of 33 participants surveyed processed vegetables in a pressure canner. (TNCEP)
12 of 12 participants surveyed used a thermometer to check the internal temperature of food.
10 of 12 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
2 of 10 participants take fewer medications for arthritis symptoms six months after completing the program.
6 of 6 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
22 of 24 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
16 of 16 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
167 of 212 participants who increased their intake of dairy foods.
84 of 117 participants who now select foods and beverages that promote healthy weight.
21 of 24 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
58 of 58 respondents plan to decrease exposure of their children to parental conflict.
58 of 58 respondents report understanding the importance of working together for the sakes of their children.
180 of 212 students increased amount of time in physical activity.
139 of 212 students who increased their intake of whole grains.
5 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.
5 of 7 teachers reported preschool children in their classes were more willing to taste vegetables.
6 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.
50 of 50 youth now wash hands more often.
57 parents/caregivers learned effective communication techniques to use with their children.
58 parents/caregivers learned strategies for dealing with parenting stress.
33 participants process high-acid foods in a water bath canner.
36 producers planted 694 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.
1616 producers sprayed 19558 acres for broadleaf weed control for an increased production valued at $FRM.
4 producers stockpiled 360 acres of tall fescue, reducing feeding cost by $FRM.
7 schools adopted this program.
12 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
4 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
12 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
26 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 youth are better able to understand and follow directions.
8 youth are now better listeners.
0 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.
0 youth can communicate a scientific procedure to others.
20 youth can conduct a meeting.
0 youth can create a display to communicate scientific data and observations.
0 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.
336 youth can express ideas with a poster, exhibit or other display.
21 youth can give an informative speech or presentation.
12 youth can now share their ideas through writing.
0 youth can record data accurately.
1146 youth can select a topic for a speech or talk.
22 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 data to create a graph for presentation to others.
0 youth can use models to explain scientific results.
352 youth can use science terms to share scientific results.
352 youth can use specific scientific knowledge to form a question.
6 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.
0 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
24 youth give a 2-3 minute speech or presentation.
6 youth have explored careers in communications.
6 youth have learned at least five jobs in which communication skills are important.
28 youth know how to organize the parts of a speech or presentation.
227 youth now work to achieve their goals.
227 youth put their goals in writing.
8 youth report being able to break tough jobs down into simpler tasks.
8 youth report being able to resolve problems without losing control of their emotions.
8 youth report being sensitive to the feelings of others when discussing and solving problems.
8 youth report that they are comfortable being responsible for a group.
20 youth report that they are now comfortable being a group leader.
18 youth report that they can now cooperate and work in a group.
20 youth report that they can now give clear directions.
25 youth report that they have developed confidence to speak in front of groups.
16 youth report that they know how to set goals and they use that ability when leading a group.
18 youth report that they make sure everyone gets an opportunity to say what they think.
18 youth report that they now like to work with others and help them reach their goals.
18 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.
8 youth report they can now keep records.
6 youth report they have improved photography skills.
6 youth report they have learned skills in visual communications.
14 youth report using enthusiasm to get a group working.
7 youth seek out others who can help them become a better leader.
110 youth set high goals.

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

## 01/01/2011 to 12/31/2011

### Extension Personnel

#### 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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**Volunteers**

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**Indirect 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

**Clay County**

**All 2011 Outcomes (entire year)**

- 160 are concerned about problems in their community.
- 38 beef producers sold 1490 calves managed according to BQA guidelines to increase returns by $FRM.
- 156 beef producers stored 15800 large, round bales under some type of cover to increase returns by $FRM.
- 138 beef producers utilized bulls with greater genetic potential to produce 2130 head of calves to increase returns by $FRM.
- 222 beef producers utilized hay feeding rings to feed 36400 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 38 beef producers utilized improved marketing methods to market 1490 head of calves to increase returns by $FRM.
- 2 classrooms adopted this program.
- 100 now feel a sense of responsibility toward their school and community.
- 0 now have a sense of pride about their school and community.
- 30 of 36 adults wash hands more often.
- 12 of 36 participants ate more whole grains.
- 0 of 0 participants decreased consumption of high-sugar foods.
- 14 of 36 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 engaged in physical activity for at least 30 minutes five or more days during most weeks.
- 0 of 0 participants increased physical activity.
- 0 of 0 participants lost weight: 0 total pounds lost.
- 14 of 36 participants now eat more fruit.
- 5 of 18 participants now eat more vegetables.
- 12 of 12 participants refrigerate perishable foods within two hours.
- 12 of 12 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
- 12 of 12 participants surveyed used a thermometer to check the internal temperature of food.
- 8 of 12 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.
- 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.
- 0 of 0 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.
- 150 of 240 youth now wash hands more often.
- 76 producers planted 3880 acres with clover for an increased production valued at $FRM.
- 96 producers planted 0 acres with warm-season grasses for an added value of $FRM.
- 192 producers sprayed 5360 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.
0 would assist with or participate in elections, voting and campaigns.
258 youth believe that a team can accomplish more than an individual.
310 youth believe that people working together can help others less fortunate.
120 youth can deal with their nervousness when giving a speech or talk.
110 youth can explain an idea to others.
50 youth can give an informative speech or presentation.
120 youth can select a topic for a speech or talk.
30 youth can show enthusiasm when giving a speech or presentation.
75 youth can speak loudly enough to be heard when giving a speech or talk.
276 youth enjoy working with others toward a common goal.
75 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
6 youth give a 2-3 minute speech or presentation.
110 youth know how to organize the parts of a speech or presentation.
116 youth now get information about a problem.
160 youth now report they are concerned about the well-being of others.
148 youth report that they can now cooperate and work in a group.
10 youth report that they have developed confidence to speak in front of groups.
136 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.
156 youth report that they make sure everyone gets an opportunity to say what they think.
104 youth report that they take their jobs seriously as members of a committee.
170 youth report that when in charge of a group, they treat everyone fairly and equally.
238 youth think that everyone on the team is important.
278 youth think they can make a big difference in their community by helping others.
256 youth think they have something to contribute to the worth of the team.
152 youth understand how community leaders are elected to office.
278 youth understand that other ideas may be just as important as their own.
128 youth who report that they have learned that some choices are better than others.
164 youth who report they can make a decision.
148 youth who report they now listen to people with more experience than themselves.
138 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Cocke County

01/01/2011 to 12/31/2011

Extension Personnel

<table>
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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

Volunteer Hours
All: 84  
Total: 84

### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

Cocke County

**All 2011 Outcomes (entire year)**

- 70 beef producers sold 682 calves managed according to BQA guidelines to increase returns by $FRM.
- 40 beef producers stored 12000 large, round bales under some type of cover to increase returns by $FRM.
- 30 beef producers utilized bulls with greater genetic potential to produce 682 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.
returns by $FRM.

16 classrooms adopted this program.
0 consumers learned about plant selection and proper planting to save money and time in the landscape.
40 consumers learned how to apply landscape fertilizers and pesticides safely.
40 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.
96 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.
60 home lawn insect, disease and weed samples submitted for identification and control recommendations.
24 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.
0 homeowners established new turfgrass species and varieties.
60 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
70 horse owners fed 140 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.
40 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 60 horses, saving $FRM annually.
70 horse owners schedule routine hoof care on 140 horses, saving $FRM annually.
4800 of 4800 adults wash hands more often.
20 of 20 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.
20 of 20 landscape and nursery participants increased their knowledge of fire ant management.
52 of 52 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
52 of 52 participants are confident they can better manage their diabetes as a result of participating in this program.
44 of 52 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
52 of 52 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
112 of 126 participants are making sure they are not taking two or more medications with the same active ingredient six months after completing the program.
48 of 52 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.
126 of 126 participants are reading the label of medications before they use them six months after completing the program.
52 of 52 participants are regularly checking their blood sugar six months after completing the program.
48 of 52 participants are using the Healthy Plate Method six months after completing the program.
4836 of 5040 participants ate more whole grains.
48 of 48 participants can apply health eating principles when making daily food decisions.
48 of 48 participants can apply joint protection techniques.
48 of 48 participants can better control their chronic condition with self-management techniques.
52 of 52 participants can choose foods that do not cause a sharp rise in blood sugar.
48 of 48 participants can use relaxation techniques to better manage their arthritis symptoms.
636 of 720 participants decreased consumption of high-sugar foods.
200 of 240 participants eat at least six meals together as a family each week.
400 of 480 participants eat fewer high-fat foods.
4796 of 4800 participants eat more fat-free or low-fat dairy products.
200 of 240 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
44 of 48 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
48 of 48 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
44 of 48 participants feel confident using the Take PART technique when talking to their health care provider.
126 of 126 participants find the active ingredient on the medication label.
126 of 126 participants have all of their prescription medications at the same pharmacy six months after completing the program.
48 of 48 participants have improved their arthritis symptoms as a result of participating in this program.
44 of 48 participants have less arthritis symptoms from their arthritis six months after completing the program.
32 of 32 participants have less arthritis symptoms.
52 of 52 participants have reduced their A1c six months after completing the program.
32 of 32 participants improved control of their arthritis symptoms.
32 of 32 participants improved performance of daily activities.
44 of 48 participants improved their balance six months after completing the program.
32 of 32 participants improved their balance.
46 of 48 participants improved their flexibility six months after completing the program.
32 of 32 participants improved their flexibility.
44 of 48 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
44 of 48 participants improved their range of motion in their joints six months after completing the program.
5416 of 5454 participants increased physical activity.
126 of 126 participants keep all of their prescription medications at the same pharmacy.
108 of 126 participants keep an up-to-date UT Med Minder card in their wallet six months after completing the program.
200 of 240 participants lost weight: 1040 total pounds lost.
5424 of 5452 participants now eat more fruit.
5378 of 48652 participants now eat more vegetables.
48 of 48 participants plan to exercise more often to help manage their chronic condition.
52 of 52 participants plan to regularly check their blood sugar as requested by their doctor.
48 of 52 participants plan to use the Healthy Plate Method.
48 of 48 participants plan to use the UT Med Minder card to keep a record of their medications.
126 of 126 participants read the directions before taking a prescription or over-the-counter medications.
5460 of 5452 participants refrigerate perishable foods within two hours.
112 of 126 participants seek the advice of a pharmacist if they have any questions about a medication.
4768 of 4800 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
96 of 96 participants surveyed canned pickles following a tested recipe. (TNCEP)
96 of 960 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
92 of 96 participants surveyed canned vegetables following a tested recipe. (TNCEP)
112 of 126 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
116 of 126 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
96 of 96 participants surveyed processed pickles in a water-bath canner. (TNCEP)
96 of 96 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
92 of 96 participants surveyed processed vegetables in a pressure canner. (TNCEP)
120 of 126 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.
126 of 126 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
4400 of 4800 participants surveyed used a thermometer to check the internal temperature of food.
4400 of 4800 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
40 of 48 participants take fewer medications for arthritis symptoms six months after completing the program.
50 of 52 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
48 of 48 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
48 of 48 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
424 of 480 participants who increased their intake of dairy foods.
4712 of 4800 participants who now select foods and beverages that promote healthy weight.
48 of 48 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
424 of 480 students increased amount of time in physical activity.
378 of 480 students who increased their intake of whole grains.
4239 of 4251 youth now wash hands more often.
70 participants now correctly deworm 140 horses, saving $ FRM this year.
96 participants process high-acid foods in a water bath canner.
16 producers planted 800 acres with clover for an increased production valued at $FRM.
8 producers planted 400 acres with warm-season grasses for an added value of $FRM.
8 producers sprayed 400 acres for broadleaf weed control for an increased production valued at $FRM.
12 producers stockpiled 500 acres of tall fescue, reducing feeding cost by $FRM.
6 schools adopted this program.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Coffee County

01/01/2011 to 12/31/2011
## Extension Personnel

### Extension Personnel Hours

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### Contacts by Extension Personnel

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Coffee County

All 2011 Outcomes (entire year)
Producers increased corn yield by 14 bushels/acre by selecting top yielding varieties on 22506 acres of corn increasing their income by FRM
Producers increased yield by 6 bushels by selecting top yielding varieties on 12196 acres of soybeans, earning an extra $FRM.

8788 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
125 acres of corn scouted by a UT-trained scout to help make crop management decisions.
11377 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
150 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

21 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
85 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.

21 corn producers report a $15594 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
21 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
44 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
194 farm families and rural business operators implementing improved record systems.
58 farm families evaluated new farm enterprises and value added activities.
58 farm families used FINPACK for developing and implementing whole farm plans.
104 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.

248 farmers increased their knowledge and skills in farm and financial planning.
24 farmers increased their potential cash income from their farming operation by $297542 by implementing a financial plan.

254 of 262 parents/caregivers learned about issues related to stages of child development.
10 of 10 participants are applying health eating principles when making food decisions six months after completing the program.
10 of 10 participants are better self-managers of their chronic condition six months after completing the program.
8 of 10 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
250 of 250 participants are physically active six months after completing the program.
10 of 10 participants are using the UT Med Minder card to keep a record of their medications.
302 of 302 participants can apply health eating principles when making daily food decisions.
116 of 116 participants can apply joint protection techniques.
344 of 362 participants can better control their chronic condition with self-management techniques.
112 of 116 participants can use relaxation techniques to better manage their arthritis symptoms.
370 of 374 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
84 of 116 participants feel confident they can better manage their arthritis by continuing to do the
program exercises after this program ends.
104 of 112 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 10 participants have fewer visits to the emergency room six months after completing the program.
110 of 116 participants have improved their arthritis symptoms as a result of participating in this program.
60 of 60 participants have less arthritis symptoms.
4 of 10 participants have less pain from their chronic condition six months after completing the program.
8 of 10 participants have used the Take PART technique when talking to their health care provider.
60 of 60 participants improved control of their arthritis symptoms.
58 of 60 participants improved performance of daily activities.
76 of 84 participants improved their balance.
74 of 84 participants improved their flexibility.
162 of 172 participants plan to exercise more often to help manage their chronic condition.
112 of 112 participants plan to use the UT Med Minder card to keep a record of their medications.
112 of 112 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
116 of 116 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
86 of 112 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
254 of 262 respondents plan to decrease exposure of their children to parental conflict.
254 of 262 respondents report understanding the importance of working together for the sakes of their children.
252 parents/caregivers learned effective communication techniques to use with their children.
262 parents/caregivers learned strategies for dealing with parenting stress.
21 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
85 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
21 soybean producers report a $20800 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
21 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
179 youth are better able to understand and follow directions.
159 youth are now better listeners.
0 youth are willing to try new things.
0 youth break goals down into steps so they can check their progress.
80 youth can conduct a meeting.
20 youth can deal with their nervousness when giving a speech or talk.
20 youth can explain an idea to others.
184 youth can express ideas with a poster, exhibit or other display.
20 youth can give an informative speech or presentation.
322 youth can now share their ideas through writing.
20 youth can select a topic for a speech or talk.
20 youth can show enthusiasm when giving a speech or presentation.
20 youth can speak loudly enough to be heard when giving a speech or talk.
164 youth can use technology to help themselves express ideas.
0 youth consider themselves to be a person of character.
0 youth encourage others to be honest and trustworthy.
20 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
20 youth give a 2-3 minute speech or presentation.
5 youth have explored careers in communications.
148 youth have learned at least five jobs in which communication skills are important.
130 youth have set a goal for their job or career.
0 youth have set goals for their long-term future.
20 youth know how to organize the parts of a speech or presentation.
120 youth now set high goals that require work to achieve them.
90 youth now work to achieve their goals.
90 youth put their goals in writing.
0 youth report helping others in need.
0 youth report telling the difference between right and wrong.
0 youth report that now they try to do the right thing.
80 youth report that they are now comfortable being a group leader.
80 youth report that they can now cooperate and work in a group.
80 youth report that they can now give clear directions.
0 youth report that they consider others when making decisions.
20 youth report that they have developed confidence to speak in front of groups.
0 youth report that they know how to make good decisions.
80 youth report that they know how to set goals and they use that ability when leading a group.
0 youth report that they like to accomplish things on their own.
80 youth report that they make sure everyone gets an opportunity to say what they think.
120 youth report that they now achieve goals they set for themselves.
0 youth report that they now consider the possible consequences before making decisions.
0 youth report that they now continue to work toward their goals, even if they do not at first succeed.
80 youth report that they now like to work with others and help them reach their goals.
0 youth report that they now set high expectations for their own behavior.
80 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.
82 youth report they can now keep records.
26 youth report they have improved photography skills.
184 youth report they have learned skills in visual communications.
0 youth report they now take responsibility for the decisions they make.
80 youth report using enthusiasm to get a group working.
120 youth set high goals.
0 youth who are now making plans to achieve their goals.
90 youth who have put their goal(s) in writing.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Crockett County

01/01/2011 to 12/31/2011

Extension Personnel
## Extension Personnel Hours

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## Direct Methods for Extension Personnel

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Units Reporting Program Activity
Crockett County

All 2011 Outcomes (entire year)
Producers increased corn yield by 18 bushels/acre by selecting top yielding varieties on 34000 acres of corn increasing their income by FRM
Producers increased yield by 100 bushels by selecting top yielding varieties on 40000 acres of
soybeans, earning an extra $FRM.

Producers increased yield by 220 pounds by selecting top yielding varieties on 70000 acres of cotton, 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.

52000 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.

4000 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.

80000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.

12 classrooms adopted this program.

110 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.

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

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

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

114 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.

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

4796 miles were walked in the Walk Across Tennessee Program.

0 of 0 adults wash hands more often.

91 of 94 better understood their parents' concerns about money.

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

0 of 0 participants ate more whole grains.

9 of 16 participants began or increased savings an average of $0 per month.

91 of 94 participants better understood their parent's concerns about money.

15 of 18 participants can apply health eating principles when making daily food decisions.

24 of 24 participants can apply joint protection techniques.

15 of 18 participants can better control their chronic condition with self-management techniques.

2 of 30 participants can better control their chronic disease as a result of participating in the program.

24 of 24 participants can use relaxation techniques to better manage their arthritis symptoms.

11 of 16 participants communicated with other family members about financial matters.

63 of 124 participants decreased consumption of high-sugar foods.

4 of 30 participants decreased their blood pressure six months after completing the program.

1 of 30 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.

79 of 124 participants eat fewer high-fat foods.

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

0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most
14 of 18 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

24 of 24 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

17 of 18 participants feel confident using the Take PART technique when talking to their health care provider.

0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.

94 of 94 participants felt more strongly that they needed to get a good education.

16 of 16 participants felt more strongly that they needed to pay attention to their financial future.

10 of 60 participants improved their blood pressure.

0 of 0 participants improved their blood sugar.

2 of 60 participants improved their cholesterol levels.

12 of 16 participants made a change in financial behavior.

13 of 16 participants made changes to their future plans.

18 of 18 participants plan to exercise more often to help manage their chronic condition.

10 of 16 participants plan to use the UT Med Minder card to keep a record of their medications.

53 of 55 participants planned to change their career goals.

11 of 16 participants talked about financial goals with their parents or others.

5 of 5 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.

85 of 124 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
16 of 18 participants will apply positive thinking as a technique for overcoming or avoiding
depression caused from their chronic condition.
15 of 30 participants will continue to exercise after the Walk Across Tennessee Program.
11 of 16 participants worked toward new savings or investment goals.
119 of 124 students increased amount of time in physical activity.
79 of 124 students who increased their intake of whole grains.
0 of 0 teachers reported preschool children in their classes were more actively engaged in physical
depression caused from their chronic condition.
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.
50 of 50 youth now wash hands more often.
56 participants walked in the Walk Across Tennessee Program.

16 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.
40 producers increased their return on 14300 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.
80 producers utilized UT fertility recommendations.
15 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
12 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
15 report that because of their 4-H experiences, they will register to vote when they are eligible.
15 report that because of their 4-H service projects, they have learned about causes and issues.
30 report that because of their 4-H service projects, they know about resources in their community.
8 schools adopted this program.
70 soybean producers adopted UT recommended resistance management strategies to control pests
(weeds, insects and diseases).
90 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.
100 soybean producers used data provided by UT publications or UT Internet resources and made
changes in their production practices.
7 teams participated in the Walk Across Tennessee Program.
5 times TEAM UP exchanged ideas or shared information.
3 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or
program.
81 youth can analyze the results of a scientific investigation.
80 youth can ask a question that can be answered by collecting data.
82 youth can communicate a scientific procedure to others.
85 youth can create a display to communicate scientific data and observations.
14 youth can deal with their nervousness when giving a speech or talk.
83 youth can design a scientific procedure to answer a question.
11 youth can explain an idea to others.
12 youth can give an informative speech or presentation.
81 youth can record data accurately.
13 youth can select a topic for a speech or talk.
13 youth can show enthusiasm when giving a speech or presentation.
16 youth can speak loudly enough to be heard when giving a speech or talk.
81 youth can use data to create a graph for presentation to others.
79 youth can use models to explain scientific results.
79 youth can use science terms to share scientific results.
79 youth can use specific scientific knowledge to form a question.
80 youth can use the results of their investigation to answer the question they had asked.
10 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
13 youth give a 2-3 minute speech or presentation.
12 youth know how to organize the parts of a speech or presentation.
14 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 Cumberland County**

**01/01/2011 to 12/31/2011**

**Extension Personnel**

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<tr>
<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

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Indirect Methods for Volunteers

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**Units Reporting Program Activity**

Cumberland County

**All 2011 Outcomes (entire year)**

- 48 are concerned about problems in their community.
- 104 beef producers sold 4487 calves managed according to BQA guidelines to increase returns by $FRM.
- 101 beef producers stored 14474 large, round bales under some type of cover to increase returns by $FRM.
- 90 beef producers utilized bulls with greater genetic potential to produce 4005 head of calves to increase returns by $FRM.
- 93 beef producers utilized hay feeding rings to feed 1060 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 61 beef producers utilized improved marketing methods to market 3995 head of calves to increase returns by $FRM.
- 4 classrooms adopted this program.
- 1 communities have undergone entreneurial support planning efforts.
- 0 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.
- 858 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 630 consumers learned how to apply landscape fertilizers and pesticides safely.
- 202 consumers learned how to conserve and protect water quality in the landscape.
- 440 consumers learned how to properly take a soil test and interpret the results.
- 0 consumers practiced best manageemtn practices relating to proper pruning and tree maintenance.
- 0 consumers used the results of their soil test to properly amend their soil.
- 17 dial-gauge lids were tested.
- 320 home lawn insect, disease and weed samples submitted for identification and control recommendations.
- 160 home lawn soil samples submitted for testing.
- 450 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by
county Extension professional.
130 homeowners established new turfgrass species and varieties.
450 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
14 Master Gardeners gained knowledge and confidence in entomology.
90 Master Gardeners gained knowledge and confidence in integrated pest management.
40 Master Gardeners gained knowledge and confidence in ornamentals.
40 Master Gardeners gained knowledge and confidence in plant diseases.
64 Master Gardeners gained knowledge and confidence in soils.
36 Master Gardeners gained knowledge and confidence in turfgrass.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 350 people in turf selection or management.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 70 people to control pests through integrated pest management.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 70 people to identify pests and/or the damage they cause.
50 Master Gardeners have used the knowledge and skills they learned in this program to assist 198 people to identify symptoms of plant disease.
50 Master Gardeners have used the knowledge and skills they learned in this program to assist 278 people to improve soil through soil test results.
1 new networking, mentoring and coaching outlets available to entrepreneurs.
86 now feel a sense of responsibility toward their school and community.
116 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
259 of 293 better understood their parents' concerns about money.
3 of 3 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
2 of 15 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
15 of 15 fruit and/or vegetable producers adopted IPM.
9 of 15 fruit and/or vegetable producers completed a food safety plan for their farm.
12 of 15 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
1 of 3 fruit and/or vegetable producers who began the transition to USDA certified organic production.
10 of 10 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.
10 of 10 landscape and nursery participants increased their knowledge of fire ant management.
13 of 53 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.
53 of 54 parents/caregivers learned about issues related to stages of child development.
5 of 7 participants are applying health eating principles when making food decisions six months after completing the program.
7 of 7 participants are better self-managers of their chronic condition six months after completing the program.
48 of 52 participants are confident they can better manage their diabetes as a result of participating in this program.
6 of 7 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
7 of 7 participants are physically active six months after completing the program.
3 of 7 participants are using the UT Med Minder card to keep a record of their medications.
564 of 566 participants ate more whole grains.
13 of 53 participants began or increased savings an average of $0 per month.
0 of 0 participants better understood their parent's concerns about money.
25 of 26 participants can apply health eating principles when making daily food decisions.
39 of 41 participants can apply joint protection techniques.
26 of 26 participants can better control their chronic condition with self-management techniques.
40 of 41 participants can use relaxation techniques to better manage their arthritis symptoms.
26 of 26 participants can better control their chronic condition with self-management techniques.
50 of 52 participants committed to setting up a family spending plan with their future partner.
50 of 52 participants committed to spending more time talking to their future partner without distractions.
25 of 26 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
41 of 41 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
25 of 26 participants feel confident using the Take PART technique when talking to their health care provider.
254 of 295 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.
15 of 53 participants followed a spending plan.
7 of 7 participants have fewer visits to the emergency room six months after completing the program.
36 of 41 participants have improved their arthritis symptoms as a result of participating in this program.
27 of 36 participants have less arthritis symptoms from their arthritis six months after completing the program.
6 of 7 participants have less pain from their chronic condition six months after completing the program.
5 of 7 participants have used the Take PART technique when talking to their health care provider.
33 of 36 participants improved their balance six months after completing the program.
26 of 36 participants improved their flexibility six months after completing the program.
36 of 36 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
27 of 36 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.
520 of 550 participants increased physical activity.
242 of 295 participants increased their financial management skills.
0 of 0 participants indicated improvement in feelings of confidence that they know how to pace a growing relationship. (How to Avoid Falling for a Jerk(ette))
0 of 0 participants indicated improvement in identifying the things that are important to get to know about a partner. (How to Avoid Falling for a Jerk(ette))
266 of 295 participants learned better how to plan their spending.
255 of 295 participants learned how education will affect the kind of job they can get.
276 of 295 participants learned how having a family can affect their lifestyle.
264 of 295 participants learned how much money it takes to get by.
265 of 295 participants learned how occupation and income will affect their lifestyle.
243 of 295 participants learned how payroll deductions are taken from gross pay.
261 of 295 participants learned how to keep a checkbook register.
248 of 295 participants learned how to write a check.
10 of 14 participants lost weight: 30 total pounds lost.
37 of 53 participants made a change in financial behavior.
14 of 53 participants made a spending plan.
0 of 0 participants made changes to their future plans.
550 of 550 participants now eat more fruit.
524 of 550 participants now eat more vegetables.
26 of 26 participants plan to exercise more often to help manage their chronic condition.
52 of 52 participants plan to regularly check their blood sugar as requested by their doctor.
48 of 52 participants plan to use the Healthy Plate Method.
54 of 80 participants plan to use the two-step method around the home for managing fire ants.
24 of 26 participants plan to use the UT Med Minder card to keep a record of their medications.
0 of 0 participants planned to change their career goals.
256 of 295 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 canned pickles following a tested recipe. (TNCEP)
4 of 4 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
4 of 4 participants surveyed canned vegetables following a tested recipe. (TNCEP)
10 of 10 participants surveyed increased understanding of and level of competency using business management concepts and tools.
10 of 10 participants surveyed indicated a positive change in perceived community/regional support for entrepreneurship.
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.
25 of 36 participants take fewer medications for arthritis symptoms six months after completing the program.
18 of 53 participants talked about financial goals with their parents or others.
52 of 52 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
25 of 26 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
40 of 41 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
88 of 96 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
26 of 26 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
17 of 53 participants worked toward new savings or investment goals.
50 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.
90 of 96 students increased amount of time in physical activity.
67 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.
1 of 1 trainees used the Before You Tie the Knot curriculum with appropriate audiences.
600 of 710 youth now wash hands more often.
52 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.
1 schools adopted this program.
60 would assist with or participate in elections, voting and campaigns.
8 youth are confident they can work through a disagreement without using violence.
218 youth believe that people working together can help others less fortunate.
7 youth believe they have the motivation, skills and perseverance to reach their life goals.
8 youth can complete projects they are proud of.
5 youth can conduct a meeting.
5 youth feel comfortable asking others to help on a project.
49 youth have a goal set for their job or career.
9 youth have confidence in their ability to make good decisions.
3 youth have made a plan for their future based on their talents, strengths, and skills.
7 youth like to work with others to complete projects.
172 youth now report they are concerned about the well-being of others.
4 youth report being able to break tough jobs down into simpler tasks.
4 youth report being able to resolve problems without losing control of their emotions.
4 youth report being sensitive to the feelings of others when discussing and solving problems.
8 youth report that because of 4-H they seek new and challenging life experiences.
3 youth report that because of their 4-H experiences, they are viewed as a leader.
8 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
5 youth report that they are comfortable being responsible for a group.
5 youth report that they are now comfortable being a group leader.
5 youth report that they can now cooperate and work in a group.
5 youth report that they can now give clear directions.
3 youth report that they can now identify their personal interests and strengths.
8 youth report that they have learned to win and lose gracefully when participating in competitive events.
5 youth report that they know how to set goals and they use that ability when leading a group.
194 youth report that they learned about important leaders who contributed to our nation.
4 youth report that they make sure everyone gets an opportunity to say what they think.
4 youth report that they now like to work with others and help them reach their goals.
5 youth report that they take their jobs seriously as members of a committee.
5 youth report that when in charge of a group, they treat everyone fairly and equally.
8 youth report that when they disagree with someone, they can stand up for themselves without using violence.
4 youth report using enthusiasm to get a group working.
4 youth seek out others who can help them become a better leader.
15 youth set deadlines to achieve their goals.
242 youth think they can make a big difference in their community by helping others.
40 youth try to get as much assistance as they can when working toward their goal.
162 youth understand how community leaders are elected to office.
7 youth understand that they cannot always be "the best" in everything.
33 youth who keep trying if they do not achieve their goal the first time.
16 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Davidson County

01/01/2011 to 12/31/2011

Extension Personnel

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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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### Volunteers

**Volunteer Hours**

- All : 2841.75
- Total: 2841.75

### 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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<td><strong>4511</strong></td>
<td><strong>2031</strong></td>
<td><strong>411</strong></td>
<td><strong>44</strong></td>
<td><strong>11487</strong></td>
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Units Reporting Program Activity

Davidson County

**All 2011 Outcomes (entire year)**

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $0 in increased savings, increased income, and one-time capital purchases.

6 classrooms adopted this program.

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

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

1374 consumers learned about plant selection and proper planting to save money and time in the landscape.

1172 consumers learned how to apply landscape fertilizers and pesticides safely.

1084 consumers learned how to conserve and protect water quality in the landscape.

1402 consumers learned how to properly take a soil test and interpret the results.

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

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

24 disease, insect and weed samples form commercial turf submitted for identification and control recommendations.

0 forest landowners are members in a local County Forestry Association representing 0 forest acres.

50 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.

0 golf course superintendents adopted UT's recommended practices for crabgrass control.

0 high school coaches have adopted UT's athletic field management recommendations.

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

130 home lawn soil samples submitted for testing.

150 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.
100 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
0 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.
4 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
28 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.
50 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.
50 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.
208 Master Gardeners gained knowledge and confidence in entomology.
208 Master Gardeners gained knowledge and confidence in integrated pest management.
208 Master Gardeners gained knowledge and confidence in ornamentals.
208 Master Gardeners gained knowledge and confidence in plant diseases.
208 Master Gardeners gained knowledge and confidence in soils.
208 Master Gardeners gained knowledge and confidence in turfgrass.
88 Master Gardeners have used the knowledge and skills they learned in this program to assist 500 people in turf selection or management.
80 Master Gardeners have used the knowledge and skills they learned in this program to assist 390 people to control pests through integrated pest management.
88 Master Gardeners have used the knowledge and skills they learned in this program to assist 410 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 255 people to identify symptoms of plant disease.
80 Master Gardeners have used the knowledge and skills they learned in this program to assist 300 people to improve soil through soil test results.
354 of 444 better understood basic insurance needs.
782 of 870 better understood credit reporting and scoring.
55 of 57 better understood their parents' concerns about money.
158 of 250 checked their credit report.
55 of 55 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
1 of 55 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
55 of 55 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 who began the transition to USDA certified organic production.
0 of 0 gained skill in evaluating their housing options.
584 of 1092 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
584 of 1092 green industry personnel increased business profitability and sustainability through improved insect, mite and disease control in turfgrass and/or ornamental plants.
584 of 1092 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
173 of 605 homeowners increased their knowledge of fire ant management.
592 of 870 identified ways to reduce spending.
156 of 1092 landscape and nursery participants increased their knowledge of fire ant management.

738 of 870 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.

12 of 12 participants analyzed their readiness for home ownership.

166 of 202 participants ate more whole grains.

404 of 444 participants became more aware of the importance of starting to save and invest early in life.

146 of 250 participants began or increased savings an average of $ 15 per month.

184 of 406 participants better understood the difference between pre-tax and after-tax investments.

55 of 57 participants better understood their parent's concerns about money.

268 of 352 participants decreased consumption of high-sugar foods.

12 of 12 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.

140 of 150 participants eat fewer high-fat foods.

472 of 598 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

100 of 150 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.

55 of 57 participants felt more strongly that they needed to get a good education.

57 of 57 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.

86 of 250 participants followed a spending plan.

12 of 12 participants gained better understanding of the mortgage process.

188 of 406 participants gained skill in determining their net worth.

968 of 1314 participants gained skill in making a spending plan.

398 of 444 participants identified ways to avoid being victimized by predatory practices or fraud.

100 of 200 participants identify or plan to identify a pest before deciding on the management needed.

1288 of 1371 participants increased their financial management skills.

200 of 200 participants increased their understanding of household and structural IPM.

0 of 0 participants increased their understanding of the impact education can have on future earnings.

138 of 250 participants kept a record of spending.

53 of 57 participants learned better how to plan their spending.

53 of 57 participants learned how education will affect the kind of job they can get.

55 of 57 participants learned how having a family can affect their lifestyle.

57 of 57 participants learned how much money it takes to get by.

55 of 57 participants learned how occupation and income will affect their lifestyle.

49 of 57 participants learned how payroll deductions are taken from gross pay.

46 of 57 participants learned how to keep a checkbook register.

47 of 57 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.

142 of 250 participants made a spending plan.

37 of 57 participants made changes to their future plans.

50 of 200 participants modified or plan to modify the environment to make it less conducive to pests.

0 of 0 participants now understand the difference between a need and a want.
173 of 605 participants plan to use the two-step method around the home for managing fire ants.
37 of 57 participants planned to change their career goals.
54 of 57 participants planned to get more education after high school.
4 of 12 participants purchased a home.
104 of 250 participants reduced debt an average of $25 per month.
176 of 258 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
112 of 112 participants successfully completed educational requirements for post-filing bankruptcy education.
0 of 0 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
12 of 12 participants successfully completed homebuyer education requirements.
230 of 240 participants surveyed increased their knowledge about radon.
460 of 480 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.
230 of 240 participants surveyed know how radon enters their home.
460 of 480 participants surveyed know radon can be prevented from entering their home.
230 of 240 participants surveyed know testing is the only way to know if their home has radon.
230 of 240 participants surveyed know year-long testing is recommended over short-term testing in Tennessee.
0 of 0 participants understand how to reconcile a checking account.
556 of 850 participants understood the dangers of using too much credit.
410 of 444 participants were better able to identify appropriate savings and investment options for different financial goals.
134 of 150 participants who increased their intake of dairy foods.
140 of 150 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
140 of 150 participants will keep medications out of the reach of children.
140 of 150 participants will keep products in their original containers.
140 of 150 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
140 of 150 participants will read the label before using a product.
78 of 250 participants worked toward new savings or investment goals.
402 of 444 participants understood the dangers of using too much credit.
144 of 150 students increased amount of time in physical activity.
130 of 150 students who increased their intake of whole grains.
0 of 0 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
0 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.
130 professionals added additional services and/or marketing practices.
130 professionals developed or made adjustment to their business plans.
250 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
320 professionals implemented recommended management practices for pest control.
144 professionals increased their knowledge of components of business plans.
128 professionals increased their knowledge of green industry services and marketing practices.
312 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.
420 professionals increased their knowledge of proper plant selection.
250 professionals practiced proper plant selection and installation practices.
0 public utility managers who have adopted UT's weed management recommendations in rough turf.
2 schools adopted this program.
0 sod farms adopted UT's recommended practices for weed control at seeding.
0 soil samples from commercial turf submitted for testing.
38 youth are better able to understand and follow directions.
230 youth believe that people working together can help others less fortunate.
29 youth break goals down into steps so they can check their progress.
24 youth can assist a group in deciding on team plans for reaching goals.
32 youth can express ideas with a poster, exhibit or other display.
68 youth can now share their ideas through writing.
38 youth can use technology to help themselves express ideas.
36 youth have learned at least five jobs in which communication skills are important.
230 youth have learned new skills and ways of doing things by participating in groups.
464 youth now encourage other team members to give their best effort.
249 youth now get information about a problem.
204 youth now think it's important to listen to all group members before making a decision.
180 youth now want to see other team members succeed even if they achieve more than themselves.
32 youth now work to achieve their goals.
0 youth put their goals in writing.
228 youth report that they can now cooperate and work in a group.
232 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.
200 youth report that they make sure everyone gets an opportunity to say what they think.
200 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.
20 youth set high goals.
220 youth think they can make a big difference in their community by helping others.
200 youth understand how community leaders are elected to office.
271 youth who report that they have learned that some choices are better than others.
282 youth who report they can make a decision.
245 youth who report they now listen to people with more experience than themselves.
212 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Decatur County

01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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Volunteers
Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity
Decatur County

All 2011 Outcomes (entire year)

158 beef producers sold 7400 calves managed according to BQA guidelines to increase returns by $FRM.
128 beef producers stored 35000 large, round bales under some type of cover to increase returns by $FRM.
274 beef producers utilized bulls with greater genetic potential to produce 5400 head of calves to increase returns by $FRM.
128 beef producers utilized hay feeding rings to feed 3000 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.
5 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.
30 consumers learned about plant selection and proper planting to save money and time in the landscape.
15 consumers learned how to apply landscape fertilizers and pesticides safely.
2 consumers learned how to conserve and protect water quality in the landscape.
64 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.
64 consumers used the results of their soil test to properly amend their soil.
26 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
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.
13 home lawn insect, disease and weed samples submitted for identification and control recommendations.
12 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.
5 homeowners established new turfgrass species and varieties.
30 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
150 horse owners fed 550 horses according to specific nutrient requirements for each class of horse, saving $FRM annually.
126 horse owners managed 350 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
110 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 200 horses, saving $FRM annually.
110 horse owners schedule routine hoof care on 200 horses, saving $FRM annually.
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)
960 of 960 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 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
3 of 3 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
6 of 6 homeowners increased their knowledge of fire ant management.
6 of 6 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)
309 of 459 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
9 of 9 parents/caregivers learned about issues related to stages of child development.
9 of 9 parents/caregivers report an increase in use of appropriate child guidance techniques.
6 of 6 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 are practicing the postural alignment exercises they learned in the program.
9 of 12 participants can apply health eating principles when making daily food decisions.
0 of 0 participants can apply joint protection techniques.
6 of 12 participants can better control their chronic condition with self-management techniques.
0 of 0 participants can make their bones healthier with a personal plan for better bone health.
110 of 228 participants can name calcium-rich foods.
27 of 27 participants can use relaxation techniques to better manage their arthritis symptoms.
9 of 12 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
27 of 27 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
207 of 207 participants feel confident they know what to do in case of a poisoning.
12 of 12 participants feel confident using the Take PART technique when talking to their health care provider.
27 of 27 participants have improved their arthritis symptoms as a result of participating in this program.
24 of 36 participants have less arthritis symptoms from their arthritis 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.
0 of 0 participants know how to get 400 to 800 IU of Vitamin D each day.
0 of 0 participants know how to get at least 1,200 mg of calcium each day.
12 of 12 participants plan to exercise more often to help manage their chronic condition.
6 of 6 participants plan to use the two-step method around the home for managing fire ants.
12 of 12 participants plan to use the UT Med Minder card to keep a record of their medications.
44 of 44 participants recognize that exercise can make their bones healthier.
16 of 16 participants surveyed increased their knowledge of environmental problems associated with "not-smart" growth.
12 of 16 participants surveyed increased their knowledge of health problems associated with "not-smart" growth.
24 of 24 participants surveyed increased their knowledge of healthy housing principles.
0 of 0 participants surveyed increased their knowledge of how to become involved with public officials and other decision makers concerning Smart Growth principles.
3 of 3 participants surveyed increased their knowledge of how to implement (design, repair, maintain) healthy housing principles.
12 of 16 participants surveyed increased their knowledge of Smart Growth principles.
12 of 12 participants surveyed increased their knowledge of the connections between health and housing.
10 of 10 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 to communicate Smart Growth principles to others.
10 of 10 participants surveyed increased their knowledge on how to minimize their child's exposure to environmental tobacco smoke.
0 of 0 participants take fewer medications for arthritis symptoms six months after completing the program.
0 of 0 participants understand that fractures caused by osteoporosis are most common in the spine, hip, and wrist.
44 of 44 participants understand that osteoporosis is a disease that can make bones thinner and weaker.
12 of 12 participants understand the different types of self-management techniques they can use to self-manage their chronic condition 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.
12 of 12 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
207 of 207 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.
87 of 87 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.
54 of 54 providers had increased knowledge of the workshop(s) topics.
0 of 0 providers report their children are provided with varied opportunities and materials that support fine and large motor development using recommended practices.
0 of 0 providers report their children are read to on a daily basis and asking open-ended questions of the children when possible using recommended practices.
36 of 36 providers report they express warmth through behaviors such as physical affection, eye contact, tone of voice, and smiles toward the children using recommended practices.
0 of 0 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.
54 of 54 providers report they work in partnership with families, establishing and maintaining regular, ongoing, two-way communication using recommended practices.
0 of 0 providers report they work to prevent challenging or disruptive behaviors using recommended guidance practices.
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 sake of their children.
0 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
110 participants now correctly deworm 200 horses, saving $FRM this year.
80 producers planted 2800 acres with clover for an increased production valued at $FRM.
124 producers planted 5600 acres with warm-season grasses for an added value of $FRM.
60 producers sprayed 1860 acres for broadleaf weed control for an increased production valued at $FRM.
46 producers stockpiled 1740 acres of tall fescue, reducing feeding cost by $FRM.
0 youth break goals down into steps so they can check their progress.
234 youth can deal with their nervousness when giving a speech or talk.
250 youth can explain an idea to others.
4 youth can give an informative speech or presentation.
124 youth can select a topic for a speech or talk.
16 youth can show enthusiasm when giving a speech or presentation.
218 youth can speak loudly enough to be heard when giving a speech or talk.
198 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
126 youth give a 2-3 minute speech or presentation.
6 youth have set a goal for their job or career.
0 youth know how to organize the parts of a speech or presentation.
34 youth now get information about a problem.
8 youth now set high goals that require work to achieve them.
30 youth now work to achieve their goals.
486 youth put their goals in writing.
4 youth report that they have developed confidence to speak in front of groups.
0 youth report that they now achieve goals they set for themselves.
28 youth set high goals.
0 youth who are now making plans to achieve their goals.
0 youth who have put their goal(s) in writing.
186 youth who report that they have learned that some choices are better than others.
24 youth who report they can make a decision.
24 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

Activity Report for DeKalb County

01/01/2011 to 12/31/2011

Extension Personnel

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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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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### Volunteers

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### 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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<td>Female Adult</td>
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<td>796</td>
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### Units Reporting Program Activity

**DeKalb County**

**All 2011 Outcomes (entire year)**

- 94 now can create on-screen (multi-media) presentations.
- 0 of 0 adults wash hands more often.
- 10 of 19 better understood basic insurance needs.
- 16 of 16 better understood credit reporting and scoring.
- 480 of 510 better understood their parents' concerns about money.
- 6 of 16 checked their credit report.
- 16 of 16 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.
- 20 of 510 made a change in career or educational goals.
1408 of 2050 participants ate more whole grains.
468 of 510 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 the difference between pre-tax and after-tax investments.  
0 of 0 participants better understood their parent's concerns about money.  
4 of 510 participants communicated with other family members about financial matters.
52 of 60 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.
28 of 60 participants eat at least six meals together as a family each week.
996 of 1990 participants eat more fat-free or low-fat dairy products.
60 of 60 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
440 of 510 participants felt more confident that they could build wealth.
490 of 510 participants felt more strongly that they needed to get a good education.
462 of 510 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.
8 of 16 participants followed a spending plan.
0 of 0 participants gained skill in determining their net worth.  
25 of 35 participants gained skill in making a spending plan.  
16 of 16 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants increased physical activity.
936 of 1055 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
10 of 16 participants kept a record of spending.  
0 of 0 participants learned better how to plan their spending.  
980 of 1020 participants learned how education will affect the kind of job they can get.
500 of 510 participants learned how having a family can affect their lifestyle.
490 of 510 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
500 of 510 participants learned how payroll deductions are taken from gross pay.
498 of 510 participants learned how to keep a checkbook register.
506 of 510 participants learned how to write a check.
466 of 510 participants learned the difference between wants and needs.
52 of 60 participants lost weight: 448 total pounds lost.
0 of 0 participants made a change in financial behavior.
10 of 16 participants made a spending plan.
40 of 510 participants made changes to their future plans.  
1556 of 1990 participants now eat more fruit.
1400 of 1990 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.  
0 of 0 participants planned to change their career goals.
450 of 510 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.
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.
16 of 16 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.
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 teachers reported preschool children in their classes were more actively engaged in physical activity.
2 of 2 teachers reported preschool children in their classes were more willing to taste fruit.
2 of 2 teachers reported preschool children in their classes were more willing to taste vegetables.
2 of 2 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.
10 of 16 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
1692 of 1990 youth now wash hands more often.
400 youth are better able to understand and follow directions.
482 youth are now better listeners.
0 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.
94 youth can challenge policies through petitions, presentations or other positive ways.
396 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
400 youth can explain an idea to others.
400 youth can express ideas with a poster, exhibit or other display.
396 youth can give an informative speech or presentation.
94 youth can now prepare and deliver a five-minute speech.
792 youth can now share their ideas through writing.
0 youth can record data accurately.
400 youth can select a topic for a speech or talk.
360 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.
0 youth can use specific scientific knowledge to form a question.
304 youth can use technology to help themselves express ideas.
390 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
400 youth give a 2-3 minute speech or presentation.
138 youth have explored careers in communications.
94 youth have knowledge of careers in the communications field.
232 youth have learned at least five jobs in which communication skills are important.
398 youth know how to organize the parts of a speech or presentation.
94 youth now communicate through a website.
32 youth now get information about a problem.
0 youth now work to achieve their goals.
0 youth put their goals in writing.
188 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
400 youth report that they have developed confidence to speak in front of groups.
94 youth report they are now "accomplished public speakers."
54 youth report they can give an impromptu speech.
94 youth report they can now express their opinions in speeches or presentations.
168 youth report they can now keep records.
286 youth report they have improved photography skills.
494 youth report they have learned skills in visual communications.
0 youth set high goals.
188 youth use parliamentary procedure to run a meeting.
32 youth who report that they have learned that some choices are better than others.
32 youth who report they can make a decision.
32 youth who report they now listen to people with more experience than themselves.
32 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Dickson County

01/01/2011 to 12/31/2011

Extension Personnel

<table>
<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>
<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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<td>White/Not of Hispanic origin</td>
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<tr>
<td>Female Adult</td>
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<tr>
<td>Female Youth</td>
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**Volunteers**

**Volunteer Hours**

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**Indirect Methods for Volunteers**

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<th>Method</th>
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**Contacts by Volunteers**
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**Units Reporting Program Activity**

**Dickson County**

**All 2011 Outcomes (entire year)**

The economic impact of Extension leadership programs was $0 in increased revenue, one-time capital improvements and secured resources.

- 106 are concerned about problems in their community.
- 14 classrooms adopted this program.
- 72 now feel a sense of responsibility toward their school and community.
- 64 now have a sense of pride about their school and community.
- 58 of 60 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)
- 44 of 48 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
- 44 of 48 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.
- 36 of 36 parents/caregivers report feeling better about their abilities as parents.
- 48 of 60 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)
- 156 of 160 participants ate more whole grains.
- 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.
178 of 284 participants eat fewer high-fat foods.
50 of 60 participants eat more fat-free or low-fat dairy products.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
68 of 68 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
0 of 0 participants increased physical activity.
68 of 68 participants know what cancer screenings they need according to their age and gender.
0 of 0 participants lost weight: 0 total pounds lost.
52 of 60 participants now eat more fruit.
56 of 60 participants now eat more vegetables.
68 of 68 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.
28 of 28 participants surveyed increased personal involvement in community activities.
28 of 28 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
28 of 28 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.
68 of 68 participants understand that cancer screening and early detection can save their life.
64 of 68 participants understand women age 40 and older should have a mammogram.
63 of 68 participants understand women of all ages need a Pap test.
198 of 284 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 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.
248 of 284 students increased amount of time in physical activity.
168 of 284 students who increased their intake of whole grains.
200 of 240 youth now wash hands more often.
26 of 43 youth/children are able to communicate their understanding of science/math concepts through their involvement with activities.
13 of 43 youth/children are able to create, present, or use new technologies they didn’t utilize before.
31 of 43 youth/children have increased their knowledge base in the areas of technology, science, reading, health and relationships.
35 of 43 youth/children read books or other print at least three times per week in their afterschool or home setting.
17 of 43 youth/children report feeling better and eating better than before.
60 parents/caregivers learned effective communication techniques to use with their children.
60 parents/caregivers learned strategies for dealing with parenting stress.
70 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
70 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
70 report that because of their 4-H experiences, they will register to vote when they are eligible.
68 report that because of their 4-H service projects, they have learned about causes and issues.
128 report that because of their 4-H service projects, they know about resources in their community.
4 schools adopted this program.
12 times TEAM UP exchanged ideas or shared information.
9 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or
program.
76 would assist with or participate in elections, voting and campaigns.
324 youth are better able to understand and follow directions.
252 youth are now better listeners.
96 youth believe that a team can accomplish more than an individual.
106 youth believe that people working together can help others less fortunate.
92 youth can assist a group in deciding on team plans for reaching goals.
94 youth can conduct a meeting.
290 youth can deal with their nervousness when giving a speech or talk.
304 youth can explain an idea to others.
266 youth can express ideas with a poster, exhibit or other display.
302 youth can give an informative speech or presentation.
508 youth can now share their ideas through writing.
322 youth can select a topic for a speech or talk.
270 youth can show enthusiasm when giving a speech or presentation.
310 youth can speak loudly enough to be heard when giving a speech or talk.
240 youth can use technology to help themselves express ideas.
96 youth enjoy working with others toward a common goal.
244 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
272 youth give a 2-3 minute speech or presentation.
196 youth have explored careers in communications.
232 youth have learned at least five jobs in which communication skills are important.
106 youth have learned new skills and ways of doing things by participating in groups.
264 youth know how to organize the parts of a speech or presentation.
204 youth now encourage other team members to give their best effort.
54 youth now get information about a problem.
70 youth now report they are concerned about the well-being of others.
108 youth now think it's important to listen to all group members before making a decision.
98 youth now want to see other team members succeed even if they achieve more than themselves.
96 youth report that they are now comfortable being a group leader.
102 youth report that they can now cooperate and work in a group.
96 youth report that they can now give clear directions.
304 youth report that they have developed confidence to speak in front of groups.
104 youth report that they know how to set goals and they use that ability when leading a group.
82 youth report that they learned about important leaders who contributed to our nation.
100 youth report that they make sure everyone gets an opportunity to say what they think.
100 youth report that they now like to work with others and help them reach their goals.
102 youth report that they take their jobs seriously as members of a committee.
104 youth report that when in charge of a group, they treat everyone fairly and equally.
222 youth report they can now keep records.
0 youth report they have improved photography skills.
238 youth report they have learned skills in visual communications.
96 youth report using enthusiasm to get a group working.
108 youth think that everyone on the team is important.
104 youth think they can make a big difference in their community by helping others.
92 youth think they have something to contribute to the worth of the team.
22 youth understand how community leaders are elected to office.
90 youth understand that other ideas may be just as important as their own.
56 youth who report that they have learned that some choices are better than others.
62 youth who report they can make a decision.
46 youth who report they now listen to people with more experience than themselves.
Activity Report for Dyer County

01/01/2011 to 12/31/2011

Extension Personnel

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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**Volunteers**

**Volunteer Hours**

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**Indirect Methods for Volunteers**

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**Units Reporting Program Activity**

**Dyer County**

**All 2011 Outcomes (entire year)**

- Producers increased corn yield by 16 bushels/acre by selecting top yielding varieties on 229779 acres of corn increasing their income by FRM.
- Producers increased yield by 5 bushels by selecting top yielding varieties on 738906 acres of soybeans, earning an extra $FRM.
- Producers increased yield by 0 bushels by selecting top yielding varieties on 93744 acres of wheat, earning an extra $FRM.
- Producers increased yield by 125 pounds by selecting top yielding varieties on 97207 acres of cotton, earning an extra $FRM.
- 30 4-H clubs were met by volunteers.
- 1 4-H judging teams were coached by volunteers.
- 1 4-H project groups were met by volunteers.
- 35 4-H volunteers utilized volunteer position descriptions.
- 180500 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.
- 223052 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
- 8394 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
- 485500 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
- 15468 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
- 50 African-American landowners developed estate plans to reduce the financial and legal risks farm family businesses face as they transition between generations.
- 20 African-American landowners developed farm management plans.
- 30 African-American landowners increased their knowledge of property rights and responsibilities.
- 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).
- 22 classrooms adopted this program.
- 45 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
- 70 consumers implemented water-wise gardening practices to conserve and protect water quality.
- 98 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 99 consumers learned how to apply landscape fertilizers and pesticides safely.
- 95 consumers learned how to conserve and protect water quality in the landscape.
- 120 consumers learned how to properly take a soil test and interpret the results.
- 41 consumers practiced best management practices relating to proper pruning and tree maintenance.
85 consumers used the results of their soil test to properly amend their soil.
722 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
80 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
171 corn producers report a $39 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
646 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
234 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
125 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
239 cotton producers report a $7538471 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
234 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
12 dial-gauge lids were tested.
20 existing small businesses who are now operating with a business plan.
0 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.
40 fruit and/or vegetable producers realized an economic impact of $5000 in savings, increased revenue and one-time capital purchases by adopting season extension or organic production practices.
30 fruit and/or vegetable producers who increased busines profitability by becoming USDA certified organic.
2 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
2 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
4 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
0 landowners expanded an existing aquaculture industry.
0 landowners properly fertilized their pond, followed stocking/harvesting recommendations, or controlled weeds/algae.
94 Master Gardeners gained knowledge and confidence in entomology.
94 Master Gardeners gained knowledge and confidence in integrated pest management.
94 Master Gardeners gained knowledge and confidence in ornamentals.
94 Master Gardeners gained knowledge and confidence in plant diseases.
94 Master Gardeners gained knowledge and confidence in soils.
94 Master Gardeners gained knowledge and confidence in turfgrass.
34 Master Gardeners have used the knowledge and skills they learned in this program to assist 37 people in turf selection or management.
37 Master Gardeners have used the knowledge and skills they learned in this program to assist 42 people to control pests through integrated pest management.
37 Master Gardeners have used the knowledge and skills they learned in this program to assist 42 people to identify pests and/or the damage they cause.
37 Master Gardeners have used the knowledge and skills they learned in this program to assist 42 people to identify symptoms of plant disease.
37 Master Gardeners have used the knowledge and skills they learned in this program to assist 37 people to improve soil through soil test results.
61643 miles were walked in the Walk Across Tennessee Program.
15 new 4-H volunteers were recruited this year.
93 of 112 adults wash hands more often.
230 of 632 better understood basic insurance needs.
588 of 632 better understood credit reporting and scoring.
238 of 238 checked their credit report.
40 of 120 farm families successfully diversified into fruit and vegetable production and marketing.
60 of 100 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
78 of 150 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
10 of 10 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
128 of 200 fruit and/or vegetable producers adopted IPM.
60 of 80 fruit and/or vegetable producers completed a food safety plan for their farm.
98 of 170 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 to identify pest insects, mites and diseases.
40 of 100 fruit and/or vegetable producers who began the transition to USDA certified organic production.
624 of 632 identified ways to reduce spending.
632 of 632 learned better how to communicate with creditors.
0 of 632 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.
74 of 116 learned how to properly maintain and store household financial records.
92 of 92 learned who to pay first if they can't pay everything.
0 of 0 made a change in career or educational goals.
18 of 24 participants are more physically active six months after completing the program.
359 of 406 participants ate more whole grains.
961 of 1128 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.
92 of 116 participants better understood the difference between pre-tax and after-tax investments.
20 of 20 participants can apply joint protection techniques.
527 of 674 participants can better control their chronic disease as a result of participating in the program.
20 of 20 participants can use relaxation techniques to better manage their arthritis symptoms.
0 of 0 participants communicated with other family members about financial matters.
143 of 370 participants decreased consumption of high-sugar foods.
118 of 183 participants decreased their blood pressure six months after completing the program.
214 of 187 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.
36 of 58 participants eat at least six meals together as a family each week.
101 of 312 participants eat fewer high-fat foods.
332 of 348 participants eat more fat-free or low-fat dairy products.
36 of 58 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
24 of 24 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 better manage their arthritis by continuing to do the
program exercises after this program ends.
416 of 509 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
60 of 90 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.
116 of 116 participants gained skill in determining their net worth.
0 of 0 participants gained skill in making a spending plan.
24 of 24 participants have added exercise to their action steps for managing their arthritis.
22 of 24 participants have improved performance of daily activities six months after completing the program.
18 of 20 participants have improved their arthritis symptoms as a result of participating in this program.
20 of 20 participants have less arthritis symptoms from their arthritis six months after completing the program.
30 of 30 participants have less arthritis symptoms.
18 of 24 participants have less pain from their arthritis six months after completing the program.
18 of 24 participants have less stiffness six months after completing the program.
624 of 624 participants identified ways to avoid being victimized by predatory practices or fraud.
1 of 1 participants identify or plan to identify a pest before deciding on the management needed.
30 of 30 participants improved control of their arthritis symptoms.
28 of 30 participants improved performance of daily activities.
14 of 20 participants improved their balance six months after completing the program.
24 of 30 participants improved their balance.
18 of 32 participants improved their blood pressure.
15 of 21 participants improved their blood sugar.
23 of 35 participants improved their cholesterol levels.
12 of 20 participants improved their flexibility six months after completing the program.
24 of 34 participants improved their flexibility.
10 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.
24 of 38 participants improved their triglyceride levels.
276 of 348 participants increased physical activity.
501 of 674 participants increased their exercise routine during Walk Across Tennessee Program.
684 of 714 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
87 of 90 participants learned how education will affect the kind of job they can get.
90 of 90 participants learned the difference between wants and needs.
327 of 364 participants lost weight: 1765 total pounds lost.
79 of 183 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.
357 of 548 participants maintained their walking/exercise routine six months after completing the program.
0 of 0 participants modified or plan to modify the environment to make it less conducive to pests.
226 of 348 participants now eat more fruit.
118 of 348 participants now eat more vegetables.
10 of 24 participants now take fewer medications for arthritis pain six months after completing the program.
84 of 90 participants now understand the difference between a need and a want.
31 of 51 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.
319 of 518 participants refrigerate perishable foods within two hours.
310 of 518 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
279 of 766 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
274 of 274 participants successfully completed educational requirements for post-filing bankruptcy education.
24 of 24 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
38 of 38 participants surveyed canned pickles following a tested recipe. (TNCEP)
57 of 57 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
48 of 53 participants surveyed canned vegetables following a tested recipe. (TNCEP)
12 of 12 participants surveyed processed pickles in a water-bath canner. (TNCEP)
115 of 115 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
49 of 49 participants surveyed processed vegetables in a pressure canner. (TNCEP)
219 of 518 participants surveyed used a thermometer to check the internal temperature of food.
338 of 518 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
8 of 20 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.
24 of 24 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
24 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.
20 of 20 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
708 of 766 participants understood the dangers of using too much credit.
78 of 312 participants increased their intake of dairy foods.
224 of 348 participants who increased their intake of whole grains.
217 of 312 students increased amount of time in physical activity.
48 of 312 students who increased their intake of whole grains.
0 of 0 tracked their spending.
773 of 817 youth now wash hands more often.
115 participants process high-acid foods in a water bath canner.
674 participants walked in the Walk Across Tennessee Program.
90 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
320 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
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.
377 producers report a 20% increase in wheat yield by using recommended crop management.
strategies for insects, weeds or plant diseases.
2 producers sprayed 45 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.
74 small business owners who increase income and quality of living.
919 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
225 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
67 soybean producers report a $24 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
919 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.
25 volunteer leaders increased their knowledge of positive youth development.
293 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
377 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.
377 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
418 youth believe that a team can accomplish more than an individual.
60 youth break goals down into steps so they can check their progress.
206 youth can assist a group in deciding on team plans for reaching goals.
400 youth can conduct a meeting.
400 youth can correctly classify most foods using the MyPyramid guidelines.
200 youth can deal with their nervousness when giving a speech or talk.
200 youth can explain an idea to others.
140 youth can give an informative speech or presentation.
200 youth can now read and compare the nutrition labels of snack foods they like to eat.
200 youth can select a topic for a speech or talk.
140 youth can show enthusiasm when giving a speech or presentation.
200 youth can speak loudly enough to be heard when giving a speech or talk.
198 youth enjoy working with others toward a common goal.
200 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
160 youth give a 2-3 minute speech or presentation.
300 youth have learned new skills and ways of doing things by participating in groups.
160 youth know how to organize the parts of a speech or presentation.
428 youth now encourage other team members to give their best effort.
102 youth now realize they need to eat breakfast everyday.
400 youth now think about their food choices and how those choices affect their health.
198 youth now think it's important to listen to all group members before making a decision.
206 youth now want to see other team members succeed even if they achieve more than themselves.
260 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
90 youth now work to achieve their goals.
50 youth put their goals in writing.
356 youth report that they are now comfortable being a group leader.
412 youth report that they can now cooperate and work in a group.
340 youth report that they can now give clear directions.
160 youth report that they have developed confidence to speak in front of groups.
400 youth report that they know how to set goals and they use that ability when leading a group.
300 youth report that they make sure everyone gets an opportunity to say what they think.
304 youth report that they now like to work with others and help them reach their goals.
344 youth report that they now like to work with others and help them reach their goals.
320 youth report that when in charge of a group, they treat everyone fairly and equally.
324 youth report using enthusiasm to get a group working.
98 youth set high goals.
196 youth think that everyone on the team is important.
198 youth think they have something to contribute to the worth of the team.
200 youth understand that other ideas may be just as important as their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Eastern Region

01/01/2011 to 12/31/2011

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Volunteers

Volunteer Hours

- All: 720
- Total: 720

Indirect Methods for Volunteers

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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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Units Reporting Program Activity

Eastern Region

All 2011 Outcomes (entire year)

- 0 of 0 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 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 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 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 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 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.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Entomology and Plant Pathology

01/01/2011 to 12/31/2011

Extension Personnel

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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### Volunteers

#### Volunteer Hours

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### Contacts by Volunteers

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Activity Report for Extension Administration

01/01/2011 to 12/31/2011

Extension Personnel

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Extended Activities:

- Entomology and Plant Pathology
- All 2011 Outcomes (entire year)

Units Reporting Program Activity

- None

Activity Report for Extension Administration

01/01/2011 to 12/31/2011

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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<td>Radio Program(s)</td>
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### Contacts by Extension Personnel

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### Volunteers

#### Volunteer Hours

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<tr>
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#### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

**Extension Administration**
### All 2011 Outcomes (entire year)

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

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### Activity Report for Extension Evaluation and Staff Development

#### 01/01/2011 to 12/31/2011

### Extension Personnel

#### 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>Newspaper Article(s):</td>
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### Contacts by Extension Personnel
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**Volunteers**

**Volunteer Hours**

|                          | Total: 0                      |

**Indirect Methods for Volunteers**

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**Contacts by Volunteers**

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<tr>
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**Units Reporting Program Activity**

Extension Evaluation and Staff Development

**All 2011 Outcomes (entire year)**
Activity Report for Family and Consumer Sciences

01/01/2011 to 12/31/2011

Extension Personnel

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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<tr>
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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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Indirect Methods for Extension Personnel

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### Volunteers

#### Volunteer Hours

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#### Contacts by Volunteers

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Activity Report for Fayette County

01/01/2011 to 12/31/2011

Extension Personnel

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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**

**Volunteer Hours**

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**Indirect Methods for Volunteers**

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## Contacts by Volunteers

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## Units Reporting Program Activity

**Fayette County**

### All 2011 Outcomes (entire year)

- Producers increased corn yield by 46 bushels/acre by selecting top yielding varieties on 34 acres of corn increasing their income by FRM.
- Producers increased yield by 44 bushels by selecting top yielding varieties on 10200 acres of soybeans, earning an extra FRM.
- Producers increased yield by 550 pounds by selecting top yielding varieties on 63000 acres of cotton, earning an extra FRM.
- 5200 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
- 600 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 64300 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
- 3200 acres of cotton scouted by a UT-trained scout to help make crop management decisions.
- 4128 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
- 1600 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
- 8500 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
- 22 beef producers sold 946 calves managed according to BQA guidelines to increase returns by FRM.
- 172 beef producers stored 2476 large, round bales under some type of cover to increase returns by FRM.
- 20 beef producers utilized bulls with greater genetic potential to produce 1246 head of calves to increase returns by FRM.
- 27 beef producers utilized hay feeding rings to feed 6205 bales and improved feeding methods to reduce wastage/spoilage, saving FRM.
- 38 beef producers utilized improved marketing methods to market 1582 head of calves to increase returns by FRM.
- 10 classrooms adopted this program.
- 65 consumers learned about plant selection and proper planting to save money and time in the
54 consumers learned how to apply landscape fertilizers and pesticides safely.
54 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.
28 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
30 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
28 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
56 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
52 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
50 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
46 cotton producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
50 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
204 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
10 farm families and rural business operators implementing improved record systems.
0 farm families evaluated new farm enterprises and value added activities.
12 farm families used FINPACK for developing and implementing whole farm plans.
10 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
100 farmers developed financial plans for their farms.
300 farmers increased their knowledge and skills in farm and financial planning.
50 Master Gardeners gained knowledge and confidence in entomology.
44 Master Gardeners gained knowledge and confidence in integrated pest management.
52 Master Gardeners gained knowledge and confidence in ornamentals.
50 Master Gardeners gained knowledge and confidence in plant diseases.
52 Master Gardeners gained knowledge and confidence in soils.
50 Master Gardeners gained knowledge and confidence in turfgrass.
5 of 5 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.
5 of 5 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)
35 of 35 adults wash hands more often.
0 of 0 homeowners increased their knowledge of fire ant management.
95 of 95 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)
45 of 45 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.
45 of 45 parents/caregivers learned about issues related to stages of child development.
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.
0 of 0 participants are more confident in relationships with family and friends.
98 of 148 participants ate more whole grains.
0 of 0 participants can apply health eating principles when making daily food decisions.
12 of 12 participants can apply joint protection techniques.
0 of 0 participants can better control their chronic condition with self-management techniques.
12 of 12 participants can use relaxation techniques to better manage their arthritis symptoms.
137 of 239 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
96 of 156 participants eat fewer high-fat foods.
53 of 65 participants eat more fat-free or low-fat dairy products.
55 of 83 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
12 of 12 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 feel confident using the Take PART technique when talking to their health care provider.
12 of 12 participants have improved their arthritis symptoms as a result of participating in this program.
10 of 16 participants have less arthritis symptoms.
8 of 16 participants improved control of their arthritis symptoms.
12 of 16 participants improved performance of daily activities.
12 of 16 participants improved their balance.
10 of 16 participants improved their flexibility.
55 of 65 participants increased physical activity.
0 of 0 participants know better how to manage and protect their assets for a secure retirement.
45 of 50 participants know what cancer screenings they need according to their age and gender.
0 of 0 participants lost weight: 0 total pounds lost.
42 of 65 participants now eat more fruit.
36 of 65 participants now eat more vegetables.
0 of 0 participants plan to exercise more often to help manage their chronic condition.
50 of 50 participants plan to get age and gender appropriate cancer screenings.
0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.
0 of 0 participants refrigerate perishable foods within two hours.
10 of 10 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
25 of 25 participants surveyed used a thermometer to check the internal temperature of food.
25 of 25 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
50 of 50 participants understand that cancer screening and early detection can save their life.
0 of 0 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
12 of 12 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
25 of 25 participants understand the special nutritional needs of the elderly.
46 of 50 participants understand women age 40 and older should have a mammogram.
45 of 50 participants understand women of all ages need a Pap test.
108 of 156 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 thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
90 of 90 respondents plan to decrease exposure of their children to parental conflict.
90 of 90 respondents report understanding the importance of working together for the sakes of their children.
140 of 156 students increased amount of time in physical activity.
94 of 156 students who increased their intake of whole grains.
2 of 2 teachers reported preschool children in their classes were more actively engaged in physical activity.
2 of 2 teachers reported preschool children in their classes were more willing to taste fruit.
2 of 2 teachers reported preschool children in their classes were more willing to taste vegetables.
2 of 2 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
2 of 2 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 youth now wash hands more often.
90 parents/caregivers learned effective communication techniques to use with their children.
90 parents/caregivers learned strategies for dealing with parenting stress.
63 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
98 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
1 producers increased their return on 1000 acres by $FRM by utilizing irrigation instead of dry land production.
212 producers increased their return on 421160 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
48 producers planted 10119 acres with clover for an increased production valued at $FRM.
19 producers planted 75 acres with warm-season grasses for an added value of $FRM.
26 producers sprayed 1123 acres for broadleaf weed control for an increased production valued at $FRM.
7 producers stockpiled 360 acres of tall fescue, reducing feeding cost by $FRM.
1 producers utilized UT fertility recommendations.
4 schools adopted this program.
36 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
18 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
8 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
36 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
6 youth believe that a team can accomplish more than an individual.
80 youth believe that people working together can help others less fortunate.
5 youth enjoy working with others toward a common goal.
12 youth now get information about a problem.
14 youth report that they can now cooperate and work in a group.
12 youth report that they know how to set goals and they use that ability when leading a group.
76 youth report that they learned about important leaders who contributed to our nation.
14 youth report that they make sure everyone gets an opportunity to say what they think.
14 youth report that they take their jobs seriously as members of a committee.
14 youth report that when in charge of a group, they treat everyone fairly and equally.
5 youth think that everyone on the team is important.
98 youth think they can make a big difference in their community by helping others.
6 youth think they have something to contribute to the worth of the team.
70 youth understand how community leaders are elected to office.
5 youth understand that other ideas may be just as important as their own.
14 youth who report that they have learned that some choices are better than others.
14 youth who report they can make a decision.
14 youth who report they now listen to people with more experience than themselves.
14 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Fentress County
01/01/2011 to 12/31/2011

Extension Personnel

<table>
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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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<tr>
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<table>
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<th>Indirect Methods for Extension Personnel</th>
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Volunteers

Publication(s): 731 10299
Radio Program(s): 7 34000
TV Program(s): 0 0
Total: 976 48565

Contacts by Extension Personnel

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Volunteer Hours

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Indirect Methods for Volunteers

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Contacts by Volunteers
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**Units Reporting Program Activity**

Fentress County

**All 2011 Outcomes (entire year)**

- 22 beef producers sold 9500 calves managed according to BQA guidelines to increase returns by $FRM.
- 42 beef producers stored 9400 large, round bales under some type of cover to increase returns by $FRM.
- 36 beef producers utilized bulls with greater genetic potential to produce 1650 head of calves to increase returns by $FRM.
- 62 beef producers utilized hay feeding rings to feed 7200 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 10 beef producers utilized improved marketing methods to market 4200 head of calves to increase returns by $FRM.
- 40 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.
- 18 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 40 consumers learned how to apply landscape fertilizers and pesticides safely.
- 0 consumers learned how to conserve and protect water quality in the landscape.
- 40 consumers learned how to properly take a soil test and interpret the results.
- 5 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.
- 2 dial-gauge lids were tested.
- 36 home lawn insect, disease and weed samples submitted for identification and control recommendations.
- 50 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.
- 74 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
- 40 of 40 adults wash hands more often.
- 4 of 0 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.
165 of 249 participants ate more whole grains.
15 of 65 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
103 of 174 participants eat more fat-free or low-fat dairy products.
15 of 65 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
232 of 272 participants increased physical activity.
0 of 0 participants lost weight; 0 total pounds lost.
237 of 331 participants now eat more fruit.
376 of 581 participants now eat more vegetables.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
142 of 174 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
14 of 14 participants surveyed canned pickles following a tested recipe. (TNCEP)
14 of 14 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
14 of 14 participants surveyed canned vegetables following a tested recipe. (TNCEP)
14 of 14 participants surveyed processed pickles in a water-bath canner. (TNCEP)
14 of 14 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
14 of 14 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
58 of 59 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants use labels to make healthier choices.
174 of 309 participants who now select foods and beverages that promote healthy weight.
143 of 143 teachers reported preschool children in their classes were more actively engaged in physical activity.
143 of 143 teachers reported preschool children in their classes were more willing to taste fruit.
125 of 143 teachers reported preschool children in their classes were more willing to taste vegetables.
124 of 143 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.
499 of 537 youth now wash hands more often.
14 participants process high-acid foods in a water bath canner.
22 producers planted 750 acres with clover for an increased production valued at $FRM.
10 producers planted 190 acres with warm-season grasses for an added value of $FRM.
26 producers sprayed 1400 acres for broadleaf weed control for an increased production valued at $FRM.
12 producers stockpiled 170 acres of tall fescue, reducing feeding cost by $FRM.
450 youth are better able to understand and follow directions.
250 youth are now better listeners.
500 youth can analyze the results of a scientific investigation.
500 youth can ask a question that can be answered by collecting data.
0 youth can challenge policies through petitions, presentations or other positive ways.
32 youth can complete projects they are proud of.
325 youth can correctly classify most foods using the MyPyramid guidelines.
200 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
15 youth can explain an idea to others.
225 youth can express ideas with a poster, exhibit or other display.
125 youth can give an informative speech or presentation.
10 youth can now prepare and deliver a five-minute speech.
325 youth can now read and compare the nutrition labels of snack foods they like to eat.
350 youth can now share their ideas through writing.
0 youth can record data accurately.
200 youth can select a topic for a speech or talk.
125 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.
500 youth can use specific scientific knowledge to form a question.
50 youth can use technology to help themselves express ideas.
32 youth feel comfortable asking others to help on a project.
150 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
200 youth give a 2-3 minute speech or presentation.
20 youth have explored careers in communications.
20 youth have learned at least five jobs in which communication skills are important.
200 youth know how to organize the parts of a speech or presentation.
32 youth like to work with others to complete projects.
325 youth now eat more whole grain breads and cereals.
0 youth now limit the amount of high-sugar snack foods they eat.
325 youth now realize they need to eat breakfast everyday.
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.
325 youth now think about their food choices and how those choices affect their health.
325 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
100 youth report that they have developed confidence to speak in front of groups.
0 youth report that when they disagree with someone, they can stand up for themselves without using violence.
2 youth report they are now "accomplished public speakers."
2 youth report they can give an impromptu speech.
50 youth report they can now express their opinions in speeches or presentations.
30 youth report they can now keep records.
25 youth report they have improved photography skills.
5 youth report they have learned skills in visual communications.
32 youth understand that they cannot always be "the best" in everything.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Food Science and Technology

01/01/2011 to 12/31/2011

Extension Personnel

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### Contacts by Extension Personnel

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**Volunteers**
Volunteer Hours
Total: 0

Indirect Methods for Volunteers

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Units Reporting Program Activity

Food Science and Technology

All 2011 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)
None

Activity Report for Forestry, Wildlife and Fisheries

01/01/2011 to 12/31/2011

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## Volunteers

| Volunteer Hours: |  |
Activity Report for Franklin County

01/01/2011 to 12/31/2011

Extension Personnel

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Forestry, Wildlife and Fisheries

All 2011 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)

None

Activity Report for Franklin County

01/01/2011 to 12/31/2011
### Direct Methods for Extension Personnel

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### Volunteers

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Units Reporting Program Activity

Franklin County

All 2011 Outcomes (entire year)

- Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 9000 acres of corn increasing their income by FRM.
- Producers increased yield by 68 bushels by selecting top yielding varieties on 8 acres of soybeans, earning an extra $FRM.
- Producers increased yield by 114 bushels by selecting top yielding varieties on 10800 acres of wheat, earning an extra $FRM.
- 15000 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
- 5000 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 48 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
6000 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.  
13000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.  
24 beef producers sold 0 calves managed according to BQA guidelines to increase returns by $FRM.  
12 beef producers stored 700 large, round bales under some type of cover to increase returns by $FRM.  
16 beef producers utilized bulls with greater genetic potential to produce 390 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 390 head of calves to increase returns by $FRM.  
112 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).  
42 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.  
8 corn producers report a $24 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.  
62 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.  
16 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).  
6 farm families and rural business operators implementing improved record systems.  
10 farm families evaluated new farm enterprises and value added activities.  
8 farm families used FINPACK for developing and implementing whole farm plans.  
42 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.  
6 farmers developed financial plans for their farms.  
10 farmers increased their knowledge and skills in farm and financial planning.  
6 farmers increased their potential cash income from their farming operation by $ 24000 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 business profitability by becoming USDA certified organic.  
0 Master Gardeners gained knowledge and confidence in entomology.  
0 Master Gardeners gained knowledge and confidence in integrated pest management.  
0 Master Gardeners gained knowledge and confidence in ornamentals.  
0 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.  
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people in turf selection or management.  
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to control pests through integrated pest management.  
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to identify pests and/or the damage they cause.  
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to identify symptoms of plant disease.  
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to improve soil through soil test results.
46 of 46 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.

26 of 46 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.

236 of 356 better understood their parents' concerns about money.

0 of 0 checked their credit report.

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.

4 of 70 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

6 of 70 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 who began the transition to USDA certified organic production.

4 of 40 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.

32 of 40 learned how to prepare a grab and go bag in case of an emergency home evacuation.

32 of 40 learned how to properly maintain and store household financial records.

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

28 of 44 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.

158 of 163 parents/caregivers learned about issues related to stages of child development.

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 the difference between pre-tax and after-tax investments.

236 of 356 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 determined how to better balance their investments among pre-tax and after-tax options.

222 of 356 participants felt more strongly that they needed to get a good education.

254 of 356 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.
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.
148 of 178 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
276 of 356 participants learned better how to plan their spending.
246 of 356 participants learned how education will affect the kind of job they can get.
270 of 356 participants learned how having a family can affect their lifestyle.
280 of 356 participants learned how much money it takes to get by.
286 of 356 participants learned how occupation and income will affect their lifestyle.
220 of 356 participants learned how payroll deductions are taken from gross pay.
234 of 356 participants learned how to keep a checkbook register.
109 of 178 participants learned how to write a check.
0 of 0 participants made a spending plan.
54 of 178 participants made changes to their future plans.
33 of 178 participants planned to change their career goals.
98 of 178 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 set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
159 of 163 respondents plan to decrease exposure of their children to parental conflict.
156 of 163 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.
158 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
8 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
16 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.
68 producers increased their return on 20000 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
8 producers planted 160 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.
116 producers report a 20% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
6 producers sprayed 130 acres for broadleaf weed control for an increased production valued at $FRM.
2 producers stockpiled 90 acres of tall fescue, reducing feeding cost by $FRM.
20 producers utilized UT fertility recommendations.
76 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
142 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
24 soybean producers report a $10 reduction in pest control costs by following recommended control
strategies for insects, weeds or plant diseases.

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

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

116 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).

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

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

108 youth are better able to understand and follow directions.

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

32 youth can analyze the results of a scientific investigation.

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

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

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

64 youth can explain an idea to others.

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

100 youth can give an informative speech or presentation.

184 youth can now share their ideas through writing.

32 youth can record data accurately.

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

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

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

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

66 youth can use technology to help themselves express ideas.

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

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

84 youth have learned at least five jobs in which communication skills are important.

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

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

76 youth now get information about a problem.

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

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

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

76 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.

138 youth now work to achieve their goals.

145 youth put their goals in writing.

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

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

134 youth set high goals.

68 youth who are now making plans to achieve their goals.

44 youth who have put their goal(s) in writing.

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

77 youth who report they can make a decision.

80 youth who report they now listen to people with more experience than themselves.
76 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Gibson County
01/01/2011 to 12/31/2011

Extension Personnel

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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<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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Indirect Methods for Extension Personnel

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### Volunteers

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<td>Female Youth</td>
<td>802</td>
<td>183</td>
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### Volunteer Hours

- **All:** 641
- **Total:** 641

### Indirect Methods for Volunteers

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<th>Method</th>
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### Contacts by Volunteers

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<tr>
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**Units Reporting Program Activity**

Gibson County

**All 2011 Outcomes (entire year)**

- Producers increased corn yield by 12 bushels/acre by selecting top yielding varieties on 99360 acres of corn increasing their income by FRM.
- Producers increased yield by 3 bushels by selecting top yielding varieties on 101000 acres of soybeans, earning an extra $FRM.
- Producers increased yield by 0 bushels by selecting top yielding varieties on 21620 acres of wheat, earning an extra $FRM.
- Producers increased yield by 86 pounds by selecting top yielding varieties on 281222 acres of cotton, earning an extra $FRM.
- 19762 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
- 1500 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 27000 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
- 1200 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 27802 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
- 16500 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
- 31 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
- 167 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
- 22 corn producers report a $13 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
- 831 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
- 86 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
- 107 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
- 27 cotton producers report a $88 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
- 769 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
- 42 of 106 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.
- 48 of 88 participants are applying health eating principles when making food decisions six months
56 of 88 participants are better self-managers of their chronic condition six months after completing the program.
56 of 88 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
38 of 88 participants are physically active six months after completing the program.
27 of 88 participants are using the UT Med Minder card to keep a record of their medications.
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310 of 310 participants understand women of all ages need a Pap test.
35 of 56 participants who now select foods and beverages that promote healthy weight.
88 of 88 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
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.
7 of 12 teachers reported using physical activities from Healthy Steps at least three times per week.
67 of 90 youth now wash hands more often.
15 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
52 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
12 producers increased their return on 1800 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.
0 producers report a 0 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
57 producers utilized UT fertility recommendations.
31 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
167 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
44 soybean producers report a $26 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
744 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
28 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
28 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).
44 wheat producers report a $26 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
1072 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 Giles County

01/01/2011 to 12/31/2011
# Extension Personnel

## Extension Personnel Hours

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## Direct Methods for Extension Personnel

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### Volunteers

#### Volunteer Hours

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#### Indirect Methods for Volunteers

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#### Contacts by Volunteers

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### Units Reporting Program Activity

Giles County

**All 2011 Outcomes (entire year)**
Producers increased corn yield by 12 bushels/acre by selecting top yielding varieties on 533 acres of corn increasing their income by FRM.

Producers increased yield by 3 bushels by selecting top yielding varieties on 1155 acres of soybeans, earning an extra $FRM.

2460 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

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

3293 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.

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

5 classrooms adopted this program.

0 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.

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.

0 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.

8 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.

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

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

2 corn producers report a $7 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.

26 dial-gauge lids were tested.

26 Master Gardeners gained knowledge and confidence in entomology.

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

28 Master Gardeners gained knowledge and confidence in ornamentals.

26 Master Gardeners gained knowledge and confidence in plant diseases.

22 Master Gardeners gained knowledge and confidence in soils.

20 Master Gardeners gained knowledge and confidence in turfgrass.

4 Master Gardeners have used the knowledge and skills they learned in this program to assist 6 people in turf selection or management.

0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to control pests through integrated pest management.

0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to identify pests and/or the damage they cause.

0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to identify symptoms of plant disease.

8 Master Gardeners have used the knowledge and skills they learned in this program to assist 20 people to improve soil through soil test results.

0 of 0 adults wash hands more often.

0 of 0 better understood basic insurance needs.

104 of 146 better understood credit reporting and scoring.

4 of 146 checked their credit report.

6 of 10 homeowners increased their knowledge of fire ant management.
124 of 146 identified ways to reduce spending.
130 of 146 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.
138 of 146 learned who to pay first if they can't pay everything.
1412 of 3291 participants ate more whole grains.
136 of 146 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.
40 of 146 participants better understood the difference between pre-tax and after-tax investments.
56 of 176 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.
5 of 26 participants eat at least six meals together as a family each week.
52 of 150 participants eat fewer high-fat foods.
1194 of 3265 participants eat more fat-free or low-fat dairy products.
12 of 26 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
8 of 146 participants followed a spending plan.
124 of 146 participants gained skill in determining their net worth.
136 of 146 participants gained skill in making a spending plan.
40 of 146 participants identified ways to avoid being victimized by predatory practices or fraud.
1327 of 3265 participants increased physical activity.
124 of 146 participants gained skill in making a spending plan.
40 of 146 participants identified ways to avoid being victimized by predatory practices or fraud.
8 of 146 participants kept a record of spending.
0 of 0 participants lost weight: 0 total pounds lost.
8 of 146 participants made a spending plan.
1926 of 3265 participants now eat more fruit.
520 of 3265 participants now eat more vegetables.
4 of 8 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.
3 of 6 participants surveyed canned pickles following a tested recipe. (TNCEP)
4 of 6 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
4 of 6 participants surveyed canned vegetables following a tested recipe. (TNCEP)
4 of 6 participants surveyed processed pickles in a water-bath canner. (TNCEP)
6 of 6 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
6 of 6 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.
128 of 146 participants understood the dangers of using too much credit.
25 of 150 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.
142 of 146 participants understood the dangers of using too much credit.
30 of 150 students who increased their intake of whole grains.
5 of 5 teachers reported preschool children in their classes were more actively engaged in physical activity.
5 of 5 teachers reported preschool children in their classes were more willing to taste fruit.
4 of 5 teachers reported preschool children in their classes were more willing to taste vegetables.
5 of 5 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
3 of 5 teachers reported using physical activities from Healthy Steps at least three times per week.
8 of 146 tracked their spending.
8 of 146 worked toward new savings, investment or retirement goals.
2781 of 3265 youth now wash hands more often.
6 participants process high-acid foods in a water bath canner.
42 producers planted 1050 acres with clover for an increased production valued at $FRM.
20 producers planted 248 acres with warm-season grasses for an added value of $FRM.
66 producers sprayed 6744 acres for broadleaf weed control for an increased production valued at $FRM.
43 producers stockpiled 1688 acres of tall fescue, reducing feeding cost by $FRM.
1 schools adopted this program.
7 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
41 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
4 soybean producers report a $7 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
7 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
46 youth are better able to understand and follow directions.
106 youth are confident they can work through a disagreement without using violence.
60 youth believe that a team can accomplish more than an individual.
108 youth break goals down into steps so they can check their progress.
352 youth can analyze the results of a scientific investigation.
360 youth can ask a question that can be answered by collecting data.
64 youth can assist a group in deciding on team plans for reaching goals.
190 youth can communicate a scientific procedure to others.
120 youth can complete projects they are proud of.
48 youth can conduct a meeting.
176 youth can create a display to communicate scientific data and observations.
40 youth can deal with their nervousness when giving a speech or talk.
318 youth can design a scientific procedure to answer a question.
92 youth can explain an idea to others.
152 youth can express ideas with a poster, exhibit or other display.
0 youth can give an informative speech or presentation.
264 youth can now share their ideas through writing.
342 youth can record data accurately.
130 youth can select a topic for a speech or talk.
0 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.
184 youth can use data to create a graph for presentation to others.
208 youth can use models to explain scientific results.
204 youth can use science terms to share scientific results.
342 youth can use specific scientific knowledge to form a question.
90 youth can use technology to help themselves express ideas.
204 youth can use the results of their investigation to answer the question they had asked.
60 youth enjoy working with others toward a common goal.
114 youth feel comfortable asking others to help on a project.
70 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
0 youth give a 2-3 minute speech or presentation.
142 youth have learned at least five jobs in which communication skills are important.
56 youth have learned new skills and ways of doing things by participating in groups.
48 youth have set a goal for their job or career.
0 youth know how to organize the parts of a speech or presentation.
116 youth like to work with others to complete projects.
120 youth now encourage other team members to give their best effort.
34 youth now get information about a problem.
0 youth now report that they can justify their decision.
0 youth now report that they have confidence making their own decisions.
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 think about past choices when making new decisions.
22 youth now report that they use more than one source of information in making choices.
28 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.
14 youth now report they consider the risks of their choices.
14 youth now report they think about the truthfulness of sources of information when making choices.
60 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.
52 youth now want to see other team members succeed even if they achieve more than themselves.
116 youth now work to achieve their goals.
36 youth put their goals in writing.
52 youth report being able to break tough jobs down into simpler tasks.
52 youth report being able to resolve problems without losing control of their emotions.
28 youth report being sensitive to the feelings of others when discussing and solving problems.
112 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
52 youth report that they are comfortable being responsible for a group.
52 youth report that they are now comfortable being a group leader.
52 youth report that they can now cooperate and work in a group.
56 youth report that they can now give clear directions.
116 youth report that they can now identify their personal interests and strengths.
0 youth report that they have developed confidence to speak in front of groups.
116 youth report that they have learned to win and lose gracefully when participating in competitive events.
52 youth report that they know how to set goals and they use that ability when leading a group.
52 youth report that they make sure everyone gets an opportunity to say what they think.
112 youth report that they now achieve goals they set for themselves.
48 youth report that they now like to work with others and help them reach their goals.
56 youth report that they take their jobs seriously as members of a committee.
56 youth report that when in charge of a group, they treat everyone fairly and equally.
98 youth report that when they disagree with someone, they can stand up for themselves without using
violence.
52 youth report using enthusiasm to get a group working.
44 youth seek out others who can help them become a better leader.
116 youth set high goals.
60 youth think that everyone on the team is important.
60 youth think they have something to contribute to the worth of the team.
64 youth understand that other ideas may be just as important as their own.
124 youth understand that they cannot always be "the best" in everything.
108 youth who are now making plans to achieve their goals.
36 youth who have put their goal(s) in writing.
32 youth who report that they have learned that some choices are better than others.
44 youth who report they can make a decision.
30 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 Grainger County

01/01/2011 to 12/31/2011

Extension Personnel

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### Volunteers

#### Volunteer Hours

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#### Indirect Methods for Volunteers

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**Units Reporting Program Activity**

Grainger County

**All 2011 Outcomes (entire year)**

136 beef producers sold 720 calves managed according to BQA guidelines to increase returns by $FRM.
178 beef producers stored 33800 large, round bales under some type of cover to increase returns by $FRM.
96 beef producers utilized bulls with greater genetic potential to produce 2200 head of calves to increase returns by $FRM.
158 beef producers utilized hay feeding rings to feed 5530 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
36 beef producers utilized improved marketing methods to market 110 head of calves to increase returns by $FRM.
6 classrooms adopted this program.
8 fruit and/or vegetable producers realized an economic impact of $70000 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.
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 of 100 adults wash hands more often.
33 of 54 better understood basic insurance needs.
26 of 54 better understood credit reporting and scoring.
272 of 320 better understood their parents’ concerns about money.
26 of 54 checked their credit report.
0 of 0 farm families successfully diversified into fruit and vegetable production and marketing.
2 of 70 fruit and vegetable producers adopted organic and/or sustainable production practices on their
50 of 70 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

40 of 70 fruit and/or vegetable producers adopted IPM.

24 of 70 fruit and/or vegetable producers completed a food safety plan for their farm.

18 of 70 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.

2 of 70 fruit and/or vegetable producers who began the transition to USDA certified organic production.

12 of 33 gained skill in evaluating their housing options.

26 of 54 identified ways to reduce spending.

26 of 26 learned better how to communicate with creditors.

26 of 26 learned how to better manage stress caused by financial issues.

33 of 54 learned how to prepare a grab and go bag in case of an emergency home evacuation.

26 of 54 learned how to properly maintain and store household financial records.

33 of 54 learned who to pay first if they can't pay everything.

40 of 100 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 24 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.

14 of 24 parents/caregivers learned about issues related to stages of child development.

9 of 33 participants analyzed their readiness for home ownership.

10 of 15 participants are confident they can better manage their diabetes as a result of participating in this program.

128 of 204 participants ate more whole grains.

33 of 54 participants became more aware of the importance of starting to save and invest early in life.

84 of 133 participants began or increased savings an average of $36 per month.

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

320 of 395 participants better understood their parent's concerns about money.

9 of 15 participants can choose foods that do not cause a sharp rise in blood sugar.

40 of 100 participants communicated with other family members about financial matters.

68 of 208 participants decreased consumption of high-sugar foods.

0 of 0 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 104 participants eat at least six meals together as a family each week.

36 of 104 participants eat fewer high-fat foods.

36 of 100 participants eat more fat-free or low-fat dairy products.

16 of 104 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

360 of 395 participants felt more strongly that they needed to get a good education.

372 of 395 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.

46 of 126 participants followed a spending plan.

28 of 28 participants gained better understanding of the mortgage process.

26 of 26 participants gained skill in determining their net worth.
54 of 54 participants gained skill in making a spending plan.
26 of 54 participants identified ways to avoid being victimized by predatory practices or fraud.
24 of 100 participants increased physical activity.
385 of 449 participants increased their financial management skills.
26 of 54 participants kept a record of spending.
352 of 395 participants learned better how to plan their spending.
344 of 395 participants learned how education will affect the kind of job they can get.
380 of 395 participants learned how having a family can affect their lifestyle.
347 of 395 participants learned how much money it takes to get by.
371 of 395 participants learned how occupation and income will affect their lifestyle.
308 of 395 participants learned how payroll deductions are taken from gross pay.
332 of 395 participants learned how to keep a checkbook register.
372 of 395 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
64 of 100 participants made a change in financial behavior.
42 of 154 participants made a spending plan.
260 of 320 participants made changes to their future plans.
72 of 100 participants now eat more fruit.
84 of 100 participants now eat more vegetables.
15 of 15 participants plan to regularly check their blood sugar as requested by their doctor.
6 of 15 participants plan to use the Healthy Plate Method.
184 of 320 participants planned to change their career goals.
290 of 395 participants planned to get more education after high school.
29 of 33 participants purchased a home.
0 of 0 participants reduced debt an average of $ 0 per month.
100 of 100 participants refrigerate perishable foods within two hours.
100 of 100 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
24 of 54 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
52 of 52 participants successfully completed educational requirements for post-filing bankruptcy education.
52 of 52 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
28 of 28 participants successfully completed homebuyer education requirements.
48 of 56 participants surveyed change and wash sheets and towels weekly.
36 of 56 participants surveyed clean bathrooms weekly.
52 of 56 participants surveyed clean kitchens daily.
36 of 56 participants surveyed increased their knowledge on how regular cleaning can help reduce environmental health hazards.
28 of 56 participants surveyed increased their knowledge on safer house cleaning techniques.
34 of 56 participants surveyed increased their knowledge on the importance of moisture control in their home.
56 of 56 participants surveyed separate out heavily soiled work clothes and wash separately.
28 of 100 participants surveyed used a thermometer to check the internal temperature of food.
28 of 100 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
44 of 100 participants talked about financial goals with their parents or others.
7 of 15 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
26 of 26 participants understood the dangers of using too much credit.
76 of 104 participants who increased their intake of dairy foods.
24 of 100 participants who now select foods and beverages that promote healthy weight.
57 of 133 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
24 of 24 respondents plan to decrease exposure of their children to parental conflict.
16 of 24 respondents report understanding the importance of working together for the sakes of their children.
36 of 104 students increased amount of time in physical activity.
52 of 104 students who increased their intake of whole grains.
26 of 54 tracked their spending.
24 of 54 worked toward new savings, investment or retirement goals.
0 of 0 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.
84 producers planted 1290 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.
92 producers sprayed 1380 acres for broadleaf weed control for an increased production valued at $FRM.
30 producers stockpiled 90 acres of tall fescue, reducing feeding cost by $FRM.
2 schools adopted this program.
0 tenants avoided eviction by improving their house cleaning skills.
272 youth are better able to understand and follow directions.
504 youth can analyze the results of a scientific investigation.
560 youth can ask a question that can be answered by collecting data.
544 youth can conduct a meeting.
128 youth can deal with their nervousness when giving a speech or talk.
496 youth can design a scientific procedure to answer a question.
120 youth can explain an idea to others.
296 youth can express ideas with a poster, exhibit or other display.
60 youth can give an informative speech or presentation.
552 youth can now share their ideas through writing.
460 youth can record data accurately.
120 youth can select a topic for a speech or talk.
68 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.
416 youth can use specific scientific knowledge to form a question.
288 youth can use technology to help themselves express ideas.
96 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
80 youth give a 2-3 minute speech or presentation.
144 youth have learned at least five jobs in which communication skills are important.
44 youth know how to organize the parts of a speech or presentation.
480 youth report that they are now comfortable being a group leader.
460 youth report that they can now give clear directions.
80 youth report that they have developed confidence to speak in front of groups.
428 youth report that they now like to work with others and help them reach their goals.
508 youth report using enthusiasm to get a group working.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Greene County
## 01/01/2011 to 12/31/2011

### Extension Personnel

#### Extension Personnel Hours

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#### Direct Methods for Extension Personnel

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#### Contacts by Extension Personnel

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### Volunteers

#### Volunteer Hours

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#### Indirect Methods for Volunteers

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#### Contacts by Volunteers

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### Units Reporting Program Activity
Greene County

**All 2011 Outcomes (entire year)**

3 4-H clubs were met by volunteers.
3 4-H judging teams were coached by volunteers.
8 4-H project groups were met by volunteers.
18 4-H volunteers utilized volunteer position descriptions.
3 agritourism operators implemented new or improved strategies to manage risk.
3202 beef producers sold 46274 calves managed according to BQA guidelines to increase returns by $FRM.
284 beef producers stored 28800 large, round bales under some type of cover to increase returns by $FRM.
364 beef producers utilized bulls with greater genetic potential to produce 7280 head of calves to increase returns by $FRM.
136 beef producers utilized hay feeding rings to feed 12400 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
2800 beef producers utilized improved marketing methods to market 38000 head of calves to increase returns by $FRM.
24 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
13 consumers implemented water-wise gardening practices to conserve and protect water quality.
65 consumers learned about plant selection and proper planting to save money and time in the landscape.
65 consumers learned how to apply landscape fertilizers and pesticides safely.
65 consumers learned how to conserve and protect water quality in the landscape.
65 consumers learned how to properly take a soil test and interpret the results.
54 consumers practiced best management practices relating to proper pruning and tree maintenance.
89 consumers used the results of their soil test to properly amend their soil.
21 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
12 farm families and rural business operators implementing improved record systems.
70 farm families evaluated new farm enterprises and value added activities.
40 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.
40 farmers developed financial plans for their farms.
5 farmers evaluated their potential for a new agritourism enterprise or for expanding their existing enterprise.
102 farmers increased their knowledge and skills in farm and financial planning.
3 farmers increased their potential cash income from their farming operation by $ 157247 by implementing a financial plan.
64 home lawn insect, disease and weed samples submitted for identification and control recommendations.
32 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.
23 homeowners established new turfgrass species and varieties.
32 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
18 Master Gardeners gained knowledge and confidence in entomology.
18 Master Gardeners gained knowledge and confidence in integrated pest management.
18 Master Gardeners gained knowledge and confidence in ornamentals.
18 Master Gardeners gained knowledge and confidence in plant diseases.
18 Master Gardeners gained knowledge and confidence in soils.
18 Master Gardeners gained knowledge and confidence in turfgrass.
18 Master Gardeners have used the knowledge and skills they learned in this program to assist 115 people in turf selection or management.
18 Master Gardeners have used the knowledge and skills they learned in this program to assist 51 people to control pests through integrated pest management.
18 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.
18 Master Gardeners have used the knowledge and skills they learned in this program to assist 110 people to identify symptoms of plant disease.
18 Master Gardeners have used the knowledge and skills they learned in this program to assist 320 people to improve soil through soil test results.
11 new 4-H volunteers were recruited this year.
0 of 0 adults wash hands more often.
138 of 168 better understood their parents' concerns about money.
4 of 4 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
2 of 2 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
12 of 12 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.
0 of 0 homeowners increased their knowledge of fire ant management.
1 of 1 landscape and nursery participants increased their knowledge of fire ant management.
136 of 168 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.
0 of 0 participants ate more whole grains.
132 of 168 participants began or increased savings an average of $0 per month.
138 of 168 participants better understood their parent's concerns about money.
78 of 168 participants communicated with other family members about financial matters.
0 of 0 participants eat more fat-free or low-fat dairy products.
140 of 168 participants felt more strongly that they needed to get a good education.
142 of 168 participants felt more strongly that they needed to pay attention to their financial future.
132 of 168 participants followed a spending plan.
467 of 486 participants increased physical activity.
122 of 168 participants increased their financial management skills.
130 of 168 participants learned better how to plan their spending.
140 of 168 participants learned how education will affect the kind of job they can get.
144 of 168 participants learned how having a family can affect their lifestyle.
142 of 168 participants learned how much money it takes to get by.
144 of 168 participants learned how occupation and income will affect their lifestyle.
130 of 168 participants learned how payroll deductions are taken from gross pay.
140 of 168 participants learned how to keep a checkbook register.
144 of 168 participants learned how to write a check.
102 of 168 participants made a change in financial behavior.
130 of 168 participants made a spending plan.
92 of 168 participants made changes to their future plans.
486 of 486 participants now eat more fruit.
467 of 486 participants now eat more vegetables.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
30 of 168 participants planned to change their career goals.
136 of 168 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 18 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
18 of 18 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.
90 of 168 participants talked about financial goals with their parents or others.
0 of 0 participants who now select foods and beverages that promote healthy weight.
124 of 168 participants worked toward new savings or investment goals.
0 of 0 providers had increased knowledge of the workshop(s) topics.
130 of 138 respondents plan to decrease exposure of their children to parental conflict.
124 of 138 respondents report understanding the importance of working together for the sake of their children.
486 of 486 youth now wash hands more often.
128 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
152 producers planted 2280 acres with clover for an increased production valued at $FRM.
8 producers planted 80 acres with warm-season grasses for an added value of $FRM.
800 producers sprayed 4800 acres for broadleaf weed control for an increased production valued at $FRM.
220 producers stockpiled 2000 acres of tall fescue, reducing feeding cost by $FRM.
3 professionals increased their knowledge of components of business plans.
3 professionals increased their knowledge of green industry services and marketing practices.
3 professionals increased their knowledge of plant culture (e.g., fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
3 professionals increased their knowledge of plant pests and pest control measures.
3 professionals increased their knowledge of proper plant selection.
9 tobacco producers increased their knowledge of pest 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.
14 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
68 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.
26 volunteer leaders increased their knowledge of positive youth development.
20 youth are better able to understand and follow directions.
280 youth break goals down into steps so they can check their progress.
74 youth can analyze the results of a scientific investigation.
60 youth can ask a question that can be answered by collecting data.
140 youth can deal with their nervousness when giving a speech or talk.
4 youth can design a scientific procedure to answer a question.
152 youth can explain an idea to others.
16 youth can express ideas with a poster, exhibit or other display.
160 youth can give an informative speech or presentation.
72 youth can now share their ideas through writing.
62 youth can record data accurately.
160 youth can select a topic for a speech or talk.
128 youth can show enthusiasm when giving a speech or presentation.
152 youth can speak loudly enough to be heard when giving a speech or talk.
78 youth can use specific scientific knowledge to form a question.
48 youth can use technology to help themselves express ideas.
120 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
156 youth give a 2-3 minute speech or presentation.
20 youth have learned at least five jobs in which communication skills are important.
194 youth have set a goal for their job or career.
148 youth know how to organize the parts of a speech or presentation.
64 youth now get information about a problem.
260 youth now set high goals that require work to achieve them.
360 youth now work to achieve their goals.
130 youth put their goals in writing.
44 youth report that they can now cooperate and work in a group.
140 youth report that they have developed confidence to speak in front of groups.
32 youth report that they know how to set goals and they use that ability when leading a group.
20 youth report that they make sure everyone gets an opportunity to say what they think.
216 youth report that they now achieve goals they set for themselves.
8 youth report that they take their jobs seriously as members of a committee.
8 youth report that when in charge of a group, they treat everyone fairly and equally.
292 youth set high goals.
340 youth who are now making plans to achieve their goals.
130 youth who have put their goal(s) in writing.
60 youth who report that they have learned that some choices are better than others.
44 youth who report they can make a decision.
54 youth who report they now listen to people with more experience than themselves.
24 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Grundy County

01/01/2011 to 12/31/2011

Extension Personnel
## Extension Personnel Hours

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## Direct Methods for Extension Personnel

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<td>Client Visits to Extension Office:</td>
<td>355</td>
<td>539</td>
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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
<td>2756</td>
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## Indirect Methods for Extension Personnel

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## Contacts by Extension Personnel

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Volunteers

Volunteer Hours

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Grundy County

All 2011 Outcomes (entire year)

The economic impact of Extension leadership programs was $4300 in increased revenue, one-time capital improvements and secured resources.
The economic impact of Extension's commercial ornamental and landscape horticulture programs was
$6550 in increased savings, increased income, and one-time capital purchases.  
807 are concerned about problems in their community.  
11 classrooms adopted this program.  
14 farmers increased their knowledge and skills in farm and financial planning.  
80 fruit and/or vegetable producers realized an economic impact of $182068 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.  
3 landowners expanded an existing aquaculture industry.  
242 landowners properly fertilized their pond, followed stocking/harvesting recommendations, or controlled weeds/algae.  
617 now feel a sense of responsibility toward their school and community.  
494 now have a sense of pride about their school and community.  
160 of 160 adults wash hands more often.  
10 of 10 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.  
10 of 50 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.  
46 of 50 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.  
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.  
58 of 58 parents/caregivers learned about issues related to stages of child development.  
10 of 12 parents/caregivers report an increase in use of appropriate child guidance techniques.  
11 of 12 parents/caregivers report an increase in use of positive communication techniques with their children.  
12 of 12 parents/caregivers report feeling better about their abilities as parents.  
9 of 12 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)  
1330 of 2010 participants ate more whole grains.  
106 of 196 participants decreased consumption of high-sugar foods.  
124 of 196 participants eat fewer high-fat foods.  
1494 of 2010 participants eat more fat-free or low-fat dairy products.  
2010 of 2010 participants increased physical activity.
1814 of 2010 participants now eat more fruit.
1700 of 2010 participants now eat more vegetables.
35 of 40 participants refrigerate perishable foods within two hours.
22 of 40 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
6 of 6 participants surveyed increased personal involvement in community activities.
6 of 6 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
6 of 6 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.
32 of 40 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
146 of 196 participants who increased their intake of dairy foods.
1460 of 2010 participants who now select foods and beverages that promote healthy weight.
46 of 58 respondents plan to decrease exposure of their children to parental conflict.
46 of 58 respondents report understanding the importance of working together for the sakes of their children.
166 of 196 students increased amount of time in physical activity.
117 of 196 students who increased their intake of whole grains.
52 of 52 teachers reported preschool children in their classes were more actively engaged in physical activity.
52 of 52 teachers reported preschool children in their classes were more willing to taste fruit.
52 of 52 teachers reported preschool children in their classes were more willing to taste vegetables.
36 of 52 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
42 of 52 teachers reported using physical activities from Healthy Steps at least three times per week.
2010 of 2010 youth now wash hands more often.
58 parents/caregivers learned effective communication techniques to use with their children.
56 parents/caregivers learned strategies for dealing with parenting stress.
80 professionals added additional services and/or marketing practices.
6 professionals developed or made adjustment to their business plans.
16 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
38 professionals implemented recommended management practices for pest control.
14 professionals increased their knowledge of components of business plans.
14 professionals increased their knowledge of green industry services and marketing practices.
0 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
68 professionals increased their knowledge of plant pests and pest control measures.
0 professionals increased their knowledge of proper plant selection.
0 professionals practiced proper plant selection and installation practices.
7 schools adopted this program.
513 would assist with or participate in elections, voting and campaigns.
931 youth believe that a team can accomplish more than an individual.
741 youth believe that people working together can help others less fortunate.
627 youth enjoy working with others toward a common goal.
0 youth now report they are concerned about the well-being of others.
864 youth report that they can now cooperate and work in a group.
712 youth report that they know how to set goals and they use that ability when leading a group.
570 youth report that they learned about important leaders who contributed to our nation.
845 youth report that they make sure everyone gets an opportunity to say what they think.
598 youth report that they take their jobs seriously as members of a committee.
931 youth report that when in charge of a group, they treat everyone fairly and equally.
693 youth think that everyone on the team is important.
513 youth think they can make a big difference in their community by helping others.
646 youth think they have something to contribute to the worth of the team.
285 youth understand how community leaders are elected to office.
779 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

01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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Indirect Methods for Volunteers

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**Units Reporting Program Activity**

Hamblen County

**All 2011 Outcomes (entire year)**

- 2 classrooms adopted this program.
- 120 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 100 consumers learned how to apply landscape fertilizers and pesticides safely.
- 100 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.
- 78 dial-gauge lids were tested.
- 20 home lawn insect, disease and weed samples submitted for identification and control recommendations.
- 100 home lawn soil samples submitted for testing.
- 80 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
- 160 homeowners established new turfgrass species and varieties.
- 160 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
- 90 Master Gardeners gained knowledge and confidence in entomology.
- 130 Master Gardeners gained knowledge and confidence in integrated pest management.
- 100 Master Gardeners gained knowledge and confidence in ornamentals.
- 90 Master Gardeners gained knowledge and confidence in plant diseases.
- 130 Master Gardeners gained knowledge and confidence in soils.
- 160 Master Gardeners gained knowledge and confidence in turfgrass.
- 30 Master Gardeners have used the knowledge and skills they learned in this program to assist 90 people in turf selection or management.
- 20 Master Gardeners have used the knowledge and skills they learned in this program to assist 60 people to control pests through integrated pest management.
- 80 Master Gardeners have used the knowledge and skills they learned in this program to assist 240 people to identify pests and/or the damage they cause.
- 90 Master Gardeners have used the knowledge and skills they learned in this program to assist 270 people to identify symptoms of plant disease.
- 120 Master Gardeners have used the knowledge and skills they learned in this program to assist 360 people to improve soil through soil test results.
- 1351 miles were walked in the Walk Across Tennessee Program.
- 50 of 55 adults wash hands more often.
- 72 of 72 better understood their parents' concerns about money.
- 20 of 24 homeowners increased their knowledge of fire ant management.
12 of 72 made a change in career or educational goals.
14 of 15 participants are applying health eating principles when making food decisions six months after completing the program.
13 of 15 participants are better self-managers of their chronic condition six months after completing the program.
38 of 38 participants are confident they can better manage their diabetes as a result of participating in this program.
12 of 15 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
13 of 15 participants are physically active six months after completing the program.
15 of 15 participants are using the UT Med Minder card to keep a record of their medications.
198 of 109 participants ate more whole grains.
6 of 72 participants began or increased savings an average of $15 per month.
72 of 72 participants better understood their parent's concerns about money.
15 of 15 participants can apply health eating principles when making daily food decisions.
7 of 7 participants can apply joint protection techniques.
14 of 15 participants can better control their chronic condition with self-management techniques.
7 of 7 participants can better control their chronic disease as a result of participating in the program.
36 of 38 participants can choose foods that do not cause a sharp rise in blood sugar.
7 of 7 participants can use relaxation techniques to better manage their arthritis symptoms.
70 of 72 participants communicated with other family members about financial matters.
109 of 116 participants decreased consumption of high-sugar foods.
38 of 54 participants eat at least six meals together as a family each week.
60 of 62 participants eat fewer high-fat foods.
52 of 55 participants eat more fat-free or low-fat dairy products.
16 of 54 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
15 of 15 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
7 of 7 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
14 of 15 participants feel confident using the Take PART technique when talking to their health care provider.
68 of 72 participants felt more strongly that they needed to get a good education.
70 of 72 participants felt more strongly that they needed to pay attention to their financial future.
45 of 72 participants followed a spending plan.
14 of 15 participants have fewer visits to the emergency room six months after completing the program.
6 of 7 participants have improved their arthritis symptoms as a result of participating in this program.
7 of 7 participants have less arthritis symptoms from their arthritis six months after completing the program.
8 of 12 participants have less arthritis symptoms.
15 of 15 participants have less pain from their chronic condition six months after completing the program.
15 of 15 participants have used the Take PART technique when talking to their health care provider.
10 of 12 participants improved control of their arthritis symptoms.
8 of 12 participants improved performance of daily activities.
7 of 7 participants improved their balance six months after completing the program.
12 of 12 participants improved their balance.
26 of 54 participants improved their blood pressure.
22 of 54 participants improved their blood sugar.
15 of 54 participants improved their cholesterol levels.
7 of 7 participants improved their flexibility six months after completing the program.
12 of 12 participants improved their flexibility.
7 of 7 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
6 of 7 participants improved their range of motion in their joints six months after completing the program.
10 of 54 participants improved their triglyceride levels.
51 of 55 participants increased physical activity.
7 of 7 participants increased their exercise routine during Walk Across Tennessee Program.
72 of 72 participants increased their financial management skills.
70 of 72 participants learned better how to plan their spending.
72 of 72 participants learned how education will affect the kind of job they can get.
72 of 72 participants learned how having a family can affect their lifestyle.
72 of 72 participants learned how much money it takes to get by.
72 of 72 participants learned how occupation and income will affect their lifestyle.
72 of 72 participants learned how payroll deductions are taken from gross pay.
70 of 72 participants learned how to keep a checkbook register.
70 of 72 participants learned how to write a check.
6 of 54 participants lost weight: 14 total pounds lost.
19 of 72 participants made a change in financial behavior.
41 of 72 participants made a spending plan.
12 of 72 participants made changes to their future plans.
48 of 55 participants now eat more fruit.
46 of 55 participants now eat more vegetables.
15 of 15 participants plan to exercise more often to help manage their chronic condition.
32 of 38 participants plan to regularly check their blood sugar as requested by their doctor.
38 of 38 participants plan to use the Healthy Plate Method.
15 of 15 participants plan to use the UT Med Minder card to keep a record of their medications.
14 of 72 participants planned to change their career goals.
38 of 72 participants planned to get more education after high school.
51 of 55 participants refrigerate perishable foods within two hours.
54 of 55 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
35 of 38 participants surveyed canned pickles following a tested recipe. (TNCEP)
34 of 38 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
36 of 38 participants surveyed canned vegetables following a tested recipe. (TNCEP)
38 of 38 participants surveyed processed pickles in a water-bath canner. (TNCEP)
36 of 38 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
38 of 38 participants surveyed processed vegetables in a pressure canner. (TNCEP)
54 of 55 participants surveyed used a thermometer to check the internal temperature of food.
54 of 55 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
7 of 7 participants take fewer medications for arthritis symptoms six months after completing the program.
54 of 72 participants talked about financial goals with their parents or others.
32 of 38 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
15 of 15 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
7 of 7 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
58 of 62 participants who increased their intake of dairy foods.
1126 of 1190 participants who now select foods and beverages that promote healthy weight.
15 of 15 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
7 of 7 participants will continue to exercise after the Walk Across Tennessee Program.
62 of 62 students increased amount of time in physical activity.
56 of 62 students who increased their intake of whole grains.
472 of 650 teachers reported preschool children in their classes were more actively engaged in physical activity.
689 of 747 teachers reported preschool children in their classes were more willing to taste fruit.
212 of 238 teachers reported preschool children in their classes were more willing to taste vegetables.
620 of 651 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.
110 of 110 youth now wash hands more often.
36 participants process high-acid foods in a water bath canner.
7 participants walked in the Walk Across Tennessee Program.
1 schools adopted this program.
2 teams participated in the Walk Across Tennessee Program.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Hamilton County
01/01/2011 to 12/31/2011

Extension Personnel

<table>
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<th>Extension Personnel Hours</th>
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Direct Methods for Extension Personnel

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Publication(s): 77167 66447
Radio Program(s): 11 97000
TV Program(s): 6 83000
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Contacts by Volunteers

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Units Reporting Program Activity

Hamilton County

All 2011 Outcomes (entire year)

The economic impact of Extension leadership programs was $5120000 in increased revenue, one-time capital improvements and secured resources.
The economic impact of Extension's commercial ornamental and landscape horticulture programs was $78000 in increased savings, increased income, and one-time capital purchases.
0% increase in the calls to the Poison Control Center.
0% reduction in children poisoned.
15 4-H volunteers utilized volunteer position descriptions.
43 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
55 consumers implemented water-wise gardening practices to conserve and protect water quality.
130 consumers learned about plant selection and proper planting to save money and time in the landscape.
128 consumers learned how to apply landscape fertilizers and pesticides safely.
126 consumers learned how to conserve and protect water quality in the landscape.
540 consumers learned how to properly take a soil test and interpret the results.
23 consumers practiced best manageemtn practices relating to proper pruning and tree maintenance.
23 consumers used the results of their soil test to properly amend their soil.
0 dial-gauge lids were tested.
86 disease, insect and weed samples form commercial turf submitted for identification and control recommendations.
4 golf course superintendents adopted UT's recommended practices for crabgrass control.
10 high school coaches have adopted UT's athletic field management recommendations.
1006 home lawn insect, disease and weed samples submitted for identification and control recommendations.
500 home lawn soil samples submitted for testing.
104 homeowners dethatching, aerifying or applying a pesticide to the home lawn as recommended by county Extension professional.
12 homeowners established new turfgrass species and varieties.
108 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
30 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.
10 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
42 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.
130 Master Gardeners gained knowledge and confidence in entomology.
130 Master Gardeners gained knowledge and confidence in integrated pest management.
130 Master Gardeners gained knowledge and confidence in ornamentals.
130 Master Gardeners gained knowledge and confidence in plant diseases.
130 Master Gardeners gained knowledge and confidence in soils.
130 Master Gardeners gained knowledge and confidence in turfgrass.
122 Master Gardeners have used the knowledge and skills they learned in this program to assist 680 people in turf selection or management.
122 Master Gardeners have used the knowledge and skills they learned in this program to assist 1046 people to control pests through integrated pest management.
130 Master Gardeners have used the knowledge and skills they learned in this program to assist 604 people to identify pests and/or the damage they cause.
130 Master Gardeners have used the knowledge and skills they learned in this program to assist 810 people to identify symptoms of plant disease.
124 Master Gardeners have used the knowledge and skills they learned in this program to assist 918 people to improve soil through soil test results.
6 new 4-H volunteers were recruited this year.
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)
55 of 55 adults wash hands more often.
52 of 52 better understood basic insurance needs.
531 of 557 better understood credit reporting and scoring.
2778 of 4050 better understood their parents' concerns about money.
22 of 33 checked their credit report.
30 of 30 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
46 of 74 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
30 of 74 green industry personnel increased business profitability and sustainability through improved insect, mite and disease control in turfgrass and/or ornamental plants.
74 of 126 green industry personnel learned to correctly identify pest insects, mites and diseases of
turfgrass and/or ornamental plants.
124 of 140 homeowners increased their knowledge of fire ant management.
522 of 557 identified ways to reduce spending.
68 of 126 landscape and nursery participants increased their knowledge of fire ant management.
0 of 0 learned better how to communicate with creditors.
0 of 557 learned how to better manage stress caused by financial issues.
43 of 58 learned how to prepare a grab and go bag in case of an emergency home evacuation.
45 of 58 learned how to properly maintain and store household financial records.
67 of 74 learned who to pay first if they can't pay everything.
412 of 412 made a change in career or educational goals.
42 of 48 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)
129 of 132 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
100 of 104 parents/caregivers learned about issues related to stages of child development.
68 of 68 parents/caregivers report an increase in use of appropriate child guidance techniques.
60 of 62 parents/caregivers report an increase in use of positive communication techniques with their children.
68 of 68 parents/caregivers report feeling better about their abilities as parents.
66 of 68 parents/caregivers report feeling less stressed as parents.
22 of 22 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
4 of 22 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
22 of 22 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
8 of 22 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)
22 of 22 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.
32 of 36 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.
0 of 0 participants are applying health eating principles when making food decisions six months after completing the program.
37 of 45 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.
0 of 0 participants are better self-managers of their chronic condition six months after completing the program.
10 of 20 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
10 of 20 participants are confident they can better manage their diabetes as a result of participating in this program.
0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
12 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.
112 of 138 participants are more confident in relationships with family and friends.
0 of 0 participants are physically active six months after completing the program.
16 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.
12 of 20 participants are regularly checking their blood sugar six months after completing the program.
16 of 20 participants are using the Healthy Plate Method six months after completing the program.
0 of 0 participants are using the UT Med Minder card to keep a record of their medications.
1686 of 2342 participants ate more whole grains.
3111 of 3253 participants became more aware of the importance of starting to save and invest early in life.
277 of 339 participants began or increased savings an average of $117 per month.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
692 of 1296 participants better understood their parent's concerns about money.
10214 of 10214 participants called the TN Poison Center because they suspected a poisoning or had a question about a product six months after completing the program.
80 of 100 participants can apply health eating principles when making daily food decisions.
12 of 19 participants can apply joint protection techniques.
96 of 100 participants can better control their chronic condition with self-management techniques.
10 of 20 participants can choose foods that do not cause a sharp rise in blood sugar.
9 of 19 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.
380 of 516 participants communicated with other family members about financial matters.
0 of 0 participants conducted a poison safety audit six months after completing the program.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
1787 of 2344 participants eat more fat-free or low-fat dairy products.
96 of 100 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
12 of 19 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
154 of 158 participants feel confident they know what to do in case of a poisoning.
78 of 100 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants felt more confident that they could build wealth.
2874 of 4050 participants felt more strongly that they needed to get a good education.
2960 of 4050 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.
107 of 180 participants followed a spending plan.
548 of 557 participants gained skill in determining their net worth.
582 of 609 participants gained skill in making a spending plan.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
3 of 19 participants have improved their arthritis symptoms as a result of participating in this program.
0 of 0 participants have less pain from their chronic condition six months after completing the
program.
12 of 20 participants have reduced their A1c six months after completing the program.
0 of 0 participants have used the Take PART technique when talking to their health care provider.
573 of 609 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.
1924 of 2357 participants increased physical activity.
6018 of 7303 participants increased their financial management skills.
52 of 52 participants increased their understanding of the impact education can have on future earnings.
15 of 33 participants kept a record of spending.
0 of 0 participants know better how to manage and protect their assets for a secure retirement.
3686 of 4050 participants learned better how to plan their spending.
5404 of 6746 participants learned how education will affect the kind of job they can get.
2826 of 4050 participants learned how having a family can affect their lifestyle.
2944 of 4050 participants learned how much money it takes to get by.
3054 of 4102 participants learned how occupation and income will affect their lifestyle.
2358 of 4050 participants learned how payroll deductions are taken from gross pay.
614 of 1348 participants learned how to keep a checkbook register.
808 of 1348 participants learned how to write a check.
2538 of 2696 participants learned the difference between wants and needs.
432 of 514 participants made a change in financial behavior.
164 of 239 participants made a spending plan.
1034 of 1602 participants made changes to their future plans.
2321 of 2401 participants now eat more fruit.
1897 of 2401 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.
100 of 100 participants plan to exercise more often to help manage their chronic condition.
8 of 20 participants plan to regularly check their blood sugar as requested by their doctor.
10 of 20 participants plan to use the Healthy Plate Method.
34 of 63 participants plan to use the two-step method around the home for managing fire ants.
100 of 100 participants plan to use the UT Med Minder card to keep a record of their medications.
246 of 1296 participants planned to change their career goals.
2926 of 4102 participants planned to get more education after high school.
306 of 440 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.
16 of 33 participants reduced debt an average of $167 per month.
1750 of 2277 participants refrigerate perishable foods within two hours.
27 of 29 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
2937 of 3201 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.
0 of 0 participants stored medications out of the reach of children six months after completing the program.
38 of 38 participants successfully completed educational requirements for post-filing bankruptcy education.
60 of 60 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
8 of 20 participants surveyed canned pickles following a tested recipe. (TNCEP)
8 of 20 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
12 of 20 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed increased personal involvement in community activities.
160 of 162 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
160 of 162 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
2806 of 3158 participants surveyed increased their knowledge of the health effects of environmental tobacco smoke on children.
2806 of 3158 participants surveyed increased their knowledge on how to minimize their child's exposure to environmental tobacco smoke.
8 of 20 participants surveyed processed pickles in a water-bath canner. (TNCEP)
8 of 20 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
7 of 20 participants surveyed processed vegetables in a pressure canner. (TNCEP)
32 of 37 participants surveyed used a thermometer to check the internal temperature of food.
21 of 28 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
310 of 464 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.
52 of 52 participants understand how to reconcile a checking account.
8 of 20 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
100 of 100 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
12 of 12 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
20 of 23 participants understand the special nutritional needs of the elderly.
3164 of 3253 participants understood the dangers of using too much credit.
48 of 52 participants were better able to identify appropriate savings and investment options for different financial goals.
1857 of 2290 participants who now select foods and beverages that promote healthy weight.
96 of 100 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
2000 of 2000 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
38 of 44 participants will keep medications out of the reach of children.
44 of 44 participants will keep products in their original containers.
2538 of 3000 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.
342 of 464 participants worked toward new savings or investment goals.
50 of 52 participants understood the dangers of using too much credit.
101 of 118 respondents plan to decrease exposure of their children to parental conflict.
97 of 118 respondents report understanding the importance of working together for the sakes of their children.
102 of 106 teachers reported preschool children in their classes were more actively engaged in physical activity.
104 of 106 teachers reported preschool children in their classes were more willing to taste fruit.
102 of 106 teachers reported preschool children in their classes were more willing to taste vegetables.
104 of 106 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
92 of 106 teachers reported using physical activities from Healthy Steps at least three times per week.
16 of 33 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
2082 of 2330 youth now wash hands more often.
104 parents/caregivers learned effective communication techniques to use with their children.
112 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.
13 participants process high-acid foods in a water bath canner.
0 participants report that partnerships have been strengthened with public agencies.
10 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.
40 professionals added additional services and/or marketing practices.
30 professionals developed or made adjustment to their business plans.
30 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
30 professionals implemented recommended management practices for pest control.
92 professionals increased their knowledge of components of business plans.
88 professionals increased their knowledge of green industry services and marketing practices.
88 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplantation and installation).
74 professionals increased their knowledge of plant pests and pest control measures.
74 professionals increased their knowledge of proper plant selection.
34 professionals practiced proper plant selection and installation practices.
66 public utility managers who have adopted UT's weed management recommendations in rough turf.
0 report that community support has been enhanced by interacting with care providers, educators, students, and family caregivers.
4 sod farms adopted UT's recommended practices for weed control at seeding.
44 soil samples from commercial turf submitted for testing.
35 volunteer leaders increased their knowledge of positive youth development.
14 youth are better able to understand and follow directions.
13 youth are now better listeners.
14 youth are willing to try new things.
26 youth believe that a team can accomplish more than an individual.
210 youth believe that people working together can help others less fortunate.
14 youth can complete projects they are proud of.
0 youth can correctly classify most foods using the MyPyramid guidelines.
0 youth can express ideas with a poster, exhibit or other display.
12 youth can identify their skills and talents.
0 youth can now read and compare the nutrition labels of snack foods they like to eat.
0 youth can now share their ideas through writing.
0 youth can use technology to help themselves express ideas.
24 youth enjoy working with others toward a common goal.
0 youth feel comfortable asking others to help on a project.
0 youth have explored careers in communications.
0 youth have learned at least five jobs in which communication skills are important.
14 youth like to work with others to complete projects.
0 youth now get information about a problem.
14 youth now realize they need to eat breakfast everyday.
130 youth now report that they can justify their decision.
248 youth now report that they have confidence making their own decisions.
157 youth now report that they think about past choices when making new decisions.
142 youth now report that when making a decision, they think about what does the most good for the most people.
147 youth now report that when they make a decision, they think about what a person of character would do.
14 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.
28 youth report being able to meet new people and form friendships.
10 youth report helping others in need.
0 youth report standing up for what is right is important.
14 youth report telling the difference between right and wrong.
0 youth report that now they try to do the right thing.
28 youth report that they admire older 4-H'ers who are good role models.
277 youth report that they can now cooperate and work in a group.
0 youth report that they consider others when making decisions.
0 youth report that they know how to make good decisions.
194 youth report that they know how to set goals and they use that ability when leading a group.
172 youth report that they learned about important leaders who contributed to our nation.
14 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.
22 youth report that they now continue to work toward their goals, even if they do not at first succeed.
14 youth report that they respect others different from themselves.
225 youth report that they take their jobs seriously as members of a committee.
269 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.
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.
12 youth think everyone on the team is important.
276 youth think they can make a big difference in their community by helping others.
12 youth think they have something to contribute to the worth of the team.
250 youth understand how community leaders are elected to office.
12 youth understand that other ideas may be just as important as their own.
14 youth understand that they cannot always be "the best" in everything.
11 youth who report that they have learned that some choices are better than others.
14 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 Hancock County

01/01/2011 to 12/31/2011

Extension Personnel
### Extension Personnel Hours

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### Direct Methods for Extension Personnel

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<td>193</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
<td>255</td>
<td>236</td>
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<td>Group Meetings / Demonstrations:</td>
<td>283</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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<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
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Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Hancock County

All 2011 Outcomes (entire year)

44 beef producers sold 2280 calves managed according to BQA guidelines to increase returns by $FRM.
32 beef producers stored 5104 large, round bales under some type of cover to increase returns by
$FRM.
16 beef producers utilized bulls with greater genetic potential to produce 1748 head of calves to increase returns by $FRM.
24 beef producers utilized hay feeding rings to feed 988 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
12 beef producers utilized improved marketing methods to market 272 head of calves to increase returns by $FRM.
20 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
20 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
20 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
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.
20 producers sprayed 112 acres for broadleaf weed control for an increased production valued at $FRM.
8 producers stockpiled 48 acres of tall fescue, reducing feeding cost by $FRM.
76 youth are better able to understand and follow directions.
74 youth are now better listeners.
132 youth break goals down into steps so they can check their progress.
44 youth can express ideas with a poster, exhibit or other display.
256 youth can now share their ideas through writing.
122 youth can use technology to help themselves express ideas.
42 youth have explored careers in communications.
106 youth have learned at least five jobs in which communication skills are important.
102 youth now get information about a problem.
104 youth now report that they make a decision by thinking about what a person of good character would do.
92 youth now report that they use more than one source of information in making choices.
82 youth now report that they use standards in making choices.
78 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.
108 youth now work to achieve their goals.
82 youth put their goals in writing.
56 youth report they can now keep records.
34 youth report they have improved photography skills.
28 youth report they have learned skills in visual communications.
74 youth set high goals.
124 youth who report that they have learned that some choices are better than others.
116 youth who report they can make a decision.
86 youth who report they now listen to people with more experience than themselves.
114 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Hardeman County
### 01/01/2011 to 12/31/2011

#### Extension Personnel

**Extension Personnel Hours**

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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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### Volunteers

#### Volunteer Hours

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#### Contacts by Volunteers

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### Units Reporting Program Activity
Hardeman County

All 2011 Outcomes (entire year)

Producers increased corn yield by 34 bushels/acre by selecting top yielding varieties on 12400 acres of corn increasing their income by FRM.

Producers increased yield by 16 bushels by selecting top yielding varieties on 12728 acres of soybeans, earning an extra $FRM.

Producers increased yield by 550 pounds by selecting top yielding varieties on 20000 acres of cotton, earning an extra $FRM.

3950 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

2400 acres of corn scouted by a UT-trained scout to help make crop management decisions.

32150 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.

1600 acres of cotton scouted by a UT-trained scout to help make crop management decisions.

44 African-American landowners increased their knowledge of property rights and responsibilities.

11 beef producers sold 473 calves managed according to BQA guidelines to increase returns by $FRM.

6 beef producers stored 998 large, round bales under some type of cover to increase returns by $FRM.

10 beef producers utilized bulls with greater genetic potential to produce 623 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.

9 beef producers utilized improved marketing methods to market 541 head of calves to increase returns by $FRM.

0 classrooms adopted this program.

0 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.

50 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.

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

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

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

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

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

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

46 corn producers report a $12 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

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

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

55 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.
0 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
16 home lawn insect, disease and weed samples submitted for identification and control recommendations.
10 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.
4 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
14 Master Gardeners gained knowledge and confidence in entomology.
12 Master Gardeners gained knowledge and confidence in integrated pest management.
14 Master Gardeners gained knowledge and confidence in ornamentals.
12 Master Gardeners gained knowledge and confidence in plant diseases.
14 Master Gardeners gained knowledge and confidence in soils.
12 Master Gardeners gained knowledge and confidence in turfgrass.
20 of 20 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)
20 of 20 adolescents learned about the consequences of risky behaviors which could result in being arrested.
20 of 20 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.
184 of 398 better understood their parents’ concerns about money.
4 of 10 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
0 of 0 parents/caregivers learned about issues related to stages of child development.
0 of 200 participants learned how having a family can affect their lifestyle.
316 of 598 participants learned how much money it takes to get by.
148 of 400 participants learned how occupation and income will affect their lifestyle.
276 of 598 participants learned how payroll deductions are taken from gross pay.
324 of 598 participants learned how to keep a checkbook register.
352 of 598 participants learned how to write a check.
62 of 400 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 plan to use the two-step method around the home for managing fire ants.
34 of 400 participants planned to change their career goals.
124 of 400 participants planned to get more education after high school.
100 of 100 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.
192 of 192 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
2 of 2 respondents plan to decrease exposure of their children to parental conflict.
2 of 2 respondents report understanding the importance of working together for the sakes of their children.
192 of 192 students increased amount of time in physical activity.
192 of 192 students who increased their intake of whole grains.
0 of 0 youth now wash hands more often.
2 parents/caregivers learned effective communication techniques to use with their children.
2 parents/caregivers learned strategies for dealing with parenting stress.
10 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
40 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
36 producers planted 9964 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.
0 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.
0 professionals increased their knowledge of components of business plans.
0 professionals increased their knowledge of green industry services and marketing practices.
0 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
0 professionals increased their knowledge of plant pests and pest control measures.
0 professionals increased their knowledge of proper plant selection.
0 professionals practiced proper plant selection and installation practices.
4 schools adopted this program.
36 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
52 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
14 soybean producers report a $10 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.
100 youth believe that a team can accomplish more than an individual.
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 complete projects they are proud of.
376 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
376 youth can explain an idea to others.
380 youth can give an informative speech or presentation.
0 youth can record data accurately.
376 youth can select a topic for a speech or talk.
356 youth can show enthusiasm when giving a speech or presentation.
376 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.
100 youth enjoy working with others toward a common goal.
0 youth feel comfortable asking others to help on a project.
376 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
320 youth give a 2-3 minute speech or presentation.
0 youth have set a goal for their job or career.
380 youth know how to organize the parts of a speech or presentation.
0 youth like to work with others to complete projects.
0 youth now eat more whole grain breads and cereals.
108 youth now get information about a problem.
0 youth now limit the amount of high-sugar snack foods they eat.
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.
0 youth now set high goals that require work to achieve them.
300 youth report that they have developed confidence to speak in front of groups.
0 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.
100 youth think that everyone on the team is important.
100 youth think they have something to contribute to the worth of the team.
100 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.
0 youth who are now making plans to achieve their goals.
0 youth who have put their goal(s) in writing.
108 youth who report that they have learned that some choices are better than others.
108 youth who report they can make a decision.
108 youth who report they now listen to people with more experience than themselves.
108 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 Hardin County**
## 01/01/2011 to 12/31/2011

**Extension Personnel**

### 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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#### Volunteer Hours

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#### Indirect Methods for Volunteers

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#### Contacts by Volunteers

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### Units Reporting Program Activity
Hardin County

All 2011 Outcomes (entire year)

50 beef producers sold 1500 calves managed according to BQA guidelines to increase returns by $FRM.
50 beef producers stored 5000 large, round bales under some type of cover to increase returns by $FRM.
40 beef producers utilized bulls with greater genetic potential to produce 1200 head of calves to increase returns by $FRM.
40 beef producers utilized hay feeding rings to feed 4000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
200 beef producers utilized improved marketing methods to market 6000 head of calves to increase returns by $FRM.
28 classrooms adopted this program.
0 miles were walked in the Walk Across Tennessee Program.
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 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)
72 of 72 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
72 of 72 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.
388 of 388 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.
183 of 232 participants ate more whole grains.
25 of 26 participants can apply joint protection techniques.
0 of 0 participants can better control their chronic disease as a result of participating in the program.
25 of 26 participants can use relaxation techniques to better manage their arthritis symptoms.
386 of 464 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.
0 of 0 participants eat at least six meals together as a family each week.
181 of 232 participants eat fewer high-fat foods.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
26 of 26 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
49 of 49 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.
25 of 26 participants have improved their arthritis symptoms as a result of participating in this
program.

24 of 26 participants have less arthritis symptoms from their arthritis six months after completing the program.

24 of 26 participants improved their balance six months after completing the program.

24 of 26 participants improved their flexibility six months after completing the program.

24 of 26 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

25 of 26 participants improved their range of motion in their joints six months after completing the program.

0 of 0 participants increased their exercise routine during Walk Across Tennessee Program.

49 of 49 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 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.

49 of 49 participants plan to get age and gender appropriate cancer screenings.

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)

120 of 120 participants surveyed change and wash sheets and towels weekly.

96 of 120 participants surveyed clean bathrooms weekly.

64 of 240 participants surveyed clean kitchens daily.

120 of 120 participants surveyed increased their knowledge on how regular cleaning can help reduce environmental health hazards.

120 of 120 participants surveyed increased their knowledge on safer house cleaning techniques.

120 of 120 participants surveyed increased their knowledge on the importance of moisture control in their home.

116 of 120 participants surveyed separate out heavily soiled work clothes and wash separately.

20 of 26 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)

49 of 49 participants understand that cancer screening and early detection can save their life.

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

49 of 49 participants understand women age 40 and older should have a mammogram.

49 of 49 participants understand women of all ages need a Pap test.

202 of 232 participants who increased their intake of dairy foods.

0 of 0 participants will continue to exercise after the Walk Across Tennessee Program.

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.

216 of 232 students increased amount of time in physical activity.

183 of 232 students who increased their intake of whole grains.

2 of 2 teachers reported preschool children in their classes were more actively engaged in physical activity.

2 of 2 teachers reported preschool children in their classes were more willing to taste fruit.

2 of 2 teachers reported preschool children in their classes were more willing to taste vegetables.

2 of 2 teachers reported preschool children in their classes were more willing to taste whole-grain
foods.

2 of 2 teachers reported using physical activities from Healthy Steps at least three times per week.
0 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
0 participants walked in the Walk Across Tennessee Program.
50 producers planted 1400 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.
20 producers sprayed 1000 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.
8 schools adopted this program.
0 teams participated in the Walk Across Tennessee Program.
0 tenants avoided eviction by improving their house cleaning skills.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Hawkins County

01/01/2011 to 12/31/2011

Extension Personnel

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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### Volunteers

#### Volunteer Hours

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#### Indirect Methods for Volunteers

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### Contacts by Extension Personnel

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This document contains data on the number of contacts made by volunteers through various methods, such as newspaper articles, publications, radio programs, and TV programs. It also categorizes contacts by demographic characteristics such as sex (male, female), age group (adult, youth), and race/ethnicity (White, Not of Hispanic origin, Black, Not of Hispanic origin, Hispanic, Asian or Pacific Islander, American Indian/Alaskan Native). The total number of contacts made is 315400, and the total volunteer hours are 4323.
### Contacts by Volunteers

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### Units Reporting Program Activity

**Hawkins County**

**All 2011 Outcomes (entire year)**

- 170 are concerned about problems in their community.
- 156 beef producers sold 2850 calves managed according to BQA guidelines to increase returns by $FRM.
- 82 beef producers stored 6400 large, round bales under some type of cover to increase returns by $FRM.
- 23 beef producers utilized bulls with greater genetic potential to produce 649 head of calves to increase returns by $FRM.
- 93 beef producers utilized hay feeding rings to feed 7000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 156 beef producers utilized improved marketing methods to market 2850 head of calves to increase returns by $FRM.
- 34 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 128 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 34 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
- 150 now feel a sense of responsibility toward their school and community.
- 160 now have a sense of pride about their school and community.
- 1470 of 1652 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)
- 14 of 15 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
- 14 of 15 parents/caregivers learned about issues related to stages of child development.
1480 of 1652 participants better understood their parent's concerns about money.
1410 of 1652 participants felt more strongly that they needed to get a good education.
1530 of 1652 participants felt more strongly that they needed to pay attention to their financial future.
1540 of 1652 participants increased their financial management skills.
1560 of 1652 participants learned better how to plan their spending.
1550 of 1652 participants learned how education will affect the kind of job they can get.
1500 of 1652 participants learned how having a family can affect their lifestyle.
1610 of 1652 participants learned how much money it takes to get by.
1570 of 1652 participants learned how occupation and income will affect their lifestyle.
1400 of 1652 participants learned how payroll deductions are taken from gross pay.
1570 of 1652 participants learned how to keep a checkbook register.
1550 of 1652 participants learned how to write a check.
1370 of 1652 participants made changes to their future plans.
1410 of 1652 participants planned to change their career goals.
1370 of 1652 participants planned to get more education after high school.
36 of 36 respondents plan to decrease exposure of their children to parental conflict.
34 of 36 respondents report understanding the importance of working together for the sakes of their children.
24 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
140 would assist with or participate in elections, voting and campaigns.
190 youth believe that people working together can help others less fortunate.
140 youth can conduct a meeting.
180 youth now report they are concerned about the well-being of others.
170 youth report that they are now comfortable being a group leader.
115 youth report that they can now cooperate and work in a group.
150 youth report that they can now give clear directions.
120 youth report that they know how to set goals and they use that ability when leading a group.
180 youth report that they learned about important leaders who contributed to our nation.
110 youth report that they make sure everyone gets an opportunity to say what they think.
170 youth report that they now like to work with others and help them reach their goals.
130 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.
160 youth report using enthusiasm to get a group working.
190 youth think they can make a big difference in their community by helping others.
150 youth understand how community leaders are elected to office.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Haywood County

01/01/2011 to 12/31/2011

Extension Personnel

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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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Volunteers

Volunteer Hours

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Haywood County

All 2011 Outcomes (entire year)

Producers increased corn yield by 18 bushels/acre by selecting top yielding varieties on 30468 acres of corn increasing their income by FRM.

Producers increased yield by 8 bushels by selecting top yielding varieties on 106420 acres of soybeans, earning an extra $FRM.
Producers increased yield by 12 bushels by selecting top yielding varieties on 33080 acres of wheat, earning an extra $FRM.
Producers increased yield by 660 pounds by selecting top yielding varieties on 103790 acres of cotton, earning an extra $FRM.
14490 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.
174914 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
102936 acres of cotton scouted by a UT-trained scout to help make crop management decisions.
95784 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.
8 African-American landowners developed estate plans to reduce the financial and legal risks farm family businesses face as they transition between generations.
20 African-American landowners developed farm management plans.
198 African-American landowners increased their knowledge of property rights and responsibilities.
6 classrooms adopted this program.
58 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
66 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
58 corn producers report a $36440 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
62 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
118 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
102 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
64 cotton producers report a $64830 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
118 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
7022 miles were walked in the Walk Across Tennessee Program.
956 of 996 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)
956 of 996 adolescents learned about the consequences of risky behaviors which could result in being arrested.
756 of 996 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)
33 of 40 adults wash hands more often.
85 of 95 better understood their parents' concerns about money.
46 of 62 gained skill in evaluating their housing options.
20 of 40 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)
20 of 40 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)
35 of 40 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
40 of 40 parents/caregivers learned about issues related to stages of child development.
50 of 62 participants analyzed their readiness for home ownership.
88 of 159 participants ate more whole grains.
85 of 95 participants better understood their parent's concerns about money.
16 of 16 participants can apply health eating principles when making daily food decisions.
10 of 10 participants can apply joint protection techniques.
14 of 16 participants can better control their chronic condition with self-management techniques.
20 of 159 participants can better control their chronic disease as a result of participating in the program.
10 of 10 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.
211 of 346 participants decreased consumption of high-sugar foods.
50 of 62 participants determined how much they could pay for a home.
201 of 351 participants eat fewer high-fat foods.
93 of 159 participants eat more fat-free or low-fat dairy products.
14 of 16 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
8 of 10 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
28 of 32 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
16 of 16 participants feel confident using the Take PART technique when talking to their health care provider.
88 of 95 participants felt more strongly that they needed to get a good education.
83 of 95 participants felt more strongly that they needed to pay attention to their financial future.
40 of 62 participants gained better understanding of the mortgage process.
4 of 10 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.
148 of 159 participants increased physical activity.
110 of 159 participants increased their exercise routine during Walk Across Tennessee Program.
66 of 95 participants increased their financial management skills.
28 of 32 participants know what cancer screenings they need according to their age and gender.
80 of 95 participants learned better how to plan their spending.
86 of 95 participants learned how education will affect the kind of job they can get.
80 of 95 participants learned how having a family can affect their lifestyle.
78 of 95 participants learned how much money it takes to get by.
86 of 95 participants learned how occupation and income will affect their lifestyle.
71 of 95 participants learned how payroll deductions are taken from gross pay.
83 of 95 participants learned how to keep a checkbook register.
88 of 95 participants learned how to write a check.
68 of 95 participants made changes to their future plans.
119 of 159 participants now eat more fruit.
91 of 159 participants now eat more vegetables.
14 of 16 participants plan to exercise more often to help manage their chronic condition.
28 of 32 participants plan to get age and gender appropriate cancer screenings.
14 of 16 participants plan to use the UT Med Minder card to keep a record of their medications.
31 of 95 participants planned to change their career goals.
91 of 95 participants planned to get more education after high school.
32 of 62 participants purchased a home.
30 of 40 participants refrigerate perishable foods within two hours.
30 of 40 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
196 of 196 participants successfully completed educational requirements for post-filing bankruptcy education.
1 of 1 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
58 of 62 participants successfully completed homebuyer education requirements.
14 of 40 participants surveyed used a thermometer to check the internal temperature of food.
14 of 40 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
28 of 32 participants understand that cancer screening and early detection can save their life.
14 of 16 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
8 of 10 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
28 of 32 participants understand women age 40 and older should have a mammogram.
28 of 32 participants understand women of all ages need a Pap test.
205 of 340 participants who increased their intake of dairy foods.
93 of 159 participants who now select foods and beverages that promote healthy weight.
15 of 16 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
129 of 159 participants will continue to exercise after the Walk Across Tennessee Program.
40 of 40 providers had increased knowledge of the workshop(s) topics.
10 of 10 respondents plan to decrease exposure of their children to parental conflict.
10 of 10 respondents report understanding the importance of working together for the sakes of their children.
327 of 351 students increased amount of time in physical activity.
194 of 345 students who increased their intake of whole grains.
20 of 25 youth now wash hands more often.
10 parents/caregivers learned effective communication techniques to use with their children.
10 parents/caregivers learned strategies for dealing with parenting stress.
159 participants walked in the Walk Across Tennessee Program.
28 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
108 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
32 producers report a 12% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
1 schools adopted this program.
88 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
126 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
78 soybean producers report a $46900 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
106 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
6 teams participated in the Walk Across Tennessee Program.

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

42 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).

32 wheat producers report a $3570 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.

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

246 youth can analyze the results of a scientific investigation.

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

120 youth can communicate a scientific procedure to others.

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

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

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

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

110 youth can explain an idea to others.

120 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.

298 youth can record data accurately.

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

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

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

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

90 youth can use models to explain scientific results.

130 youth can use science terms to share scientific results.

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

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

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

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

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

106 youth now eat more whole grain breads and cereals.

118 youth now limit the amount of high-sugar snack foods they eat.

0 youth now realize they need to eat breakfast everyday.

110 youth now select 100% fruit juice, water or milk instead of soft drinks.

111 youth now select lower fat foods instead of higher fat foods.

0 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.

626 youth now work to achieve their goals.

518 youth put their goals in writing.

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

518 youth set high goals.

Units Reporting Program Outcomes (entire year)

None

Activity Report for Henderson County
### 01/01/2011 to 12/31/2011

**Extension Personnel**

**Extension Personnel Hours**

<table>
<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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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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**Indirect Methods for Extension Personnel**

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**Volunteers**

**Volunteer Hours**

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**Indirect Methods for Volunteers**

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**Contacts by Volunteers**

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**Units Reporting Program Activity**
Henderson County

All 2011 Outcomes (entire year)

258 beef producers sold 5260 calves managed according to BQA guidelines to increase returns by $FRM.
500 beef producers stored 40000 large, round bales under some type of cover to increase returns by $FRM.
150 beef producers utilized bulls with greater genetic potential to produce 3750 head of calves to increase returns by $FRM.
400 beef producers utilized hay feeding rings to feed 100000 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.
228 forest landowners are members in a local County Forestry Association representing 16080 forest acres.
228 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
24 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
24 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
24 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
0 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.
156 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 11400 forested acres.
11 of 11 adults wash hands more often.
0 of 0 better understood basic insurance needs.
0 of 0 better understood credit reporting and scoring.
762 of 786 better understood their parents' concerns about money.
6 of 20 checked their credit report.
72 of 72 identified ways to reduce spending.
0 of 0 learned better how to communicate with creditors.
46 of 46 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.
192 of 496 made a change in career or educational goals.
4 of 4 participants are applying health eating principles when making food decisions six months after completing the program.
10 of 13 participants are better able to manage their living environments.
21 of 24 participants are better able to store and prepare foods to keep them safe to consume.
4 of 4 participants are better self-managers of their chronic condition six months after completing the program.
4 of 4 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
5 of 8 participants are more confident in relationships with family and friends.
4 of 4 participants are physically active six months after completing the program.
2 of 4 participants are using the UT Med Minder card to keep a record of their medications.

104 of 112 participants ate more whole grains.

772 of 772 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 the difference between pre-tax and after-tax investments.

572 of 782 participants better understood their parent's concerns about money.

5 of 5 participants can apply health eating principles when making daily food decisions.

5 of 5 participants can better control their chronic condition with self-management techniques.

0 of 0 participants communicated with other family members about financial matters.

135 of 166 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.

25 of 25 participants eat at least six meals together as a family each week.

75 of 93 participants eat fewer high-fat foods.

82 of 97 participants eat more fat-free or low-fat dairy products.

30 of 45 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

4 of 5 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

4 of 5 participants feel confident using the Take PART technique when talking to their health care provider.

30 of 80 participants felt more confident that they could build wealth.

636 of 798 participants felt more strongly that they needed to get a good education.

778 of 796 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.

28 of 48 participants followed a spending plan.

0 of 0 participants gained skill in determining their net worth.

90 of 90 participants gained skill in making a spending plan.

4 of 4 participants have fewer visits to the emergency room six months after completing the program.

3 of 4 participants have less pain from their chronic condition six months after completing the program.

4 of 4 participants have used the Take PART technique when talking to their health care provider.

60 of 60 participants identified ways to avoid being victimized by predatory practices or fraud.

19 of 24 participants improved their blood pressure.

19 of 24 participants improved their blood sugar.

29 of 39 participants improved their cholesterol levels.

19 of 24 participants improved their triglyceride levels.

104 of 104 participants increased physical activity.

1750 of 1762 participants increased their financial management skills.

28 of 28 participants kept a record of spending.

0 of 0 participants know better how to manage and protect their assets for a secure retirement.

738 of 796 participants learned better how to plan their spending.

902 of 1044 participants learned better how education will affect the kind of job they can get.

802 of 808 participants learned how having a family can affect their lifestyle.

808 of 808 participants learned how much money it takes to get by.

802 of 828 participants learned how occupation and income will affect their lifestyle.

610 of 810 participants learned how payroll deductions are taken from gross pay.

678 of 788 participants learned how to keep a checkbook register.

678 of 794 participants learned how to write a check.
836 of 836 participants learned the difference between wants and needs.
0 of 0 participants lost weight: 0 total pounds lost.
60 of 146 participants made a change in financial behavior.
18 of 18 participants made a spending plan.
418 of 816 participants made changes to their future plans.
211 of 230 participants now eat more fruit.
195 of 202 participants now eat more vegetables.
836 of 836 participants now understand the difference between a need and a want.
4 of 5 participants plan to exercise more often to help manage their chronic condition.
4 of 5 participants plan to use the UT Med Minder card to keep a record of their medications.
338 of 832 participants planned to change their career goals.
656 of 802 participants planned to get more education after high school.
0 of 0 participants reduced debt an average of $0 per month.
16 of 16 participants refrigerate perishable foods within two hours.
9 of 9 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
20 of 60 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants successfully completed educational requirements for post-filing bankruptcy education.
0 of 0 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
9 of 9 participants surveyed used a thermometer to check the internal temperature of food.
9 of 9 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
12 of 36 participants talked about financial goals with their parents or others.
4 of 5 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
35 of 35 participants understand the special nutritional needs of the elderly.
98 of 98 participants understood the dangers of using too much credit.
10 of 14 participants who achieved financial goals.
16 of 20 participants who became habitual savers.
75 of 93 participants who increased their intake of dairy foods.
70 of 70 participants who now select foods and beverages that promote healthy weight.
4 of 5 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
40 of 50 participants worked toward new savings or investment goals.
98 of 98 participants understood the dangers of using too much credit.
93 of 93 students increased amount of time in physical activity.
61 of 93 students who increased their intake of whole grains.
6 of 8 teachers reported preschool children in their classes were more actively engaged in physical activity.
6 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.
4 of 8 teachers reported using physical activities from Healthy Steps at least three times per week.
78 of 78 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
95 of 105 youth now wash hands more often.
20 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.
50 producers sprayed 4000 acres for broadleaf weed control for an increased production valued at $FRM.
30 producers stockpiled 600 acres of tall fescue, reducing feeding cost by $FRM.
3 schools adopted this program.
112 youth are better able to understand and follow directions.
70 youth break goals down into steps so they can check their progress.
854 youth can analyze the results of a scientific investigation.
864 youth can ask a question that can be answered by collecting data.
114 youth can conduct a meeting.
46 youth can deal with their nervousness when giving a speech or talk.
850 youth can design a scientific procedure to answer a question.
56 youth can explain an idea to others.
106 youth can express ideas with a poster, exhibit or other display.
192 youth can now share their ideas through writing.
860 youth can record data accurately.
54 youth can select a topic for a speech or talk.
52 youth can speak loudly enough to be heard when giving a speech or talk.
882 youth can use specific scientific knowledge to form a question.
96 youth can use technology to help themselves express ideas.
48 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
80 youth have learned at least five jobs in which communication skills are important.
240 youth now get information about a problem.
70 youth now work to achieve their goals.
48 youth put their goals in writing.
114 youth report that they are now comfortable being a group leader.
114 youth report that they can now cooperate and work in a group.
114 youth report that they can now give clear directions.
114 youth report that they know how to set goals and they use that ability when leading a group.
114 youth report that they make sure everyone gets an opportunity to say what they think.
114 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.
114 youth report that when in charge of a group, they treat everyone fairly and equally.
114 youth report using enthusiasm to get a group working.
60 youth set high goals.
210 youth who report that they have learned that some choices are better than others.
260 youth who report they can make a decision.
264 youth who report they now listen to people with more experience than themselves.
220 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Henry County

01/01/2011 to 12/31/2011

Extension Personnel

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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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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<tbody>
<tr>
<td>Client Visits to Extension Office:</td>
<td>580</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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Volunteers

Volunteer Hours

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Henry County

All 2011 Outcomes (entire year)

Producers increased corn yield by 418692 bushels/acre by selecting top yielding varieties on 68080 acres of corn increasing their income by FRM.

Producers increased yield by 247646 bushels by selecting top yielding varieties on 79120 acres of soybeans, earning an extra $FRM.
Producers increased yield by 3576 bushels by selecting top yielding varieties on 13248 acres of wheat, earning an extra $FRM.

Producers increased yield by 50 pounds by selecting top yielding varieties on 1000 acres of cotton, earning an extra $FRM.

2 4-H volunteers utilized volunteer position descriptions.
26788 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
18752 acres of corn scouted by a UT-trained scout to help make crop management decisions.
5600 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
4600 acres of cotton scouted by a UT-trained scout to help make crop management decisions.
38571 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
27000 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
460 acres of tobacco produced using recommended fertility practices indicated in soil test results.
0 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
460 acres produced using registered pesticides at appropriate application rates and timings.
460 acres soil tested no more than one year before planting.
460 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).
10202 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
460 acres were planted with university-tested varieties.
0 acres with field rouged, plowed or destroyed within 30 days after harvest.
114 are concerned about problems in their community.
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.
266 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
266 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.
266 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
14 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
14 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.
14 cotton 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.
4 new 4-H volunteers were recruited this year.
114 now feel a sense of responsibility toward their school and community.
88 now have a sense of pride about their school and community.
10 of 10 checked their credit report.
0 of 0 participants ate more whole grains.
10 of 10 participants began or increased savings an average of $ 100 per month.
0 of 0 participants decreased consumption of high-sugar foods.
10 of 15 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.
10 of 10 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
10 of 10 participants felt that they were taking better advantage of the investment options offered by their employer.
0 of 10 participants followed a spending plan.
0 of 0 participants kept a record of spending.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants made a spending plan.
10 of 12 participants reduced debt an average of $ 50 per month.
0 of 0 participants use labels to make healthier choices.
0 of 0 participants worked toward new savings or investment goals.
0 of 0 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
0 participants now correctly deworm 0 horses, saving $ FRM this year.
0 pounds of burley marketed in large bale packages.
0 pounds of burley stripped properly according to buyer specifications.
78 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
78 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.
150 producers report a 92 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
78 producers utilized UT fertility recommendations.
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.
114 report that because of their 4-H experiences, they will register to vote when they are eligible.
114 report that because of their 4-H service projects, they have learned about causes and issues.
228 report that because of their 4-H service projects, they know about resources in their community.
266 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
266 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.

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

0 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).

40 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.

40 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.

40 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).

40 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.

0 volunteer leaders increased their knowledge of positive youth development.

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

150 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.

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

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

0 youth are better able to understand and follow directions.

0 youth are now better listeners.

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

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

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

76 youth can analyze the results of a scientific investigation.

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

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

214 youth can conduct a meeting.

3780 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.

3244 youth can express ideas with a poster, exhibit or other display.

0 youth can give an informative speech or presentation.

0 youth can now share their ideas through writing.

80 youth can record data accurately.

3780 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.

154 youth enjoy working with others toward a common goal.
0 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1480 youth give a 2-3 minute speech or presentation.
0 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.
110 youth have learned new skills and ways of doing things by participating in groups.
0 youth have set a goal for their job or career.
3780 youth know how to organize the parts of a speech or presentation.
0 youth now encourage other team members to give their best effort.
1234 youth now get information about a problem.
0 youth now report that they can justify their decision.
24 youth now report that they have confidence making their own decisions.
1048 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.
874 youth now report that they use more than one source of information in making choices.
1264 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.
114 youth now report they are concerned about the well-being of others.
998 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.
116 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.
0 youth now want to see other team members succeed even if they achieve more than themselves.
172 youth now work to achieve their goals.
36 youth put their goals in writing.
202 youth report that they are now comfortable being a group leader.
114 youth report that they can now cooperate and work in a group.
174 youth report that they can now give clear directions.
0 youth report that they have developed confidence to speak in front of groups.
48 youth report that they know how to set goals and they use that ability when leading a group.
62 youth report that they learned about important leaders who contributed to our nation.
70 youth report that they make sure everyone gets an opportunity to say what they think.
116 youth report that they now achieve goals they set for themselves.
202 youth report that they now like to work with others and help them reach their goals.
88 youth report that they take their jobs seriously as members of a committee.
114 youth report that when in charge of a group, they treat everyone fairly and equally.
0 youth report they can now keep records.
1400 youth report they have improved photography skills.
0 youth report they have learned skills in visual communications.
0 youth report using enthusiasm to get a group working.
48 youth set deadlines to achieve their goals.
0 youth set high goals.
178 youth think that everyone on the team is important.
114 youth think they can make a big difference in their community by helping others.
178 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.
88 youth understand how community leaders are elected to office.
118 youth understand that other ideas may be just as important as their own.
0 youth who are now making plans to achieve their goals.
36 youth who have put their goal(s) in writing.
48 youth who keep trying if they do not achieve their goal the first time.
1370 youth who report that they have learned that some choices are better than others.
1234 youth who report they can make a decision.
938 youth who report they now listen to people with more experience than themselves.
84 youth who report they now try to identify what causes a problem.
48 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Hickman County
01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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Direct Methods for Extension Personnel

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<tr>
<td>Client Visits to Extension Office:</td>
<td>334</td>
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<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
<td>2227</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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### Volunteers

**Volunteer Hours**

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### Indirect Methods for Volunteers

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**Units Reporting Program Activity**

**Hickman County**

**All 2011 Outcomes (entire year)**

- 34 are concerned about problems in their community.
- 160 beef producers sold 2400 calves managed according to BQA guidelines to increase returns by $FRM.
- 46 beef producers stored 13800 large, round bales under some type of cover to increase returns by $FRM.
- 24 beef producers utilized bulls with greater genetic potential to produce 360 head of calves to increase returns by $FRM.
- 46 beef producers utilized hay feeding rings to feed 10350 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 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.
- 0 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 0 consumers learned how to apply landscape fertilizers and pesticides safely.
- 0 consumers learned how to conserve and protect water quality in the landscape.
- 0 consumers learned how to properly take a soil test and interpret the results.
- 0 consumers practiced best management practices relating to proper pruning and tree maintenance.
- 0 consumers used the results of their soil test to properly amend their soil.
- 10 dial-gauge lids were tested.
- 10 Master Gardeners gained knowledge and confidence in entomology.
- 10 Master Gardeners gained knowledge and confidence in integrated pest management.
- 10 Master Gardeners gained knowledge and confidence in ornamentals.
- 10 Master Gardeners gained knowledge and confidence in plant diseases.
- 10 Master Gardeners gained knowledge and confidence in soils.
- 10 Master Gardeners gained knowledge and confidence in turfgrass.
- 35 now feel a sense of responsibility toward their school and community.
36 now have a sense of pride about their school and community.
174 of 174 adults wash hands more often.
36 of 42 better understood their parents' concerns about money.
0 of 0 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)
49 of 49 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
49 of 49 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.
49 of 49 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)
10 of 17 participants are applying health eating principles when making food decisions six months after completing the program.
5 of 17 participants are better self-managers of their chronic condition 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.
6 of 17 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
12 of 17 participants are physically active six months after completing the program.
6 of 17 participants are using the UT Med Minder card to keep a record of their medications.
384 of 470 participants ate more whole grains.
36 of 42 participants better understood their parent's concerns about money.
17 of 17 participants can apply health eating principles when making daily food decisions.
25 of 25 participants can apply joint protection techniques.
17 of 17 participants can better control their chronic condition with self-management techniques.
0 of 0 participants can choose foods that do not cause a sharp rise in blood sugar.
25 of 25 participants can use relaxation techniques to better manage their arthritis symptoms.
264 of 420 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
170 of 246 participants eat fewer high-fat foods.
232 of 374 participants eat more fat-free or low-fat dairy products.
98 of 174 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
17 of 17 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

20 of 25 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

68 of 68 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

17 of 17 participants feel confident using the Take PART technique when talking to their health care provider.

18 of 42 participants felt more strongly that they needed to get a good education.

30 of 42 participants felt more strongly that they needed to pay attention to their financial future.

35 of 35 participants find the active ingredient on the medication label.

0 of 17 participants have fewer visits to the emergency room six months after completing the program.

20 of 25 participants have improved their arthritis symptoms as a result of participating in this program.

10 of 15 participants have less arthritis symptoms from their arthritis six months after completing the program.

22 of 24 participants have less arthritis symptoms.

6 of 17 participants have less pain from their chronic condition six months after completing the program.

10 of 17 participants have used the Take PART technique when talking to their health care provider.

22 of 24 participants improved control of their arthritis symptoms.

24 of 24 participants improved performance of daily activities.

10 of 15 participants improved their balance six months after completing the program.

16 of 24 participants improved their balance.

10 of 15 participants improved their flexibility six months after completing the program.

22 of 24 participants improved their flexibility.

10 of 15 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

10 of 15 participants improved their range of motion in their joints six months after completing the program.

314 of 378 participants increased physical activity.

33 of 42 participants increased their financial management skills.

35 of 35 participants keep all of their prescription medications at the same pharmacy.

68 of 68 participants know what cancer screenings they need according to their age and gender.

33 of 42 participants learned better how to plan their spending.

33 of 42 participants learned how education will affect the kind of job they can get.

33 of 42 participants learned how having a family can affect their lifestyle.

36 of 42 participants learned how much money it takes to get by.

33 of 42 participants learned how occupation and income will affect their lifestyle.

30 of 42 participants learned how payroll deductions are taken from gross pay.

33 of 42 participants learned how to keep a checkbook register.

33 of 42 participants learned how to write a check.

20 of 38 participants lost weight: 214 total pounds lost.

21 of 42 participants made changes to their future plans.

304 of 374 participants now eat more fruit.

268 of 374 participants now eat more vegetables.

15 of 77 participants plan to exercise more often to help manage their chronic condition.

68 of 68 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 plan to use the two-step method around the home for managing fire ants.
15 of 17 participants plan to use the UT Med Minder card to keep a record of their medications. 
12 of 42 participants planned to change their career goals.
21 of 42 participants planned to get more education after high school.
35 of 35 participants read the directions before taking a prescription or over-the-counter medications.
50 of 60 participants refrigerate perishable foods within two hours.
35 of 35 participants seek the advice of a pharmacist if they have any questions about a medication.
50 of 60 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
16 of 16 participants surveyed canned pickles following a tested recipe. (TNCEP)
16 of 16 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
10 of 10 participants surveyed canned vegetables following a tested recipe. (TNCEP)
35 of 35 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.
16 of 16 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)
12 of 12 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.
0 of 0 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
50 of 60 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 15 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.
68 of 68 participants understand that cancer screening and early detection can save their life.
17 of 17 participants understand the different types of self-management techniques they can use to self-manage their chronic condition 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.
64 of 68 participants understand women age 40 and older should have a mammogram.
63 of 68 participants understand women of all ages need a Pap test.
178 of 246 participants who increased their intake of dairy foods.
296 of 378 participants who now select foods and beverages that promote healthy weight.
17 of 17 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
47 of 49 respondents plan to decrease exposure of their children to parental conflict.
49 of 49 respondents report understanding the importance of working together for the sakes of their children.
224 of 246 students increased amount of time in physical activity.
174 of 246 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.
220 of 224 teachers reported preschool children in their classes were more willing to taste fruit.
192 of 224 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.
6 of 12 teachers reported using physical activities from Healthy Steps at least three times per week.
626 of 716 youth now wash hands more often.
49 parents/caregivers learned effective communication techniques to use with their children.
49 parents/caregivers learned strategies for dealing with parenting stress.
22 participants process high-acid foods in a water bath canner.
28 producers planted 616 acres with clover for an increased production valued at $FRM.
5 producers planted 65 acres with warm-season grasses for an added value of $FRM.
35 producers sprayed 1645 acres for broadleaf weed control for an increased production valued at $FRM.
25 producers stockpiled 525 acres of tall fescue, reducing feeding cost by $FRM.
35 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
34 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
34 report that because of their 4-H experiences, they will register to vote when they are eligible.
66 report that because of their 4-H service projects, they know about resources in their community.
2 schools adopted this program.
12 times TEAM UP exchanged ideas or shared information.
9 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
29 would assist with or participate in elections, voting and campaigns.
35 youth believe that a team can accomplish more than an individual.
34 youth believe that people working together can help others less fortunate.
36 youth can assist a group in deciding on team plans for reaching goals.
41 youth can challenge policies through petitions, presentations or other positive ways.
70 youth can combine and build on the ideas of others when making decisions that affect the team.
33 youth can conduct a meeting.
108 youth can deal with their nervousness when giving a speech or talk.
35 youth can effectively encourage team members to achieve long-range goals.
128 youth can explain an idea to others.
123 youth can give an informative speech or presentation.
53 youth can now prepare and deliver a five-minute speech.
122 youth can select a topic for a speech or talk.
103 youth can show enthusiasm when giving a speech or presentation.
135 youth can speak loudly enough to be heard when giving a speech or talk.
35 youth can use compromise as a way to overcome conflict with other team members.
72 youth can use effective communication as a way to overcome conflict with team members.
36 youth effectively encourage others to stay on task in a team.
34 youth enjoy working with others toward a common goal.
112 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
124 youth give a 2-3 minute speech or presentation.
36 youth have learned new skills and ways of doing things by participating in groups.
125 youth know how to organize the parts of a speech or presentation.
72 youth now encourage other team members to give their best effort.
29 youth now get information about a problem.
34 youth now report that they can justify their decision.
36 youth now report that they have confidence making their own decisions.
33 youth now report that they make a decision by thinking about what a person of good character would do.
32 youth now report that they think about past choices when making new decisions.
35 youth now report that they use more than one source of information in making choices.
35 youth now report that they use standards in making choices.
35 youth now report that when making a decision, they think about what does the most good for the
most people.
35 youth now report that when they make a decision, they think about what a person of character would do.
35 youth now report they are concerned about the well-being of others.
34 youth now report they consider the risks of their choices.
35 youth now report they think about the truthfulness of sources of information when making choices.
36 youth now think it's important to listen to all group members before making a decision.
34 youth now want to see other team members succeed even if they achieve more than themselves.
33 youth report being able to break tough jobs down into simpler tasks.
34 youth report being able to resolve problems without losing control of their emotions.
35 youth report being sensitive to the feelings of others when discussing and solving problems.
34 youth report that they are comfortable being responsible for a group.
34 youth report that they are now comfortable being a group leader.
34 youth report that they can now cooperate and work in a group.
32 youth report that they can now give clear directions.
113 youth report that they have developed confidence to speak in front of groups.
36 youth report that they know how to set goals and they use that ability when leading a group.
36 youth report that they learned about important leaders who contributed to our nation.
34 youth report that they make sure everyone gets an opportunity to say what they think.
35 youth report that they now like to work with others and help them reach their goals.
35 youth report that they take their jobs seriously as members of a committee.
36 youth report that when in charge of a group, they treat everyone fairly and equally.
44 youth report they are now "accomplished public speakers."
38 youth report they can give an impromptu speech.
51 youth report they can now express their opinions in speeches or presentations.
32 youth report using enthusiasm to get a group working.
35 youth seek out others who can help them become a better leader.
36 youth think that everyone on the team is important.
32 youth think they can make a big difference in their community by helping others.
33 youth think they have something to contribute to the worth of the team.
35 youth understand how community leaders are elected to office.
35 youth understand that other ideas may be just as important as their own.
31 youth who report that they have learned that some choices are better than others.
22 youth who report they can make a decision.
35 youth who report they now listen to people with more experience than themselves.
32 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Houston County

01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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<th>Contacts Reached</th>
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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>3799</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>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>0</td>
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<tr>
<td>TV Program(s):</td>
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<td>32000</td>
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<tr>
<td><strong>Total:</strong>*</td>
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<td>9</td>
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<tr>
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<td>196</td>
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Volunteers

Volunteer Hours

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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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<td>0</td>
<td>0</td>
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<td>Female Youth</td>
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<tr>
<td>Male Adult</td>
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<td>0</td>
<td>0</td>
<td>0</td>
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Units Reporting Program Activity

Houston County

All 2011 Outcomes (entire year)

200 are concerned about problems in their community.
104 beef producers sold 3100 calves managed according to BQA guidelines to increase returns by $FRM.
124 beef producers stored 18000 large, round bales under some type of cover to increase returns by
46 beef producers utilized bulls with greater genetic potential to produce 1200 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.

18 classrooms adopted this program.

15 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.

24 horse owners fed 48 horses according to specific nutrient requirements for each class of horse, saving FRM annually.

24 horse owners managed 48 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.

24 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 48 horses, saving $FRM annually.

24 horse owners schedule routine hoof care on 48 horses, saving $FRM annually.

24 horse owners now have a sense of responsibility toward their school and community.

0 of 0 adults wash hands more often.

51 of 51 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)

51 of 51 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies

15 of 15 parents/caregivers learned about issues related to stages of child development.

17 of 21 parents/caregivers report an increase in use of appropriate child guidance techniques.

20 of 25 parents/caregivers report an increase in use of positive communication techniques with their children.

16 of 21 parents/caregivers report feeling better about their abilities as parents.

16 of 17 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)

30 of 72 participants are applying health eating principles when making food decisions six months after completing the program.

27 of 72 participants are better self-managers of their chronic condition six months after completing the program.

36 of 72 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

54 of 72 participants are physically active six months after completing the program.
0 of 0 participants are practicing the postural alignment exercises they learned in the program. 
36 of 72 participants are using the UT Med Minder card to keep a record of their medications. 
12 of 12 participants ate more whole grains. 
66 of 66 participants better understood their parent's concerns about money. 
132 of 132 participants can apply health eating principles when making daily food decisions. 
0 of 0 participants can apply joint protection techniques. 
132 of 132 participants can better control their chronic condition with self-management techniques. 
0 of 0 participants can make their bones healthier with a personal plan for better bone health. 
210 of 210 participants can name calcium-rich foods. 
18 of 18 participants can use relaxation techniques to better manage their arthritis symptoms. 
261 of 477 participants decreased consumption of high-sugar foods. 
0 of 0 participants eat at least six meals together as a family each week. 
66 of 177 participants eat fewer high-fat foods. 
153 of 204 participants eat more fat-free or low-fat dairy products. 
135 of 330 participants engaged in physical activity for at least 30 minutes five or more days during most weeks. 
90 of 90 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain. 
0 of 0 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends. 
84 of 90 participants feel confident using the Take PART technique when talking to their health care provider. 
48 of 66 participants felt more strongly that they needed to get a good education. 
48 of 66 participants felt more strongly that they needed to pay attention to their financial future. 
0 of 0 participants have fewer visits to the emergency room six months after completing the program. 
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 pain from their chronic condition six months after completing the program. 
24 of 42 participants have used the Take PART technique when talking to their health care provider. 
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. 
141 of 330 participants increased physical activity. 
15 of 51 participants increased their financial management skills. 
186 of 210 participants know how to get 400 to 800 IU of Vitamin D each day. 
180 of 210 participants know how to get at least 1,200 mg of calcium each day. 
44 of 66 participants learned better how to plan their spending. 
975 of 1062 participants learned culinary skills. 
62 of 66 participants learned how education will affect the kind of job they can get. 
26 of 51 participants learned how having a family can affect their lifestyle. 
66 of 66 participants learned how much money it takes to get by. 
60 of 66 participants learned how occupation and income will affect their lifestyle. 
66 of 66 participants learned how payroll deductions are taken from gross pay. 
51 of 51 participants learned how to keep a checkbook register. 
51 of 51 participants learned how to write a check. 
0 of 0 participants lost weight: 0 total pounds lost.
16 of 51 participants made changes to their future plans.
270 of 726 participants now eat more fruit.
276 of 726 participants now eat more vegetables.
72 of 90 participants plan to exercise more often to help manage their chronic condition.
69 of 90 participants plan to use the UT Med Minder card to keep a record of their medications.
12 of 51 participants planned to change their career goals.
56 of 66 participants planned to get more education after high school.
210 of 210 participants recognize that exercise can make their bones healthier.
60 of 75 participants refrigerate perishable foods within two hours.
60 of 75 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
33 of 75 participants surveyed used a thermometer to check the internal temperature of food.
33 of 330 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.
162 of 210 participants understand that fractures caused by osteoporosis are most common in the spine, hip, and wrist.
210 of 210 participants understand that osteoporosis is a disease that can make bones thinner and weaker.
84 of 90 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
18 of 18 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
99 of 177 participants who increased their intake of dairy foods.
114 of 528 participants who now select foods and beverages that promote healthy weight.
78 of 90 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
21 of 21 respondents plan to decrease exposure of their children to parental conflict.
21 of 21 respondents report understanding the importance of working together for the sakes of their children.
99 of 177 students increased amount of time in physical activity.
36 of 177 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.
0 of 0 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.
762 of 1083 youth now wash hands more often.
21 parents/caregivers learned effective communication techniques to use with their children.
21 parents/caregivers learned strategies for dealing with parenting stress.
24 participants now correctly deworm 48 horses, saving $FRM this year.
20 producers planted 400 acres with clover for an increased production valued at $FRM.
24 producers planted 1500 acres with warm-season grasses for an added value of $FRM.
50 producers sprayed 600 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.
6 schools adopted this program.
100 would assist with or participate in elections, voting and campaigns.
200 youth believe that a team can accomplish more than an individual.
200 youth believe that people working together can help others less fortunate.
988 youth can analyze the results of a scientific investigation.
660 youth can ask a question that can be answered by collecting data.
200 youth can assist a group in deciding on team plans for reaching goals.
824 youth can communicate a scientific procedure to others.
150 youth can conduct a meeting.
0 youth can create a display to communicate scientific data and observations.
88 youth can deal with their nervousness when giving a speech or talk.
864 youth can design a scientific procedure to answer a question.
88 youth can explain an idea to others.
88 youth can give an informative speech or presentation.
508 youth can record data accurately.
88 youth can select a topic for a speech or talk.
72 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.
0 youth can use data to create a graph for presentation to others.
0 youth can use models to explain scientific results.
792 youth can use science terms to share scientific results.
508 youth can use specific scientific knowledge to form a question.
988 youth can use the results of their investigation to answer the question they had asked.
200 youth enjoy working with others toward a common goal.
88 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
58 youth give a 2-3 minute speech or presentation.
200 youth have learned new skills and ways of doing things by participating in groups.
56 youth know how to organize the parts of a speech or presentation.
380 youth now encourage other team members to give their best effort.
190 youth now get information about a problem.
432 youth now report that they make a decision by thinking about what a person of good character would do.
572 youth now report that they use more than one source of information in making choices.
530 youth now report that they use standards in making choices.
200 youth now report they are concerned about the well-being of others.
786 youth now report they consider the risks of their choices.
160 youth now report they think about the truthfulness of sources of information when making choices.
190 youth now think it's important to listen to all group members before making a decision.
170 youth now want to see other team members succeed even if they achieve more than themselves.
200 youth report being able to break tough jobs down into simpler tasks.
180 youth report being able to resolve problems without losing control of their emotions.
170 youth report being sensitive to the feelings of others when discussing and solving problems.
160 youth report that they are comfortable being responsible for a group.
180 youth report that they are now comfortable being a group leader.
200 youth report that they can now cooperate and work in a group.
180 youth report that they can now give clear directions.
66 youth report that they have developed confidence to speak in front of groups.
200 youth report that they know how to set goals and they use that ability when leading a group.
200 youth report that they learned about important leaders who contributed to our nation.
180 youth report that they make sure everyone gets an opportunity to say what they think.
180 youth report that they now like to work with others and help them reach their goals.
170 youth report that they take their jobs seriously as members of a committee.
170 youth report that when in charge of a group, they treat everyone fairly and equally.
190 youth report using enthusiasm to get a group working.
200 youth seek out others who can help them become a better leader.
200 youth think that everyone on the team is important.
200 youth think they can make a big difference in their community by helping others.
200 youth think they have something to contribute to the worth of the team
200 youth understand how community leaders are elected to office.
200 youth understand that other ideas may be just as important as their own.
750 youth who report that they have learned that some choices are better than others.
782 youth who report they can make a decision.
228 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

01/01/2011 to 12/31/2011

Extension Personnel

<table>
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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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## Volunteers

### Volunteer Hours

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### Indirect Methods for Volunteers

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| Female Adult                  |                   |                  |
| Female Youth                  |                   |                  |
| Male Adult                    |                   |                  |
| Male Youth                    |                   |                  |
| Total                         |                   |                  |

### Contacts by Extension Personnel

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**Units Reporting Program Activity**

Humphreys County

**All 2011 Outcomes (entire year)**

- 8 classrooms adopted this program.
- 54 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
- 6 farm families and rural business operators implementing improved record systems.
- 14 farm families evaluated new farm enterprises and value added activities.
- 6 farm families used FINPACK for developing and implementing whole farm plans.
- 168 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
- 10 farmers developed financial plans for their farms.
- 68 farmers increased their knowledge and skills in farm and financial planning.
- 66 farmers increased their potential cash income from their farming operation by $1000 by implementing a financial plan.
- 174 of 192 adults wash hands more often.
- 83 of 89 better understood their parents' concerns about money.
- 12 of 14 participants are confident they can better manage their diabetes as a result of participating in this program.
- 184 of 222 participants ate more whole grains.
- 83 of 89 participants better understood their parent's concerns about money.
- 10 of 11 participants can apply health eating principles when making daily food decisions.
- 26 of 28 participants can apply joint protection techniques.
- 9 of 11 participants can better control their chronic condition with self-management techniques.
- 11 of 14 participants can choose foods that do not cause a sharp rise in blood sugar.
- 22 of 28 participants can use relaxation techniques to better manage their arthritis symptoms.
- 3 of 5 participants decreased consumption of high-sugar foods.
- 0 of 0 participants eat at least six meals together as a family each week.
- 382 of 482 participants eat more fat-free or low-fat dairy products.
- 0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
- 10 of 11 participants feel confident they can apply pain management techniques, such as distraction,
muscle relaxation, breathing, and guided imagery, for overcoming pain.
26 of 28 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
10 of 11 participants feel confident using the Take PART technique when talking to their health care provider.
84 of 89 participants felt more strongly that they needed to get a good education.
84 of 89 participants felt more strongly that they needed to pay attention to their financial future.
126 of 144 participants find the active ingredient on the medication label.
24 of 28 participants have improved their arthritis symptoms as a result of participating in this program.
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.
342 of 384 participants increased physical activity.
61 of 89 participants increased their financial management skills.
134 of 144 participants keep all of their prescription medications at the same pharmacy.
82 of 89 participants learned better how to plan their spending.
87 of 89 participants learned how education will affect the kind of job they can get.
85 of 89 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.
53 of 89 participants learned how payroll deductions are taken from gross pay.
81 of 89 participants learned how to keep a checkbook register.
87 of 89 participants learned how to write a check.
5 of 26 participants lost weight: 64 total pounds lost.
48 of 89 participants made changes to their future plans.
440 of 482 participants now eat more fruit.
424 of 482 participants now eat more vegetables.
11 of 11 participants plan to exercise more often to help manage their chronic condition.
14 of 14 participants plan to regularly check their blood sugar as requested by their doctor.
11 of 14 participants plan to use the Healthy Plate Method.
10 of 11 participants plan to use the UT Med Minder card to keep a record of their medications.
27 of 89 participants planned to change their career goals.
83 of 89 participants planned to get more education after high school.
130 of 144 participants read the directions before taking a prescription or over-the-counter medications.
147 of 147 participants refrigerate perishable foods within two hours.
118 of 144 participants seek the advice of a pharmacist if they have any questions about a medication.
70 of 76 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
118 of 144 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
138 of 144 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
142 of 144 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.
142 of 144 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
60 of 76 participants surveyed used a thermometer to check the internal temperature of food.
74 of 76 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

11 of 14 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.

11 of 11 participants understand the different types of self-management techniques they can use to self-manage their chronic condition 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.

170 of 238 participants who now select foods and beverages that promote healthy weight.

10 of 11 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.

5 of 9 teachers reported preschool children in their classes were more actively engaged in physical activity.

9 of 9 teachers reported preschool children in their classes were more willing to taste fruit.

7 of 9 teachers reported preschool children in their classes were more willing to taste vegetables.

6 of 9 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.

266 of 308 youth now wash hands more often.

0 schools adopted this program.

162 youth are better able to understand and follow directions.

25 youth can analyze the results of a scientific investigation.

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

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

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

32 youth can explain an idea to others.

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

32 youth can give an informative speech or presentation.

256 youth can now share their ideas through writing.

25 youth can record data accurately.

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

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

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

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

154 youth can use technology to help themselves express ideas.

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

32 youth can give a 2-3 minute speech or presentation.

138 youth have learned at least five jobs in which communication skills are important.

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

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

160 youth now get information about a problem.

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

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

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

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

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

158 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.

158 youth report that they now achieve goals they set for themselves.
156 youth who are now making plans to achieve their goals.
62 youth who have put their goal(s) in writing.
170 youth who report that they have learned that some choices are better than others.
170 youth who report they can make a decision.
160 youth who report they now listen to people with more experience than themselves.
148 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 Jackson County**

**01/01/2011 to 12/31/2011**

**Extension Personnel**

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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**

**Volunteer Hours**

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**Indirect Methods for Volunteers**

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**Contacts by Volunteers**

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### Units Reporting Program Activity

**Jackson County**

**All 2011 Outcomes (entire year)**

10 beef producers sold 370 calves managed according to BQA guidelines to increase returns by $FRM.

12 beef producers stored 2187 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.

16 beef producers utilized hay feeding rings to feed 3030 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.

5 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.

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

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

0 of 0 better understood their parents' concerns about money.

92 of 92 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.

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

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 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 changes to their future plans.

0 of 0 participants planned to change their career goals.

0 of 0 participants planned to get more education after high school.

5 producers planted 82 acres with clover for an increased production valued at $FRM.
8 producers planted 133 acres with warm-season grasses for an added value of $FRM.
14 producers sprayed 709 acres for broadleaf weed control for an increased production valued at $FRM.
10 producers stockpiled 172 acres of tall fescue, reducing feeding cost by $FRM.
98 youth can analyze the results of a scientific investigation.
98 youth can ask a question that can be answered by collecting data.
118 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
120 youth can explain an idea to others.
136 youth can give an informative speech or presentation.
98 youth can record data accurately.
128 youth can select a topic for a speech or talk.
100 youth can show enthusiasm when giving a speech or presentation.
124 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.
114 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
126 youth give a 2-3 minute speech or presentation.
128 youth know how to organize the parts of a speech or presentation.
134 youth report that they have developed confidence to speak in front of groups.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Jefferson County
01/01/2011 to 12/31/2011

Extension Personnel

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### Volunteers

**Volunteer Hours**

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Contracts by Volunteers

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Units Reporting Program Activity

Jefferson County

All 2011 Outcomes (entire year)

2 of 2 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.
2 of 2 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.
2 of 2 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
49 of 54 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
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 are applying health eating principles when making food decisions six months after completing the program.

0 of 0 participants are better able to manage their living environments.

0 of 0 participants are better able to store and prepare foods to keep them safe to consume.

2 of 2 participants are better informed to make medical decisions for themselves and their families three months after participating in the program.

4 of 4 participants are better informed to make medical decisions for themselves and their families.

0 of 0 participants are better self-managers of their chronic condition six months after completing the program.

0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

0 of 0 participants are more confident in relationships with family and friends.

4 of 4 participants are more motivated to care for their health.

0 of 0 participants are physically active six months after completing the program.

0 of 0 participants are using the UT Med Minder card to keep a record of their medications.

93 of 93 participants ate more whole grains.

16 of 16 participants can apply health eating principles when making daily food decisions.

4 of 4 participants can apply joint protection techniques.

15 of 16 participants can better control their chronic condition with self-management techniques.

2 of 2 participants can better protect their health three months after participating in the program.

0 of 0 participants can use relaxation techniques to better manage their arthritis symptoms.

2 of 2 participants have changed the way they navigate through their healthcare system three months after participating in the program.

2 of 2 participants have changed the way they navigate through their healthcare system.

4 of 4 participants have fewer visits to the emergency room six months after completing the program.

4 of 4 participants have greater confidence in navigating their healthcare system.

4 of 4 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.

2 of 18 participants have less arthritis symptoms.
0 of 0 participants have less pain from their chronic condition six months after completing the program.

2 of 2 participants have used the information they learned three months after participating in the program.

0 of 0 participants have used the information they learned.

4 of 18 participants improved control of their arthritis symptoms.

14 of 18 participants improved performance of daily activities.

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

14 of 18 participants improved their balance.

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

11 of 18 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.

235 of 235 participants increased physical activity.

4 of 4 participants increased their understanding about their health and the healthcare system.

0 of 0 participants know better how to manage and protect their assets for a secure retirement.

236 of 238 participants now eat more vegetables.

14 of 16 participants plan to exercise more often to help manage their chronic condition.

13 of 16 participants plan to use the UT Med Minder card to keep a record of their medications.

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.

4 of 4 participants understand the different types of self-management techniques they can use to self-manage their chronic condition 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.

8 of 9 participants understand the special nutritional needs of the elderly.

3 of 3 participants who now select foods and beverages that promote healthy weight.

12 of 16 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.

50 of 54 respondents plan to decrease exposure of their children to parental conflict.

47 of 54 respondents report understanding the importance of working together for the sakes of their children.

235 of 235 youth now wash hands more often.

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

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

1542 youth are better able to understand and follow directions.

1826 youth can deal with their nervousness when giving a speech or talk.

1850 youth can express ideas with a poster, exhibit or other display.

1572 youth can give an informative speech or presentation.

4004 youth can now share their ideas through writing.

2026 youth can select a topic for a speech or talk.

1394 youth can show enthusiasm when giving a speech or presentation.
1472 youth can speak loudly enough to be heard when giving a speech or talk.
1776 youth can use technology to help themselves express ideas.
1202 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1594 youth give a 2-3 minute speech or presentation.
1302 youth have learned at least five jobs in which communication skills are important.
1976 youth know how to organize the parts of a speech or presentation.
1702 youth report that they have developed confidence to speak in front of groups.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Johnson County

01/01/2011 to 12/31/2011

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### Contacts by Extension Personnel

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### Volunteers

#### Volunteer Hours

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</table>
545 of 600 participants better understood their parent's concerns about money.
19 of 23 participants can apply health eating principles when making daily food decisions.
19 of 23 participants can better control their chronic condition with self-management techniques.
246 of 620 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.
687 of 863 participants eat more fat-free or low-fat dairy products.
6 of 7 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
15 of 23 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
19 of 23 participants feel confident using the Take PART technique when talking to their health care provider.
530 of 600 participants felt more strongly that they needed to get a good education.
285 of 360 participants felt more strongly that they needed to pay attention to their financial future.
260 of 600 participants followed a spending plan.
17 of 20 participants gained skill in making a spending plan.
1 of 15 participants have fewer visits to the emergency room six months after completing the program.
1 of 15 participants have less pain from their chronic condition six months after completing the program.
2 of 15 participants have used the Take PART technique when talking to their health care provider.
19 of 20 participants identified ways to avoid being victimized by predatory practices or fraud.
662 of 870 participants increased physical activity.
494 of 620 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
510 of 600 participants learned better how to plan their spending.
490 of 600 participants learned how education will affect the kind of job they can get.
520 of 600 participants learned how having a family can affect their lifestyle.
550 of 600 participants learned how much money it takes to get by.
520 of 600 participants learned how occupation and income will affect their lifestyle.
505 of 600 participants learned how payroll deductions are taken from gross pay.
555 of 600 participants learned how to keep a checkbook register.
530 of 600 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.
351 of 620 participants made a change in financial behavior.
299 of 620 participants made a spending plan.
275 of 600 participants made changes to their future plans.
697 of 870 participants now eat more fruit.
553 of 870 participants now eat more vegetables.
20 of 23 participants plan to exercise more often to help manage their chronic condition.
12 of 23 participants plan to use the UT Med Minder card to keep a record of their medications.
275 of 600 participants planned to change their career goals.
540 of 600 participants planned to get more education after high school.
6 of 7 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 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.
144 of 360 participants talked about financial goals with their parents or others.
0 of 0 participants understand how to reconcile a checking account.
23 of 23 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
20 of 20 participants understood the dangers of using too much credit.
19 of 20 participants were better able to identify appropriate savings and investment options for different financial goals.
39 of 42 participants who now select foods and beverages that promote healthy weight.
16 of 23 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
141 of 360 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
20 of 22 respondents plan to decrease exposure of their children to parental conflict.
20 of 22 respondents report understanding the importance of working together for the sakes of their children.
626 of 890 youth now wash hands more often.
20 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.
44 producers planted 1996 acres with clover for an increased production valued at $FRM.
6 producers planted 54 acres with warm-season grasses for an added value of $FRM.
36 producers sprayed 646 acres for broadleaf weed control for an increased production valued at $FRM.
18 producers stockpiled 76 acres of tall fescue, reducing feeding cost by $FRM.
1140 youth are better able to understand and follow directions.
320 youth believe that people working together can help others less fortunate.
540 youth break goals down into steps so they can check their progress.
2088 youth can deal with their nervousness when giving a speech or talk.
2368 youth can explain an idea to others.
915 youth can express ideas with a poster, exhibit or other display.
2194 youth can give an informative speech or presentation.
1800 youth can now share their ideas through writing.
2440 youth can select a topic for a speech or talk.
2061 youth can show enthusiasm when giving a speech or presentation.
2265 youth can speak loudly enough to be heard when giving a speech or talk.
1140 youth can use technology to help themselves express ideas.
1854 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
2219 youth give a 2-3 minute speech or presentation.
900 youth have learned at least five jobs in which communication skills are important.
3482 youth have set a goal for their job or career.
2278 youth know how to organize the parts of a speech or presentation.
0 youth now get information about a problem.
16 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.
20 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.
3384 youth now set high goals that require work to achieve them.
1284 youth now work to achieve their goals.
352 youth put their goals in writing.
2220 youth report that they have developed confidence to speak in front of groups.
245 youth report that they learned about important leaders who contributed to our nation.
3588 youth report that they now achieve goals they set for themselves.
1008 youth set high goals.
302 youth think they can make a big difference in their community by helping others.
274 youth understand how community leaders are elected to office.
3456 youth who are now making plans to achieve their goals.
2108 youth who have put their goal(s) in writing.
10 youth who report that they have learned that some choices are better than others.
10 youth who report they can make a decision.
8 youth who report they now listen to people with more experience than themselves.
6 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Knox County
01/01/2011 to 12/31/2011

Extension Personnel

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

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<th>Contacts Reached</th>
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<td>Client Visits to Extension Office:</td>
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<tr>
<td>Direct Mail / Telephone Calls</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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**Volunteers**

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**Indirect Methods for Volunteers**

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Contacts by Volunteers

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Units Reporting Program Activity

Knox County

All 2011 Outcomes (entire year)

9 beef producers sold 227 calves managed according to BQA guidelines to increase returns by $FRM.
14 beef producers stored 1483 large, round bales under some type of cover to increase returns by $FRM.
27 beef producers utilized bulls with greater genetic potential to produce 378 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.
3 beef producers utilized improved marketing methods to market 67 head of calves to increase returns by $FRM.
22 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.
558 consumers learned about plant selection and proper planting to save money and time in the landscape.
738 consumers learned how to apply landscape fertilizers and pesticides safely.
98 consumers learned how to conserve and protect water quality in the landscape.
44 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.
30 consumers used the results of their soil test to properly amend their soil.
42 home lawn insect, disease and weed samples submitted for identification and control recommendations.
66 home lawn soil samples submitted for testing.
46 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.
92 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
108 Master Gardeners gained knowledge and confidence in entomology.
108 Master Gardeners gained knowledge and confidence in integrated pest management.
108 Master Gardeners gained knowledge and confidence in ornamentals.
108 Master Gardeners gained knowledge and confidence in plant diseases.
108 Master Gardeners gained knowledge and confidence in soils.
108 Master Gardeners gained knowledge and confidence in turfgrass.
24 of 24 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)
74 of 74 adolescents learned about the consequences of risky behaviors which could result in being arrested.
74 of 74 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 34 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
32 of 32 homeowners increased their knowledge of fire ant management.
24 of 24 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 36 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
74 of 74 parents/caregivers learned about issues related to stages of child development.
10 of 10 participants are applying health eating principles when making food decisions six months after completing the program.
10 of 10 participants are better self-managers of their chronic condition six months after completing the program.
18 of 18 participants are confident they can better manage their diabetes as a result of participating in this program.
8 of 10 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
10 of 10 participants are physically active six months after completing the program.
0 of 0 participants are using the UT Med Minder card to keep a record of their medications.
16 of 16 participants can apply health eating principles when making daily food decisions.
16 of 16 participants can better control their chronic condition with self-management techniques.
16 of 18 participants can choose foods that do not cause a sharp rise in blood sugar.
28 of 28 participants compared prices to help manage their dollars.
14 of 16 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
14 of 16 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants find the active ingredient on the medication label.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
10 of 10 participants have less arthritis symptoms.
10 of 10 participants have less pain from their chronic condition six months after completing the program.
0 of 0 participants have used the Take PART technique when talking to their health care provider.
10 of 10 participants improved control of their arthritis symptoms.
8 of 10 participants improved performance of daily activities.
8 of 10 participants improved their balance.
10 of 10 participants improved their flexibility.
0 of 0 participants keep all of their prescription medications at the same pharmacy.
28 of 28 participants more often followed the recommended practice of not thawing foods at room temperature.
14 of 16 participants plan to exercise more often to help manage their chronic condition.
18 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.
14 of 22 participants plan to use the two-step method around the home for managing fire ants.
0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.
28 of 28 participants prepared foods without adding salt.
0 of 0 participants read the directions before taking a prescription or over-the-counter medications.
28 of 28 participants refrigerate perishable foods within two hours.
20 of 28 participants reported their children ate breakfast more often.
28 of 28 participants run out of food before the end of the month less often.
0 of 0 participants seek the advice of a pharmacist if they have any questions about a medication.
0 of 0 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
110 of 120 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.
0 of 0 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
28 of 28 participants thought about healthy food choices when deciding what to feed their family.
14 of 18 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
16 of 16 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
28 of 28 participants used a list for grocery shopping.
28 of 28 participants used the food label to make healthier choices.
28 of 28 participants who plan meals ahead of time.
16 of 16 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
134 of 134 providers had increased knowledge of the workshop(s) topics.
130 of 134 providers report their children are provided with varied opportunities and materials that support fine and large motor development using recommended practices.
134 of 134 providers report their children are read to on a daily basis and asking open-ended questions of the children when possible using recommended practices.
134 of 134 providers report they express warmth through behaviors such as physical affection, eye contact, tone of voice, and smiles toward the children using recommended practices.
0 of 0 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.
134 of 134 providers report they work in partnership with families, establishing and maintaining regular, ongoing, two-way communication using recommended practices.
134 of 134 providers report they work to prevent challenging or disruptive behaviors using recommended guidance practices.
194 of 194 respondents plan to decrease exposure of their children to parental conflict.
194 of 194 respondents report understanding the importance of working together for the sakes of their children.
336 parents/caregivers learned effective communication techniques to use with their children.
344 parents/caregivers learned strategies for dealing with parenting stress.
16 professionals increased their knowledge of components of business plans.
262 professionals increased their knowledge of green industry services and marketing practices.
62 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
54 professionals increased their knowledge of plant pests and pest control measures.
262 professionals increased their knowledge of proper plant selection.
400 youth are better able to understand and follow directions.
133 youth break goals down into steps so they can check their progress.
558 youth can analyze the results of a scientific investigation.
517 youth can ask a question that can be answered by collecting data.
145 youth can deal with their nervousness when giving a speech or talk.
263 youth can design a scientific procedure to answer a question.
163 youth can explain an idea to others.
384 youth can express ideas with a poster, exhibit or other display.
404 youth can now share their ideas through writing.
505 youth can record data accurately.
158 youth can select a topic for a speech or talk.
154 youth can speak loudly enough to be heard when giving a speech or talk.
541 youth can use specific scientific knowledge to form a question.
196 youth can use technology to help themselves express ideas.
121 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
400 youth have learned at least five jobs in which communication skills are important.
396 youth now get information about a problem.
179 youth now work to achieve their goals.
0 youth put their goals in writing.
161 youth set high goals.
316 youth who report that they have learned that some choices are better than others.
340 youth who report they can make a decision.
358 youth who report they now listen to people with more experience than themselves.
382 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Lake County
01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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Direct Methods for Extension Personnel
### Indirect Methods for Extension Personnel

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<td>Newspaper Article(s):</td>
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<td>Radio Program(s):</td>
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### Contacts by Extension Personnel

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<th>Hispanic</th>
<th>Asian or Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
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### Volunteers

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Indirect Methods for Volunteers

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Contacts by Volunteers

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<td>Female Adult</td>
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Units Reporting Program Activity

Lake County

**All 2011 Outcomes (entire year)**

- Producers increased corn yield by 12 bushels/acre by selecting top yielding varieties on 23920 acres of corn increasing their income by FRM.
- Producers increased yield by 6 bushels by selecting top yielding varieties on 84640 acres of soybeans, earning an extra $FRM.
- Producers increased yield by 0 bushels by selecting top yielding varieties on 4232 acres of wheat, earning an extra $FRM.
- Producers increased yield by 0 pounds by selecting top yielding varieties on 0 acres of cotton, earning an extra $FRM.
- 16276 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
- 16276 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 16200 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
- 16200 acres of cotton scouted by a UT-trained scout to help make crop management decisions.
- 51428 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
- 51428 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
- 60000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
- 80 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.
80 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
46 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
46 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.
46 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
38 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.
0 producers report a 0 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
10 producers utilized UT fertility recommendations.
108 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.
108 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
14 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
14 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.
14 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

01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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### Direct Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteers

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Volunteer Hours

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Contacts by Volunteers

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Units Reporting Program Activity

Lauderdale County

**All 2011 Outcomes (entire year)**

- 0 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
- 60 beef producers sold 1450 calves managed according to BQA guidelines to increase returns by $FRM.
- 108 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 800 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.

8 classrooms adopted this program.

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

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

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

48 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.

48 farmers developed financial plans for their farms.

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

10 farmers increased their potential cash income from their farming operation by $49512 by implementing a financial plan.

0 miles were walked in the Walk Across Tennessee Program.

20 of 20 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)

20 of 20 adolescents learned about the consequences of risky behaviors which could result in being arrested.

20 of 20 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)

190 of 190 adults wash hands more often.

26 of 26 participants are better able to manage their living environments.

26 of 26 participants are better able to store and prepare foods to keep them safe to consume.

0 of 0 participants are better informed to make medical decisions for themselves and their families three months after participating in the program.

0 of 0 participants are better informed to make medical decisions for themselves and their families.

23 of 29 participants are choosing foods that do not cause a sharp rise in blood sugar six months after completing the program.

54 of 58 participants are confident they can better manage their diabetes as a result of participating in this program.

24 of 58 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

34 of 58 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

26 of 26 participants are more confident in relationships with family and friends.

0 of 0 participants are more motivated to care for their health.

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.

40 of 58 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.

44 of 62 participants ate more whole grains.

52 of 54 participants can apply health eating principles when making daily food decisions.

24 of 24 participants can apply joint protection techniques.

54 of 54 participants can better control their chronic condition with self-management techniques.

0 of 0 participants can better control their chronic disease as a result of participating in the program.

0 of 0 participants can better protect their health three months after participating in the program.
46 of 58 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.
34 of 36 participants compared prices to help manage their dollars.
120 of 160 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
136 of 160 participants eat fewer high-fat foods.
50 of 62 participants eat more fat-free or low-fat dairy products.
18 of 30 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
24 of 30 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
9 of 12 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
80 of 80 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
108 of 84 participants feel confident they know what to do in case of a poisoning.
16 of 20 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants have changed the way they navigate through their healthcare system three months after participating in the program.
0 of 0 participants have greater confidence in navigating their healthcare system.
24 of 24 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.
90 of 90 participants have less arthritis symptoms.
14 of 58 participants have reduced their A1c six months after completing the program.
0 of 0 participants have used the information they learned three months after participating in the program.
0 of 0 participants have used the information they learned.
0 of 0 participants improved control of their arthritis symptoms.
90 of 90 participants improved performance of daily activities.
0 of 0 participants improved their balance six months after completing the program.
80 of 90 participants improved their balance.
0 of 0 participants improved their flexibility six months after completing the program.
80 of 90 participants improved their flexibility.
14 of 24 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.
57 of 92 participants increased physical activity.
70 of 112 participants increased their exercise routine during Walk Across Tennessee Program.
0 of 0 participants increased their understanding about their health and the healthcare system.
24 of 26 participants know better how to manage and protect their assets for a secure retirement.
80 of 80 participants know what cancer screenings they need according to their age and gender.
24 of 30 participants lost weight: 100 total pounds lost.
36 of 36 participants more often followed the recommended practice of not thawing foods at room temperature.
122 of 202 participants now eat more fruit.
96 of 202 participants now eat more vegetables.
54 of 54 participants plan to exercise more often to help manage their chronic condition.
80 of 80 participants plan to get age and gender appropriate cancer screenings.
58 of 58 participants plan to regularly check their blood sugar as requested by their doctor.
25 of 29 participants plan to use the Healthy Plate Method.
28 of 30 participants plan to use the UT Med Minder card to keep a record of their medications.
30 of 36 participants prepared foods without adding salt.
121 of 138 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)

18 of 36 participants reported their children ate breakfast more often.
32 of 36 participants run out of food before the end of the month less often.
100 of 102 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
138 of 152 participants surveyed used a thermometer to check the internal temperature of food.
146 of 152 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

10 of 24 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)

28 of 36 participants thought about healthy food choices when deciding what to feed their family.
58 of 58 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
80 of 80 participants understand that cancer screening and early detection can save their life.
18 of 20 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
24 of 24 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
26 of 26 participants understand the special nutritional needs of the elderly.
80 of 80 participants understand women age 40 and older should have a mammogram.
80 of 80 participants understand women of all ages need a Pap test.
32 of 36 participants used a list for grocery shopping.
32 of 36 participants used the food label to make healthier choices.
68 of 160 participants who increased their intake of dairy foods.
32 of 32 participants who now select foods and beverages that promote healthy weight.
26 of 36 participants who plan meals ahead of time.
30 of 30 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
24 of 24 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.
84 of 84 participants will keep medications out of the reach of children.
84 of 84 participants will keep products in their original containers.
82 of 84 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
24 of 24 participants will read the label before using a product.
140 of 160 students increased amount of time in physical activity.
50 of 160 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.
4 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.
32 of 32 youth now wash hands more often.
592 participants walked in the Walk Across Tennessee Program.
12 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
140 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
26 producers increased their return on 9000 acres by $FRM by utilizing irrigation instead of dry land production.
100 producers increased their return on 70000 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
50 producers planted 2400 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.
102 producers sprayed 6000 acres for broadleaf weed control for an increased production valued at $FRM.
80 producers stockpiled 6400 acres of tall fescue, reducing feeding cost by $FRM.
0 producers utilized UT fertility recommendations.
2 schools adopted this program.
36 teams participated in the Walk Across Tennessee Program.
18 times TEAM UP exchanged ideas or shared information.
6 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Lawrence County

01/01/2011 to 12/31/2011

Extension Personnel

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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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Contacts by Volunteers

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<td>160</td>
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<td><strong>Male Youth</strong></td>
<td>15833</td>
<td>1293</td>
<td>966</td>
<td>170</td>
<td>107</td>
<td>18369</td>
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<td><strong>Total</strong></td>
<td>37587</td>
<td>2731</td>
<td>1733</td>
<td>339</td>
<td>154</td>
<td>42544</td>
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**Units Reporting Program Activity**

**Lawrence County**

**All 2011 Outcomes (entire year)**

Producers increased corn yield by 8 bushels/acre by selecting top yielding varieties on 19000 acres of corn increasing their income by FRM.
Producers increased yield by 4 bushels by selecting top yielding varieties on 20000 acres of soybeans, earning an extra $FRM.
Producers increased yield by 30 bushels by selecting top yielding varieties on 2000 acres of wheat, earning an extra $FRM.
10000 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.
10000 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.
14000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer.
and lime, plant growth regulators, defoliants or pesticides.
458 beef producers sold 10992 calves managed according to BQA guidelines to increase returns by $FRM.
504 beef producers stored 45360 large, round bales under some type of cover to increase returns by $FRM.
468 beef producers utilized bulls with greater genetic potential to produce 14040 head of calves to increase returns by $FRM.
620 beef producers utilized hay feeding rings to feed 43400 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
130 beef producers utilized improved marketing methods to market 6500 head of calves to increase returns by $FRM.
44 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
16 consumers implemented water-wise gardening practices to conserve and protect water quality.
156 consumers learned about plant selection and proper planting to save money and time in the landscape.
36 consumers learned how to apply landscape fertilizers and pesticides safely.
22 consumers learned how to conserve and protect water quality in the landscape.
62 consumers learned how to properly take a soil test and interpret the results.
48 consumers practiced best management practices relating to proper pruning and tree maintenance.
290 consumers used the results of their soil test to properly amend their soil.
50 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.
6 dial-gauge lids were tested.
16 disease, insect and weed samples form commercial turf submitted for identification and control recommendations.
22 fruit and/or vegetable producers realized an economic impact of $700 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.
38 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
46 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
38 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
2 golf course superintendents adopted UT's recommended practices for crabgrass control.
4 high school coaches have adopted UT's athletic field management recommendations.
12 home lawn insect, disease and weed samples submitted for identification and control recommendations.
80 home lawn soil samples submitted for testing.
56 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
24 homeowners established new turfgrass species and varieties.
78 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.
24 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.
12 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
12 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.
32 Master Gardeners gained knowledge and confidence in entomology.
28 Master Gardeners gained knowledge and confidence in integrated pest management.
52 Master Gardeners gained knowledge and confidence in ornamentals.
28 Master Gardeners gained knowledge and confidence in plant diseases.
270 Master Gardeners gained knowledge and confidence in soils.
32 Master Gardeners gained knowledge and confidence in turfgrass.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 48 people in turf selection or management.
16 Master Gardeners have used the knowledge and skills they learned in this program to assist 30 people to control pests through integrated pest management.
48 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.
48 Master Gardeners have used the knowledge and skills they learned in this program to assist 80 people to identify symptoms of plant disease.
56 Master Gardeners have used the knowledge and skills they learned in this program to assist 88 people to improve soil through soil test results.
6 of 7 adults wash hands more often.
2403 of 2494 better understood their parents' concerns about money.
622 of 250 farm families successfully diversified into fruit and vegetable production and marketing.
22 of 150 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
30 of 150 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
42 of 150 fruit and/or vegetable producers adopted IPM.
0 of 150 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.
36 of 36 gained skill in evaluating their housing options.
84 of 200 homeowners increased their knowledge of fire ant management.
0 of 0 made a change in career or educational goals.
30 of 36 participants analyzed their readiness for home ownership.
90 of 170 participants are better able to manage their living environments.
16 of 16 participants are better able to store and prepare foods to keep them safe to consume.
4 of 18 participants are more confident in relationships with family and friends.
62 of 92 participants ate more whole grains.
0 of 0 participants began or increased savings an average of $0 per month.
2403 of 2494 participants better understood their parent's concerns about money.
0 of 0 participants communicated with other family members about financial matters.
35 of 35 participants decreased consumption of high-sugar foods.
15 of 16 participants determined how much they could pay for a home.
14 of 16 participants eat at least six meals together as a family each week.
42 of 74 participants eat more fat-free or low-fat dairy products.
35 of 35 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
2346 of 2494 participants felt more strongly that they needed to get a good education.
2398 of 2494 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants followed a spending plan.
16 of 16 participants gained better understanding of the mortgage process.
34 of 51 participants increased physical activity.
2119 of 2494 participants increased their financial management skills.
120 of 170 participants know better how to manage and protect their assets for a secure retirement.
2228 of 2394 participants learned better how to plan their spending.
2196 of 2494 participants learned how education will affect the kind of job they can get.
2346 of 2494 participants learned how having a family can affect their lifestyle.
2216 of 2494 participants learned how much money it takes to get by.
2273 of 2494 participants learned how occupation and income will affect their lifestyle.
1940 of 2494 participants learned how payroll deductions are taken from gross pay.
2296 of 2494 participants learned how to keep a checkbook register.
2296 of 2494 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.
1173 of 2494 participants made changes to their future plans.
47 of 77 participants now eat more fruit.
51 of 77 participants now eat more vegetables.
60 of 90 participants plan to use the two-step method around the home for managing fire ants.
923 of 2494 participants planned to change their career goals.
1960 of 2084 participants planned to get more education after high school.
15 of 16 participants purchased a home.
0 of 0 participants refigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
14 of 16 participants successfully completed homebuyer education requirements.
6 of 8 participants surveyed canned pickles following a tested recipe. (TNCEP)
12 of 12 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
10 of 12 participants surveyed canned vegetables following a tested recipe. (TNCEP)
6 of 9 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)
7 of 7 participants surveyed processed vegetables in a pressure canner. (TNCEP)
4 of 12 participants surveyed used a thermometer to check the internal temperature of food.
9 of 12 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 the special nutritional needs of the elderly.
44 of 67 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
40 of 45 youth now wash hands more often.
40 participants now correctly deworm 90 horses, saving $ FRM this year.
12 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.
24 producers increased their return on 5000 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
190 producers planted 7030 acres with clover for an increased production valued at $FRM.
34 producers planted 850 acres with warm-season grasses for an added value of $FRM.
20 producers report a 5 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
140 producers sprayed 7000 acres for broadleaf weed control for an increased production valued at $FRM.
90 producers stockpiled 4500 acres of tall fescue, reducing feeding cost by $FRM.
30 producers utilized UT fertility recommendations.
0 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.
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.
50 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
110 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
50 soybean producers report a $10000 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.
20 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
20 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).
20 wheat producers report a $2000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
30 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
1560 youth are better able to understand and follow directions.
1783 youth break goals down into steps so they can check their progress.
308 youth can analyze the results of a scientific investigation.
322 youth can ask a question that can be answered by collecting data.
1875 youth can deal with their nervousness when giving a speech or talk.
266 youth can design a scientific procedure to answer a question.
1972 youth can explain an idea to others.
1580 youth can express ideas with a poster, exhibit or other display.
1677 youth can give an informative speech or presentation.
2800 youth can now share their ideas through writing.
294 youth can record data accurately.
1972 youth can select a topic for a speech or talk.
1663 youth can show enthusiasm when giving a speech or presentation.
1997 youth can speak loudly enough to be heard when giving a speech or talk.
329 youth can use specific scientific knowledge to form a question.
1380 youth can use technology to help themselves express ideas.
1388 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1911 youth give a 2-3 minute speech or presentation.
1300 youth have learned at least five jobs in which communication skills are important.
1687 youth know how to organize the parts of a speech or presentation.
1826 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.
2222 youth now work to achieve their goals.
1691 youth put their goals in writing.
1629 youth report that they have developed confidence to speak in front of groups.
2049 youth set high goals.
1826 youth who report that they have learned that some choices are better than others.
1932 youth who report they can make a decision.
1805 youth who report they now listen to people with more experience than themselves.
1742 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 Lewis County**

**01/01/2011 to 12/31/2011**

**Extension Personnel**

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**Direct Methods for Extension Personnel**

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<th>Method</th>
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<th>Contacts Reached</th>
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### Volunteers

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<th>Method</th>
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### Contacts by Extension Personnel

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<td>Female Adult</td>
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<td>151</td>
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<td>Female Youth</td>
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### Volunteer Hours

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### Indirect Methods for Volunteers
### Contacts by Volunteers

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

**Lewis County**

**All 2011 Outcomes (entire year)**

- 254 are concerned about problems in their community.
- 26 beef producers sold 442 calves managed according to BQA guidelines to increase returns by $FRM.
- 42 beef producers stored 794 large, round bales under some type of cover to increase returns by $FRM.
- 24 beef producers utilized bulls with greater genetic potential to produce 484 head of calves to increase returns by $FRM.
- 38 beef producers utilized hay feeding rings to feed 824 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 14 beef producers utilized improved marketing methods to market 156 head of calves to increase returns by $FRM.
- 14 classrooms adopted this program.
- 252 now feel a sense of responsibility toward their school and community.
- 262 now have a sense of pride about their school and community.
- 180 of 200 adults wash hands more often.
240 of 300 participants ate more whole grains.
242 of 300 participants decreased consumption of high-sugar foods.
80 of 100 participants eat at least six meals together as a family each week.
162 of 200 participants eat fewer high-fat foods.
152 of 200 participants eat more fat-free or low-fat dairy products.
76 of 100 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
62 of 100 participants improved their blood pressure.
40 of 100 participants improved their blood sugar.
40 of 100 participants improved their cholesterol levels.
34 of 100 participants improved their triglyceride levels.
156 of 200 participants increased physical activity.
56 of 100 participants lost weight: 300 total pounds lost.
160 of 200 participants now eat more fruit.
160 of 200 participants now eat more vegetables.
178 of 200 participants refrigerate perishable foods within two hours.
178 of 200 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
150 of 200 participants surveyed used a thermometer to check the internal temperature of food.
150 of 200 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
152 of 200 participants who increased their intake of dairy foods.
158 of 200 participants who now select foods and beverages that promote healthy weight.
174 of 200 students increased amount of time in physical activity.
178 of 200 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.
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.
190 of 200 youth now wash hands more often.
14 producers planted 238 acres with clover for an increased production valued at $FRM.
10 producers planted 178 acres with warm-season grasses for an added value of $FRM.
10 producers sprayed 70 acres for broadleaf weed control for an increased production valued at $FRM.
22 producers stockpiled 290 acres of tall fescue, reducing feeding cost by $FRM.
64 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
70 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
82 report that because of their 4-H experiences, they will register to vote when they are eligible.
90 report that because of their 4-H service projects, they have learned about causes and issues.
168 report that because of their 4-H service projects, they know about resources in their community.
2 schools adopted this program.
246 would assist with or participate in elections, voting and campaigns.
160 youth believe that a team can accomplish more than an individual.
244 youth believe that people working together can help others less fortunate.
178 youth can assist a group in deciding on team plans for reaching goals.
308 youth can combine and build on the ideas of others when making decisions that affect the team.
254 youth can conduct a meeting.
158 youth can effectively encourage team members to achieve long-range goals.
166 youth can use compromise as a way to overcome conflict with other team members.
340 youth can use effective communication as a way to overcome conflict with team members.
172 youth effectively encourage others to stay on task in a team.
176 youth enjoy working with others toward a common goal.
178 youth have learned new skills and ways of doing things by participating in groups.
364 youth now encourage other team members to give their best effort.
276 youth now get information about a problem.
80 youth now report that they can justify their decision.
84 youth now report that they have confidence making their own decisions.
254 youth now report that they make a decision by thinking about what a person of good character would do.
84 youth now report that they think about past choices when making new decisions.
266 youth now report that they use more than one source of information in making choices.
270 youth now report that they use standards in making choices.
84 youth now report that when making a decision, they think about what does the most good for the most people.
82 youth now report that when they make a decision, they think about what a person of character would do.
246 youth now report they are concerned about the well-being of others.
242 youth now report they consider the risks of their choices.
258 youth now report they think about the truthfulness of sources of information when making choices.
184 youth now think it's important to listen to all group members before making a decision.
166 youth now want to see other team members succeed even if they achieve more than themselves.
82 youth report being able to break tough jobs down into simpler tasks.
82 youth report being able to resolve problems without losing control of their emotions.
84 youth report being sensitive to the feelings of others when discussing and solving problems.
84 youth report that they are comfortable being responsible for a group.
252 youth report that they are now comfortable being a group leader.
226 youth report that they can now cooperate and work in a group.
256 youth report that they can now give clear directions.
248 youth report that they know how to set goals and they use that ability when leading a group.
262 youth report that they learned about important leaders who contributed to our nation.
254 youth report that they make sure everyone gets an opportunity to say what they think.
258 youth report that they now like to work with others and help them reach their goals.
254 youth report that they take their jobs seriously as members of a committee.
260 youth report that when in charge of a group, they treat everyone fairly and equally.
254 youth report using enthusiasm to get a group working.
84 youth seek out others who can help them become a better leader.
172 youth think that everyone on the team is important.
264 youth think they can make a big difference in their community by helping others.
170 youth think they have something to contribute to the worth of the team.
280 youth understand how community leaders are elected to office.
174 youth understand that other ideas may be just as important as their own.
260 youth who report that they have learned that some choices are better than others.
256 youth who report they can make a decision.
256 youth who report they now listen to people with more experience than themselves.
238 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None
Activity Report for Lincoln County
01/01/2011 to 12/31/2011

Extension Personnel

Extension Personnel Hours

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Direct Methods for Extension Personnel

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<tr>
<th>Method</th>
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<th>Contacts Reached</th>
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<tr>
<td>Client Visits to Extension Office:</td>
<td>512</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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Contacts by Extension Personnel

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**Volunteers**

**Volunteer Hours**

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**Indirect Methods for Volunteers**

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**Contacts by Volunteers**

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Units Reporting Program Activity
Lincoln County

All 2011 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.
Producers increased yield by 0 bushels by selecting top yielding varieties on 0 acres of wheat, earning an extra $FRM.
Producers increased yield by 0 pounds by selecting top yielding varieties on 0 acres of cotton, earning an extra $FRM.
6000 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.
16000 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
4000 acres of cotton scouted by a UT-trained scout to help make crop management decisions.
0 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.
60 are concerned about problems in their community.
0 beef producers sold 0 calves managed according to BQA guidelines to increase returns by $FRM.
80 beef producers stored 16000 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.
50 beef producers utilized improved marketing methods to market 1200 head of calves to increase returns by $FRM.
6 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.
0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
16 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
0 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.
0 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.
100 now feel a sense of responsibility toward their school and community.
100 now have a sense of pride about their school and community.
60 of 60 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.
60 of 60 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)
200 of 200 adults wash hands more often.
0 of 0 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
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)
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)
100 of 100 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
100 of 100 parents/caregivers learned about issues related to stages of child development.
100 of 100 parents/caregivers report an increase in use of appropriate child guidance techniques.
100 of 100 parents/caregivers report an increase in use of positive communication techniques with their children.
100 of 100 parents/caregivers report feeling better about their abilities as parents.
80 of 100 parents/caregivers report feeling less stressed as parents.
100 of 100 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
80 of 100 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
60 of 100 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.
70 of 100 participants ate more whole grains.
30 of 60 participants decreased consumption of high-sugar foods.
30 of 60 participants eat fewer high-fat foods.
70 of 100 participants eat more fat-free or low-fat dairy products.
228 of 228 participants increased physical activity.
100 of 100 participants now eat more fruit.
228 of 228 participants now eat more vegetables.
800 of 1000 participants refrigerate perishable foods within two hours.
1000 of 1000 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
60 of 60 participants surveyed canned pickles following a tested recipe. (TNCEP)
60 of 60 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
60 of 60 participants surveyed canned vegetables following a tested recipe. (TNCEP)
60 of 60 participants surveyed processed pickles in a water-bath canner. (TNCEP)
60 of 60 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
60 of 60 participants surveyed processed vegetables in a pressure canner. (TNCEP)
800 of 1000 participants surveyed used a thermometer to check the internal temperature of food.  
700 of 1000 participants surveyed used a thermometer to check the internal temperature of their refrigerator.  
30 of 60 participants who increased their intake of dairy foods.  
70 of 100 participants who now select foods and beverages that promote healthy weight.  
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.  
0 of 0 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.  
40 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.  
100 of 100 respondents plan to decrease exposure of their children to parental conflict.  
100 of 100 respondents report understanding the importance of working together for the sakes of their children.  
50 of 60 students increased amount of time in physical activity.  
30 of 60 students who increased their intake of whole grains.  
50 of 50 teachers reported preschool children in their classes were more actively engaged in physical activity.  
50 of 50 teachers reported preschool children in their classes were more willing to taste fruit.  
50 of 50 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.  
40 of 50 teachers reported using physical activities from Healthy Steps at least three times per week.  
1000 of 1000 youth now wash hands more often.  
100 parents/caregivers learned effective communication techniques to use with their children.  
100 parents/caregivers learned strategies for dealing with parenting stress.  
60 participants process high-acid foods in a water bath canner.  
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 report a 0 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.  
80 producers sprayed 20000 acres for broadleaf weed control for an increased production valued at $FRM.  
20 producers stockpiled 600 acres of tall fescue, reducing feeding cost by $FRM.  
0 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).  
0 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.  
0 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).
0 wheat producers report a $0 reduction in pest control costs by following recommended control
strategies for insects, weeds or plant diseases.
0 wheat producers used data provided by UT publications or UT Internet resources and made changes
in their production practices.
90 would assist with or participate in elections, voting and campaigns.
74 youth are better able to understand and follow directions.
120 youth are now better listeners.
176 youth believe that a team can accomplish more than an individual.
84 youth believe that people working together can help others less fortunate.
58 youth break goals down into steps so they can check their progress.
80 youth can assist a group in deciding on team plans for reaching goals.
80 youth can conduct a meeting.
60 youth can deal with their nervousness when giving a speech or talk.
58 youth can explain an idea to others.
84 youth can express ideas with a poster, exhibit or other display.
80 youth can give an informative speech or presentation.
164 youth can now share their ideas through writing.
84 youth can select a topic for a speech or talk.
80 youth can show enthusiasm when giving a speech or presentation.
80 youth can speak loudly enough to be heard when giving a speech or talk.
80 youth can use technology to help themselves express ideas.
176 youth enjoy working with others toward a common goal.
44 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
80 youth give a 2-3 minute speech or presentation.
96 youth have explored careers in communications.
84 youth have learned at least five jobs in which communication skills are important.
80 youth have learned new skills and ways of doing things by participating in groups.
246 youth have set a goal for their job or career.
80 youth know how to organize the parts of a speech or presentation.
160 youth now encourage other team members to give their best effort.
160 youth now get information about a problem.
80 youth now report that they make a decision by thinking about what a person of good character
would do.
118 youth now report that they use more than one source of information in making choices.
98 youth now report that they use standards in making choices.
100 youth now report they are concerned about the well-being of others.
60 youth now report they consider the risks of their choices.
90 youth now report they think about the truthfulness of sources of information when making choices.
214 youth now set high goals that require work to achieve them.
80 youth now think it's important to listen to all group members before making a decision.
64 youth now want to see other team members succeed even if they achieve more than themselves.
58 youth now work to achieve their goals.
68 youth put their goals in writing.
80 youth report that they are now comfortable being a group leader.
80 youth report that they can now cooperate and work in a group.
100 youth report that they can now give clear directions.
74 youth report that they have developed confidence to speak in front of groups.
70 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 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.  
80 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.  
110 youth report they can now keep records.  
100 youth report they have improved photography skills.  
120 youth report they have learned skills in visual communications.  
88 youth report using enthusiasm to get a group working.  
60 youth set high goals.  
176 youth think that everyone on the team is important.  
84 youth think they can make a big difference in their community by helping others.  
154 youth think they have something to contribute to the worth of the team.  
40 youth understand how community leaders are elected to office.  
170 youth understand that other ideas may be just as important as their own.  
226 youth who are now making plans to achieve their goals.  
180 youth who have put their goal(s) in writing.  
160 youth who report that they have learned that some choices are better than others.  
160 youth who report they can make a decision.  
120 youth who report they now listen to people with more experience than themselves.  
160 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Loudon County

01/01/2011 to 12/31/2011

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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### Contacts by Extension Personnel

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### Volunteers

#### Volunteer Hours

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**Units Reporting Program Activity**

**Loudon County**

**All 2011 Outcomes (entire year)**

112 beef producers sold 3364 calves managed according to BQA guidelines to increase returns by $FRM.
62 beef producers stored 9300 large, round bales under some type of cover to increase returns by $FRM.
34 beef producers utilized bulls with greater genetic potential to produce 1190 head of calves to increase returns by $FRM.
214 beef producers utilized hay feeding rings to feed 4250 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
112 beef producers utilized improved marketing methods to market 3364 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.
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.
252 of 268 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)
252 of 268 adolescents learned about the consequences of risky behaviors which could result in being
arrested.
252 of 268 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)
15 of 15 adults wash hands more often.
1994 of 1994 better understood basic insurance needs.
1987 of 1994 better understood credit reporting and scoring.
316 of 448 better understood their parents' concerns about money.
1718 of 1718 checked their credit report.
1918 of 1994 gained skill in evaluating their housing options.
1994 of 1994 identified ways to reduce spending.
1994 of 1994 learned better how to communicate with creditors.
1934 of 1994 learned how to better manage stress caused by financial issues.
1867 of 1994 learned how to prepare a grab and go bag in case of an emergency home evacuation.
1994 of 1994 learned how to properly maintain and store household financial records.
1994 of 1994 learned who to pay first if they can't pay everything.
180 of 448 made a change in career or educational goals.
1918 of 1994 participants analyzed their readiness for home ownership.
60 of 97 participants are applying health eating principles when making food decisions six months
after completing the program.
82 of 97 participants are better self-managers of their chronic condition six months after completing
the program.
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.
20 of 31 participants are finding their chronic condition is interfering less with the things they like to
do six months after completing the 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.
16 of 31 participants are 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.
0 of 31 participants are using the UT Med Minder card to keep a record of their medications.
15 of 15 participants ate more whole grains.
1994 of 1994 participants became more aware of the importance of starting to save and invest early in
life.
1087 of 2166 participants began or increased savings an average of $ 20 per month.
0 of 1994 participants better understood the difference between pre-tax and after-tax investments.
312 of 448 participants better understood their parent's concerns about money.
74 of 97 participants can apply health eating principles when making daily food decisions.
85 of 97 participants can better control their chronic condition with self-management techniques.
0 of 0 participants can choose foods that do not cause a sharp rise in blood sugar.
136 of 448 participants communicated with other family members about financial matters.
1920 of 1994 participants determined how much they could pay for a home.
0 of 1718 participants determined how to better balance their investments among pre-tax and after-tax options.
15 of 15 participants eat more fat-free or low-fat dairy products.
95 of 97 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
12 of 12 participants feel confident they know what to do in case of a poisoning.
71 of 97 participants feel confident using the Take PART technique when talking to their health care provider.
344 of 448 participants felt more strongly that they needed to get a good education.
188 of 448 participants felt more strongly that they needed to pay attention to their financial future.
0 of 1718 participants felt that they were taking better advantage of the investment options offered by their employer.
1704 of 2166 participants followed a spending plan.
1912 of 1994 participants gained better understanding of the mortgage process.
1994 of 1994 participants gained skill in determining their net worth.
1994 of 1994 participants gained skill in making a spending plan.
0 of 31 participants have fewer visits to the emergency room six months after completing the program.
6 of 18 participants have less arthritis symptoms.
10 of 31 participants have less pain from their chronic condition six months after completing the program.
0 of 0 participants have reduced their A1c six months after completing the program.
10 of 31 participants have used the Take PART technique when talking to their health care provider.
1994 of 1994 participants identified ways to avoid being victimized by predatory practices or fraud.
6 of 18 participants improved control of their arthritis symptoms.
10 of 18 participants improved performance of daily activities.
12 of 18 participants improved their balance.
5 of 18 participants improved their flexibility.
10 of 15 participants increased physical activity.
2202 of 2442 participants increased their financial management skills.
1620 of 1718 participants kept a record of spending.
144 of 448 participants learned better how to plan their spending.
392 of 448 participants learned how education will affect the kind of job they can get.
368 of 448 participants learned how having a family can affect their lifestyle.
156 of 448 participants learned how much money it takes to get by.
248 of 448 participants learned how occupation and income will affect their lifestyle.
220 of 448 participants learned how payroll deductions are taken from gross pay.
188 of 448 participants learned how to keep a checkbook register.
248 of 448 participants learned how to write a check.
172 of 448 participants made a change in financial behavior.
1770 of 2166 participants made a spending plan.
136 of 448 participants made changes to their future plans.
15 of 15 participants now eat more fruit.
15 of 15 participants now eat more vegetables.
85 of 97 participants plan to exercise more often to help manage their chronic condition.
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.
10 of 97 participants plan to use the UT Med Minder card to keep a record of their medications.
188 of 448 participants planned to change their career goals.
348 of 448 participants planned to get more education after high school.
1033 of 1718 participants reduced debt an average of $20 per month.
15 of 15 participants refrigerate perishable foods within two hours.
15 of 15 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
1994 of 1994 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
1991 of 1994 participants successfully completed homebuyer education requirements.
410 of 664 participants surveyed change and wash sheets and towels weekly.
410 of 664 participants surveyed clean bathrooms weekly.
410 of 664 participants surveyed clean kitchens daily.
50 of 1994 participants surveyed have made repairs and/or improvements to make their home/business/property healthier for occupants.
278 of 282 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
278 of 282 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
1994 of 1994 participants surveyed increased their knowledge of healthy housing principles.
1994 of 1994 participants surveyed increased their knowledge of how to implement (design, repair, maintain) healthy housing principles.
1994 of 1994 participants surveyed increased their knowledge of the connections between health and housing.
664 of 664 participants surveyed increased their knowledge on how regular cleaning can help reduce environmental health hazards.
664 of 664 participants surveyed increased their knowledge on safer house cleaning techniques.
664 of 664 participants surveyed increased their knowledge on the importance of moisture control in their home.
1945 of 1994 participants surveyed maintain their home/business/property using healthy housing principles.
400 of 664 participants surveyed separate out heavily soiled work clothes and wash separately.
2 of 15 participants surveyed used a thermometer to check the internal temperature of food.
2 of 15 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
148 of 448 participants talked about financial goals with their parents or others.
0 of 0 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
91 of 97 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
1994 of 1994 participants understood the dangers of using too much credit.
10 of 15 participants who now select foods and beverages that promote healthy weight.
96 of 97 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
12 of 12 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
12 of 12 participants will keep medications out of the reach of children.
12 of 12 participants will keep products in their original containers.
3 of 12 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
5 of 12 participants will read the label before using a product.
1149 of 2166 participants worked toward new savings or investment goals.
1994 of 1994 participants understood the dangers of using too much credit.
5 of 12 teachers reported preschool children in their classes were more actively engaged in physical activity.
5 of 12 teachers reported preschool children in their classes were more willing to taste fruit.
5 of 12 teachers reported preschool children in their classes were more willing to taste vegetables.
5 of 12 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
5 of 12 teachers reported using physical activities from Healthy Steps at least three times per week.
1033 of 1718 tracked their spending.
1691 of 1994 units maintained according to healthy housing principles.
130 of 1718 worked toward new savings, investment or retirement goals.
10 of 10 youth now wash hands more often.
0 participants now correctly deworm 0 horses, saving $ FRM this year.
96 producers planted 3360 acres with clover for an increased production valued at $FRM.
4 producers planted 120 acres with warm-season grasses for an added value of $FRM.
96 producers sprayed 3360 acres for broadleaf weed control for an increased production valued at $FRM.
48 producers stockpiled 1200 acres of tall fescue, reducing feeding cost by $FRM.
2 tenants avoided eviction by improving their house cleaning skills.
6 units repaired.
4 visual inspections conducted on housing units.
148 youth are better able to understand and follow directions.
88 youth break goals down into steps so they can check their progress.
124 youth can analyze the results of a scientific investigation.
128 youth can ask a question that can be answered by collecting data.
88 youth can design a scientific procedure to answer a question.
192 youth can express ideas with a poster, exhibit or other display.
312 youth can now share their ideas through writing.
124 youth can record data accurately.
112 youth can use specific scientific knowledge to form a question.
108 youth can use technology to help themselves express ideas.
52 youth have learned at least five jobs in which communication skills are important.
80 youth have set a goal for their job or career.
92 youth now set high goals that require work to achieve them.
100 youth now work to achieve their goals.
76 youth put their goals in writing.
76 youth report that they now achieve goals they set for themselves.
108 youth set high goals.
148 youth who are now making plans to achieve their goals.
116 youth who have put their goal(s) in writing.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Macon County

01/01/2011 to 12/31/2011

Extension Personnel
### Extension Personnel Hours

<table>
<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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### Contacts by Extension Personnel

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Volunteers

Volunteer Hours

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Contacts by Volunteers

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Units Reporting Program Activity

Macon County

All 2011 Outcomes (entire year)

4800 acres of tobacco produced using recommended fertility practices indicated in soil test results.
8000 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
8000 acres produced using registerd pesticides at appropriate application rates and timings.
4800 acres soil tested no more than one year before planting.
1000 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).
1200 acres were planted with university-tested varieties.
8000 acres with field rouged, plowed or destroyed within 30 days after harvest.
1200 are concerned about problems in their community.
50 beef producers sold 1400 calves managed according to BQA guidelines to increase returns by $FRM.
50 beef producers stored 9000 large, round bales under some type of cover to increase returns by $FRM.
50 beef producers utilized bulls with greater genetic potential to produce 1400 head of calves to increase returns by $FRM.
50 beef producers utilized hay feeding rings to feed 9000 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.
1100 now feel a sense of responsibility toward their school and community.
1100 now have a sense of pride about their school and community.
450 of 500 better understood their parents' concerns about money.
200 of 500 made a change in career or educational goals.
80 of 102 participants are applying health eating principles when making food decisions six months after completing the program.
0 of 0 participants are better able to manage their living environments.
14 of 14 participants are better able to store and prepare foods to keep them safe to consume.
100 of 102 participants are better self-managers of their chronic condition six months after completing the program.
90 of 102 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
0 of 0 participants are more confident in relationships with family and friends.
102 of 102 participants are physically active six months after completing the program.
102 of 102 participants are using the UT Med Minder card to keep a record of their medications.
300 of 500 participants began or increased savings an average of $10 per month.
450 of 500 participants better understood their parent's concerns about money.
102 of 102 participants can apply health eating principles when making daily food decisions.
96 of 96 participants can apply joint protection techniques.
102 of 102 participants can better control their chronic condition with self-management techniques.
90 of 96 participants can use relaxation techniques to better manage their arthritis symptoms.
250 of 500 participants communicated with other family members about financial matters.
102 of 102 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
90 of 96 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
1600 of 1666 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
102 of 102 participants feel confident using the Take PART technique when talking to their health care provider.
460 of 500 participants felt more strongly that they needed to get a good education.
450 of 500 participants felt more strongly that they needed to pay attention to their financial future.
325 of 500 participants followed a spending plan.
90 of 102 participants have fewer visits to the emergency room six months after completing the program.
96 of 96 participants have improved their arthritis symptoms as a result of participating in this program.
84 of 96 participants have less arthritis symptoms from their arthritis six months after completing the program.
90 of 102 participants have less pain from their chronic condition six months after completing the program.
102 of 102 participants have used the Take PART technique when talking to their health care provider.
80 of 96 participants improved their balance six months after completing the program.
90 of 96 participants improved their flexibility six months after completing the program.
90 of 96 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
92 of 96 participants improved their range of motion in their joints six months after completing the program.
440 of 500 participants increased their financial management skills.
0 of 0 participants know better how to manage and protect their assets for a secure retirement.
1620 of 1666 participants know what cancer screenings they need according to their age and gender.
460 of 500 participants learned better how to plan their spending.
460 of 500 participants learned how education will affect the kind of job they can get.
500 of 500 participants learned how having a family can affect their lifestyle.
480 of 500 participants learned how much money it takes to get by.
500 of 500 participants learned how occupation and income will affect their lifestyle.
500 of 500 participants learned how payroll deductions are taken from gross pay.
500 of 500 participants learned how to keep a checkbook register.
500 of 500 participants learned how to write a check.
300 of 500 participants made a change in financial behavior.
350 of 500 participants made a spending plan.
460 of 500 participants made changes to their future plans.
102 of 102 participants plan to exercise more often to help manage their chronic condition.
1600 of 1666 participants plan to get age and gender appropriate cancer screenings.
102 of 102 participants plan to use the UT Med Minder card to keep a record of their medications.
300 of 500 participants planned to change their career goals.
360 of 500 participants planned to get more education after high school.
90 of 96 participants take fewer medications for arthritis symptoms six months after completing the program.
400 of 500 participants talked about financial goals with their parents or others.
1666 of 1666 participants understand that cancer screening and early detection can save their life.
102 of 102 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
96 of 96 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
14 of 14 participants understand the special nutritional needs of the elderly.
1666 of 1666 participants understand women age 40 and older should have a mammogram.
1600 of 1666 participants understand women of all ages need a Pap test.
102 of 102 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
400 of 500 participants worked toward new savings or investment goals.
8000000 pounds of burley marketed in large bale packages.
0 pounds of burley stripped properly according to buyer specifications.
1000 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
1100 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
1540 report that because of their 4-H experiences, they will register to vote when they are eligible. 1000 report that because of their 4-H service projects, they have learned about causes and issues. 2000 report that because of their 4-H service projects, they know about resources in their community. 50 times TEAM UP exchanged ideas or shared information. 30 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.

0 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.

60 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).

154 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.

154 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.

154 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).

160 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.

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

40 youth are better able to understand and follow directions.

56 youth are now better listeners.

80 youth are willing to try new things.

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

1640 youth believe that people working together can help others less fortunate.

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

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

430 youth can conduct a meeting.

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

96 youth can now share their ideas through writing.

80 youth can use technology to help themselves express ideas.

90 youth enjoy working with others toward a common goal.

16 youth have explored careers in communications.

12 youth have learned at least five jobs in which communication skills are important.

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

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

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

90 youth now get information about a problem.

1400 youth now report they are concerned about the well-being of others.

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

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

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

670 youth now work to achieve their goals.

548 youth put their goals in writing.

60 youth report helping others in need.

160 youth report telling the difference between right and wrong.

88 youth report that now they try to do the right thing.

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

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

430 youth report that they can now give clear directions.
16 youth report that they consider others when making decisions.
48 youth report that they know how to make good decisions.
580 youth report that they know how to set goals and they use that ability when leading a group.
1620 youth report that they learned about important leaders who contributed to our nation.
100 youth report that they like to accomplish things on their own.
574 youth report that they make sure everyone gets an opportunity to say what they think.
550 youth report that they now achieve goals they set for themselves.
160 youth report that they now continue to work toward their goals, even if they do not at first succeed.
424 youth report that they now like to work with others and help them reach their goals.
580 youth report that they take their jobs seriously as members of a committee.
590 youth report that when in charge of a group, they treat everyone fairly and equally.
28 youth report they can now keep records.
52 youth report they have improved photography skills.
8 youth report they have learned skills in visual communications.
40 youth report they now take responsibility for the decisions they make.
460 youth report using enthusiasm to get a group working.
560 youth set high goals.
140 youth think that everyone on the team is important.
1600 youth think they can make a big difference in their community by helping others.
68 youth think they have something to contribute to the worth of the team.
1480 youth understand how community leaders are elected to office.
80 youth understand that other ideas may be just as important as their own.
400 youth who are now making plans to achieve their goals.
300 youth who have put their goal(s) in writing.
80 youth who report that they have learned that some choices are better than others.
100 youth who report they can make a decision.
40 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

01/01/2011 to 12/31/2011

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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### Volunteers

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### Contacts by Volunteers

<table>
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<tr>
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<th>Hispanic</th>
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### Units Reporting Program Activity

**Madison County**

**All 2011 Outcomes (entire year)**

1. 12 4-H clubs were met by volunteers.
2. 3 4-H judging teams were coached by volunteers.
3. 5 4-H project groups were met by volunteers.
4. 156 4-H volunteers utilized volunteer position descriptions.
5. 2404 are concerned about problems in their community.
6. 100 beef producers sold 5000 calves managed according to BQA guidelines to increase returns by $FRM.
7. 120 beef producers stored 48000 large, round bales under some type of cover to increase returns by $FRM.
8. 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.

45 new 4-H volunteers were recruited this year.

2404 now feel a sense of responsibility toward their school and community.

0 of 0 adults wash hands more often.

8 of 9 better understood basic insurance needs.

1540 of 1550 better understood credit reporting and scoring.

0 of 0 better understood their parents’ concerns about money.

6 of 6 checked their credit report.

1536 of 1550 identified ways to reduce spending.

7 of 9 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.

15 of 17 participants ate more whole grains.

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

4 of 5 participants began or increased savings an average of $ 100 per month.

7 of 9 participants better understood the difference between pre-tax and after-tax investments.

61 of 75 participants better understood their parent's concerns about money.

6 of 10 participants chose fast foods or take-out foods less often.

0 of 0 participants communicated with other family members about financial matters.

13 of 16 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.

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

12 of 13 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

59 of 75 participants felt more strongly that they needed to get a good education.

59 of 75 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.

3 of 4 participants followed a spending plan.

0 of 0 participants gained skill in determining their net worth.

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

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

0 of 0 participants increased physical activity.

1634 of 1711 participants increased their financial management skills.

0 of 0 participants increased their understanding of the impact education can have on future earnings.

0 of 0 participants kept a record of spending.

58 of 75 participants learned better how to plan their spending.

69 of 84 participants learned culinary skills.

0 of 0 participants learned how education will affect the kind of job they can get.

58 of 75 participants learned how having a family can affect their lifestyle.

52 of 75 participants learned how much money it takes to get by.

54 of 75 participants learned how occupation and income will affect their lifestyle.

0 of 0 participants learned how payroll deductions are taken from gross pay.
50 of 75 participants learned how to keep a checkbook register.
53 of 75 participants learned how to write a check.
0 of 0 participants learned the difference between wants and needs.
10 of 12 participants lost weight: 127 total pounds lost.
0 of 0 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
41 of 75 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.
64 of 75 participants planned to get more education after high school.
1 of 3 participants reduced debt an average of $50 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.
1570 of 1620 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
1551 of 1550 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 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 how to reconcile a checking account.
9 of 9 participants understood the dangers of using too much credit.
0 of 0 participants use healthy food preparation techniques.
0 of 0 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.
3 of 5 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
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 tracked their spending.
1 of 4 worked toward new savings, investment or retirement goals.
0 of 0 youth now wash hands more often.
100 producers planted 6000 acres with clover for an increased production valued at $FRM.
12 producers planted 600 acres with warm-season grasses for an added value of $FRM.
120 producers sprayed 12000 acres for broadleaf weed control for an increased production valued at $FRM.
6422 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
244 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
6422 report that because of their 4-H experiences, they will register to vote when they are eligible.
466 report that because of their 4-H service projects, they have learned about causes and issues.
8528 report that because of their 4-H service projects, they know about resources in their community.
156 volunteer leaders increased their knowledge of positive youth development.
6422 would assist with or participate in elections, voting and campaigns.
300 youth are better able to understand and follow directions.
244 youth believe that a team can accomplish more than an individual.
4756 youth believe that people working together can help others less fortunate.
196 youth can analyze the results of a scientific investigation.
212 youth can ask a question that can be answered by collecting data.
202 youth can assist a group in deciding on team plans for reaching goals.
312 youth can combine and build on the ideas of others when making decisions that affect the team.
1500 youth can conduct a meeting.
222 youth can design a scientific procedure to answer a question.
156 youth can effectively encourage team members to achieve long-range goals.
0 youth can express ideas with a poster, exhibit or other display.
300 youth can give an informative speech or presentation.
384 youth can now share their ideas through writing.
148 youth can record data accurately.
300 youth can show enthusiasm when giving a speech or presentation.
110 youth can use compromise as a way to overcome conflict with other team members.
220 youth can use effective communication as a way to overcome conflict with team members.
174 youth can use specific scientific knowledge to form a question.
300 youth can use technology to help themselves express ideas.
110 youth effectively encourage others to stay on task in a team.
244 youth enjoy working with others toward a common goal.
300 youth give a 2-3 minute speech or presentation.
300 youth have learned at least five jobs in which communication skills are important.
244 youth have learned new skills and ways of doing things by participating in groups.
172 youth have set a goal for their job or career.
300 youth know how to organize the parts of a speech or presentation.
488 youth now encourage other team members to give their best effort.
6000 youth now get information about a problem.
840 youth now report that they can justify their decision.
856 youth now report that they have confidence making their own decisions.
1092 youth now report that they make a decision by thinking about what a person of good character would do.
878 youth now report that they think about past choices when making new decisions.
4222 youth now report that they use more than one source of information in making choices.
420 youth now report that they use standards in making choices.
848 youth now report that when making a decision, they think about what does the most good for the most people.
866 youth now report that when they make a decision, they think about what a person of character would do.
6422 youth now report they are concerned about the well-being of others.
1512 youth now report they consider the risks of their choices.
1512 youth now report they think about the truthfulness of sources of information when making choices.
184 youth now set high goals that require work to achieve them.
156 youth now think it's important to listen to all group members before making a decision.
156 youth now want to see other team members succeed even if they achieve more than themselves.
912 youth report being able to break tough jobs down into simpler tasks.
242 youth report being able to resolve problems without losing control of their emotions.
242 youth report being sensitive to the feelings of others when discussing and solving problems.
912 youth report that they are comfortable being responsible for a group.
422 youth report that they are now comfortable being a group leader.
1310 youth report that they can now cooperate and work in a group.
1500 youth report that they can now give clear directions.
300 youth report that they have developed confidence to speak in front of groups.
1310 youth report that they know how to set goals and they use that ability when leading a group.
7068 youth report that they learned about important leaders who contributed to our nation.
466 youth report that they make sure everyone gets an opportunity to say what they think.
152 youth report that they now achieve goals they set for themselves.
422 youth report that they now like to work with others and help them reach their goals.
1310 youth report that they take their jobs seriously as members of a committee.
466 youth report that when in charge of a group, they treat everyone fairly and equally.
422 youth report using enthusiasm to get a group working.
1500 youth report out others who can help them become a better leader.
242 youth think that everyone on the team is important.
2404 youth think they can make a big difference in their community by helping others.
244 youth understand how community leaders are elected to office.
244 youth understand that other ideas may be just as important as their own.
188 youth who are now making plans to achieve their goals.
52 youth who have put their goal(s) in writing.
2910 youth who report that they have learned that some choices are better than others.
2910 youth who report they can make a decision.
2414 youth who report they now listen to people with more experience than themselves.
2008 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Marion County

01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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Contacts by Volunteers

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Uns Reporting Program Activity

Marion County

All 2011 Outcomes (entire year)

0 are concerned about problems in their community.
0 now feel a sense of responsibility toward their school and community.
0 now have a sense of pride about their school and community.
0 of 0 better understood their parent's concerns about money.
8 of 8 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 participants better understood their parent's concerns about money.
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 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 changes to their future plans.
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 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.
368 of 376 respondents plan to decrease exposure of their children to parental conflict.
356 of 376 respondents report understanding the importance of working together for the sakes of their children.
248 parents/caregivers learned effective communication techniques to use with their children.
248 parents/caregivers learned strategies for dealing with parenting stress.
0 would assist with or participate in elections, voting and campaigns.
0 youth believe that a team can accomplish more than an individual.
0 youth believe that people working together can help others less fortunate.
0 youth can assist a group in deciding on team plans for reaching goals.
0 youth can conduct a meeting.
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.
90 youth now get information about a problem.
90 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 use more than one source of information in making choices.
90 youth now report that they use standards in making choices.
0 youth now report they are concerned about the well-being of others.
90 youth now report they consider the risks of their choices.
90 youth now report they think about the truthfulness of sources of information when making choices.
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 report that they are now comfortable being a group leader.
44 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 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.
0 youth report that they make sure everyone gets an opportunity to say what they think.
0 youth report that they now like to work with others and help them reach their goals.
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 using enthusiasm to get a group working.
0 youth think that everyone on the team is important.
0 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 understand how community leaders are elected to office.
0 youth understand that other ideas may be just as important as their own.
90 youth who report that they have learned that some choices are better than others.
90 youth who report they can make a decision.
90 youth who report they now listen to people with more experience than themselves.
90 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Marshall County
01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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<th>Method</th>
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<td>Radio Program(s):</td>
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<tr>
<td>TV Program(s):</td>
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## Volunteers

### Volunteer Hours

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### Indirect Methods for Volunteers

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### Contacts by Volunteers

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</table>
### Units Reporting Program Activity

**Marshall County**

**All 2011 Outcomes (entire year)**

- 0 producers have calculated the amount of milk lost based on herd somatic cell counts; lost income based on herd somatic cell counts; or annual expenditures treating cows with clinical mastitis.
- 0 producers have gained knowledge about certified organic dairy production, other niche marketing opportunities and the Tennessee Agricultural Enhancement program.
- 16 producers have gained knowledge about the benefits of pasture and grazing for dairy cattle.
- 0 producers have gained knowledge about the need for production and sound financial records to manage their operations.
- 0 producers have gained knowledge about the opportunities associated with the use of AI and crossbreeding for dairy cattle.
- 0 producers have gained knowledge on measures of milk quality indicators (including somatic cell count, preliminary incubation count, standard plate counts, lab pasteurized counts, etc.)
- 0 producers have implemented testing protocols to identify mastitis-causing bacteria within their herd or have implemented mastitis prevention and control programs.
- 0 producers have improved herd management to improve milk quality, reduced clinical mastitis cases and decreased herd somatic cell count.
- 0 producers have improved herd management to improve milk quality, reduced clinical mastitis cases and decreased somatic cell count.
- 0 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 awareness of effective mastitis prevention and control programs.
- 0 producers have increased profits due to certified organic dairy production or some form of niche marketing.
- 0 producers have learned the relationship between somatic cell counts and milk production.
- 16 producers have received cost share from the Tennessee Agricultural Enhancement program including the livestock improvement program.
- 0 producers have submitted bulk tank samples or individual cow samples for somatic cell counts, milk quality analysis or bacterial cultures.
- 24 producers that have increased profits due to better utilization of forages or grazing.

### Units Reporting Program Outcomes (entire year)

None

---

**Activity Report for Maury County**
# Extension Personnel

## Extension Personnel Hours

<p>| | |</p>
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## Direct Methods for Extension Personnel

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## Contacts by Extension Personnel

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**Volunteers**

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**Indirect Methods for Volunteers**

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**Contacts by Volunteers**

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**Units Reporting Program Activity**
Maury County

All 2011 Outcomes (entire year)

23 are concerned about problems in their community.
50 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
54 consumers implemented water-wise gardening practices to conserve and protect water quality.
58 consumers learned about plant selection and proper planting to save money and time in the landscape.
56 consumers learned how to apply landscape fertilizers and pesticides safely.
54 consumers learned how to conserve and protect water quality in the landscape.
52 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.
44 consumers used the results of their soil test to properly amend their soil.
64 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
14 farm families and rural business operators implementing improved record systems.
32 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.
360 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.
46 Master Gardeners gained knowledge and confidence in entomology.
46 Master Gardeners gained knowledge and confidence in integrated pest management.
44 Master Gardeners gained knowledge and confidence in ornamentals.
42 Master Gardeners gained knowledge and confidence in plant diseases.
48 Master Gardeners gained knowledge and confidence in soils.
48 Master Gardeners gained knowledge and confidence in turfgrass.
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people in turf selection or management.
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to control pests through integrated pest management.
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to identify pests and/or the damage they cause.
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to identify symptoms of plant disease.
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people to improve soil through soil test results.
15 now can create on-screen (multi-media) presentations.
23 now feel a sense of responsibility toward their school and community.
23 now have a sense of pride about their school and community.
13 of 20 adults wash hands more often.
0 of 0 better understood basic insurance needs.
9 of 9 better understood credit reporting and scoring.
282 of 332 better understood their parents’ concerns about money.
0 of 0 checked their credit report.
56 of 62 homeowners increased their knowledge of fire ant management.
36 of 41 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.
9 of 9 learned who to pay first if they can't pay everything.
0 of 0 made a change in career or educational goals.
120 of 150 participants ate more whole grains.
24 of 24 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.
20 of 24 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.
197 of 245 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.
115 of 135 participants eat more fat-free or low-fat dairy products.
225 of 225 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
17 of 17 participants feel confident they know what to do in case of a poisoning.
19 of 19 participants felt more confident that they could build wealth.
242 of 332 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.
0 of 0 participants increased physical activity.
405 of 409 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
292 of 332 participants learned better how to plan their spending.
275 of 351 participants learned how education will affect the kind of job they can get.
262 of 332 participants learned how having a family can affect their lifestyle.
312 of 332 participants learned how much money it takes to get by.
304 of 332 participants learned how occupation and income will affect their lifestyle.
192 of 332 participants learned how payroll deductions are taken from gross pay.
282 of 332 participants learned how to keep a checkbook register.
224 of 332 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.
25 of 62 participants made a spending plan.
140 of 332 participants made changes to their future plans.
97 of 135 participants now eat more fruit.
65 of 68 participants now eat more vegetables.
19 of 19 participants now understand the difference between a need and a want.
48 of 52 participants plan to use the two-step method around the home for managing fire ants.
70 of 332 participants planned to change their career goals.
206 of 332 participants planned to get more education after high school.
0 of 0 participants reduced debt an average of $0 per month.
9 of 9 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
9 of 9 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants surveyed can differentiate between SIDS and sleep-related deaths.
17 of 17 participants surveyed increased their knowledge of a safe sleeping environment.
17 of 17 participants surveyed understand the difference between co-sleeping and room sharing.
17 of 17 participants surveyed understand the safest sleep position for infants.
21 of 31 participants surveyed used a thermometer to check the internal temperature of food.
10 of 13 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.
38 of 43 participants understood the dangers of using too much credit.
0 of 0 participants who achieved financial goals.
0 of 0 participants who became habitual savers.
22 of 25 participants who now select foods and beverages that promote healthy weight.
17 of 17 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
17 of 17 participants will keep medications out of the reach of children.
17 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.
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 understood the dangers of using too much credit.
18 of 26 tracked their spending.
9 of 9 worked toward new savings, investment or retirement goals.
26 of 26 youth now wash hands more often.
22 would assist with or participate in elections, voting and campaigns.
333 youth are better able to understand and follow directions.
423 youth are willing to try new things.
240 youth can analyze the results of a scientific investigation.
300 youth can ask a question that can be answered by collecting data.
17 youth can assist a group in deciding on team plans for reaching goals.
417 youth can complete projects they are proud of.
19 youth can conduct a meeting.
228 youth can design a scientific procedure to answer a question.
267 youth can express ideas with a poster, exhibit or other display.
480 youth can now share their ideas through writing.
288 youth can record data accurately.
324 youth can use specific scientific knowledge to form a question.
237 youth can use technology to help themselves express ideas.
383 youth feel comfortable asking others to help on a project.
18 youth have knowledge of careers in the communications field.
246 youth have learned at least five jobs in which communication skills are important.
21 youth have learned new skills and ways of doing things by participating in groups.
421 youth like to work with others to complete projects.
21 youth now communicate through a website.
44 youth now encourage other team members to give their best effort.
25 youth now report they are concerned about the well-being of others.
24 youth now think it's important to listen to all group members before making a decision.
26 youth now want to see other team members succeed even if they achieve more than themselves.
456 youth report telling the difference between right and wrong.
36 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
435 youth report that now they try to do the right thing.
16 youth report that they are now comfortable being a group leader.
17 youth report that they can now give clear directions.
360 youth report that they like to accomplish things on their own.
22 youth report that they now like to work with others and help them reach their goals.
399 youth report that when they disagree with someone, they can stand up for themselves without using violence.
18 youth report using enthusiasm to get a group working.
426 youth understand that they cannot always be "the best" in everything.
30 youth use parliamentary procedure to run a meeting.

Units Reporting Program Outcomes (entire year)
None

Activity Report for McMinn County

01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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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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### Volunteers

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### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

**McMinn County**

**All 2011 Outcomes (entire year)**

36 4-H volunteers utilized volunteer position descriptions.
1660 are concerned about problems in their community.
76 beef producers sold 2572 calves managed according to BQA guidelines to increase returns by $\text{FRM}$.
128 beef producers stored 10240 large, round bales under some type of cover to increase returns by $\text{FRM}$.
44 beef producers utilized bulls with greater genetic potential to produce 1190 head of calves to increase returns by $\text{FRM}$.
144 beef producers utilized hay feeding rings to feed 10080 bales and improved feeding methods to reduce wastage/spoilage, saving $\text{FRM}$.
535 beef producers utilized improved marketing methods to market 33075 head of calves to increase returns by $\text{FRM}$.
37 dial-gauge lids were tested.
16 farmers developed financial plans for their farms.
86 farmers increased their knowledge and skills in farm and financial planning.
7856 miles were walked in the Walk Across Tennessee Program.
2 new 4-H volunteers were recruited this year.
1665 now feel a sense of responsibility toward their school and community.
1665 now have a sense of pride about their school and community.
445 of 445 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)
101 of 101 adolescents learned about the consequences of risky behaviors which could result in being arrested.
503 of 519 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)
27 of 27 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)
27 of 27 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)
76 of 76 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
74 of 76 parents/caregivers learned about issues related to stages of child development.
8 of 11 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
8 of 11 participants are confident they can better manage their diabetes as a result of participating in this program.
11 of 11 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
11 of 11 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
11 of 11 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.
9 of 11 participants are using the Healthy Plate Method six months after completing the program.
140 of 165 participants ate more whole grains.
74 of 74 participants can apply health eating principles when making daily food decisions.
120 of 125 participants can apply joint protection techniques.
69 of 74 participants can better control their chronic condition with self-management techniques.
15 of 15 participants can better control their chronic disease as a result of participating in the program.
11 of 11 participants can choose foods that do not cause a sharp rise in blood sugar.
119 of 125 participants can use relaxation techniques to better manage their arthritis symptoms.
93 of 165 participants decreased consumption of high-sugar foods.
10 of 10 participants eat at least six meals together as a family each week.
137 of 165 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
70 of 74 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
125 of 125 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
1880 of 1880 participants feel confident they know what to do in case of a poisoning.
71 of 74 participants feel confident using the Take PART technique when talking to their health care provider.
111 of 125 participants have improved their arthritis symptoms as a result of participating in this program.
86 of 112 participants have less arthritis symptoms from their arthritis six months after completing the program.
55 of 58 participants have less arthritis symptoms.
4 of 11 participants have reduced their A1c six months after completing the program.
49 of 58 participants improved control of their arthritis symptoms.
51 of 58 participants improved performance of daily activities.
86 of 112 participants improved their balance six months after completing the program.
50 of 58 participants improved their balance.
96 of 112 participants improved their flexibility six months after completing the program.
49 of 58 participants improved their flexibility.
96 of 112 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
81 of 112 participants improved their range of motion in their joints six months after completing the program.
86 of 86 participants increased their exercise routine during Walk Across Tennessee Program.
9 of 9 participants learned culinary skills.
3 of 3 participants lost weight: 18 total pounds lost.
68 of 74 participants plan to exercise more often to help manage their chronic condition.
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.
72 of 74 participants plan to use the UT Med Minder card to keep a record of their medications.
39 of 39 participants surveyed canned pickles following a tested recipe. (TNCEP)
39 of 39 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
39 of 39 participants surveyed canned vegetables following a tested recipe. (TNCEP)
40 of 40 participants surveyed increased their knowledge about radon.
80 of 80 participants surveyed increased their knowledge about the health risk associated with radon.
40 of 40 participants surveyed increased their knowledge concerning radon-resistant new construction techniques.
40 of 40 participants surveyed know how radon enters their home.
80 of 80 participants surveyed know radon can be prevented from entering their home.
40 of 40 participants surveyed know testing is the only way to know if their home has radon.
40 of 40 participants surveyed know year-long testing is recommended over short-term testing in Tennessee.
39 of 39 participants surveyed processed pickles in a water-bath canner. (TNCEP)
39 of 39 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
39 of 39 participants surveyed processed vegetables in a pressure canner. (TNCEP)
14 of 112 participants take fewer medications for arthritis symptoms six months after completing the program.
11 of 11 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
71 of 74 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
125 of 125 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
72 of 74 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
1880 of 1880 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
84 of 86 participants will continue to exercise after the Walk Across Tennessee Program.
38 of 38 participants will keep medications out of the reach of children.
1880 of 1880 participants will keep products in their original containers.
1880 of 1880 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
19 of 19 participants will read the label before using a product.
76 of 76 respondents plan to decrease exposure of their children to parental conflict.
74 of 76 respondents report understanding the importance of working together for the sakes of their children.
76 parents/caregivers learned effective communication techniques to use with their children.
76 parents/caregivers learned strategies for dealing with parenting stress.
39 participants process high-acid foods in a water bath canner.  
6 participants walked in the Walk Across Tennessee Program.  
114 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.  
28 producers have gained knowledge on measures of milk quality indicators (including somatic cell count, preliminary incubation count, standard plate counts, lab pasteurized counts, etc.)  
28 producers have increased awareness of effective mastitis prevention and control programs.  
28 producers have learned the relationship between somatic cell counts and milk production.  
114 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.  
130 producers learned about the four steps in the process for converting biomass into cellulosic ethanol: preprocessing, pretreatment, hydrolysis, and fermentation and distillation.  
230 producers planted 6876 acres with clover for an increased production valued at $FRM.  
8 producers planted 120 acres with warm-season grasses for an added value of $FRM.  
70 producers sprayed 3000 acres for broadleaf weed control for an increased production valued at $FRM.  
6 producers stockpiled 120 acres of tall fescue, reducing feeding cost by $FRM.  
10 teams participated in the Walk Across Tennessee Program.  
36 volunteer leaders increased their knowledge of positive youth development.  
1500 would assist with or participate in elections, voting and campaigns.  
79 youth are willing to try new things.  
175 youth believe that a team can accomplish more than an individual.  
1660 youth believe that people working together can help others less fortunate.  
1785 youth break goals down into steps so they can check their progress.  
3000 youth can analyze the results of a scientific investigation.  
3250 youth can ask a question that can be answered by collecting data.  
1500 youth can correctly classify most foods using the MyPyramid guidelines.  
600 youth can deal with their nervousness when giving a speech or talk.  
3000 youth can design a scientific procedure to answer a question.  
600 youth can explain an idea to others.  
1600 youth can now read and compare the nutrition labels of snack foods they like to eat.  
3400 youth can record data accurately.  
595 youth can select a topic for a speech or talk.  
600 youth can speak loudly enough to be heard when giving a speech or talk.  
3000 youth can use specific scientific knowledge to form a question.  
176 youth enjoy working with others toward a common goal.  
600 youth feel comfortable sharing their thoughts and feelings in a speech or talk.  
22 youth now get information about a problem.  
1600 youth now realize they need to eat breakfast everyday.  
22 youth now report that they can justify their decision.  
23 youth now report that they have confidence making their own decisions.  
21 youth now report that they make a decision by thinking about what a person of good character would do.  
23 youth now report that they think about past choices when making new decisions.  
21 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.  
22 youth now report that when making a decision, they think about what does the most good for the most people.  
21 youth now report that when they make a decision, they think about what a person of character would do.
1660 youth now report they are concerned about the well-being of others.
22 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.
1600 youth now think about their food choices and how those choices affect their health.
1600 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
1780 youth now work to achieve their goals.
1775 youth put their goals in writing.
79 youth report helping others in need.
79 youth report telling the difference between right and wrong.
75 youth report that now they try to do the right thing.
50 youth report that they can now cooperate and work in a group.
75 youth report that they consider others when making decisions.
74 youth report that they know how to make good decisions.
53 youth report that they know how to set goals and they use that ability when leading a group.
1665 youth report that they learned about important leaders who contributed to our nation.
79 youth report that they like to accomplish things on their own.
52 youth report that they make sure everyone gets an opportunity to say what they think.
152 youth report that they now continue to work toward their goals, even if they do not at first succeed.
51 youth report that they take their jobs seriously as members of a committee.
55 youth report that when in charge of a group, they treat everyone fairly and equally.
150 youth report they now take responsibility for the decisions they make.
1780 youth set high goals.
175 youth think that everyone on the team is important.
1665 youth think they can make a big difference in their community by helping others.
175 youth think they have something to contribute to the worth of the team.
1665 youth understand how community leaders are elected to office.
176 youth understand that other ideas may be just as important as their own.
23 youth who report that they have learned that some choices are better than others.
25 youth who report they can make a decision.
24 youth who report they now listen to people with more experience than themselves.
20 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for McNairy County

01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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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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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteers

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Volunteer Hours

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

McNairy County

All 2011 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.
8 African-American landowners increased their knowledge of property rights and responsibilities.
90 beef producers sold 2700 calves managed according to BQA guidelines to increase returns by $FRM.
30 beef producers stored 2000 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.
50 beef producers utilized hay feeding rings to feed 2800 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
20 beef producers utilized improved marketing methods to market 504 head of calves to increase returns by $FRM.
8 classrooms adopted this program.
20 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
50 consumers learned about plant selection and proper planting to save money and time in the landscape.
20 consumers learned how to properly take a soil test and interpret the results.
15 consumers practiced best management practices relating to proper pruning and tree maintenance.
20 consumers used the results of their soil test to properly amend their soil.
0 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
27 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.
27 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
480 forest landowners are members in a local County Forestry Association representing 134000 forest acres.
480 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
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.
340 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.
208 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 40000 forested acres.
0 of 0 adults wash hands more often.
28 of 40 better understood their parents' concerns about money.
32 of 32 farm families successfully diversified into fruit and vegetable production and marketing.
32 of 32 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
4 of 32 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
32 of 32 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.

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

8 of 8 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)

8 of 8 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.

250 of 261 participants ate more whole grains.

39 of 46 participants became more aware of the importance of starting to save and invest early in life.

28 of 40 participants better understood their parent's concerns about money.

101 of 153 participants decreased consumption of high-sugar foods.

100 of 153 participants eat fewer high-fat foods.

244 of 261 participants eat more fat-free or low-fat dairy products.

73 of 75 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

35 of 46 participants felt more confident that they could build wealth.

36 of 40 participants felt more strongly that they needed to get a good education.

30 of 40 participants felt more strongly that they needed to pay attention to their financial future.

167 of 168 participants increased physical activity.

79 of 86 participants increased their financial management skills.

74 of 75 participants know what cancer screenings they need according to their age and gender.

38 of 40 participants learned better how to plan their spending.

76 of 86 participants learned how education will affect the kind of job they can get.

34 of 40 participants learned how having a family can affect their lifestyle.

38 of 40 participants learned how much money it takes to get by.

30 of 40 participants learned how occupation and income will affect their lifestyle.

34 of 40 participants learned how payroll deductions are taken from gross pay.

36 of 40 participants learned how to keep a checkbook register.

34 of 40 participants learned how to write a check.

46 of 46 participants learned the difference between wants and needs.

24 of 40 participants made changes to their future plans.

259 of 261 participants now eat more fruit.

239 of 261 participants now eat more vegetables.

44 of 46 participants now understand the difference between a need and a want.

59 of 75 participants plan to get age and gender appropriate cancer screenings.

0 of 0 participants plan to use the two-step method around the home for managing fire ants.

10 of 40 participants planned to change their career goals.

30 of 40 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.

75 of 75 participants understand that cancer screening and early detection can save their life.

75 of 75 participants understand women age 40 and older should have a mammogram.

0 of 0 participants understand women of all ages need a Pap test.

0 of 0 participants understood the dangers of using too much credit.
106 of 153 participants who increased their intake of dairy foods.
259 of 261 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants understood the dangers of using too much credit.
13 of 13 respondents plan to decrease exposure of their children to parental conflict.
13 of 13 respondents report understanding the importance of working together for the sakes of their children.
137 of 153 students increased amount of time in physical activity.
96 of 153 students who increased their intake of whole grains.
94 of 94 youth now wash hands more often.
21 parents/caregivers learned effective communication techniques to use with their children.
13 parents/caregivers learned strategies for dealing with parenting stress.
24 producers planted 1200 acres with clover for an increased production valued at $FRM.
30 producers planted 1050 acres with warm-season grasses for an added value of $FRM.
50 producers sprayed 6500 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.
3 schools adopted this program.
37 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
3 times TEAM UP exchanged ideas or shared information.
3 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
117 youth are better able to understand and follow directions.
49 youth believe that a team can accomplish more than an individual.
27 youth can analyze the results of a scientific investigation.
73 youth can ask a question that can be answered by collecting data.
6 youth can assist a group in deciding on team plans for reaching goals.
13 youth can conduct a meeting.
162 youth can deal with their nervousness when giving a speech or talk.
44 youth can design a scientific procedure to answer a question.
184 youth can explain an idea to others.
75 youth can express ideas with a poster, exhibit or other display.
132 youth can now share their ideas through writing.
72 youth can record data accurately.
187 youth can select a topic for a speech or talk.
173 youth can speak loudly enough to be heard when giving a speech or talk.
48 youth can use specific scientific knowledge to form a question.
79 youth can use technology to help themselves express ideas.
36 youth enjoy working with others toward a common goal.
120 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
54 youth have learned at least five jobs in which communication skills are important.
7 youth have learned new skills and ways of doing things by participating in groups.
16 youth now encourage other team members to give their best effort.
92 youth now get information about a problem.
8 youth now think it's important to listen to all group members before making a decision.
7 youth now want to see other team members succeed even if they achieve more than themselves.
16 youth report that they are now comfortable being a group leader.
17 youth report that they can now cooperate and work in a group.
13 youth report that they can now give clear directions.
16 youth report that they know how to set goals and they use that ability when leading a group.
15 youth report that they make sure everyone gets an opportunity to say what they think.
15 youth report that they now like to work with others and help them reach their goals.
12 youth report that they take their jobs seriously as members of a committee.
16 youth report that when in charge of a group, they treat everyone fairly and equally.
15 youth report using enthusiasm to get a group working.
49 youth think that everyone on the team is important.
48 youth think they have something to contribute to the worth of the team
37 youth understand that other ideas may be just as important as their own.
143 youth who report that they have learned that some choices are better than others.
134 youth who report they can make a decision.
110 youth who report they now listen to people with more experience than themselves.
98 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Meigs County
01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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### Volunteers

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#### Volunteer Hours

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**Units Reporting Program Activity**

Meigs County

**All 2011 Outcomes (entire year)**

453 beef producers sold 10576 calves managed according to BQA guidelines to increase returns by $FRM.
11 beef producers stored 1000 large, round bales under some type of cover to increase returns by $FRM.
22 beef producers utilized bulls with greater genetic potential to produce 10576 head of calves to increase returns by $FRM.
50 beef producers utilized hay feeding rings to feed 2100 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
5 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.
18 classrooms adopted this program.
0 dial-gauge lids were tested.
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.
12 of 16 adults wash hands more often.
0 of 0 participants ate more whole grains.
7 of 7 participants chose fast foods or take-out foods less often.
28 of 42 participants decreased consumption of high-sugar foods.
26 of 42 participants eat fewer high-fat foods.
12 of 14 participants eat more fat-free or low-fat dairy products.
142 of 151 participants increased physical activity.
7 of 7 participants learned culinary skills.
92 of 128 participants now eat more fruit.
83 of 128 participants now eat more vegetables.
16 of 16 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 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.
7 of 7 participants use healthy food preparation techniques.
38 of 42 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
42 of 42 students increased amount of time in physical activity.
18 of 42 students who increased their intake of whole grains.
0 of 0 youth now wash hands more often.
0 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 30 acres with warm-season grasses for an added value of $FRM.
39 producers sprayed 1750 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.
9 youth believe that people working together can help others less fortunate.
1520 youth can analyze the results of a scientific investigation.
1592 youth can ask a question that can be answered by collecting data.
1222 youth can deal with their nervousness when giving a speech or talk.
1506 youth can design a scientific procedure to answer a question.
984 youth can explain an idea to others.
1536 youth can give an informative speech or presentation.
1552 youth can record data accurately.
1400 youth can select a topic for a speech or talk.
1100 youth can show enthusiasm when giving a speech or presentation.
1080 youth can speak loudly enough to be heard when giving a speech or talk.
1554 youth can use specific scientific knowledge to form a question.
874 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1656 youth give a 2-3 minute speech or presentation.
1378 youth know how to organize the parts of a speech or presentation.
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.
1204 youth report that they have developed confidence to speak in front of groups.
9 youth report that they learned about important leaders who contributed to our nation.
9 youth think they can make a big difference in their community by helping others.
9 youth understand how community leaders are elected to office.
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.


## Activity Report for Monroe County

### 01/01/2011 to 12/31/2011

### Extension Personnel

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<th>Extension Personnel Hours</th>
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**Volunteers**

**Volunteer Hours**

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**Indirect Methods for Volunteers**

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**Contacts by Volunteers**

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**Units Reporting Program Activity**

Monroe County

**All 2011 Outcomes (entire year)**

352 beef producers sold 15082 calves managed according to BQA guidelines to increase returns by $FRM.
514 beef producers stored 168000 large, round bales under some type of cover to increase returns by $FRM.
112 beef producers utilized bulls with greater genetic potential to produce 15082 head of calves to increase returns by $FRM.
1308 beef producers utilized hay feeding rings to feed 126000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
352 beef producers utilized improved marketing methods to market 15082 head of calves to increase returns by $FRM.
8 classrooms adopted this program.
12 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
6 farm families and rural business operators implementing improved record systems.
22 farm families evaluated new farm enterprises and value added activities.
4 farm families used FINPACK for developing and implementing whole farm plans.
3 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
44 farmers developed financial plans for their farms.
176 farmers increased their knowledge and skills in farm and financial planning.
22 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
13 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
8 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
26256 miles were walked in the Walk Across Tennessee Program.
98 now can create on-screen (multi-media) presentations.
30 of 34 adults wash hands more often.
370 of 496 better understood their parents’ concerns about money.
0 of 0 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
12 of 140 fruit and vegetable producers increased business profitability and sustainability through improved insect, mite and disease control.
12 of 140 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
88 of 140 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
88 of 140 fruit and/or vegetable producers adopted IPM.
0 of 0 fruit and/or vegetable producers completed a food safety plan for their farm.
88 of 140 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices.
on their farm.

88 of 140 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.

0 of 0 fruit and/or vegetable producers who began the transition to USDA certified organic production.

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.

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.

73 of 97 participants ate more whole grains.

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

316 of 442 participants better understood their parent's concerns about money.

0 of 0 participants can apply health eating principles when making daily food decisions.

0 of 0 participants can better control their chronic condition with self-management techniques.

32 of 170 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.

0 of 0 participants communicated with other family members about financial matters.

78 of 132 participants decreased consumption of high-sugar foods.

4 of 22 participants decreased their blood pressure six months after completing the program.

3 of 22 participants decreased their cholesterol levels six months after completing the program.

82 of 132 participants eat fewer high-fat foods.

51 of 64 participants eat more fat-free or low-fat dairy products.

0 of 0 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

0 of 0 participants feel confident using the Take PART technique when talking to their health care provider.

10 of 22 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.

362 of 496 participants felt more strongly that they needed to get a good education.

378 of 496 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 reduced their A1c six months after completing the program.

627 of 642 participants increased physical activity.

152 of 170 participants increased their exercise routine during Walk Across Tennessee Program.
378 of 496 participants increased their financial management skills.
392 of 496 participants learned better how to plan their spending.
366 of 496 participants learned how education will affect the kind of job they can get.
426 of 496 participants learned how having a family can affect their lifestyle.
398 of 496 participants learned how much money it takes to get by.
390 of 496 participants learned how occupation and income will affect their lifestyle.
372 of 496 participants learned how payroll deductions are taken from gross pay.
352 of 496 participants learned how to keep a checkbook register.
428 of 496 participants learned how to write a check.
8 of 22 participants lost weight: 72 total pounds lost.
1 of 22 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.
208 of 496 participants made changes to their future plans.
15 of 22 participants maintained their walking/exercise routine six months after completing the program.
623 of 643 participants now eat more fruit.
569 of 609 participants now eat more vegetables.
0 of 0 participants plan to exercise more often to help manage their chronic condition.
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 plan to use the UT Med Minder card to keep a record of their medications.
164 of 496 participants planned to change their career goals.
402 of 496 participants planned to get more education after high school.
28 of 34 participants refrigerate perishable foods within two hours.
28 of 34 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 proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
0 of 0 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
90 of 132 participants who increased their intake of dairy foods.
1108 of 1214 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
88 of 170 participants will continue to exercise after the Walk Across Tennessee Program.
2 of 2 participants worked toward new savings or investment goals.
64 of 64 respondents plan to decrease exposure of their children to parental conflict.
61 of 64 respondents report understanding the importance of working together for the sakes of their children.
124 of 132 students increased amount of time in physical activity.
72 of 132 students who increased their intake of whole grains.
566 of 589 youth now wash hands more often.
63 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
240 participants walked in the Walk Across Tennessee Program.
225 producers gain the knowledge necessary to determine whether they could profitably produce a dedicatd energy crop for either on-farm production of renewable energy or for sale to a bio-refinery or other energy producer.
225 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. 225 producers learned about the four steps in the process for converting biomass into cellulosic ethanol: preprocessing, pretreatment, hydrolysis, and fermentation and distillation.

494 producers planted 8250 acres with clover for an increased production valued at $FRM. 352 producers planted 500 acres with warm-season grasses for an added value of $FRM. 352 producers sprayed 9000 acres for broadleaf weed control for an increased production valued at $FRM.

352 producers stockpiled 4978 acres of tall fescue, reducing feeding cost by $FRM. 2 schools adopted this program.

30 teams participated in the Walk Across Tennessee Program. 958 youth are better able to understand and follow directions. 684 youth are now better listeners.

76 youth are willing to try new things. 298 youth break goals down into steps so they can check their progress. 2810 youth can deal with their nervousness when giving a speech or talk. 704 youth can explain an idea to others.

1204 youth can express ideas with a poster, exhibit or other display. 1844 youth can give an informative speech or presentation. 1624 youth can now share their ideas through writing.

2326 youth can select a topic for a speech or talk. 444 youth can show enthusiasm when giving a speech or presentation. 1510 youth can speak loudly enough to be heard when giving a speech or talk. 746 youth can use technology to help themselves express ideas.

1202 youth feel comfortable sharing their thoughts and feelings in a speech or talk. 1244 youth give a 2-3 minute speech or presentation. 408 youth have explored careers in communications. 86 youth have knowledge of careers in the communications field.

972 youth have learned at least five jobs in which communication skills are important. 244 youth have set a goal for their job or career. 1684 youth know how to organize the parts of a speech or presentation. 0 youth now communicate through a website. 282 youth now get information about a problem.

36 youth now report that they make a decision by thinking about what a person of good character would do. 40 youth now report that they use more than one source of information in making choices. 36 youth now report that they use standards in making choices. 40 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.

256 youth now set high goals that require work to achieve them. 322 youth now work to achieve their goals. 178 youth put their goals in writing. 54 youth report helping others in need. 40 youth report telling the difference between right and wrong. 216 youth report that it is now easier to express their opinions to someone with a different opinion than their own.

54 youth report that now they try to do the right thing. 22 youth report that they consider others when making decisions. 544 youth report that they have developed confidence to speak in front of groups. 26 youth report that they know how to make good decisions. 36 youth report that they like to accomplish things on their own.
256 youth report that they now achieve goals they set for themselves.
32 youth report that they now continue to work toward their goals, even if they do not at first succeed.
330 youth report they can now keep records.
226 youth report they have improved photography skills.
564 youth report they have learned skills in visual communications.
60 youth report they now take responsibility for the decisions they make.
326 youth set high goals.
208 youth use parliamentary procedure to run a meeting.
252 youth who are now making plans to achieve their goals.
92 youth who have put their goal(s) in writing.
268 youth who report that they have learned that some choices are better than others.
276 youth who report they can make a decision.
252 youth who report they now listen to people with more experience than themselves.
268 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Montgomery County

01/01/2011 to 12/31/2011

Extension Personnel

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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

#### Volunteer Hours

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Contacts by Volunteers

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Units Reporting Program Activity

Montgomery County

All 2011 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
- The economic impact of Extension's commercial ornamental and landscape horticulture programs was $1700 in increased savings, increased income, and one-time capital purchases.
- 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.
- 40 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 700 acres of dark tobacco achieving yields greater than 3,000 pounds per acre.
- 1100 acres of tobacco produced using recommended fertility practices indicated in soil test results.
- 900 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
- 800 acres produced using registered pesticides at appropriate application rates and timings.
- 500 acres soil tested no more than one year before planting.
- 1000 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).
- 2000 acres were planted and managed using GPS technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
- 840 acres were planted with university-tested varieties.
- 200 acres with field rouged, plowed or destroyed within 30 days after harvest.
- 25 African-American landowners increased their knowledge of property rights and responsibilities.
- 56 agritourism entrepreneurs gained knowledge and skills to improve returns from their existing operation.
- 56 agritourism entrepreneurs gained knowledge and skills to manage risk (legal, liability, regulatory, human resources, business interruption, production, marketing and financial).
- 7 agritourism operators implemented new or improved strategies to manage risk.
- 40 beef producers sold 1403 calves managed according to BQA guidelines to increase returns by
58 beef producers utilized bulls with greater genetic potential to produce 11975 head of calves to increase returns by $FRM.

64 beef producers utilized improved marketing methods to market 2040 head of calves to increase returns by $FRM.

10 communities have undergone entrepreneurial support planning efforts.

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

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

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

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

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

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

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

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

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

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

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

6 existing small businesses who are now operating with a business plan.

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

10 farmers evaluated their potential for a new agritourism enterprise or for expanding their existing enterprise.

56 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.

72 forest landowners are members in a local County Forestry Association representing 8000 forest acres.

40 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.

6 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.

20 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.

16 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 1600 forested acres.

14 Master Gardeners gained knowledge and confidence in entomology.

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

14 Master Gardeners gained knowledge and confidence in ornamentals.

14 Master Gardeners gained knowledge and confidence in plant diseases.

14 Master Gardeners gained knowledge and confidence in soils.
14 Master Gardeners gained knowledge and confidence in turfgrass.
34 Master Gardeners have used the knowledge and skills they learned in this program to assist 10 people in turf selection or management.
30 Master Gardeners have used the knowledge and skills they learned in this program to assist 10 people to control pests through integrated pest management.
30 Master Gardeners have used the knowledge and skills they learned in this program to assist 10 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 10 people to identify symptoms of plant disease.
28 Master Gardeners have used the knowledge and skills they learned in this program to assist 10 people to improve soil through soil test results.
0 miles were walked in the Walk Across Tennessee Program.
2 new networking, mentoring and coaching outlets available to entrepreneurs.
0 of 0 adults wash hands more often.
748 of 904 better understood their parents' concerns about money.
28 of 28 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
28 of 28 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
10 of 100 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
32 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.
800 of 904 made a change in career or educational goals.
0 of 0 participants are applying health eating principles when making food decisions six months after completing the program.
0 of 0 participants are better self-managers of their chronic condition six months after completing the program.
0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
0 of 0 participants are physically active six months after completing the program.
0 of 0 participants are using the UT Med Minder card to keep a record of their medications.
290 of 547 participants ate more whole grains.
756 of 904 participants began or increased savings an average of $20 per month.
748 of 904 participants better understood their parent's concerns about money.
40 of 54 participants can apply health eating principles when making daily food decisions.
0 of 0 participants can better control their chronic condition with self-management techniques.
0 of 0 participants can better control their chronic disease as a result of participating in the program.
600 of 904 participants communicated with other family members about financial matters.
107 of 217 participants decreased consumption of high-sugar foods.
0 of 0 participants decreased their blood pressure six months after completing the program.
98 of 217 participants eat at least six meals together as a family each week.
159 of 217 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
0 of 0 participants feel confident they know what to do in case of a poisoning.
0 of 0 participants feel confident using the Take PART technique when talking to their health care
0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.

904 of 904 participants felt more strongly that they needed to get a good education.

800 of 904 participants felt more strongly that they needed to pay attention to their financial future.

204 of 134 participants find the active ingredient on the medication label.

448 of 904 participants followed a spending plan.

0 of 0 participants have fewer visits to the emergency room six months after completing the program.

0 of 0 participants have less pain from their chronic condition six months after completing the program.

0 of 0 participants have used the Take PART technique when talking to their health care provider.

300 of 330 participants increased physical activity.

0 of 0 participants increased their exercise routine during Walk Across Tennessee Program.

884 of 904 participants increased their financial management skills.

174 of 204 participants keep all of their prescription medications at the same pharmacy.

840 of 904 participants learned better how to plan their spending.

904 of 904 participants learned how education will affect the kind of job they can get.

904 of 904 participants learned how having a family can affect their lifestyle.

904 of 904 participants learned how much money it takes to get by.

904 of 904 participants learned how occupation and income will affect their lifestyle.

904 of 904 participants learned how payroll deductions are taken from gross pay.

904 of 904 participants learned how to keep a checkbook register.

904 of 904 participants learned how to write a check.

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

0 of 0 participants lowered their blood sugar levels six months after completing the program.

600 of 904 participants made a change in financial behavior.

752 of 904 participants made a spending plan.

904 of 904 participants made changes to their future plans.

0 of 0 participants maintained their walking/exercise routine six months after completing the program.

256 of 330 participants now eat more fruit.

150 of 330 participants now eat more vegetables.

0 of 0 participants plan to exercise more often to help manage their chronic condition.

0 of 0 participants plan to use the two-step method around the home for managing fire ants.

0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.

884 of 904 participants planned to change their career goals.

904 of 904 participants planned to get more education after high school.

178 of 204 participants read the directions before taking a prescription or over-the-counter medications.

12 of 12 participants refrigerate perishable foods within two hours.

204 of 198 participants seek the advice of a pharmacist if they have any questions about a medication.

9 of 12 participants separate raw, cooked and ready-to-eat foods while storing and preparing.

0 of 0 participants surveyed have implemented at least one waste reduction strategy to preserve open spaces, sustain environmental quality, and improve health benefits.

0 of 0 participants surveyed increased their knowledge of environmental problems associated with "not-smart" growth.

0 of 0 participants surveyed increased their knowledge of health problems associated with "not-smart" growth.

0 of 0 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.

0 of 0 participants surveyed increased their knowledge on how to communicate Smart Growth
principles to others.

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.

194 of 204 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.

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.

204 of 204 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.

198 of 204 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.

10 of 12 participants surveyed used a thermometer to check the internal temperature of food.

8 of 12 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

764 of 904 participants talked about financial goals with their parents or others.

0 of 0 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.

140 of 165 participants who now select foods and beverages that promote healthy weight.

0 of 0 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.

0 of 0 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.

0 of 0 participants will continue to exercise after the Walk Across Tennessee Program.

0 of 0 participants will keep medications out of the reach of children.

0 of 0 participants will keep products in their original containers.

0 of 0 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.

748 of 904 participants worked toward new savings or investment goals.

10 of 10 teachers reported preschool children in their classes were more actively engaged in physical activity.

6 of 10 teachers reported preschool children in their classes were more willing to taste fruit.

7 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.

184 of 330 youth now wash hands more often.

0 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.

12696000 pounds of total tobacco produced.

10 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.

18 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.
56 producers planted 18300 acres with clover for an increased production valued at $FRM.
6 producers planted 950 acres with warm-season grasses for an added value of $FRM.
55 producers sprayed 9250 acres for broadleaf weed control for an increased production valued at $FRM.
22 producers stockpiled 1300 acres of tall fescue, reducing feeding cost by $FRM.
30 producers utilized UT fertility recommendations.
7 professionals added additional services and/or marketing practices.
6 professionals developed or made adjustment to their business plans.
11 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
11 professionals implemented recommended management practices for pest control.
13 professionals practiced proper plant selection and installation practices.
0 schools adopted the Smart Growth curriculum.
106 small business owners who increase income and quality of living.
30 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
0 teams participated in the Walk Across Tennessee Program.
6 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.
6 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
59 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
53 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
62 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.
12 underserved landowners are now alley cropping with annual crops and high-value hardwoods.
20 underserved landowners began pursuing forest farming operations of high-value specialty crops such as herbs, medicinal plants or mushrooms.
24 underserved landowners maintained wooded pastures.
8 underserved landowners planted riparian buffer strips along waterways.
8 underserved landowners planted windbreaks in fields.
2388 youth break goals down into steps so they can check their progress.
3886 youth can deal with their nervousness when giving a speech or talk.
4114 youth can explain an idea to others.
4114 youth can give an informative speech or presentation.
4142 youth can select a topic for a speech or talk.
3824 youth can show enthusiasm when giving a speech or presentation.
3864 youth can speak loudly enough to be heard when giving a speech or talk.
3898 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
4134 youth give a 2-3 minute speech or presentation.
3282 youth have set a goal for their job or career.
4134 youth know how to organize the parts of a speech or presentation.
3906 youth now get information about a problem.
20 youth now report that they can justify their decision.
20 youth now report that they have confidence making their own decisions.
1298 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.
1298 youth now report that they use more than one source of information in making choices.
1264 youth now report that they use standards in making choices.
12 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.
1242 youth now report they consider the risks of their choices.
1284 youth now report they think about the truthfulness of sources of information when making choices.
2672 youth now set high goals that require work to achieve them.
3870 youth now work to achieve their goals.
3842 youth put their goals in writing.
3884 youth report that they have developed confidence to speak in front of groups.
3594 youth report that they now achieve goals they set for themselves.
3050 youth set high goals.
3574 youth who are now making plans to achieve their goals.
3918 youth who have put their goal(s) in writing.
4122 youth who report that they have learned that some choices are better than others.
4118 youth who report they can make a decision.
3912 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Moore County

01/01/2011 to 12/31/2011

Extension Personnel

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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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### Volunteers

**Volunteer Hours**

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### Contacts by Volunteers

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### Units Reporting Program Activity

Moore County

**All 2011 Outcomes (entire year)**

80 beef producers sold 6000 calves managed according to BQA guidelines to increase returns by $FRM.
180 beef producers stored 18000 large, round bales under some type of cover to increase returns by $FRM.
40 beef producers utilized bulls with greater genetic potential to produce 2000 head of calves to increase returns by $FRM.
180 beef producers utilized hay feeding rings to feed 18000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
80 beef producers utilized improved marketing methods to market 8000 head of calves to increase returns by $FRM.
12 of 30 adults wash hands more often.
64 of 90 participants ate more whole grains.
44 of 60 participants decreased consumption of high-sugar foods.
20 of 60 participants eat at least six meals together as a family each week.
16 of 30 participants eat more fat-free or low-fat dairy products.
60 of 60 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
58 of 70 participants find the active ingredient on the medication label.
14 of 60 participants improved their blood pressure.
4 of 60 participants improved their blood sugar.
2 of 60 participants improved their cholesterol levels.
2 of 60 participants improved their triglyceride levels.
10 of 30 participants increased physical activity.
62 of 70 participants keep all of their prescription medications at the same pharmacy.
12 of 60 participants lost weight: 82 total pounds lost.
16 of 30 participants now eat more fruit.
16 of 30 participants now eat more vegetables.
66 of 70 participants read the directions before taking a prescription or over-the-counter medications.
8 of 30 participants refrigerate perishable foods within two hours.
70 of 70 participants seek the advice of a pharmacist if they have any questions about a medication.
12 of 30 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
42 of 70 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
52 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.
0 of 30 participants surveyed used a thermometer to check the internal temperature of food.
0 of 30 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 30 participants who now select foods and beverages that promote healthy weight.
14 of 30 youth now wash hands more often.
216 youth are better able to understand and follow directions.
124 youth are now better listeners.
364 youth believe that a team can accomplish more than an individual.
64 youth can assist a group in deciding on team plans for reaching goals.
64 youth can combine and build on the ideas of others when making decisions that affect the team.
388 youth can conduct a meeting.
0 youth can effectively encourage team members to achieve long-range goals.
356 youth can express ideas with a poster, exhibit or other display.
80 youth can now share their ideas through writing.
8 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.
364 youth can use technology to help themselves express ideas.
0 youth effectively encourage others to stay o task in a team.
320 youth enjoy working with others toward a common goal.
178 youth have explored careers in communications.
376 youth have learned at least five jobs in which communication skills are important.
276 youth have learned new skills and ways of doing things by participating in groups.
552 youth now encourage other team members to give their best effort.
312 youth now think it's important to listen to all group members before making a decision.
252 youth now want to see other team members succeed even if they achieve more than themselves.
0 youth report being able to break tough jobs down into simpler tasks.
0 youth report being able to resolve problems without losing control of their emotions.
0 youth report being sensitive to the feelings of others when discussing and solving problems.
0 youth report that they are comfortable being responsible for a group.
336 youth report that they are now comfortable being a group leader.
20 youth report that they can now cooperate and work in a group.
244 youth report that they can now give clear directions.
0 youth report that they know how to set goals and they use that ability when leading a group.
192 youth report that they make sure everyone gets an opportunity to say what they think.
4 youth report that they now like to work with others and help them reach their goals.
104 youth report that they take their jobs seriously as members of a committee.
340 youth report that when in charge of a group, they treat everyone fairly and equally.
142 youth report they can now keep records.
0 youth report they have improved photography skills.
96 youth report they have learned skills in visual communications.
4 youth report using enthusiasm to get a group working.
96 youth seek out others who can help them become a better leader.
376 youth think that everyone on the team is important.
164 youth think they have something to contribute to the worth of the team
172 youth understand that other ideas may be just as important as their own.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Morgan County

01/01/2011 to 12/31/2011

Extension Personnel

<table>
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<th>Extension Personnel Hours</th>
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**Units Reporting Program Activity**

Morgan County

**All 2011 Outcomes (entire year)**

- 0 4-H clubs were met by volunteers.
- 2 4-H judging teams were coached by volunteers.
- 0 4-H project groups were met by volunteers.
- 20 4-H volunteers utilized volunteer position descriptions.
- 51 beef producers sold 969 calves managed according to BQA guidelines to increase returns by $FRM.
- 74 beef producers stored 12728 large, round bales under some type of cover to increase returns by $FRM.
- 41 beef producers utilized bulls with greater genetic potential to produce 1066 head of calves to increase returns by $FRM.
- 73 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 31 beef producers utilized improved marketing methods to market 1121 head of calves to increase returns by $FRM.
- 24 dial-gauge lids were tested.
- 8 horse owners fed 152 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
2 horse owners managed 120 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.

14 horse owners schedule routine hoof care on 226 horses, saving $FRM annually.

1500 miles were walked in the Walk Across Tennessee Program.

10 new 4-H volunteers were recruited this year.

14 of 16 adults wash hands more often.

23 of 24 better understood basic insurance needs.

21 of 24 better understood credit reporting and scoring.

400 of 480 better understood their parents’ concerns about money.

24 of 24 identified ways to reduce spending.

20 of 24 learned better how to communicate with creditors.

24 of 24 learned how to better manage stress caused by financial issues.

24 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.

22 of 24 learned who to pay first if they can't pay everything.

340 of 480 made a change in career or educational goals.

26 of 26 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)

26 of 26 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)

26 of 26 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.

26 of 26 parents/caregivers learned about issues related to stages of child development.

6 of 8 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

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

8 of 8 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

6 of 8 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

6 of 8 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.

8 of 8 participants are regularly checking their blood sugar six months after completing the program.

8 of 8 participants are using the Healthy Plate Method six months after completing the program.

1000 of 1214 participants ate more whole grains.

24 of 24 participants became more aware of the importance of starting to save and invest early in life.

216 of 480 participants began or increased savings an average of $ 20 per month.

18 of 24 participants better understood the difference between pre-tax and after-tax investments.

400 of 480 participants better understood their parent's concerns about money.

34 of 34 participants can apply joint protection techniques.

11 of 15 participants can better control their chronic disease as a result of participating in the program.

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

34 of 34 participants can use relaxation techniques to better manage their arthritis symptoms.

268 of 480 participants communicated with other family members about financial matters.

2 of 15 participants decreased their blood pressure six months after completing the program.

2 of 15 participants decreased their cholesterol levels six months after completing the program.

1120 of 1214 participants eat more fat-free or low-fat dairy products.
34 of 34 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
12 of 15 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
392 of 480 participants felt more strongly that they needed to get a good education.
396 of 480 participants felt more strongly that they needed to pay attention to their financial future.
56 of 60 participants find the active ingredient on the medication label.
260 of 480 participants followed a spending plan.
21 of 24 participants gained skill in determining their net worth.
24 of 24 participants gained skill in making a spending plan.
32 of 34 participants have improved their arthritis symptoms as a result of participating in this program.
18 of 20 participants have less arthritis symptoms.
6 of 8 participants have reduced their A1c six months after completing the program.
24 of 24 participants identified ways to avoid being victimized by predatory practices or fraud.
18 of 20 participants improved control of their arthritis symptoms.
18 of 20 participants improved performance of daily activities.
18 of 20 participants improved their balance.
18 of 20 participants improved their flexibility.
1060 of 1214 participants increased physical activity.
15 of 15 participants increased their exercise routine during Walk Across Tennessee Program.
428 of 504 participants increased their financial management skills.
52 of 60 participants keep all of their prescription medications at the same pharmacy.
400 of 480 participants learned better how to plan their spending.
408 of 480 participants learned how education will affect the kind of job they can get.
472 of 480 participants learned how having a family can affect their lifestyle.
440 of 480 participants learned how much money it takes to get by.
460 of 480 participants learned how occupation and income will affect their lifestyle.
396 of 480 participants learned how payroll deductions are taken from gross pay.
420 of 480 participants learned how to keep a checkbook register.
420 of 480 participants learned how to write a check.
3 of 15 participants lost weight: 11 total pounds lost.
2 of 15 participants lowered their blood sugar levels six months after completing the program.
216 of 480 participants made a change in financial behavior.
260 of 480 participants made a spending plan.
340 of 480 participants made changes to their future plans.
12 of 15 participants maintained their walking/exercise routine six months after completing the program.
1040 of 1214 participants now eat more fruit.
1040 of 1214 participants now eat more vegetables.
8 of 8 participants plan to regularly check their blood sugar as requested by their doctor.
8 of 8 participants plan to use the Healthy Plate Method.
340 of 480 participants planned to change their career goals.
400 of 480 participants planned to get more education after high school.
60 of 60 participants read the directions before taking a prescription or over-the-counter medications.
16 of 16 participants refrigerate perishable foods within two hours.
60 of 60 participants seek the advice of a pharmacist if they have any questions about a medication.
48 of 48 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
24 of 24 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
22 of 24 participants surveyed canned pickles following a tested recipe. (TNCEP)
24 of 24 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
24 of 24 participants surveyed canned vegetables following a tested recipe. (TNCEP)

56 of 60 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.

60 of 60 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.

22 of 24 participants surveyed processed pickles in a water-bath canner. (TNCEP)

24 of 24 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)

24 of 24 participants surveyed processed vegetables in a pressure canner. (TNCEP)

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.

12 of 48 participants surveyed used a thermometer to check the internal temperature of food.

12 of 48 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

268 of 480 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.

34 of 34 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.

22 of 24 participants understood the dangers of using too much credit.

1000 of 1214 participants who now select foods and beverages that promote healthy weight.

15 of 15 participants will continue to exercise after the Walk Across Tennessee Program.

216 of 480 participants worked toward new savings or investment goals.

22 of 24 participants understood the dangers of using too much credit.

26 of 26 respondents plan to decrease exposure of their children to parental conflict.

26 of 26 respondents report understanding the importance of working together for the sakes of their children.

1100 of 1214 youth now wash hands more often.

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

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

8 participants now correctly deworm 152 horses, saving $ FRM this year.

24 participants process high-acid foods in a water bath canner.

15 participants walked in the Walk Across Tennessee Program.

45 producers planted 1110 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.

9 producers sprayed 370 acres for broadleaf weed control for an increased production valued at $FRM.

1 producers stockpiled 20 acres of tall fescue, reducing feeding cost by $FRM.

3 teams participated in the Walk Across Tennessee Program.

20 volunteer leaders increased their knowledge of positive youth development.

62 youth are better able to understand and follow directions.

28 youth are willing to try new things.

398 youth can analyze the results of a scientific investigation.

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

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

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

98 youth can explain an idea to others.

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

62 youth can give an informative speech or presentation.
140 youth can now share their ideas through writing.
363 youth can record data accurately.
90 youth can select a topic for a speech or talk.
66 youth can show enthusiasm when giving a speech or presentation.
96 youth can speak loudly enough to be heard when giving a speech or talk.
336 youth can use specific scientific knowledge to form a question.
64 youth can use technology to help themselves express ideas.
88 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
66 youth give a 2-3 minute speech or presentation.
66 youth have learned at least five jobs in which communication skills are important.
66 youth know how to organize the parts of a speech or presentation.
34 youth now get information about a problem.
42 youth now report that they make a decision by thinking about what a person of good character would do.
40 youth now report that they use more than one source of information in making choices.
40 youth now report that they use standards in making choices.
42 youth now report they consider the risks of their choices.
42 youth now report they think about the truthfulness of sources of information when making choices.
28 youth report telling the difference between right and wrong.
22 youth report that now they try to do the right thing.
60 youth report that they have developed confidence to speak in front of groups.
28 youth report that they like to accomplish things on their own.
34 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.
34 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Obion County

01/01/2011 to 12/31/2011

Extension Personnel

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<thead>
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<th>Extension Personnel Hours</th>
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Direct Methods for Extension Personnel

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Direct Mail / Telephone Calls (this will include electronic mail): 18170 23336
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On-Site Visits (Farm, Home, and Workplace): 983 4207
Total: 21011 48391

Indirect Methods for Extension Personnel

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Contacts by Extension Personnel

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Volunteers

Volunteer Hours

All: 2206
Total: 2206

Indirect Methods for Volunteers
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**Units Reporting Program Activity**

**Obion County**

**All 2011 Outcomes (entire year)**

Producers increased corn yield by 12 bushels/acre by selecting top yielding varieties on 132000 acres of corn increasing their income by FRM.

Producers increased yield by 6 bushels by selecting top yielding varieties on 214000 acres of soybeans, earning an extra FRM.

Producers increased yield by 0 bushels by selecting top yielding varieties on 11600 acres of wheat, earning an extra FRM.

The economic impact of Extension leadership programs was $45608 in increased revenue, one-time capital improvements and secured resources.

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.

100000 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.

20000 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

100000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer.
and lime, plant growth regulators, defoliants or pesticides.

140 beef producers sold 5000 calves managed according to BQA guidelines to increase returns by $FRM.

60 beef producers stored 3500 large, round bales under some type of cover to increase returns by $FRM.

28 beef producers utilized bulls with greater genetic potential to produce 1484 head of calves to increase returns by $FRM.

48 beef producers utilized hay feeding rings to feed 1418 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

10 beef producers utilized improved marketing methods to market 658 head of calves to increase returns by $FRM.

8 classrooms adopted this program.

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

200 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.

15154 miles were walked in the Walk Across Tennessee Program.

90 of 90 adults wash hands more often.

203 of 225 better understood their parents' concerns about money.

20 of 28 participants are applying health eating principles when making food decisions six months after completing the program.

28 of 28 participants are better self-managers of their chronic condition six months after completing the program.

12 of 15 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

15 of 15 participants are confident they can better manage their diabetes as a result of participating in this program.

28 of 28 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

15 of 15 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

15 of 15 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 physically active six months after completing the program.

15 of 15 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.

5 of 5 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.

15 of 15 participants are regularly checking their blood sugar six months after completing the program.

15 of 15 participants are using the Healthy Plate Method six months after completing the program.

27 of 28 participants are using the UT Med Minder card to keep a record of their medications.

170 of 180 participants ate more whole grains.

203 of 225 participants better understood their parent's concerns about money.

48 of 48 participants can apply health eating principles when making daily food decisions.

47 of 48 participants can better control their chronic condition with self-management techniques.

20 of 571 participants can better control their chronic disease as a result of participating in the
15 of 15 participants can choose foods that do not cause a sharp rise in blood sugar.
2 of 5 participants continued doing the MYB exercises six months after completing the program.
46 of 90 participants decreased consumption of high-sugar foods.
38 of 90 participants eat at least six meals together as a family each week.
90 of 90 participants eat more fat-free or low-fat dairy products.
18 of 90 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
48 of 48 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
25 of 25 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
5 of 5 participants feel confident they will continue doing the MYB routines after the MYB program ends.
47 of 48 participants feel confident using the Take PART technique when talking to their health care provider.
205 of 225 participants felt more strongly that they needed to get a good education.
192 of 225 participants felt more strongly that they needed to pay attention to their financial future.
35 of 35 participants find the active ingredient on the medication label.
28 of 28 participants have fewer visits to the emergency room six months after completing the program.
5 of 5 participants have improved their balance.
5 of 5 participants have improved their strength.
5 of 5 participants have increased their cardiovascular fitness.
5 of 5 participants have increased their motivation to exercise.
17 of 26 participants have less arthritis symptoms.
28 of 28 participants have less pain from their chronic condition six months after completing the program.
10 of 15 participants have reduced their A1c six months after completing the program.
28 of 28 participants have used the Take PART technique when talking to their health care provider.
17 of 26 participants improved control of their arthritis symptoms.
17 of 26 participants improved performance of daily activities.
17 of 26 participants improved their balance.
17 of 26 participants improved their flexibility.
30 of 90 participants increased physical activity.
571 of 571 participants increased their exercise routine during Walk Across Tennessee Program.
169 of 225 participants increased their financial management skills.
35 of 35 participants keep all of their prescription medications at the same pharmacy.
25 of 25 participants know what cancer screenings they need according to their age and gender.
192 of 225 participants learned better how to plan their spending.
225 of 225 participants learned how education will affect the kind of job they can get.
225 of 225 participants learned how having a family can affect their lifestyle.
225 of 225 participants learned how much money it takes to get by.
225 of 225 participants learned how occupation and income will affect their lifestyle.
0 of 225 participants learned how payroll deductions are taken from gross pay.
225 of 225 participants learned how to keep a checkbook register.
225 of 225 participants learned how to write a check.
8 of 90 participants lost weight: 30 total pounds lost.
135 of 225 participants made changes to their future plans.
2 of 5 participants maintained their motivation to keep exercising six months after completing the program.
90 of 90 participants now eat more fruit.
30 of 90 participants now eat more vegetables.
48 of 48 participants plan to exercise more often to help manage their chronic condition.
20 of 25 participants plan to get age and gender appropriate cancer screenings.
15 of 15 participants plan to regularly check their blood sugar as requested by their doctor.
15 of 15 participants plan to use the Healthy Plate Method.
46 of 48 participants plan to use the UT Med Minder card to keep a record of their medications.
169 of 225 participants planned to change their career goals.
203 of 225 participants planned to get more education after high school.
35 of 35 participants read the directions before taking a prescription or over-the-counter medications.
90 of 90 participants refrigerate perishable foods within two hours.
35 of 35 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.
45 of 1500 participants surveyed increased personal involvement in community activities.
1200 of 1340 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
1200 of 1340 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
35 of 35 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
35 of 35 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
35 of 35 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.
35 of 35 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
90 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.
15 of 15 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
25 of 25 participants understand that cancer screening and early detection can save their life.
48 of 48 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
25 of 25 participants understand women age 40 and older should have a mammogram.
25 of 25 participants understand women of all ages need a Pap test.
90 of 90 participants who now select foods and beverages that promote healthy weight.
48 of 48 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
550 of 571 participants will continue to exercise after the Walk Across Tennessee Program.
90 of 90 youth now wash hands more often.
571 participants walked in the Walk Across Tennessee Program.
20 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
140 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
20 producers increased their return on 10000 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 planted 172 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.
0 producers report a 0% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
10 producers sprayed 400 acres for broadleaf weed control for an increased production valued at $FRM.
12 producers stockpiled 170 acres of tall fescue, reducing feeding cost by $FRM.
20 producers utilized UT fertility recommendations.
2 schools adopted this program.
100 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
74 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.
100 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
24 teams participated in the Walk Across Tennessee Program.
40 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
40 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.
40 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
260 youth are better able to understand and follow directions.
40 youth break goals down into steps so they can check their progress.
136 youth can analyze the results of a scientific investigation.
136 youth can ask a question that can be answered by collecting data.
1324 youth can deal with their nervousness when giving a speech or talk.
114 youth can design a scientific procedure to answer a question.
1139 youth can explain an idea to others.
260 youth can express ideas with a poster, exhibit or other display.
1324 youth can give an informative speech or presentation.
520 youth can now share their ideas through writing.
136 youth can record data accurately.
1324 youth can select a topic for a speech or talk.
265 youth can show enthusiasm when giving a speech or presentation.
860 youth can speak loudly enough to be heard when giving a speech or talk.
114 youth can use specific scientific knowledge to form a question.
242 youth can use technology to help themselves express ideas.
530 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1116 youth give a 2-3 minute speech or presentation.
16 youth have a goal set for their job or career.
236 youth have learned at least five jobs in which communication skills are important.
68 youth have set a goal for their job or career.
558 youth know how to organize the parts of a speech or presentation.
20 youth now set high goals that require work to achieve them.
48 youth now work to achieve their goals.
40 youth put their goals in writing.
1192 youth report that they have developed confidence to speak in front of groups.
36 youth report that they now achieve goals they set for themselves.
60 youth set deadlines to achieve their goals.
16 youth set high goals.
80 youth try to get as much assistance as they can when working toward their goal.
16 youth who are now making plans to achieve their goals.
36 youth who have put their goal(s) in writing.
16 youth who keep trying if they do not achieve their goal the first time.
10 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Overton County

01/01/2011 to 12/31/2011

Extension Personnel

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### Contacts by Extension Personnel

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### Volunteers

#### Volunteer Hours

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### Indirect Methods for Volunteers

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**Units Reporting Program Activity**

*Overton County*

**All 2011 Outcomes (entire year)**

The economic impact of Extension leadership programs was $0 in increased revenue, one-time capital improvements and secured resources.

36 are concerned about problems in their community.
16 classrooms adopted this program.
30 now feel a sense of responsibility toward their school and community.
30 now have a sense of pride about their school and community.
36 of 40 adults wash hands more often.
17 of 18 better understood basic insurance needs.
18 of 18 better understood credit reporting and scoring.
17 of 18 checked their credit report.
14 of 18 identified ways to reduce spending.
16 of 18 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.
150 of 176 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.
10 of 19 participants better understood the difference between pre-tax and after-tax investments.
222 of 320 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.
62 of 136 participants eat at least six meals together as a family each week.
112 of 184 participants eat fewer high-fat foods.
36 of 40 participants eat more fat-free or low-fat dairy products.
98 of 136 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
8 of 18 participants followed a spending plan.
0 of 0 participants gained skill in determining their net worth.
17 of 18 participants gained skill in making a spending plan.
18 of 18 participants identified ways to avoid being victimized by predatory practices or fraud.
28 of 40 participants increased physical activity.
13 of 18 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
28 of 82 participants lost weight: 400 total pounds lost.
8 of 18 participants made a spending plan.
32 of 40 participants now eat more fruit.
28 of 40 participants now eat more vegetables.
0 of 0 participants reduced debt an average of $0 per month.
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.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants surveyed increased personal involvement in community activities.
35 of 75 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
40 of 75 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
30 of 40 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.
17 of 18 participants understood the dangers of using too much credit.
88 of 184 participants who increased their intake of dairy foods.
32 of 40 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.
184 of 184 students increased amount of time in physical activity.
142 of 184 students who increased their intake of whole grains.
16 of 16 teachers reported preschool children in their classes were more actively engaged in physical activity.
16 of 16 teachers reported preschool children in their classes were more willing to taste fruit.
16 of 16 teachers reported preschool children in their classes were more willing to taste vegetables.
16 of 16 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
16 of 16 teachers reported using physical activities from Healthy Steps at least three times per week.
9 of 18 tracked their spending.
8 of 18 worked toward new savings, investment or retirement goals.
70 of 88 youth now wash hands more often.
4 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
2 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
30 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 have learned about causes and issues.
20 report that because of their 4-H service projects, they know about resources in their community.
8 schools adopted this program.
4 would assist with or participate in elections, voting and campaigns.
1318 youth are better able to understand and follow directions.
112 youth are now better listeners.
34 youth believe that a team can accomplish more than an individual.
428 youth can analyze the results of a scientific investigation.
420 youth can ask a question that can be answered by collecting data.
40 youth can assist a group in deciding on team plans for reaching goals.
250 youth can challenge policies through petitions, presentations or other positive ways.
56 youth can communicate a scientific procedure to others.
30 youth can conduct a meeting.
56 youth can create a display to communicate scientific data and observations.
1080 youth can deal with their nervousness when giving a speech or talk.
392 youth can design a scientific procedure to answer a question.
500 youth can explain an idea to others.
176 youth can express ideas with a poster, exhibit or other display.
1220 youth can give an informative speech or presentation.
25 youth can identify their skills and talents.
360 youth can now prepare and deliver a five-minute speech.
2184 youth can now share their ideas through writing.
318 youth can record data accurately.
2250 youth can select a topic for a speech or talk.
1240 youth can show enthusiasm when giving a speech or presentation.
2050 youth can speak loudly enough to be heard when giving a speech or talk.
44 youth can use data to create a graph for presentation to others.
56 youth can use models to explain scientific results.
56 youth can use science terms to share scientific results.
376 youth can use specific scientific knowledge to form a question.
488 youth can use technology to help themselves express ideas.
52 youth can use the results of their investigation to answer the question they had asked.
34 youth enjoy working with others toward a common goal.
1700 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1220 youth give a 2-3 minute speech or presentation.
28 youth have explored careers in communications.
210 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.
220 youth have set a goal for their job or career.
1080 youth know how to organize the parts of a speech or presentation.
12 youth now encourage other team members to give their best effort.
352 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.
136 youth now report that they use more than one source of information in making choices.
134 youth now report that they use standards in making choices.
30 youth now report they are concerned about the well-being of others.
118 youth now report they consider the risks of their choices.
102 youth now report they think about the truthfulness of sources of information when making choices.
234 youth now set high goals that require work to achieve them.
36 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.
15 youth report acting so that others would want to model their behavior.
40 youth report being able to break tough jobs down into simpler tasks.
500 youth report being able to meet new people and form friendships.
0 youth report being able to resolve problems without losing control of their emotions.
450 youth report being good listeners.
35 youth report being more active in their community.
20 youth report being sensitive to the feelings of others when discussing and solving problems.
35 youth report being sympathetic toward someone else's feelings or views.
0 youth report doing things to discourage prejudice.
0 youth report helping when others are stressed.
35 youth report making a difference in the community.
300 youth report standing up for what is right is important.
68 youth report that they admire older 4-H'ers who are good role models.
36 youth report that they are comfortable being responsible for a group.
40 youth report that they are now comfortable being a group leader.
450 youth report that they can communicate effectively with all ages.
10 youth report that they can now cooperate and work in a group.
0 youth report that they can now give clear directions.
15 youth report that they encourage others to think of someone's feelings before speaking or acting.
1300 youth report that they have developed confidence to speak in front of groups.
10 youth report that they know how to set goals and they use that ability when leading a group.
30 youth report that they make sure everyone gets an opportunity to say what they think.
334 youth report that they now achieve goals they set for themselves.
34 youth report that they now like to work with others and help them reach their goals.
50 youth report that they respect others different from themselves.
0 youth report that they take their jobs seriously as members of a committee.
40 youth report that when in charge of a group, they treat everyone fairly and equally.
126 youth report they are now "accomplished public speakers."
12 youth report they can give an impromptu speech.
270 youth report they can now express their opinions in speeches or presentations.
22 youth report they can now keep records.
0 youth report they have improved photography skills.
92 youth report they have learned skills in visual communications.
40 youth report using enthusiasm to get a group working.
40 youth seek out others who can help them become a better leader.
30 youth think that everyone on the team is important.
36 youth think they have something to contribute to the worth of the team.
30 youth understand that other ideas may be just as important as their own.
348 youth who are now making plans to achieve their goals.
232 youth who have put their goal(s) in writing.
376 youth who report that they have learned that some choices are better than others.
350 youth who report they can make a decision.
324 youth who report they now listen to people with more experience than themselves.
370 youth who report they now try to identify what causes a problem.
35 youth working with others to solve problems in a positive manner.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Perry County

01/01/2011 to 12/31/2011

Extension Personnel
Extension Personnel Hours

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Contacts by Extension Personnel

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#### Volunteer Hours

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#### Contacts by Volunteers

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#### Units Reporting Program Activity

**Perry County**

**All 2011 Outcomes (entire year)**

- 8 classrooms adopted this program.
- 0 now can create on-screen (multi-media) presentations.
- 50 of 55 adults wash hands more often.
3 of 3 participants are applying health eating principles when making food decisions six months after completing the program.
3 of 3 participants are better self-managers of their chronic condition six months after completing the program.
2 of 3 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
2 of 3 participants are physically active six months after completing the program.
3 of 3 participants are using the UT Med Minder card to keep a record of their medications.
55 of 142 participants ate more whole grains.
3 of 3 participants can apply health eating principles when making daily food decisions.
3 of 3 participants can better control their chronic condition with self-management techniques.
109 of 197 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
68 of 110 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
49 of 87 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
3 of 3 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
0 of 0 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
3 of 3 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
2 of 3 participants have less pain from their chronic condition six months after completing the program.
2 of 3 participants have used the Take PART technique when talking to their health care provider.
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.
26 of 55 participants increased physical activity.
23 of 26 participants know what cancer screenings they need according to their age and gender.
29 of 87 participants lost weight: 0 total pounds lost.
47 of 55 participants now eat more fruit.
47 of 55 participants now eat more vegetables.
2 of 3 participants plan to exercise more often to help manage their chronic condition.
24 of 26 participants plan to get age and gender appropriate cancer screenings.
3 of 3 participants plan to use the UT Med Minder card to keep a record of their medications.
50 of 55 participants refrigerate perishable foods within two hours.
51 of 55 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
23 of 55 participants surveyed used a thermometer to check the internal temperature of food.
47 of 55 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
26 of 26 participants understand that cancer screening and early detection can save their life.
3 of 3 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
26 of 26 participants understand women age 40 and older should have a mammogram.
25 of 26 participants understand women of all ages need a Pap test.
74 of 110 participants who increased their intake of dairy foods.
45 of 55 participants who now select foods and beverages that promote healthy weight.
3 of 3 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
106 of 110 students increased amount of time in physical activity.
68 of 110 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.
200 of 222 youth now wash hands more often.
4 schools adopted this program.
10 times TEAM UP exchanged ideas or shared information.
7 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.
170 youth break goals down into steps so they can check their progress.
0 youth can challenge policies through petitions, presentations or other positive ways.
800 youth can deal with their nervousness when giving a speech or talk.
800 youth can explain an idea to others.
464 youth can express ideas with a poster, exhibit or other display.
420 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.
800 youth can select a topic for a speech or talk.
420 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.
0 youth can use technology to help themselves express ideas.
750 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
400 youth give a 2-3 minute speech or presentation.
170 youth have a goal set for their job or career.
0 youth have explored careers in communications.
0 youth have knowledge of careers in the communications field.
283 youth have learned at least five jobs in which communication skills are important.
175 youth have set a goal for their job or career.
420 youth know how to organize the parts of a speech or presentation.
0 youth now communicate through a website.
171 youth now get information about a problem.
0 youth now report that they can justify their decision.
0 youth now report that they have confidence making their own decisions.
185 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.
193 youth now report that they use more than one source of information in making choices.
168 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.
189 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.
170 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.
420 youth report that they have developed confidence to speak in front of groups.
170 youth report that they now achieve goals they set for themselves.
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.
0 youth report they have learned skills in visual communications.
0 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.
0 youth use parliamentary procedure to run a meeting.
170 youth who are now making plans to achieve their goals.
170 youth who have put their goal(s) in writing.
0 youth who keep trying if they do not achieve their goal the first time.
202 youth who report that they have learned that some choices are better than others.
193 youth who report they can make a decision.
185 youth who report they now listen to people with more experience than themselves.
176 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

01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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### Contacts by Extension Personnel

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**Volunteers**

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Pickett County

All 2011 Outcomes (entire year)

Producers increased corn yield by 30 bushels/acre by selecting top yielding varieties on 760 acres of corn increasing their income by FRM.
Producers increased yield by 14 bushels by selecting top yielding varieties on 900 acres of soybeans, earning an extra $FRM.
760 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
400 acres of corn scouted by a UT-trained scout to help make crop management decisions.
900 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
900 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
224 are concerned about problems in their community.
72 beef producers sold 3130 calves managed according to BQA guidelines to increase returns by $FRM.
84 beef producers stored 54000 large, round bales under some type of cover to increase returns by $FRM.
51 beef producers utilized bulls with greater genetic potential to produce 1466 head of calves to increase returns by $FRM.
46 beef producers utilized hay feeding rings to feed 6900 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
36 beef producers utilized improved marketing methods to market 1565 head of calves to increase returns by $FRM.
12 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
12 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
12 corn producers report a $160 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
12 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
440 now feel a sense of responsibility toward their school and community.
570 now have a sense of pride about their school and community.
78 producers planted 3510 acres with clover for an increased production valued at $FRM.
42 producers planted 2200 acres with warm-season grasses for an added value of $FRM.
65 producers sprayed 1610 acres for broadleaf weed control for an increased production valued at $FRM.
7 producers stockpiled 300 acres of tall fescue, reducing feeding cost by $FRM.
16 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
16 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
16 soybean producers report a $24 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
16 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
254 would assist with or participate in elections, voting and campaigns.
520 youth believe that a team can accomplish more than an individual.
292 youth believe that people working together can help others less fortunate.
356 youth can assist a group in deciding on team plans for reaching goals.
664 youth can combine and build on the ideas of others when making decisions that affect the team.
130 youth can conduct a meeting.
244 youth can effectively encourage team members to achieve long-range goals.
218 youth can use compromise as a way to overcome conflict with other team members.
312 youth can use effective communication as a way to overcome conflict with team members.
134 youth effectively encourage others to stay o task in a team.
424 youth enjoy working with others toward a common goal.
488 youth have learned new skills and ways of doing things by participating in groups.
724 youth now encourage other team members to give their best effort.
244 youth now get information about a problem.
150 youth now report that they make a decision by thinking about what a person of good character would do.
132 youth now report that they use more than one source of information in making choices.
154 youth now report that they use standards in making choices.
390 youth now report they are concerned about the well-being of others.
128 youth now report they consider the risks of their choices.
144 youth now report they think about the truthfulness of sources of information when making choices.
374 youth now think it's important to listen to all group members before making a decision.
492 youth now want to see other team members succeed even if they achieve more than themselves.
174 youth report that they are now comfortable being a group leader.
178 youth report that they can now cooperate and work in a group.
48 youth report that they can now give clear directions.
42 youth report that they know how to set goals and they use that ability when leading a group.
442 youth report that they learned about important leaders who contributed to our nation.
48 youth report that they make sure everyone gets an opportunity to say what they think.
192 youth report that they now like to work with others and help them reach their goals.
58 youth report that they take their jobs seriously as members of a committee.
134 youth report that when in charge of a group, they treat everyone fairly and equally.
48 youth report using enthusiasm to get a group working.
550 youth think that everyone on the team is important.
502 youth think they can make a big difference in their community by helping others.
494 youth think they have something to contribute to the worth of the team
484 youth understand how community leaders are elected to office.
446 youth understand that other ideas may be just as important as their own.
308 youth who report that they have learned that some choices are better than others.
296 youth who report they can make a decision.
292 youth who report they now listen to people with more experience than themselves.
260 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Plant Sciences

01/01/2011 to 12/31/2011

Extension Personnel

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<td>Method</td>
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<td>Client Visits to Extension Office:</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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Units Reporting Program Activity

Plant Sciences

All 2011 Outcomes (entire year)

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

Units Reporting Program Outcomes (entire year)

None

Activity Report for Polk County

01/01/2011 to 12/31/2011

Extension Personnel
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Direct Methods for Extension Personnel

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Volunteers

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### Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity
Polk County

**All 2011 Outcomes (entire year)**

- 20 beef producers sold 500 calves managed according to BQA guidelines to increase returns by $FRM.
- 34 beef producers stored 4000 large, round bales under some type of cover to increase returns by $FRM.
8 beef producers utilized bulls with greater genetic potential to produce 280 head of calves to increase returns by $FRM.

30 beef producers utilized hay feeding rings to feed 3600 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

24 beef producers utilized improved marketing methods to market 120 head of calves to increase returns by $FRM.

0 dial-gauge lids were tested.

0 of 0 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.

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

78 of 200 participants ate more whole grains.

0 of 0 participants can apply health eating principles when making daily food decisions.

9 of 9 participants can apply joint protection techniques.

0 of 0 participants can better control their chronic condition with self-management techniques.

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

6 of 9 participants can use relaxation techniques to better manage their arthritis symptoms.

2 of 3 participants chose fast foods or take-out foods less often.

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 distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

5 of 9 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 confident using the Take PART technique when talking to their health care provider.

8 of 9 participants have improved their arthritis symptoms as a result of participating in this program.

5 of 8 participants have less arthritis symptoms from their arthritis six months after completing the program.

8 of 8 participants improved their balance six months after completing the program.

8 of 8 participants improved their flexibility six months after completing the program.

8 of 8 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

8 of 8 participants improved their range of motion in their joints six months after completing the program.

0 of 0 participants increased physical activity.

18 of 18 participants learned culinary skills.

150 of 200 participants now eat more fruit.

150 of 200 participants now eat more vegetables.

0 of 0 participants plan to exercise more often to help manage their chronic condition.

10 of 12 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 plan to use the UT Med Minder card to keep a record of their medications.

88 of 200 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 canned pickles following a tested recipe. (TNCEP)
4 of 6 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
4 of 6 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
4 of 6 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
4 of 6 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.
6 of 8 participants take fewer medications for arthritis symptoms six months after completing the program.
11 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 the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
8 of 9 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
3 of 3 participants use healthy food preparation techniques.
106 of 200 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
87 of 87 respondents plan to decrease exposure of their children to parental conflict.
82 of 87 respondents report understanding the importance of working together for the sakes of their children.
17 of 17 youth now wash hands more often.
80 parents/caregivers learned effective communication techniques to use with their children.
75 parents/caregivers learned strategies for dealing with parenting stress.
4 participants process high-acid foods in a water bath canner.
32 producers planted 2970 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.
22 producers sprayed 2400 acres for broadleaf weed control for an increased production valued at $FRM.
26 producers stockpiled 756 acres of tall fescue, reducing feeding cost by $FRM.
366 youth are better able to understand and follow directions.
366 youth are now better listeners.
909 youth believe that a team can accomplish more than an individual.
77 youth break goals down into steps so they can check their progress.
184 youth can analyze the results of a scientific investigation.
250 youth can ask a question that can be answered by collecting data.
780 youth can assist a group in deciding on team plans for reaching goals.
26 youth can challenge policies through petitions, presentations or other positive ways.
1582 youth can combine and build on the ideas of others when making decisions that affect the team.
200 youth can communicate a scientific procedure to others.
19 youth can conduct a meeting.
166 youth can create a display to communicate scientific data and observations.
735 youth can deal with their nervousness when giving a speech or talk.
134 youth can design a scientific procedure to answer a question.
608 youth can effectively encourage team members to achieve long-range goals.
692 youth can explain an idea to others.
300 youth can express ideas with a poster, exhibit or other display.
708 youth can give an informative speech or presentation.
44 youth can now prepare and deliver a five-minute speech.
464 youth can now share their ideas through writing.
250 youth can record data accurately.
791 youth can select a topic for a speech or talk.
726 youth can show enthusiasm when giving a speech or presentation.
770 youth can speak loudly enough to be heard when giving a speech or talk.
688 youth can use compromise as a way to overcome conflict with other team members.
184 youth can use data to create a graph for presentation to others.
1350 youth can use effective communication as a way to overcome conflict with team members.
284 youth can use models to explain scientific results.
184 youth can use science terms to share scientific results.
166 youth can use specific scientific knowledge to form a question.
266 youth can use technology to help themselves express ideas.
166 youth can use the results of their investigation to answer the question they had asked.
777 youth effectively encourage others to stay on task in a team.
862 youth enjoy working with others toward a common goal.
695 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
284 youth can use data to create a graph for presentation to others.
200 youth have explored careers in communications.
332 youth have learned at least five jobs in which communication skills are important.
813 youth have learned new skills and ways of doing things by participating in groups.
102 youth have set a goal for their job or career.
641 youth know how to organize the parts of a speech or presentation.
1608 youth now encourage other team members to give their best effort.
7 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.
21 youth report that they are now comfortable being a group leader.
46 youth report that they can now cooperate and work in a group.
23 youth report that they can now give clear directions.
708 youth report that they have developed confidence to speak in front of groups.
41 youth report that they know how to set goals and they use that ability when leading a group.
46 youth report that they make sure everyone gets an opportunity to say what they think.
123 youth report that they now achieve goals they set for themselves.
22 youth report that they now like to work with others and help them reach their goals.
48 youth report that they take their jobs seriously as members of a committee.
46 youth report that when in charge of a group, they treat everyone fairly and equally.
38 youth report they are now "accomplished public speakers."
36 youth report they can give an impromptu speech.
42 youth report they can now express their opinions in speeches or presentations.
266 youth report they can now keep records.
300 youth report they have improved photography skills.
100 youth report they have learned skills in visual communications.
20 youth report using enthusiasm to get a group working.
91 youth set high goals.
847 youth think that everyone on the team is important.
796 youth think they have something to contribute to the worth of the team
874 youth understand that other ideas may be just as important as their own.
95 youth who are now making plans to achieve their goals.
45 youth who have put their goal(s) in writing.
7 youth who report that they have learned that some choices are better than others.
7 youth who report they can make a decision.
7 youth who report they now listen to people with more experience than themselves.
7 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Putnam County
01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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Indirect Methods for Extension Personnel

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<td>20</td>
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### Volunteers

<table>
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<tr>
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<tr>
<td><strong>Volunteer Hours</strong></td>
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### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
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<tbody>
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<td>Newspaper Article(s):</td>
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<td>Other :</td>
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<td>0</td>
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<td>Publication(s):</td>
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<td>510</td>
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<td>Radio Program(s):</td>
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<td><strong>Total</strong></td>
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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>
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<tbody>
<tr>
<td><strong>Female Adult</strong></td>
<td>421</td>
<td>0</td>
<td>36</td>
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<td><strong>Female Youth</strong></td>
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### Units Reporting Program Activity

**Putnam County**

**All 2011 Outcomes (entire year)**

- The economic impact of Extension leadership programs was $4500 in increased revenue, one-time capital improvements and secured resources.
- 0 % increase in the calls to the Poison Control Center.
- 0 % reduction in children poisoned.
- 214 beef producers sold 5564 calves managed according to BQA guidelines to increase returns by $FRM.
- 296 beef producers stored 22200 large, round bales under some type of cover to increase returns by $FRM.
- 174 beef producers utilized bulls with greater genetic potential to produce 4530 head of calves to increase returns by $FRM.
- 206 beef producers utilized hay feeding rings to feed 21510 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 66 beef producers utilized improved marketing methods to market 1940 head of calves to increase returns by $FRM.
- 114 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.
- 84 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.
- 15 dial-gauge lids were tested.
- 16 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
- 6 farm families and rural business operators implementing improved record systems.
- 22 farm families used FINPACK for developing and implementing whole farm plans.
- 24 farmers developed financial plans for their farms.
- 256 farmers increased their knowledge and skills in farm and financial planning.
- 88 Master Gardeners gained knowledge and confidence in entomology.
- 46 Master Gardeners gained knowledge and confidence in integrated pest management.
- 130 Master Gardeners gained knowledge and confidence in ornamentals.
92 Master Gardeners gained knowledge and confidence in plant diseases.
110 Master Gardeners gained knowledge and confidence in soils.
76 Master Gardeners gained knowledge and confidence in turfgrass.
14 Master Gardeners have used the knowledge and skills they learned in this program to assist 64 people in turf selection or management.
6 Master Gardeners have used the knowledge and skills they learned in this program to assist 34 people to control pests through integrated pest management.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 52 people to identify pests and/or the damage they cause.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 52 people to identify symptoms of plant disease.
22 Master Gardeners have used the knowledge and skills they learned in this program to assist 114 people to improve soil through soil test results.
34000 miles were walked in the Walk Across Tennessee Program.
0 now can create on-screen (multi-media) presentations.
850 of 1160 adults wash hands more often.
150 of 170 better understood basic insurance needs.
130 of 130 better understood credit reporting and scoring.
50 of 60 checked their credit report.
26 of 44 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
120 of 120 gained skill in evaluating their housing options.
6 of 110 homeowners increased their knowledge of fire ant management.
104 of 130 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.
120 of 130 learned how to prepare a grab and go bag in case of an emergency home evacuation.
130 of 130 learned how to properly maintain and store household financial records.
130 of 130 learned who to pay first if they can't pay everything.
120 of 120 participants analyzed their readiness for home ownership.
60 of 70 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
60 of 70 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.
70 of 80 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.
80 of 80 participants are reading the label of medications before they use them six months after completing the program.
70 of 70 participants are regularly checking their blood sugar six months after completing the program.
62 of 70 participants are using the Healthy Plate Method six months after completing the program.
693 of 2219 participants ate more whole grains.
130 of 130 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 the difference between pre-tax and after-tax investments.
20 of 50 participants called the TN Poison Center because they suspected a poisoning or had a question about a product six months after completing the program.
20 of 20 participants can apply health eating principles when making daily food decisions.
14 of 20 participants can better control their chronic condition with self-management techniques.
70 of 100 participants can better control their chronic disease as a result of participating in the program.
64 of 70 participants can choose foods that do not cause a sharp rise in blood sugar.
0 of 0 participants conducted a poison safety audit six months after completing the program.
40 of 55 participants decreased consumption of high-sugar foods.
120 of 120 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.
35 of 55 participants eat at least six meals together as a family each week.
1298 of 2164 participants eat more fat-free or low-fat dairy products.
55 of 55 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
18 of 20 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
110 of 110 participants feel confident they know what to do in case of a poisoning.
0 of 0 participants feel confident they will continue doing the MYB routines after the MYB program ends.
12 of 20 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
160 of 160 participants find the active ingredient on the medication label.
40 of 60 participants followed a spending plan.
120 of 120 participants gained better understanding of the mortgage process.
0 of 0 participants gained skill in determining their net worth.
156 of 170 participants gained skill in making a spending plan.
60 of 80 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.
24 of 40 participants have less arthritis symptoms.
30 of 70 participants have reduced their A1c six months after completing the program.
164 of 170 participants identified ways to avoid being victimized by predatory practices or fraud.
30 of 40 participants improved control of their arthritis symptoms.
30 of 40 participants improved performance of daily activities.
36 of 40 participants improved their balance.
36 of 40 participants improved their flexibility.
1082 of 2164 participants increased physical activity.
90 of 100 participants increased their exercise routine during Walk Across Tennessee Program.
160 of 170 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
150 of 160 participants keep all of their prescription medications at the same pharmacy.
80 of 80 participants keep an up-to-date UT Med Minder card in their wallet six months after completing the program.
44 of 60 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 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 learned the difference between wants and needs.
35 of 55 participants lost weight: 350 total pounds lost.
56 of 60 participants made a spending plan.
1396 of 2164 participants now eat more vegetables.
14 of 20 participants plan to exercise more often to help manage their chronic condition.
70 of 70 participants plan to regularly check their blood sugar as requested by their doctor.
20 of 20 participants plan to use the UT Med Minder card to keep a record of their medications.
0 of 0 participants planned to get more education after high school.
50 of 50 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.
110 of 120 participants purchased a home.
160 of 160 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.
1000 of 1160 participants refrigerate perishable foods within two hours.
160 of 160 participants seek the advice of a pharmacist if they have any questions about a medication.
300 of 1160 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
96 of 130 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
50 of 50 participants stored food and household products in separate areas six months after completing the program.
50 of 50 participants stored medications out of the reach of children six months after completing the program.
120 of 120 participants successfully completed homebuyer education requirements.
14 of 20 participants surveyed canned pickles following a tested recipe. (TNCEP)
15 of 20 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
15 of 20 participants surveyed canned vegetables following a tested recipe. (TNCEP)
55 of 125 participants surveyed increased personal involvement in community activities.
100 of 125 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
95 of 125 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
160 of 160 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
150 of 160 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
10 of 20 participants surveyed processed pickles in a water-bath canner. (TNCEP)
14 of 20 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
15 of 20 participants surveyed processed vegetables in a pressure canner. (TNCEP)
160 of 160 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.
160 of 160 participants surveyed understand the importance of taking their prescription medications
exactly as prescribed by their doctor.
500 of 1160 participants surveyed used a thermometer to check the internal temperature of food.
400 of 1160 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
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.
0 of 0 participants understand how to reconcile a checking account.
70 of 70 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
20 of 20 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
160 of 170 participants understood the dangers of using too much credit.
55 of 55 participants use labels to make healthier choices.
40 of 40 participants were better able to identify appropriate savings and investment options for different financial goals.
866 of 2164 participants who now select foods and beverages that promote healthy weight.
16 of 20 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
110 of 110 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.
110 of 110 participants will keep medications out of the reach of children.
100 of 110 participants will keep products in their original containers.
110 of 110 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
110 of 110 participants will read the label before using a product.
0 of 0 participants worked toward new savings or investment goals.
160 of 170 participants understood the dangers of using too much credit.
56 of 60 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
700 of 1004 youth now wash hands more often.
15 participants process high-acid foods in a water bath canner.
340 participants walked in the Walk Across Tennessee Program.
76 producers planted 1300 acres with clover for an increased production valued at $FRM.
14 producers planted 230 acres with warm-season grasses for an added value of $FRM.
244 producers sprayed 9760 acres for broadleaf weed control for an increased production valued at $FRM.
88 producers stockpiled 1090 acres of tall fescue, reducing feeding cost by $FRM.
0 teams participated in the Walk Across Tennessee Program.
6 underserved landowners are now alley cropping with annual crops and high-value hardwoods.
0 underserved landowners began pursuing forest farming operations of high-value speciality crops such as herbs, medicinal plants or mushrooms.
21 underserved landowners maintained wooded pastures.
14 underserved landowners planted riparian buffer strips along waterways.
0 underserved landowners planted windbreaks in fields.
0 youth are better able to understand and follow directions.
0 youth are now better listeners.
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.
750 youth can express ideas with a poster, exhibit or other display.
1000 youth can give an informative speech or presentation.
1600 youth can now share their ideas through writing.
0 youth can record data accurately.
850 youth can show enthusiasm when giving a speech or presentation.
0 youth can use specific scientific knowledge to form a question.
0 youth can use technology to help themselves express ideas.
1400 youth give a 2-3 minute speech or presentation.
6 youth have a goal set for their job or career.
0 youth have explored careers in communications.
0 youth have knowledge of careers in the communications field.
0 youth have learned at least five jobs in which communication skills are important.
900 youth know how to organize the parts of a speech or presentation.
0 youth now communicate through a website.
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.
114 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 report that it is now easier to express their opinions to someone with a different opinion than their own.
1000 youth report that they have developed confidence to speak in front of groups.
34 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.
14 youth set deadlines to achieve their goals.
28 youth try to get as much assistance as they can when working toward their goal.
2000 youth use parliamentary procedure to run a meeting.
14 youth who keep trying if they do not achieve their goal the first time.
8 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Rhea County

01/01/2011 to 12/31/2011

Extension Personnel

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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<tbody>
<tr>
<td>All: 4479</td>
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Direct Methods for Extension Personnel
### Client Visits to Extension Office:

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<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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</thead>
<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2739</td>
<td>6449</td>
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<tr>
<td>Group Meetings / Demonstrations</td>
<td>888</td>
<td>17996</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>245</td>
<td>465</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>4479</strong></td>
<td><strong>26174</strong></td>
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### Indirect Methods for Extension Personnel

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<td><strong>Total</strong></td>
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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>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
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<tbody>
<tr>
<td>Female Adult</td>
<td>4460</td>
<td>91</td>
<td>204</td>
<td>41</td>
<td>76</td>
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<tr>
<td>Female Youth</td>
<td>7932</td>
<td>232</td>
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<td>Male Adult</td>
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<tr>
<td>Male Youth</td>
<td>7967</td>
<td>212</td>
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<td>52</td>
<td>8689</td>
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<td><strong>Total</strong></td>
<td><strong>24010</strong></td>
<td><strong>597</strong></td>
<td><strong>1152</strong></td>
<td><strong>184</strong></td>
<td><strong>231</strong></td>
<td><strong>26174</strong></td>
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### Volunteers

| Volunteer Hours | All : 656 |
### Indirect Methods for Volunteers

<table>
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<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
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<tbody>
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<tr>
<td>Newspaper Article(s):</td>
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<tr>
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<td>Publication(s):</td>
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<tr>
<td>Radio Program(s):</td>
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<tr>
<td><strong>Total:</strong></td>
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### Contacts by Volunteers

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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>
<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>336</td>
<td>13</td>
<td>52</td>
<td>8</td>
<td>13</td>
<td>422</td>
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<tr>
<td>Female Youth</td>
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<td>82</td>
<td>9</td>
<td>12</td>
<td>1129</td>
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<tr>
<td>Male Adult</td>
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<td>12</td>
<td>39</td>
<td>7</td>
<td>8</td>
<td>365</td>
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<td>Male Youth</td>
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<td>32</td>
<td>78</td>
<td>7</td>
<td>12</td>
<td>1160</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>2665</strong></td>
<td><strong>84</strong></td>
<td><strong>251</strong></td>
<td><strong>31</strong></td>
<td><strong>45</strong></td>
<td><strong>3076</strong></td>
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### Units Reporting Program Activity

**Rhea County**

**All 2011 Outcomes (entire year)**

- 0 4-H volunteers utilized volunteer position descriptions.
- 24 beef producers sold 600 calves managed according to BQA guidelines to increase returns by $F RM.
- 50 beef producers stored 5000 large, round bales under some type of cover to increase returns by $F RM.
- 32 beef producers utilized bulls with greater genetic potential to produce 700 head of calves to increase returns by $F RM.
- 200 beef producers utilized hay feeding rings to feed 6000 bales and improved feeding methods to reduce wastage/spoilage, saving $F RM.
- 12 beef producers utilized improved marketing methods to market 200 head of calves to increase returns by $F RM.
30 dial-gauge lids were tested.
18 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
10 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.
32 Master Gardeners gained knowledge and confidence in entomology.
32 Master Gardeners gained knowledge and confidence in integrated pest management.
32 Master Gardeners gained knowledge and confidence in ornamentals.
32 Master Gardeners gained knowledge and confidence in plant diseases.
32 Master Gardeners gained knowledge and confidence in soils.
32 Master Gardeners gained knowledge and confidence in turfgrass.
16 Master Gardeners have used the knowledge and skills they learned in this program to assist 80 people in turf selection or management.
12 Master Gardeners have used the knowledge and skills they learned in this program to assist 66 people to control pests through integrated pest management.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 50 people to identify pests and/or the damage they cause.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 54 people to identify symptoms of plant disease.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 10 people to improve soil through soil test results.
30,000 miles were walked in the Walk Across Tennessee Program.
3 new 4-H volunteers were recruited this year.
0 now can create on-screen (multi-media) presentations.
120 of 120 adults wash hands more often.
6 of 6 participants are choosing foods that do not cause a sharp 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.
6 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.
6 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.
115 of 160 participants ate more whole grains.
224 of 384 participants can better control their chronic disease as a result of participating in the program.
6 of 6 participants can choose foods that do not cause a sharp rise in blood sugar.
35 of 40 participants decreased consumption of high-sugar foods.
120 of 200 participants decreased their blood pressure six months after completing the program.
120 of 200 participants decreased their cholesterol levels six months after completing the program.
32 of 40 participants eat at least six meals together as a family each week.
80 of 120 participants eat more fat-free or low-fat dairy products.
30 of 40 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
200 of 200 participants feel their overall health has improved by maintaining an exercise program six
months after completing the program.
  50 of 50 participants find the active ingredient on the medication label.
  6 of 6 participants have reduced their A1c six months after completing the program.
  12 of 40 participants improved their blood pressure.
  20 of 40 participants improved their blood sugar.
  25 of 40 participants improved their cholesterol levels.
  25 of 40 participants improved their triglyceride levels.
  120 of 120 participants increased physical activity.
  300 of 384 participants increased their exercise routine during Walk Across Tennessee Program.
  50 of 50 participants keep all of their prescription medications at the same pharmacy.
  130 of 240 participants lost weight: 85 total pounds lost.
  0 of 0 participants lowered their blood sugar levels six months after completing the program.
  170 of 200 participants maintained their walking/exercise routine six months after completing the program.
  120 of 120 participants now eat more fruit.
  120 of 120 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.
  50 of 50 participants read the directions before taking a prescription or over-the-counter medications.
  100 of 120 participants refrigerate perishable foods within two hours.
  40 of 50 participants seek the advice of a pharmacist if they have any questions about a medication.
  120 of 120 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 50 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
  40 of 50 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
  30 of 30 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)
  50 of 50 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 50 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
  120 of 120 participants surveyed used a thermometer to check the internal temperature of food.
  120 of 120 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
  6 of 6 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
  90 of 120 participants who now select foods and beverages that promote healthy weight.
  384 of 384 participants will continue to exercise after the Walk Across Tennessee Program.
  15 of 15 teachers reported preschool children in their classes were more actively engaged in physical activity.
  15 of 15 teachers reported preschool children in their classes were more willing to taste fruit.
  15 of 15 teachers reported preschool children in their classes were more willing to taste vegetables.
  15 of 15 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
  15 of 15 teachers reported using physical activities from Healthy Steps at least three times per week.
560 of 560 youth now wash hands more often.
30 participants process high-acid foods in a water bath canner.
384 participants walked in the Walk Across Tennessee Program.
48 teams participated in the Walk Across Tennessee Program.
3 volunteer leaders increased their knowledge of positive youth development.
0 youth are better able to understand and follow directions.
0 youth are now better listeners.
0 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.
0 youth have explored careers in communications.
0 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 now communicate through a website.
0 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
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 use parliamentary procedure to run a meeting.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Ridley 4-H Center

01/01/2011 to 12/31/2011

Extension Personnel

<table>
<thead>
<tr>
<th>Extension Personnel Hours</th>
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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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### Contacts by Extension Personnel

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### Volunteers

**Volunteer Hours**

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### Contacts by Volunteers

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Activity Report for Roane County

01/01/2011 to 12/31/2011

Extension Personnel

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Units Reporting Program Activity

Ridley 4-H Center

All 2011 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)
None

Activity Report for Roane County

01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteers

#### Volunteer Hours

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#### Indirect Methods for Volunteers

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## Contacts by Volunteers

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## Units Reporting Program Activity

Roane County

**All 2011 Outcomes (entire year)**

- 96 are concerned about problems in their community.
- 40 beef producers sold 222 calves managed according to BQA guidelines to increase returns by $FRM.
- 2 beef producers stored 50 large, round bales under some type of cover to increase returns by $FRM.
- 30 beef producers utilized bulls with greater genetic potential to produce 400 head of calves to increase returns by $FRM.
- 52 beef producers utilized hay feeding rings to feed 520 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 90 beef producers utilized improved marketing methods to market 222 head of calves to increase returns by $FRM.
- 50 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
- 18 consumers implemented water-wise gardening practices to conserve and protect water quality.
- 250 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 85 consumers learned how to apply landscape fertilizers and pesticides safely.
- 40 consumers learned how to conserve and protect water quality in the landscape.
- 104 consumers learned how to properly take a soil test and interpret the results.
- 30 consumers practiced best management practices relating to proper pruning and tree maintenance.
- 104 consumers used the results of their soil test to properly amend their soil.
- 1 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.  
2 fruit and/or vegetable producers who increased business profitability by becoming USDA certified organic.  
16 Master Gardeners gained knowledge and confidence in entomology.  
16 Master Gardeners gained knowledge and confidence in integrated pest management.  
24 Master Gardeners gained knowledge and confidence in ornamentals.  
26 Master Gardeners gained knowledge and confidence in plant diseases.  
26 Master Gardeners gained knowledge and confidence in soils.  
24 Master Gardeners gained knowledge and confidence in turfgrass.  
0 Master Gardeners have used the knowledge and skills they learned in this program to assist 0 people in turf selection or management.  
2 Master Gardeners have used the knowledge and skills they learned in this program to assist 2 people to control pests through integrated pest management.  
2 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.  
2 Master Gardeners have used the knowledge and skills they learned in this program to assist 4 people to identify symptoms of plant disease.  
15 Master Gardeners have used the knowledge and skills they learned in this program to assist 45 people to improve soil through soil test results.  
172 now feel a sense of responsibility toward their school and community.  
232 now have a sense of pride about their school and community.  
0 of 0 farm families successfully diversified into fruit and vegetable production and marketing.  
4 of 4 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.  
6 of 6 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.  
68 of 0 homeowners increased their knowledge of fire ant management.  
2 of 68 participants plan to use the two-step method around the home for managing fire ants.  
0 producers planted 2400 acres with clover for an increased production valued at $FRM.  
0 producers planted 693 acres with warm-season grasses for an added value of $FRM.  
0 producers sprayed 2244 acres for broadleaf weed control for an increased production valued at $FRM.  
0 producers stockpiled 3010 acres of tall fescue, reducing feeding cost by $FRM.  
120 would assist with or participate in elections, voting and campaigns.  
48 youth are willing to try new things.  
436 youth believe that people working together can help others less fortunate.  
24 youth can conduct a meeting.  
48 youth consider themselves to be a person of character.  
32 youth encourage others to be honest and trustworthy.  
24 youth have set goals for their long-term future.  
36 youth now get information about a problem.  
40 youth now report that they can justify their decision.  
40 youth now report that they have confidence making their own decisions.  
44 youth now report that they make a decision by thinking about what a person of good character would do.
32 youth now report that they think about past choices when making new decisions.
40 youth now report that they use more than one source of information in making choices.
36 youth now report that they use standards in making choices.
28 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.
344 youth now report they are concerned about the well-being of others.
40 youth now report they consider the risks of their choices.
48 youth now report they think about the truthfulness of sources of information when making choices.
44 youth report being able to break tough jobs down into simpler tasks.
40 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.
48 youth report helping others in need.
48 youth report telling the difference between right and wrong.
48 youth report that now they try to do the right thing.
32 youth report that they are comfortable being responsible for a group.
24 youth report that they are now comfortable being a group leader.
48 youth report that they can now cooperate and work in a group.
36 youth report that they can now give clear directions.
44 youth report that they consider others when making decisions.
48 youth report that they know how to make good decisions.
48 youth report that they know how to set goals and they use that ability when leading a group.
388 youth report that they learned about important leaders who contributed to our nation.
48 youth report that they like to accomplish things on their own.
32 youth report that they make sure everyone gets an opportunity to say what they think.
32 youth report that they now consider the possible consequences before making decisions.
80 youth report that they now continue to work toward their goals, even if they do not at first succeed.
48 youth report that they now like to work with others and help them reach their goals.
88 youth report that they now set high expectations for their own behavior.
20 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.
80 youth report they now take responsibility for the decisions they make.
44 youth report using enthusiasm to get a group working.
44 youth seek out others who can help them become a better leader.
484 youth think they can make a big difference in their community by helping others.
324 youth understand how community leaders are elected to office.
40 youth who report that they have learned that some choices are better than others.
48 youth who report they can make a decision.
20 youth who report they now listen to people with more experience than themselves.
24 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Robertson County

01/01/2011 to 12/31/2011
### Extension Personnel

#### 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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### Volunteers

#### Volunteer Hours

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#### Indirect Methods for Volunteers

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#### Contacts by Volunteers

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### Units Reporting Program Activity

Robertson County

All 2011 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 10 bushels by selecting top yielding varieties on 34000 acres of soybeans, earning an extra $FRM.

The economic impact of Extension leadership programs was $0 in increased revenue, one-time capital improvements and secured resources.

100% of participants adopting better house cleaning recommended practices.
100% of participants self-reporting their homes are cleaner and healthier.
200% of participants using safer, less toxic cleaning products.
125 4-H clubs were met by volunteers.
36 4-H judging teams were coached by volunteers.
16 4-H project groups were met by volunteers.
64 4-H volunteers utilized volunteer position descriptions.
1600 acres of burley achieving yields greater than 2,300 pounds per acre.
36000 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.
4800 acres of dark tobacco achieving yields greater than 3,000 pounds per acre.
34000 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.
6000 acres of tobacco produced using recommended fertility practices indicated in soil test results.
1800 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.
4800 acres soil tested no more than one year before planting.
5200 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).
5600 acres were planted with university-tested varieties.
0 acres with field rouged, plowed or destroyed within 30 days after harvest.
72 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
76 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
46 corn producers report a $10 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
76 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
12 dial-gauge lids were tested.
38 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.
38 Master Gardeners gained knowledge and confidence in plant diseases.
38 Master Gardeners gained knowledge and confidence in soils.
38 Master Gardeners gained knowledge and confidence in turfgrass.
12 Master Gardeners have used the knowledge and skills they learned in this program to assist 38 people in turf selection or management.
42 Master Gardeners have used the knowledge and skills they learned in this program to assist 106 people to control pests through integrated pest management.
44 Master Gardeners have used the knowledge and skills they learned in this program to assist 70 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 22
people to identify symptoms of plant disease.

32 Master Gardeners have used the knowledge and skills they learned in this program to assist 70 people to improve soil through soil test results.

46 new 4-H volunteers were recruited this year.

0 of 0 adults wash hands more often.

0 of 0 better understood their parents’ concerns about money.

28 of 72 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.

8 of 72 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

36 of 72 fruit and/or vegetable producers adopted IPM.

4 of 72 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.

34 of 34 gained skill in evaluating their housing options.

104 of 185 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)

24 of 24 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.

22 of 36 parents/caregivers report an increase in use of appropriate child guidance techniques.

22 of 36 parents/caregivers report an increase in use of positive communication techniques with their children.

29 of 36 parents/caregivers report feeling better about their abilities as parents.

22 of 36 parents/caregivers report feeling less stressed as parents.

17 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)

22 of 36 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)

20 of 20 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.

0 of 0 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.

34 of 34 participants analyzed their readiness for home ownership.

0 of 0 participants are applying health eating principles when making food decisions six months after completing the program.

84 of 84 participants are better able to manage their living environments.

112 of 112 participants are better able to store and prepare foods to keep them safe to consume.

0 of 0 participants are better informed to make medical decisions for themselves and their families three months after participating in the program.

26 of 26 participants are better informed to make medical decisions for themselves and their families.
26 of 26 participants are better informed to protect their health.
0 of 0 participants are better self-managers of their chronic condition six months after completing the program.
0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
0 of 0 participants are more confident in relationships with family and friends.
26 of 26 participants are more motivated to care for their health.
26 of 26 participants are more physically active six months after completing the program.
0 of 0 participants are physically active six months after completing the program.
26 of 26 participants are practicing the postural alignment exercises they learned in the program.
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 are using the UT Med Minder card to keep a record of their medications.
21 of 28 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.
52 of 52 participants can apply health eating principles when making daily food decisions.
26 of 26 participants can apply joint protection techniques.
52 of 52 participants can better control their chronic condition with self-management techniques.
0 of 0 participants can better manage their bone health as a result of what they learned in the program three months after participating in the program.
12 of 12 participants can better protect their health three months after participating in the program.
26 of 26 participants can make their bones healthier with a personal plan for better bone health.
0 of 0 participants can name calcium-rich foods.
26 of 26 participants can use relaxation techniques to better manage their arthritis symptoms.
0 of 0 participants communicated with other family members about financial matters.
26 of 26 participants continue practicing postural alignment exercises they learned in the program three months after participating in the program.
26 of 26 participants decreased consumption of high-sugar foods.
34 of 34 participants determined how much they could pay for a home.
0 of 0 participants eat fewer high-fat foods.
28 of 28 participants eat more fat-free or low-fat dairy products.
0 of 0 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
26 of 26 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
26 of 26 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 confident they know what to do in case of a poisoning.
12 of 12 participants feel confident they will continue doing the MYB routines after the MYB program ends.
0 of 0 participants feel confident using the Take PART technique when talking to their health care provider.
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.
34 of 34 participants gained better understanding of the mortgage process.
0 of 0 participants get 400 – 800 I U of vitamin D per day.
0 of 0 participants get at least 1,200 mg of calcium each day three months after participating in the program.
0 of 0 participants get at least 1,200 mg of calcium each day.
0 of 0 participants get at least 400 to 800 IU of Vitamin D each day three months after participating in the program.

26 of 26 participants have added exercise to their action steps for managing their arthritis.

0 of 0 participants have changed the way they navigate through their healthcare system three months after participating in the program.

0 of 0 participants have fewer visits to the emergency room six months after completing the program.

0 of 0 participants have greater confidence in navigating their healthcare system.

26 of 26 participants have improved performance of daily activities six months after completing the program.

26 of 26 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.

0 of 0 participants have increased their motivation to exercise.

0 of 0 participants have kept with their Plan for Better Bone Health three months after participating in the program.

26 of 26 participants have less arthritis symptoms from their arthritis six months after completing the program.

26 of 26 participants have less pain from their arthritis six months after completing the program.

0 of 0 participants have less pain from their chronic condition six months after completing the program.

26 of 26 participants have less stiffness six months after completing the program.

0 of 0 participants have talked to their doctor about their bone health three months after the program ended.

12 of 12 participants have used the information they learned three months after participating in the program.

0 of 0 participants have used the information they learned.

0 of 0 participants have used the Take PART technique when talking to their health care provider.

26 of 26 participants improved their balance six months after completing the program.

26 of 26 participants improved their flexibility six months after completing the program.

26 of 26 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

26 of 26 participants improved their range of motion in their joints six months after completing the program.

21 of 28 participants increased physical activity.

0 of 0 participants increased their financial management skills.

0 of 0 participants increased their understanding about their health and the healthcare system.

0 of 0 participants know better how to manage and protect their assets for a secure retirement.

26 of 26 participants know how to get 400 to 800 IU of Vitamin D each day.

26 of 26 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 made a change in financial behavior.

0 of 0 participants made a spending plan.
57 of 185 participants made changes to their future plans.
28 of 28 participants now eat more vegetables.
26 of 26 participants now take fewer medications for arthritis pain six months after completing the program.
0 of 0 participants plan to check their posture each day to make sure they are practicing good posture alignment in all their daily activities.
26 of 26 participants plan to exercise 30 minutes a day at least 3-4 times per week.
0 of 0 participants plan to exercise more often to help manage their chronic condition.
0 of 0 participants plan to fall-proof their house.
0 of 0 participants plan to talk to their doctor about getting a bone density test.
0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.
37 of 185 participants planned to change their career goals.
91 of 185 participants planned to get more education after high school.
32 of 34 participants purchased a home.
0 of 0 participants recognize that exercise can make their bones healthier.
28 of 28 participants refrigerate perishable foods within two hours.
24 of 24 participants report being more aware of what activities their children are involved in
24 of 24 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)
28 of 28 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
34 of 34 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 increased personal involvement in community activities.
46 of 46 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
46 of 46 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
84 of 84 participants surveyed increased their knowledge on how regular cleaning can help reduce environmental health hazards.
84 of 84 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.
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 take fewer medications for arthritis symptoms six months after completing the program.
0 of 0 participants take their calcium supplement correctly for proper absorption.
0 of 0 participants take their osteoporosis medications as prescribed by their doctor.
24 of 24 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)
0 of 0 participants talked about financial goals with their parents or others.
26 of 26 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
0 of 0 participants understand that fractures caused by osteoporosis are most common in the spine, hip, and wrist.
0 of 0 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.
0 of 0 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
26 of 26 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
28 of 28 participants understand the special nutritional needs of the elderly.
0 of 0 participants who increased their intake of dairy foods.
12 of 12 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 will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
0 of 0 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.
0 of 0 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.
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.
26 of 26 students increased amount of time in physical activity.
26 of 26 students who increased their intake of whole grains.
26 of 26 youth now wash hands more often.
14 parents/caregivers learned effective communication techniques to use with their children.
14 parents/caregivers learned strategies for dealing with parenting stress.
0 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.
0 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
10 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
10 report that because of their 4-H experiences, they will register to vote when they are eligible.
15 report that because of their 4-H service projects, they have learned about causes and issues.
124 report that because of their 4-H service projects, they know about resources in their community.
64 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
64 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.
64 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
88 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. 
86 tobacco producers adopted an integrated pest management approach to insect control (scouting, 
economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
88 tobacco producers increased their knowledge of best management practices including crop rotation, 
variety selection, transplant production, sucker control, curing principles and efficient market 
preparation.
88 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties 
through university information.
84 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.
38 volunteer leaders increased their knowledge of positive youth development.
969 youth are better able to understand and follow directions.
0 youth are confident they can work through a disagreement without using violence.
100 youth are now better listeners.
264 youth believe that a team can accomplish more than an individual.
59 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.
1041 youth break goals down into steps so they can check their progress.
258 youth can assist a group in deciding on team plans for reaching goals.
472 youth can combine and build on the ideas of others when making decisions that affect the team.
8 youth can complete projects they are proud of.
44 youth can conduct a meeting.
52 youth can correctly classify most foods using the MyPyramid guidelines.
692 youth can deal with their nervousness when giving a speech or talk.
92 youth can effectively encourage team members to achieve long-range goals.
628 youth can explain an idea to others.
957 youth can express ideas with a poster, exhibit or other display.
408 youth can give an informative speech or presentation.
52 youth can now read and compare the nutrition labels of snack foods they like to eat.
2538 youth can now share their ideas through writing.
722 youth can select a topic for a speech or talk.
261 youth can show enthusiasm when giving a speech or presentation.
842 youth can speak loudly enough to be heard when giving a speech or talk.
160 youth can use compromise as a way to overcome conflict with other team members.
216 youth can use effective communication as a way to overcome conflict with team members.
257 youth can use technology to help themselves express ideas.
58 youth control their weight with physical activity.
108 youth effectively encourage others to stay on task in a team.
336 youth enjoy working with others toward a common goal.
8 youth feel comfortable asking others to help on a project.
475 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
392 youth give a 2-3 minute speech or presentation.
26 youth have a goal set for their job or career.
0 youth have confidence in their ability to make good decisions.
0 youth have encouraged their friends to make better health decisions.
53 youth have explored careers in communications.
0 youth have gotten friends or family more active and physically involved.
182 youth have learned at least five jobs in which communication skills are important.
342 youth have learned new skills and ways of doing things by participating in groups.
0 youth have made a plan for their future based on their talents, strengths, and skills.
22 youth have set a goal for their job or career.
58 youth keep their bones strong by being physically active everyday.
205 youth know how to organize the parts of a speech or presentation.
8 youth like to work with others to complete projects.
32 youth now eat more whole grain breads and cereals.
684 youth now encourage other team members to give their best effort.
565 youth now get information about a problem.
32 youth now limit the amount of high-sugar snack foods they eat.
52 youth now realize they need to eat breakfast everyday.
24 youth now report that they can justify their decision.
28 youth now report that they have confidence making their own decisions.
236 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 think about past choices when making new decisions.
351 youth now report that they use more than one source of information in making choices.
223 youth now report that they use standards in making choices.
22 youth now report that when making a decision, they think about what does the most good for the most people.
6 youth now report that when they make a decision, they think about what a person of character would do.
317 youth now report they consider the risks of their choices.
278 youth now report they think about the truthfulness of sources of information when making choices.
32 youth now select 100% fruit juice, water or milk instead of soft drinks.
32 youth now select lower fat foods instead of higher fat foods.
22 youth now set high goals that require work to achieve them.
32 youth now think about their food choices and how those choices affect their health.
312 youth now think it's important to listen to all group members before making a decision.
264 youth now want to see other team members succeed even if they achieve more than themselves.
52 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
1722 youth now work to achieve their goals.
936 youth put their goals in writing.
0 youth report being able to break tough jobs down into simpler tasks.
6 youth report being able to resolve problems without losing control of their emotions.
5 youth report being sensitive to the feelings of others when discussing and solving problems.
0 youth report that because of 4-H they seek new and challenging life experiences.
0 youth report that because of their 4-H experiences, they are viewed as a leader.
0 youth report that physical activity has become a common stress relief for their friends and/or family.
0 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
0 youth report that their family now tries new activities to increase fitness and relieve boredom.
19 youth report that they are comfortable being responsible for a group.
51 youth report that they are now comfortable being a group leader.
62 youth report that they can now cooperate and work in a group.
53 youth report that they can now give clear directions.
0 youth report that they can now identify their personal interests and strengths.
215 youth report that they have developed confidence to speak in front of groups.
0 youth report that they have learned to win and lose gracefully when participating in competitive events.
56 youth report that they know how to set goals and they use that ability when leading a group.
62 youth report that they learned about important leaders who contributed to our nation.
53 youth report that they make sure everyone gets an opportunity to say what they think.
114 youth report that they now achieve goals they set for themselves.
56 youth report that they now like to work with others and help them reach their goals.
56 youth report that they take their jobs seriously as members of a committee.
58 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.
0 youth report their family has changed their exercise and diet habits to practice better fitness.
58 youth report they are now physically active (sweat and breathe hard for 20 minutes or more) for three or more days each week.
0 youth report they are physically active to control stress.
0 youth report they are physically active to keep their heart healthy and increase their heart rate.
228 youth report they can now keep records.
218 youth report they have improved photography skills.
1036 youth report they have learned skills in visual communications.
54 youth report using enthusiasm to get a group working.
6 youth seek out others who can help them become a better leader.
63 youth set deadlines to achieve their goals.
1348 youth set high goals.
348 youth think that everyone on the team is important.
59 youth think they can make a big difference in their community by helping others.
342 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.
63 youth understand how community leaders are elected to office.
372 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.
63 youth who are now making plans to achieve their goals.
939 youth who have put their goal(s) in writing.
26 youth who keep trying if they do not achieve their goal the first time.
36 youth who report that they have learned that some choices are better than others.
821 youth who report they can make a decision.
42 youth who report they now listen to people with more experience than themselves.
312 youth who report they now try to identify what causes a problem.
63 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Rutherford County

01/01/2011 to 12/31/2011

Extension Personnel

<table>
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<th>Extension Personnel Hours</th>
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Direct Methods for Extension Personnel

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<th>Method</th>
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<td>Client Visits to Extension Office:</td>
<td>861</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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Volunteers
Volunteer Hours

All: 1663.5
Total: 1663.5

Indirect Methods for Volunteers

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Units Reporting Program Activity

Rutherford County

All 2011 Outcomes (entire year)

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $510,850 in increased savings, increased income, and one-time capital purchases.
2 4-H clubs were met by volunteers.
0 4-H judging teams were coached by volunteers.
6 4-H project groups were met by volunteers.
8 4-H volunteers utilized volunteer position descriptions.
10 are concerned about problems in their community.
680 beef producers sold 0 calves managed according to BQA guidelines to increase returns by $FRM.
120 beef producers stored 0 large, round bales under some type of cover to increase returns by $FRM.
352 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.
24 beef producers utilized improved marketing methods to market 478 head of calves to increase returns by $FRM.
0 classrooms adopted this program.
138 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
134 consumers implemented water-wise gardening practices to conserve and protect water quality.
360 consumers learned about plant selection and proper planting to save money and time in the landscape.
376 consumers learned how to apply landscape fertilizers and pesticides safely.
180 consumers learned how to conserve and protect water quality in the landscape.
254 consumers learned how to properly take a soil test and interpret the results.
160 consumers practiced best management practices relating to proper pruning and tree maintenance.
306 consumers used the results of their soil test to properly amend their soil.
10 dial-gauge lids were tested.
224 disease, insect and weed samples form commercial turf submitted for identification and control recommendations.
0 existing small businesses who are now operating with a business plan.
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.
80 farm families evaluated new farm enterprises and value added activities.
28 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.
28 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.
436 home lawn insect, disease and weed samples submitted for identification and control recommendations.
286 home lawn soil samples submitted for testing.
648 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
86 homeowners established new turfgrass species and varieties.
972 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
14 horse owners fed 0 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
3 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 individuals who increased their entrepreneurial/business skills.
0 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
346 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.

102 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.

340 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.

192 Master Gardeners gained knowledge and confidence in entomology.
150 Master Gardeners gained knowledge and confidence in integrated pest management.
182 Master Gardeners gained knowledge and confidence in ornamentals.
138 Master Gardeners gained knowledge and confidence in plant diseases.
196 Master Gardeners gained knowledge and confidence in soils.
634 Master Gardeners gained knowledge and confidence in turfgrass.
36 Master Gardeners have used the knowledge and skills they learned in this program to assist 128 people in turf selection or management.
68 Master Gardeners have used the knowledge and skills they learned in this program to control pests through integrated pest management.
68 Master Gardeners have used the knowledge and skills they learned in this program to assist 128 people to identify pests and/or the damage they cause.
44 Master Gardeners have used the knowledge and skills they learned in this program to assist 128 people to identify symptoms of plant disease.
68 Master Gardeners have used the knowledge and skills they learned in this program to assist 128 people to improve soil through soil test results.
4 new 4-H volunteers were recruited this year.
204 now can create on-screen (multi-media) presentations.
10 now feel a sense of responsibility toward their school and community.
8 now have a sense of pride about their school and community.
10 of 17 adults wash hands more often.
0 of 0 better understood basic insurance needs.
30 of 30 better understood credit reporting and scoring.
24 of 24 checked their credit report.
280 of 342 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
450 of 476 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
124 of 322 homeowners increased their knowledge of fire ant management.
21 of 30 identified ways to reduce spending.
0 of 0 landscape and nursery participants increased their knowledge of fire ant management.
10 of 18 learned better how to communicate with creditors.
3 of 6 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.
15 of 18 learned who to pay first if they can't pay everything.
8 of 17 participants ate more whole grains.
15 of 30 participants became more aware of the importance of starting to save and invest early in life.
12 of 24 participants began or increased savings an average of $300 per month.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
0 of 0 participants compared prices to help manage their dollars.
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.
0 of 0 participants eat fewer high-fat foods.
10 of 17 participants eat more fat-free or low-fat dairy products.
22 of 25 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
12 of 24 participants followed a spending plan.
0 of 0 participants gained skill in determining their net worth.
6 of 6 participants gained skill in making a spending plan.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
13 of 25 participants improved their blood pressure.
10 of 25 participants improved their blood sugar.
11 of 25 participants improved their cholesterol levels.
10 of 25 participants improved their triglyceride levels.
0 of 0 participants increased physical activity.
15 of 18 participants increased their financial management skills.
0 of 0 participants kept a record of spending.
0 of 0 participants lost weight: 0 total pounds lost.
12 of 24 participants made a spending plan.
0 of 0 participants more often followed the recommended practice of not thawing foods at room temperature.
8 of 17 participants now eat more fruit.
15 of 17 participants now eat more vegetables.
44 of 124 participants plan to use the two-step method around the home for managing fire ants.
0 of 0 participants prepared foods without adding salt.
4 of 24 participants reduced debt an average of $300 per month.
10 of 17 participants refrigerate perishable foods within two hours.
0 of 0 participants reported their children ate breakfast more often.
0 of 0 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.
1 of 6 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
85 of 102 participants surveyed canned pickles following a tested recipe. (TNCEP)
85 of 102 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
75 of 102 participants surveyed canned vegetables following a tested recipe. (TNCEP)
3 of 3 participants surveyed increased their knowledge of healthy housing principles.
3 of 3 participants surveyed increased their knowledge of how to implement (design, repair, maintain) healthy housing principles.
3 of 3 participants surveyed increased their knowledge of the connections between health and housing.
85 of 100 participants surveyed processed pickles in a water-bath canner. (TNCEP)
75 of 85 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
25 of 26 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
10 of 17 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants thought about healthy food choices when deciding what to feed their family.
5 of 6 participants understood the dangers of using too much credit.
0 of 0 participants used a list for grocery shopping.
0 of 0 participants used the food label to make healthier choices.
0 of 0 participants who increased their intake of dairy foods.
12 of 17 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants who plan meals ahead of time.
8 of 24 participants worked toward new savings or investment goals.
6 of 6 participants understood the dangers of using too much credit.
0 of 0 students increased amount of time in physical activity.
0 of 0 students who increased their intake of whole grains.
45 of 47 teachers reported preschool children in their classes were more actively engaged in physical activity.
43 of 47 teachers reported preschool children in their classes were more willing to taste fruit.
37 of 47 teachers reported preschool children in their classes were more willing to taste vegetables.
45 of 47 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
43 of 47 teachers reported using physical activities from Healthy Steps at least three times per week.
8 of 24 tracked their spending.
12 of 24 worked toward new savings, investment or retirement goals.
400 of 550 youth now wash hands more often.
4 participants now correctly deworm 0 horses, saving $ FRM this year.
85 participants process high-acid foods in a water bath canner.
192 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.
222 professionals added additional services and/or marketing practices.
0 professionals developed or made adjustment to their business plans.
318 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
290 professionals implemented recommended management practices for pest control.
0 professionals increased their knowledge of components of business plans.
396 professionals increased their knowledge of green industry services and marketing practices.
442 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
334 professionals increased their knowledge of plant pests and pest control measures.
428 professionals increased their knowledge of proper plant selection.
334 professionals practiced proper plant selection and installation practices.
0 public utility managers who have adopted UT’s weed management recommendations in rough turf.
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.
0 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.
0 schools adopted this program.
0 small business owners who increase income and quality of living.
0 sod farms adopted UT’s recommended practices for weed control at seeding.
542 soil samples from commercial turf submitted for testing.
24 volunteer leaders increased their knowledge of positive youth development.
8 would assist with or participate in elections, voting and campaigns.
999 youth are better able to understand and follow directions.
400 youth are now better listeners.
174 youth believe that a team can accomplish more than an individual.
0 youth believe that people working together can help others less fortunate.
216 youth believe they have the motivation, skills and perseverance to reach their life goals.
691 youth break goals down into steps so they can check their progress.
118 youth can analyze the results of a scientific investigation.
130 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.
0 youth can challenge policies through petitions, presentations or other positive ways.
12 youth can communicate a scientific procedure to others.
170 youth can complete projects they are proud of.
0 youth can conduct a meeting.
12 youth can create a display to communicate scientific data and observations.
560 youth can deal with their nervousness when giving a speech or talk.
124 youth can design a scientific procedure to answer a question.
624 youth can explain an idea to others.
789 youth can express ideas with a poster, exhibit or other display.
616 youth can give an informative speech or presentation.
0 youth can now prepare and deliver a five-minute speech.
1570 youth can now share their ideas through writing.
130 youth can record data accurately.
645 youth can select a topic for a speech or talk.
362 youth can show enthusiasm when giving a speech or presentation.
620 youth can speak loudly enough to be heard when giving a speech or talk.
12 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.
90 youth can use specific scientific knowledge to form a question.
792 youth can use technology to help themselves express ideas.
12 youth can use the results of their investigation to answer the question they had asked.
176 youth enjoy working with others toward a common goal.
168 youth feel comfortable asking others to help on a project.
536 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
514 youth give a 2-3 minute speech or presentation.
7 youth have a goal set for their job or career.
216 youth have confidence in their ability to make good decisions.
400 youth have explored careers in communications.
208 youth have knowledge of careers in the communications field.
728 youth have learned at least five jobs in which communication skills are important.
9 youth have learned new skills and ways of doing things by participating in groups.
216 youth have made a plan for their future based on their talents, strengths, and skills.
395 youth have set a goal for their job or career.
580 youth know how to organize the parts of a speech or presentation.
172 youth like to work with others to complete projects.
220 youth now communicate through a website.
18 youth now encourage other team members to give their best effort.
496 youth now get information about a problem.
197 youth now report that they can justify their decision.
200 youth now report that they have confidence making their own decisions.
482 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 think about past choices when making new decisions.
516 youth now report that they use more than one source of information in making choices.
460 youth now report that they use standards in making choices.
194 youth now report that when making a decision, they think about what does the most good for the most people.
198 youth now report that when they make a decision, they think about what a person of character would do.
9 youth now report they are concerned about the well-being of others.
512 youth now report they consider the risks of their choices.
488 youth now report they think about the truthfulness of sources of information when making choices.
407 youth now set high goals that require work to achieve them.
10 youth now think it's important to listen to all group members before making a decision.
9 youth now want to see other team members succeed even if they achieve more than themselves.
838 youth now work to achieve their goals.
502 youth put their goals in writing.
210 youth report that because of 4-H they seek new and challenging life experiences.
202 youth report that because of their 4-H experiences, they are viewed as a leader.
428 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.
0 youth report that they can now cooperate and work in a group.
0 youth report that they can now give clear directions.
488 youth report that they have developed confidence to speak in front of groups.
0 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.
0 youth report that they make sure everyone gets an opportunity to say what they think.
307 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.
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.
172 youth report that when they disagree with someone, they can stand up for themselves without using violence.
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.
306 youth report they can now keep records.
408 youth report they have improved photography skills.
400 youth report they have learned skills in visual communications.
0 youth report using enthusiasm to get a group working.
5 youth set deadlines to achieve their goals.
674 youth set high goals.
176 youth think that everyone on the team is important.
0 youth think they can make a big difference in their community by helping others.
176 youth think they have something to contribute to the worth of the team.
12 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.
176 youth understand that other ideas may be just as important as their own.
172 youth understand that they cannot always be "the best" in everything.
460 youth use parliamentary procedure to run a meeting.
379 youth who are now making plans to achieve their goals.
506 youth who have put their goal(s) in writing.
7 youth who keep trying if they do not achieve their goal the first time.
514 youth who report that they have learned that some choices are better than others.
492 youth who report they can make a decision.
504 youth who report they now listen to people with more experience than themselves.
464 youth who report they now try to identify what causes a problem.
4 youth who work out the details when others set goals for them.
### Units Reporting Program Outcomes (entire year)
None

### Activity Report for Scott County

**01/01/2011 to 12/31/2011**

### Extension Personnel

#### Extension Personnel Hours

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#### Direct Methods for Extension Personnel

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### Volunteer Hours

- **All:** 701.5
- **Total:** 701.5
Units Reporting Program Activity

Scott County

All 2011 Outcomes (entire year)

160 farmers developed financial plans for their farms.
28 farmers increased their knowledge and skills in farm and financial planning.
44 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 miles were walked in the Walk Across Tennessee Program.
 0 of 0 adults wash hands more often.
48 of 188 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
44 of 64 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
92 of 188 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
 0 of 0 participants are confident they can better manage their diabetes as a result of participating in this program.
81 of 82 participants ate more whole grains.
 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.
80 of 82 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.
 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.
82 of 82 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
 0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
128 of 145 participants increased physical activity.
 0 of 0 participants increased their exercise routine during Walk Across Tennessee Program.
82 of 82 participants lost weight; 918 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.
20 of 20 participants now eat more fruit.
19 of 20 participants now eat more vegetables.
 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.
0 of 0 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.
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.
40 of 40 youth now wash hands more often.
82 participants walked in the Walk Across Tennessee Program.
0 producers planted 0 acres with clover for an increased production valued at $FRM.
16 producers planted 268 acres with warm-season grasses for an added value of $FRM.
36 producers sprayed 928 acres for broadleaf weed control for an increased production valued at $FRM.
52 producers stockpiled 368 acres of tall fescue, reducing feeding cost by $FRM.
0 teams participated in the Walk Across Tennessee Program.
159 youth are willing to try new things.
23 youth believe that people working together can help others less fortunate.
92 youth now report that they make a decision by thinking about what a person of good character would do.
140 youth now report that they use more than one source of information in making choices.
144 youth now report that they use standards in making choices.
124 youth now report they consider the risks of their choices.
148 youth now report they think about the truthfulness of sources of information when making choices.
185 youth report telling the difference between right and wrong.
170 youth report that now they try to do the right thing.
0 youth report that they learned about important leaders who contributed to our nation.
171 youth report that they like to accomplish things on their own.
36 youth think they can make a big difference in their community by helping others.
0 youth understand how community leaders are elected to office.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Sequatchie County

01/01/2011 to 12/31/2011

Extension Personnel

<table>
<thead>
<tr>
<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

Volunteer Hours

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Sequatchie County

All 2011 Outcomes (entire year)

16 beef producers sold 1280 calves managed according to BQA guidelines to increase returns by $FRM.
12 beef producers stored 600 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.
2 beef producers utilized hay feeding rings to feed 200 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.
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.
11 Master Gardeners gained knowledge and confidence in entomology.
11 Master Gardeners gained knowledge and confidence in integrated pest management.
11 Master Gardeners gained knowledge and confidence in ornamentals.
11 Master Gardeners gained knowledge and confidence in plant diseases.
11 Master Gardeners gained knowledge and confidence in soils.
11 Master Gardeners gained knowledge and confidence in turfgrass.
2 Master Gardeners have used the knowledge and skills they learned in this program to assist 5 people in turf selection or management.
7 Master Gardeners have used the knowledge and skills they learned in this program to assist 23 people to control pests through integrated pest management.
6 Master Gardeners have used the knowledge and skills they learned in this program to assist 32 people to identify pests and/or the damage they cause.
8 Master Gardeners have used the knowledge and skills they learned in this program to assist 24 people to identify symptoms of plant disease.
4 Master Gardeners have used the knowledge and skills they learned in this program to assist 30 people to improve soil through soil test results.
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.
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.
14 parents/caregivers learned effective communication techniques to use with their children.
14 parents/caregivers learned strategies for dealing with parenting stress.
0 participants now correctly deworm 0 horses, saving $ FRM this year.
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.
10 producers sprayed 610 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.
108 youth can combine and build on the ideas of others when making decisions that affect the team.
6 youth can deal with their nervousness when giving a speech or talk.
48 youth can effectively encourage team members to achieve long-range goals.
8 youth can explain an idea to others.
4 youth can select a topic for a speech or talk.
8 youth can speak loudly enough to be heard when giving a speech or talk.
54 youth can use compromise as a way to overcome conflict with other team members.
100 youth can use effective communication as a way to overcome conflict with team members.
52 youth effectively encourage others to stay on task in a team.
6 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
42 youth report being able to break tough jobs down into simpler tasks.
52 youth report being able to resolve problems without losing control of their emotions.
44 youth report being sensitive to the feelings of others when discussing and solving problems.
48 youth report that they are comfortable being responsible for a group.
46 youth seek out others who can help them become a better leader.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Sevier County

01/01/2011 to 12/31/2011

Extension Personnel

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

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Volunteers

Volunteer Hours

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Indirect Methods for Volunteers

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**Units Reporting Program Activity**

Sevier County

**All 2011 Outcomes (entire year)**

- 605 are concerned about problems in their community.
- 18 beef producers sold 532 calves managed according to BQA guidelines to increase returns by $FRM.
- 30 beef producers stored 1500 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.
- 32 beef producers utilized hay feeding rings to feed 2100 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 16 beef producers utilized improved marketing methods to market 204 head of calves to increase returns by $FRM.
- 14 classrooms adopted this program.
- 24 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.
- 36 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 44 consumers learned how to apply landscape fertilizers and pesticides safely.
- 42 consumers learned how to conserve and protect water quality in the landscape.
- 56 consumers learned how to properly take a soil test and interpret the results.
- 66 consumers practiced best management practices relating to proper pruning and tree maintenance.
- 48 consumers used the results of their soil test to properly amend their soil.
- 7 dial-gauge lids were tested.
- 18 home lawn insect, disease and weed samples submitted for identification and control recommendations.
- 24 home lawn soil samples submitted for testing.
- 108 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
46 homeowners established new turfgrass species and varieties.
158 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
8 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.
10 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 24 horses, saving $FRM annually.
6 horse owners schedule routine hoof care on 18 horses, saving $FRM annually.
60 Master Gardeners gained knowledge and confidence in entomology.
60 Master Gardeners gained knowledge and confidence in integrated pest management.
60 Master Gardeners gained knowledge and confidence in ornamentals.
60 Master Gardeners gained knowledge and confidence in plant diseases.
60 Master Gardeners gained knowledge and confidence in soils.
60 Master Gardeners gained knowledge and confidence in turfgrass.
28 Master Gardeners have used the knowledge and skills they learned in this program to assist 76 people in turf selection or management.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 66 people to control pests through integrated pest management.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 96 people to identify pests and/or the damage they cause.
28 Master Gardeners have used the knowledge and skills they learned in this program to assist 72 people to identify symptoms of plant disease.
26 Master Gardeners have used the knowledge and skills they learned in this program to assist 82 people to improve soil through soil test results.
303 now feel a sense of responsibility toward their school and community.
314 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
2536 of 3732 better understood their parents' concerns about money.
0 of 0 green indutsry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
66 of 70 homeowners increased their knowledge of fire ant management.
0 of 0 lanscape and nursery participants increased their knowledge of fire ant management.
668 of 3732 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)
15 of 15 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
15 of 15 parents/caregivers learned about issues related to stages of child development.
0 of 0 participants ate more whole grains.
0 of 0 participants began or increased savings an average of $ 0 per month.
2536 of 3732 participants better understood their parent's concerns about money.
6 of 9 participants can apply health eating principles when making daily food decisions.
11 of 11 participants can apply joint protection techniques.
13 of 16 participants can better control their chronic condition with self-management techniques.
11 of 11 participants can use relaxation techniques to better manage their arthritis symptoms.
1752 of 3732 participants communicated with other family members about financial matters.
202 of 282 participants decreased consumption of high-sugar foods.
202 of 282 participants eat fewer high-fat foods.
273 of 471 participants eat more fat-free or low-fat dairy products.
19 of 23 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
11 of 11 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
16 of 16 participants feel confident using the Take PART technique when talking to their health care provider.
2388 of 3732 participants felt more strongly that they needed to get a good education.
2540 of 3732 participants felt more strongly that they needed to pay attention to their financial future.
18 of 18 participants find the active ingredient on the medication label.
0 of 0 participants followed a spending plan.
10 of 11 participants have improved their arthritis symptoms as a result of participating in this program.
3 of 7 participants have less arthritis symptoms from their arthritis six months after completing the program.
4 of 6 participants have less arthritis symptoms.
5 of 6 participants improved control of their arthritis symptoms.
6 of 6 participants improved performance of daily activities.
5 of 7 participants improved their balance six months after completing the program.
6 of 6 participants improved their balance.
5 of 7 participants improved their flexibility six months after completing the program.
6 of 6 participants improved their flexibility.
6 of 7 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
4 of 7 participants improved their range of motion in their joints six months after completing the program.
405 of 471 participants increased physical activity.
2796 of 3732 participants increased their financial management skills.
0 of 0 participants keep all of their prescription medications at the same pharmacy.
3468 of 3732 participants learned better how to plan their spending.
2388 of 3732 participants learned how education will affect the kind of job they can get.
2536 of 3732 participants learned how having a family can affect their lifestyle.
2796 of 3732 participants learned how much money it takes to get by.
3060 of 3732 participants learned how occupation and income will affect their lifestyle.
1788 of 3732 participants learned how payroll deductions are taken from gross pay.
2536 of 3732 participants learned how to keep a checkbook register.
2536 of 3732 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.
1268 of 3732 participants made changes to their future plans.
375 of 498 participants now eat more fruit.
341 of 573 participants now eat more vegetables.
9 of 9 participants plan to exercise more often to help manage their chronic condition.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
23 of 23 participants plan to use the UT Med Minder card to keep a record of their medications.
820 of 3732 participants planned to change their career goals.
2276 of 3732 participants planned to get more education after high school.
18 of 18 participants read the directions before taking a prescription or over-the-counter medications.
0 of 0 participants refrigerate perishable foods within two hours.
18 of 18 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)
6 of 21 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
6 of 21 participants surveyed canned vegetables following a tested recipe. (TNCEP)
18 of 18 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.
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
6 of 21 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
6 of 21 participants surveyed processed vegetables in a pressure canner. (TNCEP)
18 of 18 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.
18 of 18 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
9 of 9 participants surveyed used a thermometer to check the internal temperature of food.
9 of 9 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 7 participants take fewer medications for arthritis symptoms six months after completing the program.
1156 of 3732 participants talked about financial goals with their parents or others.
23 of 23 participants understand the different types of self-management techniques they can use to self-manage their chronic condition 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.
250 of 282 participants who increased their intake of dairy foods.
300 of 498 participants who now select foods and beverages that promote healthy weight.
22 of 23 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
444 of 3732 participants worked toward new savings or investment goals.
15 of 15 respondents plan to decrease exposure of their children to parental conflict.
15 of 15 respondents report understanding the importance of working together for the sakes of their children.
270 of 282 students increased amount of time in physical activity.
216 of 282 students who increased their intake of whole grains.
5 of 5 teachers reported preschool children in their classes were more actively engaged in physical activity.
5 of 5 teachers reported preschool children in their classes were more willing to taste fruit.
5 of 5 teachers reported preschool children in their classes were more willing to taste vegetables.
5 of 5 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
4 of 5 teachers reported using physical activities from Healthy Steps at least three times per week.
330 of 471 youth now wash hands more often.
53 parents/caregivers learned effective communication techniques to use with their children.
15 parents/caregivers learned strategies for dealing with parenting stress.
14 participants now correctly deworm 30 horses, saving $ FRM this year.
21 participants process high-acid foods in a water bath canner.
22 producers planted 140 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.
38 producers sprayed 1600 acres for broadleaf weed control for an increased production valued at $FRM.
34 producers stockpiled 1080 acres of tall fescue, reducing feeding cost by $FRM.
14 schools adopted this program.
187 would assist with or participate in elections, voting and campaigns.
645 youth believe that people working together can help others less fortunate.
597 youth can conduct a meeting.
0 youth can correctly classify most foods using the MyPyramid guidelines.
4426 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.
4212 youth can show enthusiasm when giving a speech or presentation.
5840 youth give a 2-3 minute speech or presentation.
5256 youth know how to organize the parts of a speech or presentation.
1728 youth now realize they need to eat breakfast everyday.
627 youth now report they are concerned about the well-being of others.
1688 youth now think about their food choices and how those choices affect their health.
2080 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
635 youth report that they are now comfortable being a group leader.
752 youth report that they can now cooperate and work in a group.
608 youth report that they can now give clear directions.
4672 youth report that they have developed confidence to speak in front of groups.
635 youth report that they know how to set goals and they use that ability when leading a group.
282 youth report that they learned about important leaders who contributed to our nation.
665 youth report that they make sure everyone gets an opportunity to say what they think.
622 youth report that they now like to work with others and help them reach their goals.
649 youth report that they take their jobs seriously as members of a committee.
684 youth report that when in charge of a group, they treat everyone fairly and equally.
576 youth report using enthusiasm to get a group working.
635 youth think they can make a big difference in their community by helping others.
283 youth understand how community leaders are elected to office.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Shelby County

01/01/2011 to 12/31/2011

Extension Personnel

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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

**Volunteer Hours**

| All | 5783 |
Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity
Shelby County

All 2011 Outcomes (entire year)

- Producers increased corn yield by 13 bushels/acre by selecting top yielding varieties on 3700 acres of corn increasing their income by FRM.
- Producers increased yield by 5 bushels by selecting top yielding varieties on 5100 acres of soybeans, earning an extra $FRM.
- Producers increased yield by 48 pounds by selecting top yielding varieties on 63000 acres of cotton, earning an extra $FRM.
- 1850 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
- 300 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 64300 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
3200 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.
800 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
8000 acres were planted and managed using GPS technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
22 beef producers sold 946 calves managed according to BQA guidelines to increase returns by $FRM.
12 beef producers stored 1996 large, round bales under some type of cover to increase returns by $FRM.
20 beef producers utilized bulls with greater genetic potential to produce 1246 head of calves to increase returns by $FRM.
30 beef producers utilized hay feeding rings to feed 10096 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
18 beef producers utilized improved marketing methods to market 1082 head of calves to increase returns by $FRM.
7 classrooms adopted this program.
90 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.
166 consumers learned about plant selection and proper planting to save money and time in the landscape.
300 consumers learned how to apply landscape fertilizers and pesticides safely.
180 consumers learned how to conserve and protect water quality in the landscape.
350 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.
120 consumers used the results of their soil test to properly amend their soil.
14 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
30 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
14 corn producers report a $200 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
15 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
52 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
50 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
46 cotton producers report a $200 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
50 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
60 home lawn insect, disease and weed samples submitted for identification and control recommendations.
30 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.
20 homeowners established new turfgrass species and varieties.
70 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
22 horse owners fed 152 horses according to specific nutrient requirements for each class of horse,
saving FRM annually.
24 horse owners managed 432 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
38 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 154 horses, saving $FRM annually.
48 horse owners schedule routine hoof care on 144 horses, saving $FRM annually.
166 Master Gardeners gained knowledge and confidence in entomology.
166 Master Gardeners gained knowledge and confidence in integrated pest management.
166 Master Gardeners gained knowledge and confidence in ornamentals.
166 Master Gardeners gained knowledge and confidence in plant diseases.
166 Master Gardeners gained knowledge and confidence in soils.
166 Master Gardeners gained knowledge and confidence in turfgrass.
40 Master Gardeners have used the knowledge and skills they learned in this program to assist 90 people in turf selection or management.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 80 people to control pests through integrated pest management.
30 Master Gardeners have used the knowledge and skills they learned in this program to assist 100 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 100 people to identify symptoms of plant disease.
60 Master Gardeners have used the knowledge and skills they learned in this program to assist 120 people to improve soil through soil test results.
125 of 600 adults wash hands more often.
2600 of 2740 better understood basic insurance needs.
2580 of 2740 better understood credit reporting and scoring.
4512 of 5480 better understood their parents' concerns about money.
0 of 0 checked their credit report.
30 of 30 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
50 of 50 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
166 of 166 homeowners increased their knowledge of fire ant management.
2740 of 2740 identified ways to reduce spending.
10 of 10 landscape and nursery participants increased their knowledge of fire ant management.
2700 of 2740 learned better how to communicate with creditors.
2400 of 2740 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.
2600 of 2740 learned who to pay first if they can't pay everything.
0 of 0 made a change in career or educational goals.
175 of 600 participants ate more whole grains.
5740 of 6740 participants became more aware of the importance of starting to save and invest early in life.
1050 of 2740 participants began or increased savings an average of $ 50 per month.
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.
175 of 600 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.
50 of 200 participants eat at least six meals together as a family each week.
125 of 400 participants eat fewer high-fat foods.  
125 of 600 participants eat more fat-free or low-fat dairy products.  
50 of 200 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.  
460 of 532 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.  
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.  
2125 of 5370 participants followed a spending plan.  
0 of 0 participants gained skill in determining their net worth.  
2740 of 2740 participants gained skill in making a spending plan.  
2740 of 2740 participants identified ways to avoid being victimized by predatory practices or fraud.  
125 of 600 participants increased physical activity.  
8752 of 12220 participants increased their financial management skills.  
0 of 0 participants increased their understanding of the impact education can have on future earnings.  
250 of 1370 participants kept a record of spending.  
3410 of 5480 participants learned better how to plan their spending.  
7584 of 9480 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.  
4932 of 5480 participants learned how to keep a checkbook register.  
4932 of 5480 participants learned how to write a check.  
0 of 0 participants learned the difference between wants and needs.  
50 of 200 participants lost weight: 100 total pounds lost.  
0 of 0 participants made a change in financial behavior.  
525 of 1370 participants made a spending plan.  
0 of 0 participants made changes to their future plans.  
125 of 600 participants now eat more fruit.  
125 of 600 participants now eat more vegetables.  
3420 of 4000 participants now understand the difference between a need and a want.  
166 of 166 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.  
1050 of 2740 participants reduced debt an average of $50 per month.  
125 of 600 participants refrigerate perishable foods within two hours.  
125 of 600 participants separate raw, cooked and ready-to-eat foods while storing and preparing.  
1050 of 2740 participants set savings or investment goals and/or enrolled as a Tennessee Saver.  
2740 of 2740 participants successfully completed educational requirements for post-filing bankruptcy education.  
0 of 0 participants successfully completed educational requirements for pre-filing bankruptcy counseling.  
75 of 200 participants surveyed used a thermometer to check the internal temperature of food.  
50 of 200 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.  
2740 of 2740 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.

0 of 0 participants who achieved financial goals.

0 of 0 participants who became habitual savers.

125 of 400 participants who increased their intake of dairy foods.

75 of 600 participants who now select foods and beverages that promote healthy weight.

532 of 532 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.

0 of 0 participants who achieved financial goals.

532 of 532 participants will keep products in their original containers.

532 of 532 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 keep medications out of the reach of children.

532 of 532 participants will keep products in their original containers.

532 of 532 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 keep medications out of the reach of children.
0 youth can now share their ideas through writing.
1260 youth can select a topic for a speech or talk.
312 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use technology to help themselves express ideas.
128 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 have learned at least five jobs in which communication skills are important.
0 youth report that they are now comfortable being a group leader.
128 youth report that they can now cooperate and work in a group.
0 youth report that they can now give clear directions.
248 youth report that they know how to set goals and they use that ability when leading a group.
100 youth report that they learned about important leaders who contributed to our nation.
128 youth report that they make sure everyone gets an opportunity to say what they think.
0 youth report that they now like to work with others and help them reach their goals.
248 youth report that they take their jobs seriously as members of a committee.
152 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.
128 youth think that everyone on the team is important.
0 youth think they can make a big difference in their community by helping others.
128 youth think they have something to contribute to the worth of the team.
120 youth understand how community leaders are elected to office.
128 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

01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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### Indirect Methods for Extension Personnel

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### Volunteers

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### Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Smith County

All 2011 Outcomes (entire year)

$0 in increased revenue, increased savings, and/or one-time capital purchases by 0 small business owners.
74 4-H clubs were met by volunteers.
6 4-H judging teams were coached by volunteers.
6 4-H project groups were met by volunteers.
289 4-H volunteers utilized volunteer position descriptions.
0 African-American landowners developed estate plans to reduce the financial and legal risks farm family businesses face as they transition between generations.
0 African-American landowners developed farm management plans.
0 African-American landowners increased their knowledge of property rights and responsibilities.
8 beef producers sold 128 calves managed according to BQA guidelines to increase returns by $FRM.
64 beef producers stored 9600 large, round bales under some type of cover to increase returns by $FRM.
32 beef producers utilized bulls with greater genetic potential to produce 800 head of calves to increase returns by $FRM.
64 beef producers utilized hay feeding rings to feed 4400 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
5 beef producers utilized improved marketing methods to market 135 head of calves to increase
returns by $FRM.
0 communities have undergone entrepreneurial support planning efforts.
64 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
32 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.
56 consumers learned how to apply landscape fertilizers and pesticides safely.
36 consumers learned how to conserve and protect water quality in the landscape.
64 consumers learned how to properly take a soil test and interpret the results.
36 consumers practiced best management practices relating to proper pruning and tree maintenance.
64 consumers used the results of their soil test to properly amend their soil.
0 dial-gauge lids were tested.
1108 individual participants, governmental and non-governmental organizations involved in entrepreneurial network meetings.
70 new 4-H volunteers were recruited this year.
0 new networking, mentoring and coaching outlets available to entrepreneurs.
0 of 0 better understood basic insurance needs.
4 of 4 better understood credit reporting and scoring.
0 of 0 checked their credit report.
6 of 32 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
6 of 32 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
16 of 32 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
10 of 32 fruit and/or vegetable producers adopted IPM.
4 of 32 fruit and/or vegetable producers completed a food safety plan for their farm.
4 of 32 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
32 of 32 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
0 of 0 fruit and/or vegetable producers who began the transition to USDA certified organic production.
0 of 0 homeowners increased their knowledge of fire ant management.
4 of 4 identified ways to reduce spending.
4 of 4 learned better how to communicate with creditors.
4 of 4 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.
4 of 4 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.
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.
  44 of 44 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 are applying health eating principles when making food decisions six months after completing the program.
  0 of 0 participants are better able to manage their living environments.
  0 of 0 participants are better able to store and prepare foods to keep them safe to consume.
  0 of 0 participants are better self-managers of their chronic condition six months after completing the program.
  32 of 36 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
  0 of 0 participants are making sure they are not taking two or more medications with the same active ingredient six months after completing the program.
  427 of 450 participants are more confident in relationships with family and friends.
  36 of 36 participants are physically active six months after completing the program.
  0 of 0 participants are reading the label of medications before they use them six months after completing the program.
  0 of 0 participants are using the UT Med Minder card to keep a record of their medications.
  1091 of 1107 participants became more aware of the importance of starting to save and invest early in life.
  620 of 1075 participants began or increased savings an average of $ 5 per month.
  0 of 0 participants better understood the difference between pre-tax and after-tax investments.
  0 of 0 participants can apply health eating principles when making daily food decisions.
  52 of 52 participants can apply joint protection techniques.
  32 of 36 participants can better control their chronic condition with self-management techniques.
  80 of 88 participants can use relaxation techniques to better manage their arthritis symptoms.
  0 of 0 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.
  0 of 0 participants developed and implemented a business plan.
  32 of 36 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
  84 of 88 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 confident using the Take PART technique when talking to their health care provider.
  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 find the active ingredient on the medication label.
  0 of 0 participants followed a spending plan.
  4 of 4 participants gained skill in determining their net worth.
  4 of 4 participants gained skill in making a spending plan.
0 of 0 participants have all of their prescription medications at the same pharmacy six months after completing the program.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
68 of 88 participants have improved their arthritis symptoms as a result of participating in this program.
56 of 68 participants have less arthritis symptoms from their arthritis six months after completing the program.
0 of 0 participants have less arthritis symptoms.
28 of 36 participants have less pain from their chronic condition six months after completing the program.
0 of 0 participants have used the Take PART technique when talking to their health care provider.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants improved control of their arthritis symptoms.
56 of 68 participants improved performance of daily activities.
68 of 68 participants improved their balance six months after completing the program.
0 of 0 participants improved their balance.
60 of 68 participants improved their flexibility six months after completing the program.
0 of 0 participants improved their flexibility.
68 of 68 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
64 of 68 participants improved their range of motion in their joints six months after completing the program.
36 of 36 participants increased their financial management skills.
0 of 0 participants keep all of their prescription medications at the same pharmacy.
0 of 0 participants keep an up-to-date UT Med Minder card in their wallet six months after completing the program.
0 of 0 participants kept a record of spending.
0 of 0 participants know better how to manage and protect their assets for a secure retirement.
15 of 32 participants learned how education will affect the kind of job they can get.
531 of 1075 participants learned the difference between wants and needs.
0 of 0 participants made a change in financial behavior.
4 of 4 participants made a spending plan.
531 of 1075 participants now understand the difference between a need and a want.
32 of 36 participants plan to exercise more often to help manage their chronic condition.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.
0 of 0 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 seek the advice of a pharmacist if they have any questions about a medication.
15 of 36 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants successfully completed educational requirements for post-filing bankruptcy education.
32 of 32 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
0 of 0 participants surveyed canned pickles following a tested recipe. (TNCEP)
56 of 56 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
56 of 56 participants surveyed canned vegetables following a tested recipe. (TNCEP)
5060 of 5600 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.

180 of 208 participants surveyed increased their knowledge of environmental problems associated with "not-smart" growth.

0 of 0 participants surveyed increased their knowledge of health problems associated with "not-smart" growth.

1108 of 1108 participants surveyed increased their knowledge of how to become involved with public officials and other decision makers concerning Smart Growth principles.

1108 of 1108 participants surveyed increased their knowledge of Smart Growth principles.

612 of 1108 participants surveyed increased their knowledge on how to communicate Smart Growth principles to others.

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 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.

240 of 240 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.

356 of 448 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.

0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)

56 of 56 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)

56 of 56 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.

0 of 0 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.

60 of 68 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.

0 of 0 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.

84 of 88 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.

0 of 0 participants understand the special nutritional needs of the elderly.

4 of 4 participants understood the dangers of using too much credit.

0 of 0 participants who achieved financial goals.

0 of 0 participants who became habitual savers.

0 of 0 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.

622 of 1077 participants worked toward new savings or investment goals.

0 of 0 participants understood the dangers of using too much credit.

44 of 44 respondents plan to decrease exposure of their children to parental conflict.

44 of 44 respondents report understanding the importance of working together for the sakes of their children.

0 of 0 tracked their spending.

4 of 4 worked toward new savings, investment or retirement goals.
44 parents/caregivers learned effective communication techniques to use with their children.  
44 parents/caregivers learned strategies for dealing with parenting stress.  
0 participants process high-acid foods in a water bath canner.  
18 producers planted 630 acres with clover for an increased production valued at $FRM.  
7 producers planted 210 acres with warm-season grasses for an added value of $FRM.  
42 producers sprayed 2550 acres for broadleaf weed control for an increased production valued at $FRM.  
15 producers stockpiled 535 acres of tall fescue, reducing feeding cost by $FRM.  
36 projects were implemented in the community incorporating Smart Growth principles.  
0 schools adopted the Smart Growth curriculum.  
307 volunteer leaders increased their knowledge of positive youth development.  
330 youth are willing to try new things.  
445 youth break goals down into steps so they can check their progress.  
455 youth can analyze the results of a scientific investigation.  
455 youth can ask a question that can be answered by collecting data.  
335 youth can conduct a meeting.  
465 youth can deal with their nervousness when giving a speech or talk.  
455 youth can design a scientific procedure to answer a question.  
465 youth can explain an idea to others.  
465 youth can give an informative speech or presentation.  
455 youth can record data accurately.  
465 youth can select a topic for a speech or talk.  
450 youth can show enthusiasm when giving a speech or presentation.  
465 youth can speak loudly enough to be heard when giving a speech or talk.  
455 youth can use specific scientific knowledge to form a question.  
465 youth feel comfortable sharing their thoughts and feelings in a speech or talk.  
465 youth give a 2-3 minute speech or presentation.  
465 youth know how to organize the parts of a speech or presentation.  
812 youth now get information about a problem.  
433 youth now work to achieve their goals.  
443 youth put their goals in writing.  
332 youth report helping others in need.  
335 youth report telling the difference between right and wrong.  
335 youth report that now they try to do the right thing.  
335 youth report that they are now comfortable being a group leader.  
332 youth report that they can now cooperate and work in a group.  
325 youth report that they can now give clear directions.  
332 youth report that they consider others when making decisions.  
465 youth report that they have developed confidence to speak in front of groups.  
327 youth report that they know how to make good decisions.  
332 youth report that they know how to set goals and they use that ability when leading a group.  
325 youth report that they like to accomplish things on their own.  
332 youth report that they make sure everyone gets an opportunity to say what they think.  
654 youth report that they now continue to work toward their goals, even if they do not at first succeed.  
325 youth report that they now like to work with others and help them reach their goals.  
332 youth report that they take their jobs seriously as members of a committee.  
332 youth report that when in charge of a group, they treat everyone fairly and equally.  
654 youth report they now take responsibility for the decisions they make.  
325 youth report using enthusiasm to get a group working.  
430 youth set high goals.
812 youth who report that they have learned that some choices are better than others.
812 youth who report they can make a decision.
812 youth who report they now listen to people with more experience than themselves.
812 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 Soil, Plant and Pest Center**

**01/01/2011 to 12/31/2011**

**Extension Personnel**

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### Volunteers

#### Volunteer Hours

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#### Indirect Methods for Volunteers

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#### Contacts by Volunteers

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### Units Reporting Program Activity
Activity Report for Stewart County

01/01/2011 to 12/31/2011

Extension Personnel

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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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## Volunteers

### Volunteer Hours

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### Indirect Methods for Volunteers

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## Contacts by Volunteers

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### Units Reporting Program Activity

Stewart County

**All 2011 Outcomes (entire year)**

- 12 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.
- 580 acres of tobacco produced using recommended fertility practices indicated in soil test results.
- 12 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
- 580 acres produced using registered pesticides at appropriate application rates and timings.
- 580 acres soil tested no more than one year before planting.
- 580 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).
- 580 acres were planted with university-tested varieties.
- 100 acres with field rouged, plowed or destroyed within 30 days after harvest.
- 91 are concerned about problems in their community.
- 156 beef producers sold 1980 calves managed according to BQA guidelines to increase returns by $FRM.
- 60 beef producers stored 13413 large, round bales under some type of cover to increase returns by $FRM.
- 78 beef producers utilized bulls with greater genetic potential to produce 990 head of calves to increase returns by $FRM.
- 78 beef producers utilized hay feeding rings to feed 16500 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 24 beef producers utilized improved marketing methods to market 612 head of calves to increase returns by $FRM.
- 189 farmers developed financial plans for their farms.
- 189 farmers increased their knowledge and skills in farm and financial planning.
- 42 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 42 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 42 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
- 36 horse owners fed 108 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
- 27 horse owners managed 93 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
- 33 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 105 horses, saving $FRM annually.
- 36 horse owners schedule routine hoof care on 108 horses, saving $FRM annually.
- 100 now feel a sense of responsibility toward their school and community.
99 now have a sense of pride about their school and community.
42 of 42 adults wash hands more often.
0 of 0 participants are applying health eating principles when making food decisions six months after completing the program.
0 of 0 participants are better self-managers of their chronic condition six months after completing the program.
8 of 8 participants are confident they can better manage their diabetes as a result of participating in this program.
0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
0 of 0 participants are physically active six months after completing the program.
0 of 0 participants are practicing the postural alignment exercises they learned in the program.
0 of 0 participants are using the UT Med Minder card to keep a record of their medications.
36 of 42 participants ate more whole grains.
24 of 24 participants can apply health eating principles when making daily food decisions.
24 of 24 participants can better control their chronic condition with self-management techniques.
8 of 8 participants can choose foods that do not cause a sharp rise in blood sugar.
28 of 150 participants can make their bones healthier with a personal plan for better bone health.
120 of 150 participants can name calcium-rich foods.
30 of 42 participants eat more fat-free or low-fat dairy products.
20 of 24 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
10 of 24 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
0 of 0 participants have less pain from their chronic condition six months after completing the program.
0 of 0 participants have used the Take PART technique when talking to their health care provider.
18 of 42 participants increased physical activity.
96 of 150 participants know how to get 400 to 800 IU of Vitamin D each day.
138 of 150 participants know how to get at least 1,200 mg of calcium each day.
32 of 42 participants now eat more fruit.
38 of 42 participants now eat more vegetables.
14 of 24 participants plan to exercise more often to help manage their chronic condition.
8 of 8 participants plan to regularly check their blood sugar as requested by their doctor.
8 of 8 participants plan to use the Healthy Plate Method.
24 of 24 participants plan to use the UT Med Minder card to keep a record of their medications.
100 of 150 participants recognize that exercise can make their bones healthier.
42 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.
0 of 0 participants surveyed have made repairs and/or improvements to make their home/business/property healthier for occupants.
19 of 21 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
19 of 21 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
6 of 6 participants surveyed increased their knowledge of healthy housing principles.
6 of 6 participants surveyed increased their knowledge of how to implement (design, repair, maintain) healthy housing principles.
6 of 6 participants surveyed increased their knowledge of the connections between health and housing.
0 of 0 participants surveyed maintain their home/business/property using healthy housing principles.
42 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.
6 of 8 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
66 of 150 participants understand that fractures caused by osteoporosis are most common in the spine, hip, and wrist.
88 of 150 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 chronic condition symptoms on a day-to-day basis.
28 of 42 participants who now select foods and beverages that promote healthy weight.
16 of 24 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
0 of 0 units maintained according to healthy housing principles.
152 of 160 youth now wash hands more often.
36 participants now correctly deworm 108 horses, saving $ FRM this year.
24000 pounds of burley marketed in large bale packages.
24000 pounds of burley stripped properly according to buyer specifications.
1590000 pounds of total tobacco produced.
95 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.
97 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
103 report that because of their 4-H experiences, they will register to vote when they are eligible.
86 report that because of their 4-H service projects, they have learned about causes and issues.
192 report that because of their 4-H service projects, they know about resources in their community.
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.
17 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
24 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
24 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
24 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
24 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.
0 units repaired.
0 visual inspections conducted on housing units.
93 would assist with or participate in elections, voting and campaigns.
622 youth are better able to understand and follow directions.
556 youth are now better listeners.
81 youth are willing to try new things.
54 youth believe that a team can accomplish more than an individual.
94 youth believe that people working together can help others less fortunate.
55 youth break goals down into steps so they can check their progress.
622 youth can analyze the results of a scientific investigation.
622 youth can ask a question that can be answered by collecting data.
52 youth can assist a group in deciding on team plans for reaching goals.
595 youth can complete projects they are proud of.
98 youth can conduct a meeting.
430 youth can correctly classify most foods using the MyPyramid guidelines.
590 youth can deal with their nervousness when giving a speech or talk.
592 youth can design a scientific procedure to answer a question.
316 youth can explain an idea to others.
90 youth can express ideas with a poster, exhibit or other display.
622 youth can give an informative speech or presentation.
174 youth can now read and compare the nutrition labels of snack foods they like to eat.
544 youth can now share their ideas through writing.
356 youth can record data accurately.
622 youth can select a topic for a speech or talk.
176 youth can show enthusiasm when giving a speech or presentation.
538 youth can speak loudly enough to be heard when giving a speech or talk.
562 youth can use specific scientific knowledge to form a question.
230 youth can use technology to help themselves express ideas.
56 youth enjoy working with others toward a common goal.
647 youth feel comfortable asking others to help on a project.
364 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
622 youth give a 2-3 minute speech or presentation.

0 youth have explored careers in communications.
0 youth have learned at least five jobs in which communication skills are important.
53 youth have learned new skills and ways of doing things by participating in groups.
270 youth know how to organize the parts of a speech or presentation.
486 youth like to work with others to complete projects.
98 youth now encourage other team members to give their best effort.
194 youth now get information about a problem.
584 youth now realize they need to eat breakfast everyday.
188 youth now report that they make a decision by thinking about what a person of good character would do.
122 youth now report that they use more than one source of information in making choices.
182 youth now report that they use standards in making choices.
103 youth now report they are concerned about the well-being of others.
180 youth now report they consider the risks of their choices.
174 youth now report they think about the truthfulness of sources of information when making choices.
486 youth now think about their food choices and how those choices affect their health.
54 youth now think it's important to listen to all group members before making a decision.
49 youth now want to see other team members succeed even if they achieve more than themselves.
516 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
59 youth now work to achieve their goals.
42 youth put their goals in writing.
100 youth report being able to break tough jobs down into simpler tasks.
88 youth report being able to resolve problems without losing control of their emotions.
98 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.
97 youth report that they are comfortable being responsible for a group.
99 youth report that they are now comfortable being a group leader.
98 youth report that they can now cooperate and work in a group.
96 youth report that they can now give clear directions.
Activity Report for Sullivan County

01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</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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Direct Mail / Telephone Calls (this will include electronic mail):

- 5233
- 5975

Group Meetings / Demonstrations:

- 1218
- 36928

On-Site Visits (Farm, Home, and Workplace):

- 491
- 4787

Total:

- 7468
- 48442

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Total:

- 838
- 4472282

Contacts by Extension Personnel

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Volunteers

Volunteer Hours

- All: 19906.75
- Total: 19906.75

Indirect Methods for Volunteers
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**Units Reporting Program Activity**

**Sullivan County**

**All 2011 Outcomes (entire year)**

- 4 classrooms adopted this program.
- 33 dial-gauge lids were tested.
- 96 home lawn insect, disease and weed samples submitted for identification and control recommendations.
- 197 home lawn soil samples submitted for testing.
- 12 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
- 11 homeowners established new turfgrass species and varieties.
- 34 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
- 19 Master Gardeners gained knowledge and confidence in entomology.
- 19 Master Gardeners gained knowledge and confidence in integrated pest management.
- 17 Master Gardeners gained knowledge and confidence in ornamentals.
- 19 Master Gardeners gained knowledge and confidence in plant diseases.
- 18 Master Gardeners gained knowledge and confidence in soils.
- 18 Master Gardeners gained knowledge and confidence in turfgrass.
150 Master Gardeners have used the knowledge and skills they learned in this program to assist 1650 people in turf selection or management.
150 Master Gardeners have used the knowledge and skills they learned in this program to assist 1050 people to control pests through integrated pest management.
150 Master Gardeners have used the knowledge and skills they learned in this program to assist 1200 people to identify pests and/or the damage they cause.
150 Master Gardeners have used the knowledge and skills they learned in this program to assist 1450 people to identify symptoms of plant disease.
130 Master Gardeners have used the knowledge and skills they learned in this program to assist 1170 people to improve soil through soil test results.
123 of 200 adults wash hands more often.
444 of 480 better understood their parents’ concerns about money.
0 of 0 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
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 participants are applying health eating principles when making food decisions six months after completing the program.
0 of 0 participants are better self-managers of their chronic condition six months after completing the program.
0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
0 of 0 participants are physically active six months after completing the program.
0 of 0 participants are using the UT Med Minder card to keep a record of their medications.
95 of 120 participants ate more whole grains.
444 of 480 participants better understood their parent's concerns about money.
35 of 43 participants can apply health eating principles when making daily food decisions.
27 of 43 participants can better control their chronic condition with self-management techniques.
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.
704 of 1142 participants eat more fat-free or low-fat dairy products.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
33 of 43 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
150 of 343 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
26 of 43 participants feel confident using the Take PART technique when talking to their health care provider.
396 of 480 participants felt more strongly that they needed to get a good education.
480 of 480 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
0 of 0 participants have less pain from their chronic condition six months after completing the program.
0 of 0 participants have used the Take PART technique when talking to their health care provider.
0 of 0 participants increased physical activity.
424 of 480 participants increased their financial management skills.
200 of 343 participants know what cancer screenings they need according to their age and gender.
440 of 480 participants learned better how to plan their spending.
102 of 136 participants learned culinary skills.
396 of 480 participants learned how education will affect the kind of job they can get.
440 of 480 participants learned how having a family can affect their lifestyle.
380 of 480 participants learned how much money it takes to get by.
396 of 480 participants learned how occupation and income will affect their lifestyle.
480 of 480 participants learned how payroll deductions are taken from gross pay.
480 of 480 participants learned how to keep a checkbook register.
480 of 480 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
312 of 480 participants made changes to their future plans.
600 of 618 participants now eat more fruit.
581 of 1021 participants now eat more vegetables.
29 of 43 participants plan to exercise more often to help manage their chronic condition.
278 of 343 participants plan to get age and gender appropriate cancer screenings.
39 of 43 participants plan to use the UT Med Minder card to keep a record of their medications.
264 of 480 participants planned to change their career goals.
380 of 480 participants planned to get more education after high school.
15 of 20 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
21 of 33 participants surveyed canned pickles following a tested recipe. (TNCEP)
29 of 33 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
25 of 33 participants surveyed canned vegetables following a tested recipe. (TNCEP)
17 of 33 participants surveyed processed pickles in a water-bath canner. (TNCEP)
30 of 33 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
29 of 33 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
45 of 55 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
300 of 343 participants understand that cancer screening and early detection can save their life.
13 of 15 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
174 of 224 participants understand women age 40 and older should have a mammogram.
149 of 224 participants understand women of all ages need a Pap test.
0 of 0 participants who now select foods and beverages that promote healthy weight.
27 of 43 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
0 of 0 providers had increased knowledge of the workshop(s) topics.
0 of 0 providers report their children are provided with varied opportunities and materials that support fine and large motor development using recommended practices.
0 of 0 providers report their children are read to on a daily basis and asking open-ended questions of the children when possible using recommended practices.
0 of 0 providers report they express warmth through behaviors such as physical affection, eye contact, tone of voice, and smiles toward the children using recommended practices.
0 of 0 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.
0 of 0 providers report they work in partnership with families, establishing and maintaining regular, ongoing, two-way communication using recommended practices.
0 of 0 providers report they work to prevent challenging or disruptive behaviors using recommended guidance practices.
121 of 149 respondents plan to decrease exposure of their children to parental conflict.
110 of 149 respondents report understanding the importance of working together for the sakes of their children.
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.
5 of 6 teachers reported using physical activities from Healthy Steps at least three times per week.
282 of 357 youth now wash hands more often.
121 parents/caregivers learned effective communication techniques to use with their children.
115 parents/caregivers learned strategies for dealing with parenting stress.
0 participants process high-acid foods in a water bath canner.
1 schools adopted this program.
1206 youth are better able to understand and follow directions.
176 youth are now better listeners.
478 youth break goals down into steps so they can check their progress.
332 youth can analyze the results of a scientific investigation.
388 youth can ask a question that can be answered by collecting data.
346 youth can design a scientific procedure to answer a question.
914 youth can express ideas with a poster, exhibit or other display.
1840 youth can now share their ideas through writing.
330 youth can record data accurately.
338 youth can use specific scientific knowledge to form a question.
904 youth can use technology to help themselves express ideas.
86 youth have explored careers in communications.
860 youth have learned at least five jobs in which communication skills are important.
1166 youth now work to achieve their goals.
502 youth put their goals in writing.
134 youth report they can now keep records.
172 youth report they have improved photography skills.
118 youth report they have learned skills in visual communications.
886 youth set high goals.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Sumner County

01/01/2011 to 12/31/2011

Extension Personnel
### 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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Volunteers

Volunteer Hours

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Contacts by Volunteers

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Units Reporting Program Activity

Sumner County

All 2011 Outcomes (entire year)

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $389300 in increased savings, increased income, and one-time capital purchases.

6 classrooms adopted this program.

42 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best
management practices.
8 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.
60 consumers learned how to apply landscape fertilizers and pesticides safely.
8 consumers learned how to conserve and protect water quality in the landscape.
174 consumers learned how to properly take a soil test and interpret the results.
14 consumers practiced best management practices relating to proper pruning and tree maintenance.
146 consumers used the results of their soil test to properly amend their soil.
54 dial-gauge lids were tested.
34 home lawn insect, disease and weed samples submitted for identification and control recommendations.
162 home lawn soil samples submitted for testing.
24 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
34 homeowners established new turfgrass species and varieties.
214 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
0 Master Gardeners gained knowledge and confidence in entomology.
54 Master Gardeners gained knowledge and confidence in integrated pest management.
102 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.
126 Master Gardeners have used the knowledge and skills they learned in this program to assist 148 people in turf selection or management.
126 Master Gardeners have used the knowledge and skills they learned in this program to assist 348 people to control pests through integrated pest management.
126 Master Gardeners have used the knowledge and skills they learned in this program to assist 164 people to identify pests and/or the damage they cause.
126 Master Gardeners have used the knowledge and skills they learned in this program to assist 182 people to identify symptoms of plant disease.
126 Master Gardeners have used the knowledge and skills they learned in this program to assist 402 people to improve soil through soil test results.
22105 miles were walked in the Walk Across Tennessee Program.
128 of 232 adults wash hands more often.
3 of 3 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
0 of 24 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
2 of 24 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
4 of 24 fruit and/or vegetable producers adopted IPM.
2 of 24 fruit and/or vegetable producers completed a food safety plan for their farm.
20 of 24 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
0 of 24 fruit and/or vegetable producers who began the transition to USDA certified organic production.
98 of 98 gained skill in evaluating their housing options.
72 of 88 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
56 of 76 green industry personnel increased business profitability and sustainability through improved
insect, mite and disease control in turfgrass and/or ornamental plants.
96 of 110 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.
66 of 66 parents/caregivers report an increase in use of appropriate child guidance techniques.
66 of 66 parents/caregivers report an increase in use of positive communication techniques with their children.
66 of 66 parents/caregivers report feeling better about their abilities as parents.
60 of 66 parents/caregivers report feeling less stressed as parents.
66 of 66 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)
66 of 66 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)
98 of 98 participants analyzed their readiness for home ownership.
84 of 88 participants are better able to manage their living environments.
84 of 88 participants are better able to store and prepare foods to keep them safe to consume.
16 of 16 participants are confident they can better manage their diabetes as a result of participating in this program.
88 of 88 participants are more confident in relationships with family and friends.
164 of 436 participants ate more whole grains.
24 of 24 participants can apply health eating principles when making daily food decisions.
24 of 24 participants can better control their chronic condition with self-management techniques.
72 of 1200 participants can better control their chronic disease as a result of participating in the program.
14 of 16 participants can choose foods that do not cause a sharp rise in blood sugar.
169 of 193 participants decreased consumption of high-sugar foods.
98 of 98 participants determined how much they could pay for a home.
18 of 25 participants eat at least six meals together as a family each week.
155 of 168 participants eat fewer high-fat foods.
200 of 411 participants eat more fat-free or low-fat dairy products.
956 of 1010 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
24 of 24 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
22 of 24 participants feel confident using the Take PART technique when talking to their health care provider.
98 of 98 participants gained better understanding of the mortgage process.
3 of 25 participants improved their blood pressure.
3 of 25 participants improved their blood sugar.
6 of 25 participants improved their cholesterol levels.
4 of 25 participants improved their triglyceride levels.
312 of 411 participants increased physical activity.
819 of 1200 participants increased their exercise routine during Walk Across Tennessee Program.
86 of 88 participants know better how to manage and protect their assets for a secure retirement.
12 of 25 participants lost weight: 100 total pounds lost.
216 of 411 participants now eat more fruit.
216 of 411 participants now eat more vegetables.
24 of 24 participants plan to exercise more often to help manage their chronic condition.
16 of 16 participants plan to regularly check their blood sugar as requested by their doctor.
14 of 16 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.
24 of 24 participants plan to use the UT Med Minder card to keep a record of their medications.
24 of 49 participants purchased a home.
33 of 33 participants refrigerate perishable foods within two hours.
10 of 10 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
98 of 98 participants successfully completed homebuyer education requirements.
20 of 33 participants surveyed canned pickles following a tested recipe. (TNCEP)
20 of 33 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
30 of 33 participants surveyed canned vegetables following a tested recipe. (TNCEP)
10 of 33 participants surveyed processed pickles in a water-bath canner. (TNCEP)
20 of 33 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
30 of 33 participants surveyed processed vegetables in a pressure canner. (TNCEP)
10 of 10 participants surveyed used a thermometer to check the internal temperature of food.
7 of 10 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
16 of 16 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
24 of 24 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
88 of 88 participants understand the special nutritional needs of the elderly.
137 of 168 participants increased their intake of dairy foods.
14 of 16 participants who now select foods and beverages that promote healthy weight.
20 of 24 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
819 of 1200 participants will continue to exercise after the Walk Across Tennessee Program.
50 of 50 providers had increased knowledge of the workshop(s) topics.
3 of 3 providers report their children are provided with varied opportunities and materials that support fine and large motor development using recommended practices.
3 of 3 providers report their children are read to on a daily basis and asking open-ended questions of the children when possible using recommended practices.
3 of 3 providers report they express warmth through behaviors such as physical affection, eye contact, tone of voice, and smiles toward the children using recommended practices.
3 of 3 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.
3 of 3 providers report they work in partnership with families, establishing and maintaining regular, ongoing, two-way communication using recommended practices.
3 of 3 providers report they work to prevent challenging or disruptive behaviors using recommended guidance practices.
149 of 168 students increased amount of time in physical activity.
165 of 168 students who increased their intake of whole grains.
5 of 5 teachers reported preschool children in their classes were more actively engaged in physical activity.
5 of 5 teachers reported preschool children in their classes were more willing to taste fruit.
5 of 5 teachers reported preschool children in their classes were more willing to taste vegetables.
5 of 5 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
5 of 5 teachers reported using physical activities from Healthy Steps at least three times per week.
825 of 1568 youth now wash hands more often.
33 participants process high-acid foods in a water bath canner.
1200 participants walked in the Walk Across Tennessee Program.
0 professionals added additional services and/or marketing practices.
0 professionals developed or made adjustment to their business plans.
64 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
134 professionals implemented recommended management practices for pest control.
0 professionals increased their knowledge of components of business plans.
90 professionals increased their knowledge of green industry services and marketing practices.
174 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
212 professionals increased their knowledge of plant pests and pest control measures.
172 professionals increased their knowledge of proper plant selection.
0 professionals practiced proper plant selection and installation practices.
3 schools adopted this program.
38 teams participated in the Walk Across Tennessee Program.
151 youth are better able to understand and follow directions.
137 youth believe that people working together can help others less fortunate.
30 youth break goals down into steps so they can check their progress.
21 youth can analyze the results of a scientific investigation.
19 youth can ask a question that can be answered by collecting data.
123 youth can deal with their nervousness when giving a speech or talk.
19 youth can design a scientific procedure to answer a question.
138 youth can explain an idea to others.
113 youth can express ideas with a poster, exhibit or other display.
222 youth can now share their ideas through writing.
19 youth can record data accurately.
136 youth can select a topic for a speech or talk.
130 youth can speak loudly enough to be heard when giving a speech or talk.
20 youth can use specific scientific knowledge to form a question.
97 youth can use technology to help themselves express ideas.
94 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
91 youth have learned at least five jobs in which communication skills are important.
30 youth now get information about a problem.
18 youth now report that they can justify their decision.
23 youth now report that they have confidence making their own decisions.
16 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 think about past choices when making new decisions.
16 youth now report that they use more than one source of information in making choices.
19 youth now report that they use standards in making choices.
17 youth now report that when making a decision, they think about what does the most good for the most people.
14 youth now report that when they make a decision, they think about what a person of character would do.
20 youth now report they consider the risks of their choices.
15 youth now report they think about the truthfulness of sources of information when making choices.
46 youth now work to achieve their goals.
36 youth put their goals in writing.
148 youth report that they can now cooperate and work in a group.
131 youth report that they know how to set goals and they use that ability when leading a group.
116 youth report that they learned about important leaders who contributed to our nation.
142 youth report that they make sure everyone gets an opportunity to say what they think.
134 youth report that they take their jobs seriously as members of a committee.
143 youth report that when in charge of a group, they treat everyone fairly and equally.
42 youth set high goals.
141 youth think they can make a big difference in their community by helping others.
124 youth understand how community leaders are elected to office.
46 youth who report that they have learned that some choices are better than others.
48 youth who report they can make a decision.
20 youth who report they now listen to people with more experience than themselves.
19 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

01/01/2011 to 12/31/2011

Extension Personnel

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Direct Methods for Extension Personnel

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## Volunteers

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### Volunteer Hours

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Contacts by Volunteers

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Units Reporting Program Activity

Tennessee State University

All 2011 Outcomes (entire year)

- 0 4-H volunteers utilized volunteer position descriptions.
- 1 communities have undertaken entrepreneurial support planning efforts.
- 20 existing small businesses who are now operating with a business plan.
- 100 individuals who increased their entrepreneurial/business skills.
- 10 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
- 0 new 4-H volunteers were recruited this year.
- 78 new networking, mentoring and coaching outlets available to entrepreneurs.
- 78 of 78 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.
- 50 small business owners who increase income and quality of living.
- 17 volunteer leaders increased their knowledge of positive youth development.

Units Reporting Program Outcomes (entire year)

None

Activity Report for Tipton County

01/01/2011 to 12/31/2011

Extension Personnel
## Extension Personnel Hours

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## Direct Methods for Extension Personnel

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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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<td>Exhibit(s):</td>
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## Contacts by Extension Personnel

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Volunteers

Volunteer Hours

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Tipton County

All 2011 Outcomes (entire year)

- 60 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
- 10 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.
32 consumers learned how to apply landscape fertilizers and pesticides safely.
28 consumers learned how to conserve and protect water quality in the landscape.
108 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.
96 consumers used the results of their soil test to properly amend their soil.
28 Master Gardeners gained knowledge and confidence in entomology.
22 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.
24 Master Gardeners gained knowledge and confidence in soils.
24 Master Gardeners gained knowledge and confidence in turfgrass.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 12 people in turf selection or management.
4 Master Gardeners have used the knowledge and skills they learned in this program to assist 2 people to control pests through integrated pest management.
6 Master Gardeners have used the knowledge and skills they learned in this program to assist 6 people to identify pests and/or the damage they cause.
16 Master Gardeners have used the knowledge and skills they learned in this program to assist 10 people to identify symptoms of plant disease.
12 Master Gardeners have used the knowledge and skills they learned in this program to assist 34 people to improve soil through soil test results.
7 of 7 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.
7 of 7 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.
4 of 28 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
20 of 28 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
2 of 4 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
2 of 10 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
4 of 28 homeowners increased their knowledge of fire ant management.
2 of 6 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)
2 of 2 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
2 of 2 parents/caregivers learned about issues related to stages of child development.
0 of 0 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.
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.
261 of 417 participants ate more whole grains.
0 of 0 participants can apply health eating principles when making daily food decisions.
7 of 7 participants can better control their chronic condition with self-management techniques.
6 of 6 participants can choose foods that do not cause a sharp rise in blood sugar.
124 of 193 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
141 of 233 participants eat more fat-free or low-fat dairy products.
179 of 202 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
5 of 7 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
0 of 0 participants feel confident using the Take PART technique when talking to their health care provider.
1 of 5 participants have less arthritis symptoms.
0 of 0 participants have reduced their A1c six months after completing the program.
4 of 5 participants improved control of their arthritis symptoms.
4 of 5 participants improved performance of daily activities.
3 of 5 participants improved their balance.
2 of 5 participants improved their flexibility.
202 of 233 participants increased physical activity.
0 of 0 participants lost weight: 0 total pounds lost.
189 of 233 participants now eat more fruit.
143 of 233 participants now eat more vegetables.
5 of 7 participants plan to exercise more often to help manage their chronic condition.
4 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.
4 of 28 participants plan to use the two-step method around the home for managing fire ants.
0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.
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.
6 of 6 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
5 of 7 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
0 of 0 participants who now select foods and beverages that promote healthy weight.
5 of 7 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
0 of 0 providers had increased knowledge of the workshop(s) topics.
11 of 11 respondents plan to decrease exposure of their children to parental conflict.
11 of 11 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.
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.
11 parents/caregivers learned effective communication techniques to use with their children.
11 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.
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.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Trousdale County

01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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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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**Volunteers**

**Volunteer Hours**

- **All:** 407
- **Total:** 407

**Indirect Methods for Volunteers**

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**Units Reporting Program Activity**

Trousdale County

**All 2011 Outcomes (entire year)**

- 37 beef producers sold 1454 calves managed according to BQA guidelines to increase returns by $FRM.
- 32 beef producers stored 4610 large, round bales under some type of cover to increase returns by $FRM.
- 34 beef producers utilized bulls with greater genetic potential to produce 1006 head of calves to increase returns by $FRM.
- 46 beef producers utilized hay feeding rings to feed 6690 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
- 6 beef producers utilized improved marketing methods to market 104 head of calves to increase returns by $FRM.
- 0 dial-gauge lids were tested.
- 11 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 11 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.
- 0 horse owners schedule routine hoof care on 0 horses, saving $FRM annually.
- 68 of 92 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 checked their credit report.
0 of 0 identified ways to reduce spending.
0 of 0 learned better how to communicate with creditors.
62 of 76 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.
38 of 42 participants ate more whole grains.
84 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 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.
14 of 18 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.
4 of 18 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.
14 of 18 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
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.
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.
14 of 14 participants gained skill in making a spending plan.
2 of 12 participants have less arthritis symptoms.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
2 of 12 participants improved control of their arthritis symptoms.
8 of 12 participants improved performance of daily activities.
12 of 12 participants improved their balance.
2 of 18 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
2 of 0 participants improved their cholesterol levels.
12 of 12 participants improved their flexibility.
0 of 0 participants improved their triglyceride levels.
24 of 24 participants increased physical activity.
84 of 84 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.
8 of 8 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 learned the difference between wants and needs.
10 of 18 participants lost weight: 242 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.
20 of 32 participants now eat more fruit.
20 of 32 participants now eat more vegetables.
8 of 8 participants now understand the difference between a need and a want.
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 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.
14 of 14 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)
18 of 18 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 processed pickles in a water-bath canner. (TNCEP)
18 of 18 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.
28 of 32 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 worked toward new savings, investment or retirement goals.
1408 of 1408 youth now wash hands more often.
0 participants now correctly deworm 0 horses, saving $FRM this year.
18 participants process high-acid foods in a water bath canner.
36 producers planted 1394 acres with clover for an increased production valued at $FRM.
16 producers planted 280 acres with warm-season grasses for an added value of $FRM.
47 producers sprayed 3770 acres for broadleaf weed control for an increased production valued at $FRM.
30 producers stockpiled 1130 acres of tall fescue, reducing feeding cost by $FRM.
160 youth can analyze the results of a scientific investigation.
190 youth can ask a question that can be answered by collecting data.
160 youth can design a scientific procedure to answer a question.
254 youth can give an informative speech or presentation.
176 youth can record data accurately.
194 youth can show enthusiasm when giving a speech or presentation.
172 youth can use specific scientific knowledge to form a question.
224 youth give a 2-3 minute speech or presentation.
96 youth have set a goal for their job or career.
228 youth know how to organize the parts of a speech or presentation.
48 youth now report that they make a decision by thinking about what a person of good character would do.
88 youth now report that they use more than one source of information in making choices.
74 youth now report that they use standards in making choices. 
74 youth now report they consider the risks of their choices. 
72 youth now report they think about the truthfulness of sources of information when making choices. 
76 youth now set high goals that require work to achieve them. 
220 youth report that they have developed confidence to speak in front of groups. 
66 youth report that they now achieve goals they set for themselves. 
86 youth who are now making plans to achieve their goals. 
16 youth who have put their goal(s) in writing.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Unicoi County

01/01/2011 to 12/31/2011

Extension Personnel

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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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### Volunteers

#### Volunteer Hours

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**Units Reporting Program Activity**

*Unicoi County*

**All 2011 Outcomes (entire year)**

- 50 are concerned about problems in their community.
- 40 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 84 consumers learned how to apply landscape fertilizers and pesticides safely.
- 18 consumers learned how to conserve and protect water quality in the landscape.
- 58 consumers learned how to properly take a soil test and interpret the results.
- 16 dial-gauge lids were tested.
- 58 home lawn insect, disease and weed samples submitted for identification and control recommendations.
- 49 home lawn soil samples submitted for testing.
- 20 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
- 35 homeowners established new turfgrass species and varieties.
- 61 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
- 54 now feel a sense of responsibility toward their school and community.
- 48 now have a sense of pride about their school and community.
- 7 of 7 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)
- 45 of 48 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
- 45 of 48 parents/caregivers learned about issues related to stages of child development.
- 0 of 0 participants are confident they can better manage their diabetes as a result of participating in this program.
- 4 of 6 participants ate more whole grains.
- 14 of 14 participants can apply joint protection techniques.
- 0 of 0 participants can choose foods that do not cause a sharp rise in blood sugar.
10 of 14 participants can use relaxation techniques to better manage their arthritis symptoms.
6 of 6 participants decreased consumption of high-sugar foods.
3 of 6 participants eat at least six meals together as a family each week.
6 of 6 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
12 of 14 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
14 of 14 participants have improved their arthritis symptoms as a result of participating in this program.
5 of 7 participants have less arthritis symptoms from their arthritis six months after completing the program.
6 of 7 participants improved their balance six months after completing the program.
6 of 7 participants improved their flexibility six months after completing the program.
6 of 7 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
6 of 7 participants improved their range of motion in their joints six months after completing the program.
4 of 6 participants lost weight: 30 total pounds lost.
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.
9 of 12 participants surveyed canned pickles following a tested recipe. (TNCEP)
12 of 12 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
10 of 11 participants surveyed canned vegetables following a tested recipe. (TNCEP)
8 of 11 participants surveyed processed pickles in a water-bath canner. (TNCEP)
11 of 11 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
10 of 11 participants surveyed processed vegetables in a pressure canner. (TNCEP)
5 of 7 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.
14 of 14 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
40 of 48 respondents plan to decrease exposure of their children to parental conflict.
40 of 48 respondents report understanding the importance of working together for the sakes of their children.
42 parents/caregivers learned effective communication techniques to use with their children.
48 parents/caregivers learned strategies for dealing with parenting stress.
11 participants process high-acid foods in a water bath canner.
38 would assist with or participate in elections, voting and campaigns.
760 youth are better able to understand and follow directions.
332 youth believe that people working together can help others less fortunate.
764 youth can analyze the results of a scientific investigation.
750 youth can ask a question that can be answered by collecting data.
26 youth can conduct a meeting.
280 youth can deal with their nervousness when giving a speech or talk.
754 youth can design a scientific procedure to answer a question.
316 youth can explain an idea to others.
310 youth can express ideas with a poster, exhibit or other display.
1996 youth can now share their ideas through writing.
770 youth can record data accurately.
344 youth can select a topic for a speech or talk.
292 youth can speak loudly enough to be heard when giving a speech or talk.
784 youth can use specific scientific knowledge to form a question.
782 youth can use technology to help themselves express ideas.
248 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
760 youth have learned at least five jobs in which communication skills are important.
754 youth now get information about a problem.
56 youth now report they are concerned about the well-being of others.
26 youth report that they are now comfortable being a group leader.
304 youth report that they can now cooperate and work in a group.
26 youth report that they can now give clear directions.
272 youth report that they know how to set goals and they use that ability when leading a group.
320 youth report that they learned about important leaders who contributed to our nation.
224 youth report that they make sure everyone gets an opportunity to say what they think.
52 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.
316 youth report that when in charge of a group, they treat everyone fairly and equally.
26 youth report using enthusiasm to get a group working.
300 youth think they can make a big difference in their community by helping others.
308 youth understand how community leaders are elected to office.
784 youth who report that they have learned that some choices are better than others.
796 youth who report they can make a decision.
762 youth who report they now listen to people with more experience than themselves.
750 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Union County

01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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Direct Methods for Extension Personnel

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Units Reporting Program Activity

Union County

All 2011 Outcomes (entire year)

0 4-H clubs were met by volunteers.
0 4-H judging teams were coached by volunteers.
1 4-H project groups were met by volunteers.
0 4-H volunteers utilized volunteer position descriptions.
82 are concerned about problems in their community.
3 beef producers sold 6 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.
5 new 4-H volunteers were recruited this year.
90 now feel a sense of responsibility toward their school and community.
86 now have a sense of pride about their school and community.
5 of 5 adults wash hands more often.
2 of 28 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
0 of 28 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
18 of 30 participants ate more whole grains.
24 of 30 participants eat more fat-free or low-fat dairy products.
0 of 0 participants increased physical activity.
21 of 30 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.
0 volunteer leaders increased their knowledge of positive youth development.
76 would assist with or participate in elections, voting and campaigns.
114 youth believe that people working together can help others less fortunate.
60 youth can analyze the results of a scientific investigation.
92 youth can ask a question that can be answered by collecting data.
72 youth can design a scientific procedure to answer a question.
94 youth can record data accurately.
68 youth can use specific scientific knowledge to form a question.
114 youth now report they are concerned about the well-being of others.
60 youth report that they can now cooperate and work in a group.
58 youth report that they know how to set goals and they use that ability when leading a group.
96 youth report that they learned about important leaders who contributed to our nation.
53 youth report that they make sure everyone gets an opportunity to say what they think.
50 youth report that they take their jobs seriously as members of a committee.
56 youth report that when in charge of a group, they treat everyone fairly and equally.
114 youth think they can make a big difference in their community by helping others.
94 youth understand how community leaders are elected to office.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Van Buren County

01/01/2011 to 12/31/2011

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Direct Methods for Extension Personnel
## Volunteers

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### Indirect Methods for Extension Personnel

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### Volunteer Hours

| All:               | 910.5                      |
Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Van Buren County

**All 2011 Outcomes (entire year)**

- 6 4-H volunteers utilized volunteer position descriptions.
- 284 beef producers sold 9798 calves managed according to BQA guidelines to increase returns by $FRM.
- 82 beef producers stored 13940 large, round bales under some type of cover to increase returns by $FRM.
- 57 beef producers utilized bulls with greater genetic potential to produce 2065 head of calves to increase returns by $FRM.
- 116 beef producers utilized hay feeding rings to feed 11000 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.
16 consumers learned about plant selection and proper planting to save money and time in the landscape.
16 consumers learned how to apply landscape fertilizers and pesticides safely.
16 consumers learned how to conserve and protect water quality in the landscape.
36 consumers learned how to properly take a soil test and interpret the results.
66 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
84 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
66 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
4 new 4-H volunteers were recruited this year.
46 of 46 homeowners increased their knowledge of fire ant management.
46 of 46 participants increased their understanding of household and structural IPM.
9 of 9 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
9 of 9 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
60 producers planted 1520 acres with clover for an increased production valued at $FRM.
32 producers planted 640 acres with warm-season grasses for an added value of $FRM.
115 producers sprayed 2880 acres for broadleaf weed control for an increased production valued at $FRM.
28 producers stockpiled 560 acres of tall fescue, reducing feeding cost by $FRM.
8 volunteer leaders increased their knowledge of positive youth development.
276 youth are better able to understand and follow directions.
236 youth break goals down into steps so they can check their progress.
0 youth can challenge policies through petitions, presentations or other positive ways.
94 youth can correctly classify most foods using the MyPyramid guidelines.
242 youth can deal with their nervousness when giving a speech or talk.
268 youth can explain an idea to others.
290 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.
81 youth can now read and compare the nutrition labels of snack foods they like to eat.
536 youth can now share their ideas through writing.
264 youth can select a topic for a speech or talk.
0 youth can show enthusiasm when giving a speech or presentation.
260 youth can speak loudly enough to be heard when giving a speech or talk.
258 youth can use technology to help themselves express ideas.
250 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
0 youth give a 2-3 minute speech or presentation.
244 youth have learned at least five jobs in which communication skills are important.
222 youth have set a goal for their job or career.
0 youth know how to organize the parts of a speech or presentation.
258 youth now get information about a problem.
96 youth now realize they need to eat breakfast everyday.
242 youth now report that they can justify their decision.
238 youth now report that they have confidence making their own decisions.
244 youth now report that they make a decision by thinking about what a person of good character would do.
246 youth now report that they think about past choices when making new decisions.
252 youth now report that they use more than one source of information in making choices.
242 youth now report that they use standards in making choices.
258 youth now report that when making a decision, they think about what does the most good for the most people.
236 youth now report that when they make a decision, they think about what a person of character would do.
250 youth now report they consider the risks of their choices.
260 youth now report they think about the truthfulness of sources of information when making choices.
208 youth now set high goals that require work to achieve them.
84 youth now think about their food choices and how those choices affect their health.
95 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
250 youth now work to achieve their goals.
232 youth put their goals in writing.
262 youth report that they can now cooperate and work in a group.
0 youth report that they have developed confidence to speak in front of groups.
256 youth report that they know how to set goals and they use that ability when leading a group.
242 youth report that they make sure everyone gets an opportunity to say what they think.
204 youth report that they now achieve goals they set for themselves.
232 youth report that they take their jobs seriously as members of a committee.
254 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.
242 youth set high goals.
218 youth who are now making plans to achieve their goals.
202 youth who have put their goal(s) in writing.
262 youth who report that they have learned that some choices are better than others.
266 youth who report they can make a decision.
250 youth who report they now listen to people with more experience than themselves.
254 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Warren County

01/01/2011 to 12/31/2011

Extension Personnel

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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteers

**Volunteer Hours**
Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Warren County

All 2011 Outcomes (entire year)

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.
18 beef producers utilized bulls with greater genetic potential to produce 376 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.
8 beef producers utilized improved marketing methods to market 327 head of calves to increase returns by $FRM.
94 now can create on-screen (multi-media) presentations.
14 of 14 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.
14 of 14 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.
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)
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
69 of 72 parents/caregivers learned about issues related to stages of child development.
0 of 0 participants are applying health eating principles when making food decisions six months after completing the program.
8 of 10 participants are better informed to make medical decisions for themselves and their families.
30 of 30 participants are better informed to protect their health.
4 of 6 participants are better self-managers of their chronic condition six months after completing the program.
0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
0 of 0 participants are more motivated to care for their health.
6 of 6 participants are physically active six months after completing the program.
3 of 6 participants are using the UT Med Minder card to keep a record of their medications.
59 of 60 participants ate more whole grains.
15 of 15 participants can apply health eating principles when making daily food decisions.
21 of 21 participants can apply joint protection techniques.
15 of 15 participants can better control their chronic condition with self-management techniques.
6 of 21 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 more fat-free or low-fat dairy products.
0 of 0 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
15 of 15 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
20 of 21 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
15 of 15 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
0 of 0 participants have greater confidence in navigating their healthcare system.
21 of 21 participants have improved their arthritis symptoms as a result of participating in this program.
8 of 10 participants have less arthritis symptoms from their arthritis six months after completing the program.
0 of 0 participants have less pain from their chronic condition six months after completing the program.
8 of 10 participants have used the information they learned.
0 of 0 participants have used the Take PART technique when talking to their health care provider.
6 of 10 participants improved their balance six months after completing the program.
4 of 20 participants improved their blood pressure.
2 of 16 participants improved their blood sugar.
2 of 14 participants improved their cholesterol levels.
9 of 10 participants improved their flexibility six months after completing the program.
5 of 10 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
10 of 10 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.
10 of 10 participants increased their understanding about their health and the healthcare system.
8 of 8 participants lost weight: 30 total pounds lost.
338 of 34 participants now eat more fruit.
333 of 340 participants now eat more vegetables.
15 of 15 participants plan to exercise more often to help manage their chronic condition.
14 of 15 participants plan to use the UT Med Minder card to keep a record of their medications.
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.
2 of 10 participants take fewer medications for arthritis symptoms six months after completing the program.
15 of 15 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
20 of 21 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
260 of 280 participants who now select foods and beverages that promote healthy weight.
15 of 15 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
55 of 58 respondents plan to decrease exposure of their children to parental conflict.
55 of 58 respondents report understanding the importance of working together for the sakes of their children.
0 of 0 youth now wash hands more often.
68 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.
3 producers planted 27 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.
10 producers stockpiled 350 acres of tall fescue, reducing feeding cost by $FRM.
400 youth are better able to understand and follow directions.
388 youth are now better listeners.
66 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.
94 youth can challenge policies through petitions, presentations or other positive ways.
396 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
400 youth can explain an idea to others.
400 youth can express ideas with a poster, exhibit or other display.
396 youth can give an informative speech or presentation.
94 youth can now prepare and deliver a five-minute speech.
792 youth can now share their ideas through writing.
0 youth can record data accurately.
400 youth can select a topic for a speech or talk.
360 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.
0 youth can use specific scientific knowledge to form a question.
304 youth can use technology to help themselves express ideas.
390 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
400 youth give a 2-3 minute speech or presentation.
44 youth have explored careers in communications.
94 youth have knowledge of careers in the communications field.
232 youth have learned at least five jobs in which communication skills are important.
398 youth know how to organize the parts of a speech or presentation.
94 youth now communicate through a website.
76 youth now get information about a problem.
76 youth now work to achieve their goals.
50 youth put their goals in writing.
188 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
400 youth report that they have developed confidence to speak in front of groups.
94 youth report they are now "accomplished public speakers."
54 youth report they can give an impromptu speech.
94 youth report they can now express their opinions in speeches or presentations.
222 youth report they can now keep records.
396 youth report they have improved photography skills.
400 youth report they have learned skills in visual communications.
76 youth set high goals.
188 youth use parliamentary procedure to run a meeting.
76 youth who report that they have learned that some choices are better than others.
76 youth who report they can make a decision.
46 youth who report they now listen to people with more experience than themselves.
76 youth who report they now try to identify what causes a problem.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Washington County

01/01/2011 to 12/31/2011

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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**Volunteers**
Volunteer Hours

All: 12329
Total: 12329

Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Washington County

All 2011 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.
1200 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.
72 beef producers sold 660 calves managed according to BQA guidelines to increase returns by $FRM.
144 beef producers stored 28800 large, round bales under some type of cover to increase returns by
22 beef producers utilized bulls with greater genetic potential to produce 660 head of calves to increase returns by $FRM.
84 beef producers utilized hay feeding rings to feed 16800 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
78 beef producers utilized improved marketing methods to market 1560 head of calves to increase returns by $FRM.
24 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
156 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
3 corn producers report a $1800 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.
50 dial-gauge lids were tested.
1 fruit and/or vegetable producers realized an economic impact of $2500 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.
1125 miles were walked in the Walk Across Tennessee Program.
60 of 150 adults wash hands more often.
19 of 20 better understood basic insurance needs.
528 of 820 better understood their parents' concerns about money.
3 of 3 farm families successfully diversified into fruit and vegetable production and marketing.
6 of 6 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
6 of 10 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
10 of 10 fruit and/or vegetable producers adopted IPM.
4 of 10 fruit and/or vegetable producers completed a food safety plan for their farm.
6 of 10 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
1 of 1 fruit and/or vegetable producers who began the transition to USDA certified organic production.
308 of 820 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.
0 of 0 participants are applying health eating principles when making food decisions six months after completing the program.
0 of 0 participants are better self-managers of their chronic condition six months after completing the program.
0 of 0 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
12 of 18 participants are confident they can better manage their diabetes as a result of participating in
this program.
0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the 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 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.
0 of 0 participants are using the UT Med Minder card to keep a record of their medications.
0 of 0 participants ate more whole grains.
19 of 20 participants became more aware of the importance of starting to save and invest early in life.
474 of 820 participants began or increased savings an average of $ 41 per month.
516 of 820 participants better understood their parent's concerns about money.
12 of 18 participants can apply health eating principles when making daily food decisions.
18 of 18 participants can better control their chronic condition with self-management techniques.
0 of 0 participants can better control their chronic disease as a result of participating in the program.
12 of 18 participants can choose foods that do not cause a sharp rise in blood sugar.
470 of 827 participants communicated with other family members about financial matters.
0 of 0 participants eat more fat-free or low-fat dairy products.
12 of 18 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
14 of 18 participants feel confident using the Take PART technique when talking to their health care provider.
524 of 820 participants felt more strongly that they needed to get a good education.
522 of 820 participants felt more strongly that they needed to pay attention to their financial future.
266 of 820 participants followed a spending plan.
17 of 20 participants gained skill in making a spending plan.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
0 of 0 participants have less arthritis symptoms.
0 of 0 participants have less pain from their chronic condition six months after completing the program.
0 of 0 participants have reduced their A1c six months after completing the program.
0 of 0 participants have used the Take PART technique when talking to their health care provider.
19 of 20 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.
0 of 0 participants increased physical activity.
0 of 0 participants increased their exercise routine during Walk Across Tennessee Program.
509 of 840 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
492 of 820 participants learned better how to plan their spending.
508 of 820 participants learned how education will affect the kind of job they can get.
526 of 820 participants learned how having a family can affect their lifestyle.
566 of 820 participants learned how much money it takes to get by.
516 of 820 participants learned how occupation and income will affect their lifestyle.
514 of 820 participants learned how payroll deductions are taken from gross pay. 
580 of 820 participants learned how to keep a checkbook register. 
416 of 820 participants learned how to write a check. 
0 of 0 participants learned the difference between wants and needs. 
292 of 827 participants made a change in financial behavior. 
335 of 827 participants made a spending plan. 
440 of 820 participants made changes to their future plans. 
550 of 1200 participants now eat more fruit. 
500 of 1200 participants now eat more vegetables. 
12 of 18 participants plan to exercise more often to help manage their chronic condition. 
14 of 18 participants plan to regularly check their blood sugar as requested by their doctor. 
12 of 18 participants plan to use the Healthy Plate Method. 
14 of 18 participants plan to use the UT Med Minder card to keep a record of their medications. 
324 of 820 participants planned to change their career goals. 
388 of 820 participants planned to get more education after high school. 
100 of 300 participants refrigerate perishable foods within two hours. 
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)
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)
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. 
456 of 820 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 understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices. 
18 of 18 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis. 
20 of 20 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. 
0 of 0 participants who now select foods and beverages that promote healthy weight. 
12 of 18 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition. 
0 of 0 participants will continue to exercise after the Walk Across Tennessee Program. 
172 of 820 participants worked toward new savings or investment goals. 
0 of 0 participants understood the dangers of using too much credit. 
409 of 420 respondents plan to decrease exposure of their children to parental conflict. 
318 of 420 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. 
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. 
1200 of 2000 youth now wash hands more often.
398 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
15 participants process high-acid foods in a water bath canner.
1500 participants walked in the Walk Across Tennessee Program.
32 producers have gained knowledge on measures of milk quality indicators (including somatic cell count, preliminary incubation count, standard plate counts, lab pasteurized counts, etc.)
32 producers have increased awareness of effective mastitis prevention and control programs.
32 producers have learned the relationship between somatic cell counts and milk production.
62 producers planted 620 acres with clover for an increased production valued at $FRM.
24 producers planted 363 acres with warm-season grasses for an added value of $FRM.
16 producers sprayed 200 acres for broadleaf weed control for an increased production valued at $FRM.
27 producers stockpiled 405 acres of tall fescue, reducing feeding cost by $FRM.
0 teams participated in the Walk Across Tennessee Program.
202 youth are willing to try new things.
286 youth can analyze the results of a scientific investigation.
160 youth can ask a question that can be answered by collecting data.
224 youth can deal with their nervousness when giving a speech or talk.
144 youth can design a scientific procedure to answer a question.
200 youth can explain an idea to others.
278 youth can give an informative speech or presentation.
190 youth can record data accurately.
284 youth can select a topic for a speech or talk.
190 youth can show enthusiasm when giving a speech or presentation.
204 youth can speak loudly enough to be heard when giving a speech or talk.
136 youth can use specific scientific knowledge to form a question.
200 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
268 youth give a 2-3 minute speech or presentation.
210 youth know how to organize the parts of a speech or presentation.
116 youth report helping others in need.
190 youth report telling the difference between right and wrong.
170 youth report that now they try to do the right thing.
126 youth report that they consider others when making decisions.
204 youth report that they have developed confidence to speak in front of groups.
204 youth report that they know how to make good decisions.
170 youth report that they like to accomplish things on their own.
264 youth report that they now continue to work toward their goals, even if they do not at first succeed.
340 youth report they now take responsibility for the decisions they make.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Wayne County
01/01/2011 to 12/31/2011

Extension Personnel
### Extension Personnel Hours

- **All**: 4003.5
- **Total**: 4003.5

### Direct Methods for Extension Personnel

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### Indirect Methods for Extension Personnel

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Volunteers

Volunteer Hours

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Wayne County

All 2011 Outcomes (entire year)

95 beef producers sold 5565 calves managed according to BQA guidelines to increase returns by $FRM.

71 beef producers stored 32924 large, round bales under some type of cover to increase returns by
59 beef producers utilized bulls with greater genetic potential to produce 1832 head of calves to increase returns by $FRM.

106 beef producers utilized hay feeding rings to feed 33158 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

35 beef producers utilized improved marketing methods to market 709 head of calves to increase returns by $FRM.

45 forest landowners are members in a local County Forestry Association representing 33500 forest acres.

48 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.

0 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.

24 landowners improved profitability (marketing) of forest ownership.

36 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 1080 forested acres.

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

59 producers planted 887 acres with clover for an increased production valued at $FRM.

12 producers planted 118 acres with warm-season grasses for an added value of $FRM.

35 producers sprayed 1300 acres for broadleaf weed control for an increased production valued at $FRM.

59 producers stockpiled 2245 acres of tall fescue, reducing feeding cost by $FRM.

346 youth are better able to understand and follow directions.

0 youth are now better listeners.

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

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

186 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 assist a group in deciding on team plans for reaching goals.

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

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

0 youth can now share their ideas through writing.

0 youth can record data accurately.

0 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 have a goal set for their job or career.

0 youth have explored careers in communications.

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

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

0 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.

316 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.
272 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 now work to achieve their goals.
0 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 now achieve goals they set for themselves.
0 youth report they can now keep records.
0 youth report they have improved photography skills.
338 youth report they have learned skills in visual communications.
0 youth set deadlines to achieve their goals.
224 youth set high goals.
246 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 try to get as much assistance as they can when working toward their goal.
0 youth understand that other ideas may be just as important as their own.
0 youth use parliamentary procedure to run a meeting.
0 youth who are now making plans to achieve their goals.
0 youth who have put their goal(s) in writing.
310 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.
380 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 Weakley County

01/01/2011 to 12/31/2011

Extension Personnel

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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

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### Contacts by Volunteers

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### Units Reporting Program Activity

**Weakley County**

**All 2011 Outcomes (entire year)**

- Producers increased corn yield by 18 bushels/acre by selecting top yielding varieties on 185748 acres of corn increasing their income by FRM.
- Producers increased yield by 9 bushels by selecting top yielding varieties on 215280 acres of soybeans, earning an extra $FRM.
- Producers increased yield by 0 bushels by selecting top yielding varieties on 33120 acres of wheat, earning an extra $FRM.
- 126348 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
- 126348 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 43920 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
- 130884 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
- 100515 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
- 280 beef producers sold 12000 calves managed according to BQA guidelines to increase returns by
260 beef producers stored 44000 large, round bales under some type of cover to increase returns by $FRM.
200 beef producers utilized bulls with greater genetic potential to produce 3600 head of calves to increase returns by $FRM.
160 beef producers utilized hay feeding rings to feed 4400 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
80 beef producers utilized improved marketing methods to market 1600 head of calves to increase returns by $FRM.
360 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.
330 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
60 of 60 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.
60 of 60 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.
60 of 330 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 participants are applying health eating principles when making food decisions six months after completing the program.
0 of 0 participants are better self-managers of their chronic condition six months after completing the program.
0 of 0 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
10 of 14 participants are confident they can better manage their diabetes as a result of participating in this program.
0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the 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.
2 of 4 participants are 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.
0 of 0 participants are using the UT Med Minder card to keep a record of their medications.
0 of 0 participants ate more whole grains.
2 of 4 participants can apply health eating principles when making daily food decisions.  
2 of 4 participants can better control their chronic condition with self-management techniques.  
12 of 14 participants can choose foods that do not cause a sharp rise in blood sugar.  
49 of 66 participants eat more fat-free or low-fat dairy products.  
2 of 4 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.  
2 of 4 participants feel confident using the Take PART technique when talking to their health care provider.  
0 of 0 participants have fewer visits to the emergency room six months after completing the program.  
0 of 0 participants have less arthritis symptoms.  
0 of 0 participants have less pain from their chronic condition six months after completing the program.  
0 of 0 participants have reduced their A1c six months after completing the program.  
0 of 0 participants have used the Take PART technique when talking to their health care provider.  
0 of 0 participants improved control of their arthritis symptoms.  
0 of 0 participants improved performance of daily activities.  
15 of 15 participants improved their balance.  
0 of 0 participants improved their flexibility.  
29 of 38 participants increased physical activity.  
38 of 38 participants now eat more fruit.  
38 of 38 participants now eat more vegetables.  
2 of 4 participants plan to exercise more often to help manage their chronic condition.  
6 of 14 participants plan to regularly check their blood sugar as requested by their doctor.  
8 of 14 participants plan to use the Healthy Plate Method.  
2 of 4 participants plan to use the UT Med Minder card to keep a record of their medications.  
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.  
10 of 14 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.  
2 of 4 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.  
28 of 28 participants who now select foods and beverages that promote healthy weight.  
2 of 4 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.  
35 of 35 respondents plan to decrease exposure of their children to parental conflict.  
35 of 35 respondents report understanding the importance of working together for the sakes of their children.  
29 of 38 youth now wash hands more often.  
35 parents/caregivers learned effective communication techniques to use with their children.  
35 parents/caregivers learned strategies for dealing with parenting stress.  
78 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.  
9 producers increased their return on 1800 acres by $FRM by utilizing irrigation instead of dry land production.  
67 producers increased their return on 20000 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.  
168 producers planted 4800 acres with clover for an increased production valued at $FRM.
120 producers planted 3200 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.
140 producers sprayed 3500 acres for broadleaf weed control for an increased production valued at $FRM.
44 producers stockpiled 1200 acres of tall fescue, reducing feeding cost by $FRM.
101 producers utilized UT fertility recommendations.
360 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.
330 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
180 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
180 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 $220 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.

264 youth are better able to understand and follow directions.
354 youth break goals down into steps so they can check their progress.
184 youth can deal with their nervousness when giving a speech or talk.
274 youth can explain an idea to others.
200 youth can express ideas with a poster, exhibit or other display.
308 youth can now share their ideas through writing.
216 youth can select a topic for a speech or talk.
246 youth can speak loudly enough to be heard when giving a speech or talk.
214 youth can use technology to help themselves express ideas.
340 youth consider themselves to be a person of character.
308 youth encourage others to be honest and trustworthy.
142 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
186 youth have learned at least five jobs in which communication skills are important.
682 youth have set a goal for their job or career.
288 youth have set goals for their long-term future.
230 youth now get information about a problem.
450 youth now set high goals that require work to achieve them.
828 youth now achieve goals they set for themselves.
892 youth report that they now achieve goals they set for themselves.
276 youth report that they now consider the possible consequences before making decisions.
520 youth report that they now set high expectations for their own behavior.
410 youth set high goals.
630 youth who are now making plans to achieve their goals.
138 youth who have put their goal(s) in writing.
214 youth who report that they have learned that some choices are better than others.
296 youth who report they can make a decision.
222 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.
Activity Report for Western Region

01/01/2011 to 12/31/2011

Extension Personnel

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**Volunteers**

**Volunteer Hours**

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**Indirect Methods for Volunteers**

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**Contacts by Volunteers**

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**Units Reporting Program Activity**

Western Region

All 2011 Outcomes (entire year)
Producers increased corn yield by 12 bushels/acre by selecting top yielding varieties on 476008 acres of corn increasing their income by FRM.
Producers increased yield by 6 bushels by selecting top yielding varieties on 966000 acres of soybeans, earning an extra $FRM.
Producers increased yield by 0 bushels by selecting top yielding varieties on 108744 acres of wheat, earning an extra $FRM.

39524 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.
55604 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
4000 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

62 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
22 corn producers report a $13 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
1662 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 producers report a 0 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
62 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
22 soybean producers report a $13 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
1488 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
56 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
56 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).
22 wheat producers report a $13 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
2144 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

01/01/2011 to 12/31/2011

Extension Personnel

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<tr>
<th>Extension Personnel Hours</th>
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## Direct Methods for Extension Personnel

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## Contacts by Extension Personnel

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Volunteers

Volunteer Hours

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Indirect Methods for Volunteers

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Units Reporting Program Activity

White County

All 2011 Outcomes (entire year)

584 beef producers sold 19272 calves managed according to BQA guidelines to increase returns by $FRM.
1392 beef producers stored 174000 large, round bales under some type of cover to increase returns by $FRM.
352 beef producers utilized bulls with greater genetic potential to produce 8800 head of calves to increase returns by $FRM.

468 beef producers utilized hay feeding rings to feed 58500 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.

584 beef producers utilized improved marketing methods to market 19272 head of calves to increase returns by $FRM.

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

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

112 farmers developed financial plans for their farms.

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

78 of 87 better understood basic insurance needs.

57 of 59 better understood credit reporting and scoring.

13 of 30 better understood their parents' concerns about money.

47 of 47 checked their credit report.

80 of 94 gained skill in evaluating their housing options.

57 of 59 identified ways to reduce spending.

59 of 59 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)

20 of 26 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies

23 of 26 parents/caregivers learned about issues related to stages of child development.

80 of 94 participants analyzed their readiness for home ownership.

10 of 36 participants are applying health eating principles when making food decisions six months after completing the program.

6 of 36 participants are better self-managers of their chronic condition six months after completing the program.

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

14 of 26 participants are confident they can better manage their diabetes as a result of participating in this program.

0 of 0 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

14 of 26 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

18 of 26 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 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.

24 of 26 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.
14 of 36 participants are using the UT Med Minder card to keep a record of their medications.
20 of 42 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 the difference between pre-tax and after-tax investments.
0 of 0 participants better understood their parent’s concerns about money.
36 of 36 participants can apply health eating principles when making daily food decisions.
28 of 36 participants can better control their chronic condition with self-management techniques.
26 of 26 participants can choose foods that do not cause a sharp rise in blood sugar.
14 of 61 participants communicated with other family members about financial matters.
94 of 94 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 36 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
0 of 0 participants feel confident using the Take PART technique when talking to their health care provider.
15 of 30 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.
100 of 100 participants find the active ingredient on the medication label.
0 of 0 participants followed a spending plan.
90 of 94 participants gained better understanding of the mortgage process.
40 of 59 participants gained skill in determining their net worth.
87 of 87 participants gained skill in making a spending plan.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
0 of 0 participants have less pain from their chronic condition six months after completing the program.
2 of 26 participants have reduced their A1c six months after completing the program.
0 of 0 participants have used the Take PART technique when talking to their health care provider.
83 of 87 participants identified ways to avoid being victimized by predatory practices or fraud.
0 of 0 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
56 of 100 participants keep all of their prescription medications at the same pharmacy.
39 of 59 participants kept a record of spending.
19 of 30 participants learned better how to plan their spending.
17 of 30 participants learned how education will affect the kind of job they can get.
18 of 30 participants learned how having a family can affect their lifestyle.
30 of 30 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
30 of 30 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.
28 of 28 participants learned the difference between wants and needs.
0 of 0 participants made a change in financial behavior.
120 of 120 participants made a spending plan.
0 of 0 participants made changes to their future plans.
29 of 36 participants plan to exercise more often to help manage their chronic condition.
26 of 26 participants plan to regularly check their blood sugar as requested by their doctor.
20 of 26 participants plan to use the Healthy Plate Method.
0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.
0 of 0 participants planned to change their career goals.
10 of 44 participants planned to get more education after high school.
68 of 94 participants purchased a home.
42 of 100 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.
96 of 100 participants seek the advice of a pharmacist if they have any questions about a medication.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
94 of 94 participants successfully completed homebuyer education requirements.
96 of 100 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.
100 of 100 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.
80 of 100 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
14 of 14 participants understand how to reconcile a checking account.
14 of 26 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
0 of 0 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
66 of 73 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.
0 of 0 participants who achieved financial goals.
0 of 0 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
0 of 0 participants worked toward new savings or investment goals.
14 of 14 participants understood the dangers of using too much credit.
26 of 26 respondents plan to decrease exposure of their children to parental conflict.
26 of 26 respondents report understanding the importance of working together for the sakes of their children.
50 of 59 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
26 parents/caregivers learned effective communication techniques to use with their children.
26 parents/caregivers learned strategies for dealing with parenting stress.
48 producers have gained knowledge about certified organic dairy production, other niche marketing opportunities and the Tennessee Agricultural Enhancement program.
48 producers have gained knowledge about the benefits of pasture and grazing for dairy cattle.
48 producers have gained knowledge about the need for production and sound financial records to manage their operations.
48 producers have gained knowledge about the opportunities associated with the use of AI and crossbreeding for dairy cattle.
20 producers have improved herds due to more AI and the use of better bulls and/or more structured crossbreeding in their herds.
4 producers have increased profits due to certified organic dairy production or some form of niche marketing.
36 producers have received cost share from the Tennessee Agricultural Enhancement program including the livestock improvement program.
92 producers planted 2300 acres with clover for an increased production valued at $FRM.
20 producers planted 168 acres with warm-season grasses for an added value of $FRM.
660 producers sprayed 26400 acres for broadleaf weed control for an increased production valued at $FRM.
140 producers stockpiled 2900 acres of tall fescue, reducing feeding cost by $FRM.
48 producers that have increased profits due to better utilization of forages or grazing.
465 youth are better able to understand and follow directions.
36 youth are willing to try new things.
16 youth break goals down into steps so they can check their progress.
655 youth can analyze the results of a scientific investigation.
645 youth can ask a question that can be answered by collecting data.
0 youth can challenge policies through petitions, presentations or other positive ways.
0 youth can communicate a scientific procedure to others.
35 youth can complete projects they are proud of.
0 youth can create a display to communicate scientific data and observations.
1680 youth can deal with their nervousness when giving a speech or talk.
636 youth can design a scientific procedure to answer a question.
1680 youth can explain an idea to others.
187 youth can express ideas with a poster, exhibit or other display.
1680 youth can give an informative speech or presentation.
10 youth can now prepare and deliver a five-minute speech.
1800 youth can now share their ideas through writing.
595 youth can record data accurately.
1680 youth can select a topic for a speech or talk.
1512 youth can show enthusiasm when giving a speech or presentation.
1460 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 models to explain scientific results.
0 youth can use science terms to share scientific results.
298 youth can use specific scientific knowledge to form a question.
300 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.
22 youth feel comfortable asking others to help on a project.
1310 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1680 youth give a 2-3 minute speech or presentation.
15 youth have a goal set for their job or career.
254 youth have learned at least five jobs in which communication skills are important.
16 youth have set a goal for their job or career.
1680 youth know how to organize the parts of a speech or presentation.
35 youth like to work with others to complete projects.
0 youth now get information about a problem.
14 youth now set high goals that require work to achieve them.
18 youth now work to achieve their goals.
10 youth put their goals in writing.
35 youth report helping others in need.
35 youth report telling the difference between right and wrong.
35 youth report that now they try to do the right thing.
28 youth report that they consider others when making decisions.
1532 youth report that they have developed confidence to speak in front of groups.
29 youth report that they know how to make good decisions.
36 youth report that they like to accomplish things on their own.
16 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.
16 youth report that when they disagree with someone, they can stand up for themselves without using violence.
15 youth report they are now "accomplished public speakers."
10 youth report they can give an impromptu speech.
15 youth report they can now express their opinions in speeches or presentations.
50 youth report they now take responsibility for the decisions they make.
12 youth set deadlines to achieve their goals.
16 youth set high goals.
22 youth try to get as much assistance as they can when working toward their goal.
26 youth understand that they cannot always be "the best" in everything.
16 youth who are now making plans to achieve their goals.
10 youth who have put their goal(s) in writing.
16 youth who keep trying if they do not achieve their goal the first time.
455 youth who report that they have learned that some choices are better than others.
456 youth who report they can make a decision.
255 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.
10 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for Williamson County

01/01/2011 to 12/31/2011

Extension Personnel

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<tr>
<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

Volunteer Hours

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Indirect Methods for Volunteers

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### Contacts by Volunteers

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### Units Reporting Program Activity

**Williamson County**

**All 2011 Outcomes (entire year)**

0 4-H clubs were met by volunteers.
0 4-H judging teams were coached by volunteers.
0 4-H project groups were met by volunteers.
0 4-H volunteers utilized volunteer position descriptions.
38 are concerned about problems in their community.
400 beef producers sold 6000 calves managed according to BQA guidelines to increase returns by $FRM.
4 beef producers stored 28000 large, round bales under some type of cover to increase returns by $FRM.
400 beef producers utilized bulls with greater genetic potential to produce 6000 head of calves to increase returns by $FRM.
400 beef producers utilized hay feeding rings to feed 28000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
100 beef producers utilized improved marketing methods to market 6000 head of calves to increase returns by $FRM.
0 new 4-H volunteers were recruited this year.
36 now feel a sense of responsibility toward their school and community.
36 now have a sense of pride about their school and community.
60 producers planted 3000 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.
200 producers sprayed 20000 acres for broadleaf weed control for an increased production valued at $FRM.

100 producers stockpiled 10000 acres of tall fescue, reducing feeding cost by $FRM.

38 report that because of their 4-H experiences, they have encouraged an adult to vote in elections.

36 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.

38 report that because of their 4-H experiences, they will register to vote when they are eligible.

28 report that because of their 4-H service projects, they have learned about causes and issues.

68 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.

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

74 youth are willing to try new things.

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

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

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

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

12 youth can combine and build on the ideas of others when making decisions that affect the team.

16 youth can conduct a meeting.

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

6 youth can effectively encourage team members to achieve long-range goals.

197 youth can explain an idea to others.

76 youth can give an informative speech or presentation.

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

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

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

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

6 youth can use compromise as a way to overcome conflict with other team members.

12 youth can use effective communication as a way to overcome conflict with team members.

6 youth effectively encourage others to stay on task in a team.

6 youth enjoy working with others toward a common goal.

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

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

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

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

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

12 youth now get information about a problem.

24 youth now report that they can justify their decision.

38 youth now report that they can effectively encourage others to stay on task in a team.

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

58 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.

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

6 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.
18 youth report being sensitive to the feelings of others when discussing and solving problems.
66 youth report helping others in need.
78 youth report telling the difference between right and wrong.
72 youth report that now they try to do the right thing.
18 youth report that they are comfortable being responsible for a group.
18 youth report that they are now comfortable being a group leader.
18 youth report that they can now cooperate and work in a group.
18 youth report that they can now give clear directions.
60 youth report that they consider others when making decisions.
70 youth report that they have developed confidence to speak in front of groups.
56 youth report that they know how to make good decisions.
18 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.
66 youth report that they like to accomplish things on their own.
18 youth report that they make sure everyone gets an opportunity to say what they think.
136 youth report that they now continue to work toward their goals, even if they do not at first succeed.
18 youth report that they now like to work with others and help them reach their goals.
18 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.
26 youth report they are now "accomplished public speakers."
22 youth report they can give an impromptu speech.
26 youth report they can now express their opinions in speeches or presentations.
144 youth report they now take responsibility for the decisions they make.
18 youth report using enthusiasm to get a group working.
18 youth seek out others who can help them become a better leader.
6 youth think that everyone on the team is important.
36 youth think they can make a big difference in their community by helping others.
6 youth think they have something to contribute to the worth of the team.
32 youth understand how community leaders are elected to office.
6 youth understand that other ideas may be just as important as their own.
12 youth who report that they have learned that some choices are better than others.
12 youth who report they can make a decision.
12 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

Activity Report for Wilson County

01/01/2011 to 12/31/2011

Extension Personnel
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<td>Direct Mail / Telephone Calls (this will include electronic mail):</td>
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Contacts by Extension Personnel

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Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

Wilson County

All 2011 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 10 bushels by selecting top yielding varieties on 1706 acres of soybeans,
earning an extra $FRM.

3 4-H clubs were met by volunteers.
4 4-H judging teams were coached by volunteers.
7 4-H project groups were met by volunteers.
30 acres of burley achieving yields greater than 2,300 pounds per acre.
1433 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
100 acres of corn scouted by a UT-trained scout to help make crop management decisions.
100 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
66 acres of tobacco produced using recommended fertility practices indicated in soil test results.
0 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
66 acres produced using registered pesticides at appropriate application rates and timings.
66 acres soil tested no more than one year before planting.
30 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).
66 acres were planted with university-tested varieties.
20 acres with field rouged, plowed or destroyed within 30 days after harvest.
5 agritourism entrepreneurs gained knowledge and skills to improve returns from their existing operation.
5 agritourism entrepreneurs gained knowledge and skills to manage risk (legal, liability, regulatory, human resources, business interruption, production, marketing and financial).
200 beef producers sold 8000 calves managed according to BQA guidelines to increase returns by $FRM.
200 beef producers stored 40000 large, round bales under some type of cover to increase returns by $FRM.
200 beef producers utilized bulls with greater genetic potential to produce 8000 head of calves to increase returns by $FRM.
200 beef producers utilized hay feeding rings to feed 40000 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
100 beef producers utilized improved marketing methods to market 5000 head of calves to increase returns by $FRM.
200 consumers learned about plant selection and proper planting to save money and time in the landscape.
250 consumers learned how to apply landscape fertilizers and pesticides safely.
2000 consumers learned how to conserve and protect water quality in the landscape.
500 consumers learned how to properly take a soil test and interpret the results.
5 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
9 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.
9 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
4 dial-gauge lids were tested.
35 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.
40 home lawn insect, disease and weed samples submitted for identification and control
recommendations.
200 home lawn soil samples submitted for testing.
150 homeowners dethatching, aerigying or applying a pesticide to the home lawn as recommended by county Extension professional.
30 homeowners established new turfgrass species and varieties.
300 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
150 Master Gardeners gained knowledge and confidence in entomology.
150 Master Gardeners gained knowledge and confidence in integrated pest management.
50 Master Gardeners gained knowledge and confidence in ornamentals.
90 Master Gardeners gained knowledge and confidence in plant diseases.
50 Master Gardeners gained knowledge and confidence in soils.
50 Master Gardeners gained knowledge and confidence in turfgrass.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 50 people in turf selection or management.
40 Master Gardeners have used the knowledge and skills they learned in this program to assist 100 people to control pests through integrated pest management.
40 Master Gardeners have used the knowledge and skills they learned in this program to assist 100 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 100 people to identify symptoms of plant disease.
40 Master Gardeners have used the knowledge and skills they learned in this program to assist 60 people to improve soil through soil test results.
96 of 96 adults wash hands more often.
0 of 0 better understood their parents' concerns about money.
50 of 84 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
5 of 5 gained skill in evaluating their housing options.
100 of 100 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)
114 of 114 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
114 of 114 parents/caregivers learned about issues related to stages of child development.
112 of 114 parents/caregivers report an increase in use of appropriate child guidance techniques.
112 of 114 parents/caregivers report an increase in use of positive communication techniques with their children.
112 of 114 parents/caregivers report feeling better about their abilities as parents.
112 of 114 parents/caregivers report feeling less stressed as parents.
106 of 114 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
112 of 114 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
112 of 114 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
100 of 114 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.
100 of 100 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.
5 of 5 participants analyzed their readiness for home ownership.
7 of 8 participants are applying health eating principles when making food decisions six months after completing the program.
7 of 8 participants are better self-managers of their chronic condition six months after completing the program.
7 of 8 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
8 of 8 participants are physically active six months after completing the program.
8 of 8 participants are using the UT Med Minder card to keep a record of their medications.
32 of 32 participants ate more whole grains.
0 of 0 participants better understood their parent's concerns about money.
18 of 22 participants can apply health eating principles when making daily food decisions.
18 of 22 participants can better control their chronic condition with self-management techniques.
5 of 5 participants determined how much they could pay for a home.
29 of 32 participants eat more fat-free or low-fat dairy products.
18 of 22 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
18 of 22 participants feel confident using the Take PART technique when talking to their health care provider.
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.
5 of 5 participants gained better understanding of the mortgage process.
8 of 8 participants have fewer visits to the emergency room six months after completing the program.
8 of 8 participants have less pain from their chronic condition six months after completing the program.
8 of 8 participants have used the Take PART technique when talking to their health care provider.
96 of 96 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 changes to their future plans.
96 of 96 participants now eat more fruit.
96 of 96 participants now eat more vegetables.
18 of 22 participants plan to exercise more often to help manage their chronic condition.
16 of 22 participants plan to use the UT Med Minder card to keep a record of their medications.
0 of 0 participants planned to change their career goals.
0 of 0 participants planned to get more education after high school.
4 of 5 participants purchased a home.
27 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)
90 of 100 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)

21 of 32 participants separate raw, cooked and ready-to-eat foods while storing and preparing.

5 of 5 participants successfully completed homebuyer education requirements.

56 of 56 participants surveyed canned pickles following a tested recipe. (TNCEP)
56 of 56 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
56 of 56 participants surveyed canned vegetables following a tested recipe. (TNCEP)

24 of 24 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.

24 of 24 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.

56 of 56 participants surveyed processed pickles in a water-bath canner. (TNCEP)
56 of 56 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
56 of 56 participants surveyed processed vegetables in a pressure canner. (TNCEP)

20 of 32 participants surveyed used a thermometer to check the internal temperature of food.
32 of 32 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

100 of 100 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)

19 of 22 participants understand the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.

77 of 96 participants who now select foods and beverages that promote healthy weight.
18 of 22 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.

194 of 260 providers had increased knowledge of the workshop(s) topics.
240 of 260 providers report their children are provided with varied opportunities and materials that support fine and large motor development using recommended practices.

260 of 260 providers report their children are read to on a daily basis and asking open-ended questions of the children when possible using recommended practices.

238 of 260 providers report they express warmth through behaviors such as physical affection, eye contact, tone of voice, and smiles toward the children using recommended practices.

238 of 260 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.

220 of 260 providers report they work in partnership with families, establishing and maintaining regular, ongoing, two-way communication using recommended practices.

240 of 260 providers report they work to prevent challenging or disruptive behaviors using recommended guidance practices.

110 of 114 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.

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.

147 of 198 youth now wash hands more often.

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

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

56 participants process high-acid foods in a water bath canner.
151,000 pounds of burley marketed in large bale packages.
151,000 pounds of burley stripped properly according to buyer specifications.
151,000 pounds of total tobacco produced.
200 producers planted 10,000 acres with clover for an increased production valued at $FRM.
70 producers planted 2,250 acres with warm-season grasses for an added value of $FRM.
200 producers sprayed 20,000 acres for broadleaf weed control for an increased production valued at $FRM.
30 producers stockpiled 1,500 acres of tall fescue, reducing feeding cost by $FRM.
10 professionals increased their knowledge of components of business plans.
10 professionals increased their knowledge of green industry services and marketing practices.
10 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
10 professionals increased their knowledge of plant pests and pest control measures.
7 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
7 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.
7 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 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.
3 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
7 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
7 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
7 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
7 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.
394 youth are better able to understand and follow directions.
54 youth are now better listeners.
232 youth break goals down into steps so they can check their progress.
22 youth can complete projects they are proud of.
378 youth can express ideas with a poster, exhibit or other display.
71 youth can give an informative speech or presentation.
764 youth can now share their ideas through writing.
69 youth can show enthusiasm when giving a speech or presentation.
81 youth can use technology to help themselves express ideas.
22 youth feel comfortable asking others to help on a project.
72 youth give a 2-3 minute speech or presentation.
184 youth have a goal set for their job or career.
60 youth have explored careers in communications.
394 youth have learned at least five jobs in which communication skills are important.
72 youth know how to organize the parts of a speech or presentation.
22 youth like to work with others to complete projects.
28 youth now get information about a problem.
28 youth now report that they can justify their decision.
28 youth now report that they have confidence making their own decisions.
28 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 think about past choices when making new decisions.
28 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.
22 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.
28 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.
294 youth now work to achieve their goals.
202 youth put their goals in writing.
68 youth report that they have developed confidence to speak in front of groups.
21 youth report that when they disagree with someone, they can stand up for themselves without using violence.
80 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.
214 youth set deadlines to achieve their goals.
270 youth set high goals.
488 youth try to get as much assistance as they can when working toward their goal.
24 youth understand that they cannot always be “the best” in everything.
238 youth who keep trying if they do not achieve their goal the first time.
28 youth who report that they have learned that some choices are better than others.
28 youth who report they can make a decision.
28 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.
186 youth who work out the details when others set goals for them.

Units Reporting Program Outcomes (entire year)
None

Activity Report for York 4-H Center

01/01/2011 to 12/31/2011

Extension Personnel

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<th>Extension Personnel Hours</th>
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### Indirect Methods for Extension Personnel

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### Contacts by Extension Personnel

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### Volunteers

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Indirect Methods for Volunteers

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Contacts by Volunteers

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Units Reporting Program Activity

York 4-H Center

All 2011 Outcomes (entire year)

Units Reporting Program Outcomes (entire year)

None