# 2012 Unit Activity Report

## 4-H Youth Development

### Hours for Extension Personnel

| Hours Spend | 13445.5 |

### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>49</td>
<td>415</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1877</td>
<td>13523</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1965</td>
<td>25131</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>55</td>
<td>963</td>
</tr>
<tr>
<td>Total</td>
<td>3946</td>
<td>40032</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>10</td>
<td>70000</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>22</td>
<td>153000</td>
</tr>
<tr>
<td>Other</td>
<td>140</td>
<td>138859</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>39</td>
<td>6100</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>
Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>10911</td>
<td>777</td>
<td>562</td>
<td>223</td>
<td>234</td>
<td>12707</td>
</tr>
<tr>
<td>Female Youth</td>
<td>8088</td>
<td>628</td>
<td>87</td>
<td>63</td>
<td>20</td>
<td>8886</td>
</tr>
<tr>
<td>Male Adult</td>
<td>10199</td>
<td>499</td>
<td>460</td>
<td>247</td>
<td>314</td>
<td>11719</td>
</tr>
<tr>
<td>Male Youth</td>
<td>6284</td>
<td>365</td>
<td>40</td>
<td>22</td>
<td>9</td>
<td>6720</td>
</tr>
<tr>
<td>Total</td>
<td>35482</td>
<td>2269</td>
<td>1149</td>
<td>555</td>
<td>577</td>
<td>40032</td>
</tr>
</tbody>
</table>

Hours for Volunteers

| Hours Spend | 5031 |

Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>63</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>74</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
<td>568</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>3</td>
<td>0</td>
</tr>
</tbody>
</table>
Radio Program(s) | 8 | 0
---|---|---
TV Program(s) | 10 | 0
Total | 160 | 568

Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>93</td>
<td>28</td>
<td>20</td>
<td>10</td>
<td>8</td>
<td>159</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1227</td>
<td>104</td>
<td>11</td>
<td>10</td>
<td>6</td>
<td>1358</td>
</tr>
<tr>
<td>Male Adult</td>
<td>126</td>
<td>15</td>
<td>6</td>
<td>4</td>
<td>2</td>
<td>153</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1126</td>
<td>51</td>
<td>6</td>
<td>2</td>
<td>7</td>
<td>1192</td>
</tr>
<tr>
<td>Total</td>
<td>2572</td>
<td>198</td>
<td>43</td>
<td>26</td>
<td>23</td>
<td>2862</td>
</tr>
</tbody>
</table>

Outcomes

None Reported

Agricultural Economics

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>857.3</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1</td>
<td>12</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls</td>
<td>6</td>
<td>3006</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>53</td>
<td>1872</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>6</td>
<td>20</td>
</tr>
<tr>
<td>Total</td>
<td>66</td>
<td>4910</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>7</td>
<td>1550</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>6</td>
<td>148964</td>
</tr>
<tr>
<td>Other</td>
<td>14</td>
<td>19045</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>50</td>
<td>688300</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>77</td>
<td>857859</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>313</td>
<td>7</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>320</td>
</tr>
<tr>
<td>Gender</td>
<td>Youth</td>
<td>Adult</td>
<td>2000</td>
<td>000</td>
<td>000</td>
<td>0000</td>
</tr>
<tr>
<td>---------</td>
<td>-------</td>
<td>-------</td>
<td>------</td>
<td>-----</td>
<td>-----</td>
<td>-------</td>
</tr>
<tr>
<td>Female</td>
<td>11</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>13</td>
</tr>
<tr>
<td>Male</td>
<td>4527</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4552</td>
</tr>
<tr>
<td>Youth</td>
<td>22</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>25</td>
</tr>
<tr>
<td>Total</td>
<td>4873</td>
<td>37</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4910</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Outcomes**

None Reported
### Hours Spent

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
</table>
| Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>46</td>
<td>113</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1674</td>
<td>1815</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>533</td>
<td>21339</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>Total</td>
<td>2265</td>
<td>23280</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
</table>
| Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>257</td>
<td>2745</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>44</td>
<td>1800</td>
</tr>
<tr>
<td>Other</td>
<td>26</td>
<td>8067</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>43</td>
<td>4823</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>372</td>
<td>17435</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees
<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4689</td>
<td>157</td>
<td>47</td>
<td>10</td>
<td>0</td>
<td>4903</td>
</tr>
<tr>
<td>Female Youth</td>
<td>8626</td>
<td>270</td>
<td>97</td>
<td>32</td>
<td>29</td>
<td>9054</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1439</td>
<td>117</td>
<td>24</td>
<td>0</td>
<td>0</td>
<td>1580</td>
</tr>
<tr>
<td>Male Youth</td>
<td>7302</td>
<td>274</td>
<td>104</td>
<td>35</td>
<td>28</td>
<td>7743</td>
</tr>
<tr>
<td>Total</td>
<td>22056</td>
<td>818</td>
<td>272</td>
<td>77</td>
<td>57</td>
<td>23280</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

28

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>
Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>126</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>128</td>
</tr>
<tr>
<td>Female Youth</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>12</td>
</tr>
<tr>
<td>Male Adult</td>
<td>90</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>93</td>
</tr>
<tr>
<td>Total</td>
<td>228</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>233</td>
</tr>
</tbody>
</table>

Outcomes

8 classrooms adopted this program.
18 dial-gauge lids were tested.
20406 miles were walked in the Walk Across Tennessee Program.
80 of 80 adults wash hands more often.
0 of 0 participants are confident they can better manage their diabetes as a result of participating in this program.
190 of 240 participants ate more whole grains.
10 of 14 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.
240 of 366 participants decreased consumption of high-sugar foods.
60 of 160 participants eat at least six meals together as a family each week.
120 of 206 participants eat fewer high-fat foods.
60 of 80 participants eat more fat-free or low-fat dairy products.
100 of 160 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
50 of 80 participants increased physical activity.
56 of 56 participants increased their exercise routine during Walk Across Tennessee Program.
38 of 160 participants lost weight: 190 total pounds lost.
60 of 80 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.
80 of 80 participants refrigerate perishable foods within two hours.
80 of 80 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
40 of 40 participants surveyed canned pickles following a tested recipe. (TNCEP)
40 of 40 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
40 of 40 participants surveyed canned vegetables following a tested recipe. (TNCEP)
40 of 40 participants surveyed processed pickles in a water-bath canner. (TNCEP)
40 of 40 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
40 of 40 participants surveyed processed vegetables in a pressure canner. (TNCEP)
50 of 80 participants surveyed used a thermometer to check the internal temperature of food.
70 of 80 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.
140 of 160 participants use labels to make healthier choices.
170 of 206 participants who increased their intake of dairy foods.
50 of 80 participants who now select foods and beverages that promote healthy weight.
50 of 56 participants will continue to exercise after the Walk Across Tennessee Program.
160 of 206 students increased amount of time in physical activity.
170 of 206 students who increased their intake of whole grains.
150 of 200 youth now wash hands more often.
40 participants process high-acid foods in a water bath canner.
56 participants walked in the Walk Across Tennessee Program.
4 schools adopted this program.
14 teams participated in the Walk Across Tennessee Program.

Animal Science

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>11003.95</td>
</tr>
</tbody>
</table>
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>445</td>
<td>391</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include</td>
<td>6940</td>
<td>34149</td>
</tr>
<tr>
<td>electronic mail)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>12643</td>
<td>41861</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>1225</td>
<td>7533</td>
</tr>
<tr>
<td>Total</td>
<td>21253</td>
<td>83934</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1609</td>
<td>2060</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>17</td>
<td>187048</td>
</tr>
<tr>
<td>Other</td>
<td>95</td>
<td>14075</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>74</td>
<td>352629</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>4</td>
<td>10500</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>6</td>
<td>135700</td>
</tr>
<tr>
<td>Total</td>
<td>1805</td>
<td>702012</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>White/Not of Hispanic</th>
<th>Black/Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Origin</td>
<td>Origin</td>
<td>Native</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>16881</td>
<td>429</td>
<td>188</td>
<td>21</td>
<td>0</td>
</tr>
<tr>
<td>Female Youth</td>
<td>23807</td>
<td>175</td>
<td>74</td>
<td>23</td>
<td>5</td>
</tr>
<tr>
<td>Male Adult</td>
<td>29865</td>
<td>691</td>
<td>299</td>
<td>16</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
<td>11235</td>
<td>159</td>
<td>62</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>81788</td>
<td>1454</td>
<td>623</td>
<td>64</td>
<td>5</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

958

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>3</td>
<td>860</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>5</td>
<td>1320</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>8</td>
<td>2180</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th>White/ Black/ Hispanic</th>
<th>Asian/ American</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not of Hispanic Origin</td>
<td>Not of Hispanic Origin</td>
</tr>
<tr>
<td>----------------</td>
<td>------------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Female Adult</td>
<td>986</td>
<td>0</td>
</tr>
<tr>
<td>Female Youth</td>
<td>680</td>
<td>5</td>
</tr>
<tr>
<td>Male Adult</td>
<td>778</td>
<td>1</td>
</tr>
<tr>
<td>Male Youth</td>
<td>480</td>
<td>2</td>
</tr>
<tr>
<td>Total</td>
<td>2924</td>
<td>8</td>
</tr>
</tbody>
</table>

**Outcomes**

None Reported

**Austin 4-H Center**

**Hours for Extension Personnel**

| Hours Spend | 1965 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>89</td>
<td>11596</td>
</tr>
<tr>
<td>Total</td>
<td>89</td>
<td>11596</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>2518</td>
<td>67</td>
<td>39</td>
<td>28</td>
<td>0</td>
<td>2652</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3509</td>
<td>130</td>
<td>85</td>
<td>28</td>
<td>0</td>
<td>3752</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1575</td>
<td>43</td>
<td>19</td>
<td>15</td>
<td>0</td>
<td>1652</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3240</td>
<td>160</td>
<td>111</td>
<td>29</td>
<td>0</td>
<td>3540</td>
</tr>
<tr>
<td>Total</td>
<td>10842</td>
<td>400</td>
<td>254</td>
<td>100</td>
<td>0</td>
<td>11596</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**
### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Outcomes

None Reported

### Bedford County

**Hours for Extension Personnel**

| Hours Spend | 5417 |

### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>380</td>
<td>841</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1280</td>
<td>1656</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>714</td>
<td>23693</td>
</tr>
</tbody>
</table>
### On-Site Visits (Farm, Home, and Workplace)

<table>
<thead>
<tr>
<th>Method</th>
<th>Number</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Site Visits</td>
<td>139</td>
<td>1007</td>
</tr>
<tr>
<td>Total</td>
<td>2513</td>
<td>27197</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>146</td>
<td>1144000</td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
<td>5700</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>159</td>
<td>1149800</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Gender</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>Adult</td>
<td>5666</td>
<td>410</td>
<td>171</td>
<td>31</td>
<td>6278</td>
</tr>
<tr>
<td>Female</td>
<td>Youth</td>
<td>5314</td>
<td>612</td>
<td>693</td>
<td>77</td>
<td>6714</td>
</tr>
<tr>
<td>Male</td>
<td>Adult</td>
<td>6656</td>
<td>592</td>
<td>203</td>
<td>7</td>
<td>7458</td>
</tr>
<tr>
<td>Male</td>
<td>Youth</td>
<td>5245</td>
<td>647</td>
<td>735</td>
<td>97</td>
<td>6747</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>22881</td>
<td>2261</td>
<td>1802</td>
<td>212</td>
<td>27197</td>
</tr>
</tbody>
</table>
Hours for Volunteers

**Hours Spend**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

Indirect Methods for Volunteers

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

Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female Adult</strong></td>
<td>2259</td>
<td>204</td>
<td>52</td>
<td>5</td>
<td>0</td>
<td>2520</td>
</tr>
<tr>
<td><strong>Female Youth</strong></td>
<td>1046</td>
<td>114</td>
<td>82</td>
<td>15</td>
<td>5</td>
<td>1262</td>
</tr>
<tr>
<td><strong>Male Adult</strong></td>
<td>917</td>
<td>163</td>
<td>73</td>
<td>2</td>
<td>0</td>
<td>1155</td>
</tr>
<tr>
<td><strong>Male</strong></td>
<td>994</td>
<td>143</td>
<td>116</td>
<td>17</td>
<td>2</td>
<td>1272</td>
</tr>
</tbody>
</table>
Youth Total 5216 624 323 39 7 6209

Outcomes

0 4-H volunteers utilized volunteer position descriptions.
910 beef producers sold 26100 calves managed according to BQA guidelines to increase returns by $208800.
615 beef producers stored 72000 large, round bales under some type of cover to increase returns by $432000.
1000 beef producers utilized bulls with greater genetic potential to produce 30000 head of calves to increase returns by $810000.
1300 beef producers utilized hay feeding rings to feed 130000 bales and improved feeding methods to reduce wastage/spoilage, saving $650000.
300 beef producers utilized improved marketing methods to market 24000 head of calves to increase returns by $120000.
100 classrooms adopted this program.
12 dial-gauge lids were tested.
3 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
3 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
3 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
0 new 4-H volunteers were recruited this year.
0 of 0 adults wash hands more often.
282 of 282 participants ate more whole grains.
40 of 40 participants can apply health eating principles when making daily food decisions.
34 of 40 participants can better control their chronic condition with self-management techniques.
0 of 0 participants chose fast foods or take-out foods less often.
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.
188 of 214 participants engaged in physical activity for at least 30 minutes five or more days
40 of 40 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
40 of 40 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants increased physical activity.
0 of 0 participants learned culinary skills.
92 of 254 participants lost weight: 1120 total pounds lost.
259 of 300 participants now eat more vegetables.
40 of 40 participants plan to exercise more often to help manage their chronic condition.
40 of 40 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 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.
40 of 40 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 use healthy food preparation techniques.
0 of 0 participants use labels to make healthier choices.
166 of 214 participants who now select foods and beverages that promote healthy weight.
40 of 40 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
0 of 0 youth now wash hands more often.
0 participants process high-acid foods in a water bath canner.
50 producers planted 1790 acres with clover for an increased production valued at $53700.
15 producers planted 146 acres with warm-season grasses for an added value of $2920.
175 producers sprayed 20500 acres for broadleaf weed control for an increased production valued at $820000.
350 producers stockpiled 14000 acres of tall fescue, reducing feeding cost by $560000.
20 schools adopted this program.
0 volunteer leaders increased their knowledge of positive youth development.
172 youth are better able to understand and follow directions.
204 youth break goals down into steps so they can check their progress.
166 youth can deal with their nervousness when giving a speech or talk.
182 youth can explain an idea to others.
168 youth can express ideas with a poster, exhibit or other display.
148 youth can give an informative speech or presentation.
292 youth can now share their ideas through writing.
186 youth can select a topic for a speech or talk.
136 youth can show enthusiasm when giving a speech or presentation.
144 youth can speak loudly enough to be heard when giving a speech or talk.
42 youth can use technology to help themselves express ideas.
138 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
182 youth give a 2-3 minute speech or presentation.
242 youth have a goal set for their job or career.
0 youth have learned at least five jobs in which communication skills are important.
174 youth know how to organize the parts of a speech or presentation.
252 youth now get information about a problem.
232 youth now work to achieve their goals.
190 youth put their goals in writing.
146 youth report that they have developed confidence to speak in front of groups.
180 youth set deadlines to achieve their goals.
184 youth set high goals.
392 youth try to get as much assistance as they can when working toward their goal.
222 youth who keep trying if they do not achieve their goal the first time.
238 youth who report that they have learned that some choices are better than others.
268 youth who report they can make a decision.
202 youth who report they now listen to people with more experience than themselves.
258 youth who report they now try to identify what causes a problem.
146 youth who work out the details when others set goals for them.

Benton County

**Hours for Extension Personnel**
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1513</td>
<td>1476</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>5302</td>
<td>5802</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>454</td>
<td>6171</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>182</td>
<td>1425</td>
</tr>
<tr>
<td>Total</td>
<td>7451</td>
<td>14874</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>38</td>
<td>4361</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>44</td>
<td>249600</td>
</tr>
<tr>
<td>Other</td>
<td>42</td>
<td>5386</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>93</td>
<td>6175</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>47</td>
<td>340000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>2</td>
<td>150</td>
</tr>
<tr>
<td>Total</td>
<td>266</td>
<td>605672</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Method</th>
<th>White/</th>
<th>Black/</th>
<th>Hispanic</th>
<th>Asian/</th>
<th>American</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Hour for Volunteers

Hours Spend

2480

Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>12</td>
<td>3300</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>10</td>
<td>66100</td>
</tr>
<tr>
<td>Other</td>
<td>32</td>
<td>2422</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>22</td>
<td>252</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>7</td>
<td>20000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>83</td>
<td>92074</td>
</tr>
</tbody>
</table>

Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>518</td>
<td>15</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>542</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1988</td>
<td>85</td>
<td>60</td>
<td>49</td>
<td>23</td>
<td>2205</td>
</tr>
<tr>
<td>Male Adult</td>
<td>611</td>
<td>9</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>629</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2035</td>
<td>55</td>
<td>51</td>
<td>13</td>
<td>14</td>
<td>2168</td>
</tr>
<tr>
<td>Total</td>
<td>5152</td>
<td>164</td>
<td>129</td>
<td>62</td>
<td>37</td>
<td>5544</td>
</tr>
</tbody>
</table>

**Outcomes**

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.
0 4-H volunteers utilized volunteer position descriptions.
88 are concerned about problems in their community.
50 beef producers sold 1050 calves managed according to BQA guidelines to increase returns by $8400.
70 beef producers stored 9000 large, round bales under some type of cover to increase returns by $54000.
14 beef producers utilized bulls with greater genetic potential to produce 530 head of calves to increase returns by $14310.
64 beef producers utilized hay feeding rings to feed 7600 bales and improved feeding methods to reduce wastage/spoilage, saving $38000.
12 beef producers utilized improved marketing methods to market 480 head of calves to increase returns by $2400.
2 dial-gauge lids were tested.
13828 miles were walked in the Walk Across Tennessee Program.
38 new 4-H volunteers were recruited this year.
94 now feel a sense of responsibility toward their school and community.
78 now have a sense of pride about their school and community.
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 about the consequences of risky behaviors which could result in damaging their health.
7 of 7 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making.
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.
44 of 88 better understood their parents' concerns about money.
20 of 88 made a change in career or educational goals.
6 of 15 participants ate more whole grains.
0 of 0 participants began or increased savings an average of $0 per month.
44 of 88 participants better understood their parent's concerns about money.
0 of 0 participants can apply health eating principles when making daily food decisions.
15 of 15 participants can apply joint protection techniques.
0 of 0 participants can better control their chronic condition with self-management techniques.
3 of 36 participants can better control their chronic disease as a result of participating in the program.
9 of 15 participants can use relaxation techniques to better manage their arthritis symptoms.
8 of 15 participants chose fast foods or take-out foods less often.
32 of 88 participants communicated with other family members about financial matters.
4 of 15 participants decreased consumption of high-sugar foods.
1 of 21 participants decreased their blood pressure six months after completing the program.
2 of 21 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.
12 of 12 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.
11 of 15 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.
1 of 21 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
72 of 88 participants felt more strongly that they needed to get a good education.
60 of 88 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants followed a spending plan.
15 of 15 participants have improved their arthritis symptoms as a result of participating in this program.
0 of 0 participants increased physical activity.
29 of 36 participants increased their exercise routine during Walk Across Tennessee Program.
60 of 88 participants increased their financial management skills.
76 of 88 participants learned better how to plan their spending.
15 of 15 participants learned culinary skills.
76 of 88 participants learned how education will affect the kind of job they can get.
64 of 88 participants learned how having a family can affect their lifestyle.
76 of 88 participants learned how much money it takes to get by.
72 of 88 participants learned how occupation and income will affect their lifestyle.
32 of 88 participants learned how payroll deductions are taken from gross pay.
64 of 88 participants learned how to keep a checkbook register.
60 of 88 participants learned how to write a check.
28 of 57 participants lost weight: 226 total pounds lost.
1 of 21 participants lowered their blood sugar levels six months after completing the program.
72 of 88 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
24 of 88 participants made changes to their future plans.
30 of 36 participants maintained their walking/exercise routine six months after completing the program.
0 of 0 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 UT Med Minder card to keep a record of their medications.
20 of 88 participants planned to change their career goals.
52 of 88 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.
8 of 8 participants surveyed canned pickles following a tested recipe. (TNCEP)
8 of 8 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
8 of 8 participants surveyed canned vegetables following a tested recipe. (TNCEP)
8 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)
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 the different types of self-management techniques they can use to self-manage their chronic condition symptoms on a day-to-day basis.
11 of 15 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
8 of 15 participants use healthy food preparation techniques.
2 of 15 participants use labels to make healthier choices.
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.
30 of 36 participants will continue to exercise after the Walk Across Tennessee Program.
0 of 0 participants worked toward new savings or investment goals.
150 of 150 youth now wash hands more often.
8 participants process high-acid foods in a water bath canner.
88 participants walked in the Walk Across Tennessee Program.
24 producers planted 2742 acres with clover for an increased production valued at $82260.
12 producers planted 240 acres with warm-season grasses for an added value of $4800.
52 producers sprayed 1300 acres for broadleaf weed control for an increased production valued at $52000.
38 producers stockpiled 520 acres of tall fescue, reducing feeding cost by $20800.
12 teams participated in the Walk Across Tennessee Program.
38 volunteer leaders increased their knowledge of positive youth development.
74 would assist with or participate in elections, voting and campaigns.
106 youth are better able to understand and follow directions.
70 youth are now better listeners.
108 youth believe that people working together can help others less fortunate.
60 youth can analyze the results of a scientific investigation.
62 youth can ask a question that can be answered by collecting data.
8 youth can conduct a meeting.
136 youth can deal with their nervousness when giving a speech or talk.
38 youth can design a scientific procedure to answer a question.
150 youth can explain an idea to others.
70 youth can express ideas with a poster, exhibit or other display.
142 youth can give an informative speech or presentation.
144 youth can now share their ideas through writing.
68 youth can record data accurately.
172 youth can select a topic for a speech or talk.
136 youth can show enthusiasm when giving a speech or presentation.
180 youth can speak loudly enough to be heard when giving a speech or talk.
50 youth can use specific scientific knowledge to form a question.
58 youth can use technology to help themselves express ideas.
124 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
144 youth give a 2-3 minute speech or presentation.
18 youth have explored careers in communications.
58 youth have learned at least five jobs in which communication skills are important.
144 youth know how to organize the parts of a speech or presentation.
7 youth now know the negative impact bullying can have on victims and on themselves.
76 youth now report they are concerned about the well-being of others.
16 youth report that they are now comfortable being a group leader.
56 youth report that they can now cooperate and work in a group.
14 youth report that they can now give clear directions.
136 youth report that they have developed confidence to speak in front of groups.
56 youth report that they know how to set goals and they use that ability when leading a group.
78 youth report that they learned about important leaders who contributed to our nation.
56 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.
56 youth report that they take their jobs seriously as members of a committee.
24 youth report that when in charge of a group, they treat everyone fairly and equally.
54 youth report they can now keep records.
56 youth report they have improved photography skills.
38 youth report they have learned skills in visual communications.
32 youth report using enthusiasm to get a group working.
108 youth think they can make a big difference in their community by helping others.
74 youth understand how community leaders are elected to office.
7 youth understand the importance of showing positive emotions toward parents, adults and peers.

Biosystem Engineering and Soil Science

Hours for Extension Personnel

| Hours Spend | 9886 |

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>15</td>
<td>13</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>546</td>
<td>1188</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>2236</td>
<td>15337</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>215</td>
<td>651</td>
</tr>
<tr>
<td>Total</td>
<td>3012</td>
<td>17189</td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>500</td>
</tr>
</tbody>
</table>
### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1938</td>
<td>205</td>
<td>29</td>
<td>24</td>
<td>2</td>
<td>2198</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1823</td>
<td>51</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>1877</td>
</tr>
<tr>
<td>Male Adult</td>
<td>11306</td>
<td>369</td>
<td>25</td>
<td>31</td>
<td>0</td>
<td>11731</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1335</td>
<td>48</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1383</td>
</tr>
<tr>
<td>Total</td>
<td>16402</td>
<td>673</td>
<td>57</td>
<td>55</td>
<td>2</td>
<td>17189</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

<table>
<thead>
<tr>
<th>Hours Spend</th>
<th>Indirect Methods for Volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Method</td>
<td>Number Methods</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Total</td>
<td></td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

None Reported

**Bledsoe County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
<th>4094</th>
</tr>
</thead>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>724</td>
<td>846</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>8116</td>
<td>9195</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>583</td>
<td>10129</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>246</td>
<td>487</td>
</tr>
<tr>
<td>Total</td>
<td>9669</td>
<td>20657</td>
</tr>
</tbody>
</table>
Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>7</td>
<td>2175</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>104</td>
<td>823500</td>
</tr>
<tr>
<td>Other</td>
<td>57</td>
<td>4663</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>23</td>
<td>1871</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>21</td>
<td>140000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>23</td>
<td>99500</td>
</tr>
<tr>
<td>Total</td>
<td>235</td>
<td>1071709</td>
</tr>
</tbody>
</table>

Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>5494</td>
<td>121</td>
<td>107</td>
<td>13</td>
<td>19</td>
<td>5754</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3468</td>
<td>33</td>
<td>50</td>
<td>0</td>
<td>0</td>
<td>3551</td>
</tr>
<tr>
<td>Male Adult</td>
<td>7775</td>
<td>19</td>
<td>28</td>
<td>1</td>
<td>0</td>
<td>7823</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3402</td>
<td>24</td>
<td>103</td>
<td>0</td>
<td>0</td>
<td>3529</td>
</tr>
<tr>
<td>Total</td>
<td>20139</td>
<td>197</td>
<td>288</td>
<td>14</td>
<td>19</td>
<td>20657</td>
</tr>
</tbody>
</table>

Hours for Volunteers
## Hours Spend

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>1500</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>5</td>
<td>17500</td>
</tr>
<tr>
<td>Other</td>
<td>40</td>
<td>100</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>4</td>
<td>475</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>50</td>
<td>19575</td>
</tr>
</tbody>
</table>

## Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>627</td>
<td>42</td>
<td>11</td>
<td>5</td>
<td>8</td>
<td>693</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3029</td>
<td>26</td>
<td>34</td>
<td>0</td>
<td>0</td>
<td>3089</td>
</tr>
<tr>
<td>Male Adult</td>
<td>124</td>
<td>2</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>129</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2877</td>
<td>13</td>
<td>99</td>
<td>0</td>
<td>0</td>
<td>2989</td>
</tr>
<tr>
<td>Total</td>
<td>6657</td>
<td>83</td>
<td>147</td>
<td>5</td>
<td>8</td>
<td>6900</td>
</tr>
</tbody>
</table>

## Outcomes
56 beef producers sold 1062 calves managed according to BQA guidelines to increase returns by $8496.
63 beef producers stored 18800 large, round bales under some type of cover to increase returns by $112800.
51 beef producers utilized bulls with greater genetic potential to produce 1315 head of calves to increase returns by $35505.
60 beef producers utilized hay feeding rings to feed 14750 bales and improved feeding methods to reduce wastage/spoilage, saving $73750.
53 beef producers utilized improved marketing methods to market 797 head of calves to increase returns by $3985.
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.
9 dial-gauge lids were tested.
5 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
8 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
6 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
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.
5 Master Gardeners have used the knowledge and skills they learned in this program to assist 42 people in turf selection or management.
17 Master Gardeners have used the knowledge and skills they learned in this program to assist 85 people to control pests through integrated pest management.
15 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.
21 Master Gardeners have used the knowledge and skills they learned in this program to assist 99 people to identify symptoms of plant disease.
17 Master Gardeners have used the knowledge and skills they learned in this program to assist 148 people to improve soil through soil test results.
12 of 18 adults wash hands more often.
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)
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.
14 of 21 participants are applying health eating principles when making food decisions six months after completing the program.
17 of 21 participants are better self-managers of their chronic condition six months after completing the program.
15 of 21 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
15 of 21 participants are physically active six months after completing the program.
8 of 21 participants are using the UT Med Minder card to keep a record of their medications.
173 of 230 participants ate more whole grains.
17 of 34 participants can apply health eating principles when making daily food decisions.
4 of 5 participants can apply joint protection techniques.
14 of 34 participants can better control their chronic condition with self-management techniques.
4 of 5 participants can use relaxation techniques to better manage their arthritis symptoms.
166 of 230 participants eat more fat-free or low-fat dairy products.
15 of 34 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 they can better manage their arthritis by continuing to do the program exercises after this program ends.

16 of 34 participants feel confident using the Take PART technique when talking to their health care provider.

18 of 21 participants have fewer visits to the emergency room six months after completing the program.

4 of 5 participants have improved their arthritis symptoms as a result of participating in this program.

4 of 5 participants have less arthritis symptoms from their arthritis six months after completing the program.

15 of 21 participants have less pain from their chronic condition six months after completing the program.

11 of 21 participants have used the Take PART technique when talking to their health care provider.

4 of 5 participants improved their balance six months after completing the program.

5 of 5 participants improved their flexibility six months after completing the program.

5 of 5 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

4 of 5 participants improved their range of motion in their joints six months after completing the program.

196 of 230 participants increased physical activity.

145 of 230 participants now eat more vegetables.

18 of 34 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.

8 of 34 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.

9 of 7 participants surveyed canned pickles following a tested recipe. (TNCEP)

9 of 10 participants surveyed canned tomatoes following a tested recipe. (TNCEP)

9 of 10 participants surveyed canned vegetables following a tested recipe. (TNCEP)

10 of 10 participants surveyed processed pickles in a water-bath canner. (TNCEP)

10 of 10 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)

10 of 10 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.
2 of 5 participants take fewer medications for arthritis symptoms six months after completing the program.
14 of 34 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 5 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
130 of 230 participants who now select foods and beverages that promote healthy weight.
13 of 34 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
58 of 59 respondents plan to decrease exposure of their children to parental conflict.
57 of 59 respondents report understanding the importance of working together for the sakes of their children.
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.
8 of 12 teachers reported using physical activities from Healthy Steps at least three times per week.
215 of 230 youth now wash hands more often.
56 parents/caregivers learned effective communication techniques to use with their children.
57 parents/caregivers learned strategies for dealing with parenting stress.
10 participants process high-acid foods in a water bath canner.
15 producers planted 450 acres with clover for an increased production valued at $13500.
2 producers planted 100 acres with warm-season grasses for an added value of $2000.
14 producers sprayed 820 acres for broadleaf weed control for an increased production valued at $32800.
21 producers stockpiled 850 acres of tall fescue, reducing feeding cost by $34000.

Blount County
**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>9076</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>595</td>
<td>954</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>5042</td>
<td>13275</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1744</td>
<td>36023</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>602</td>
<td>3417</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>7983</strong></td>
<td><strong>53669</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>21</td>
<td>20016</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>42</td>
<td>181598</td>
</tr>
<tr>
<td>Other</td>
<td>134</td>
<td>8190</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>111</td>
<td>13979</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>9</td>
<td>900000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>317</strong></td>
<td><strong>1123783</strong></td>
</tr>
</tbody>
</table>
Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>11631</td>
<td>541</td>
<td>120</td>
<td>79</td>
<td>37</td>
<td>12408</td>
</tr>
<tr>
<td>Female Youth</td>
<td>15552</td>
<td>726</td>
<td>609</td>
<td>230</td>
<td>155</td>
<td>17272</td>
</tr>
<tr>
<td>Male Adult</td>
<td>8710</td>
<td>211</td>
<td>36</td>
<td>16</td>
<td>8</td>
<td>8981</td>
</tr>
<tr>
<td>Male Youth</td>
<td>13552</td>
<td>615</td>
<td>543</td>
<td>170</td>
<td>128</td>
<td>15008</td>
</tr>
<tr>
<td>Total</td>
<td>49445</td>
<td>2093</td>
<td>1308</td>
<td>495</td>
<td>328</td>
<td>53669</td>
</tr>
</tbody>
</table>

Hours for Volunteers

| Hours Spend | 1600  |

Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>5</td>
<td>330</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>40500</td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
<td>75</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>13</td>
<td>43592</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>--------------</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Total</td>
<td>22</td>
<td>84497</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1475</td>
<td>10</td>
<td>22</td>
<td>7</td>
<td>7</td>
<td>1521</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2705</td>
<td>155</td>
<td>138</td>
<td>57</td>
<td>51</td>
<td>3106</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1010</td>
<td>0</td>
<td>16</td>
<td>0</td>
<td>0</td>
<td>1026</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2246</td>
<td>144</td>
<td>132</td>
<td>33</td>
<td>57</td>
<td>2612</td>
</tr>
<tr>
<td>Total</td>
<td>7436</td>
<td>309</td>
<td>308</td>
<td>97</td>
<td>115</td>
<td>8265</td>
</tr>
</tbody>
</table>

**Outcomes**

Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 300 acres of corn increasing their income by 30
5 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.
500 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
0 acres of corn scouted by a UT-trained scout to help make crop management decisions.
16 beef producers sold 700 calves managed according to BQA guidelines to increase returns by $5600.
20 beef producers stored 3000 large, round bales under some type of cover to increase returns by $18000.
12 beef producers utilized bulls with greater genetic potential to produce 600 head of calves to increase returns by $16200.
14 beef producers utilized hay feeding rings to feed 650 bales and improved feeding methods to reduce wastage/spoilage, saving $3250.
12 beef producers utilized improved marketing methods to market 580 head of calves to increase returns by $2900.
7 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
7 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
0 corn producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
11 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
33 dial-gauge lids were tested.
104 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
111 farm families and rural business operators implementing improved record systems.
156 farm families evaluated new farm enterprises and value added activities.
93 farm families used FINPACK for developing and implementing whole farm plans.
701 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
18 farmers developed financial plans for their farms.
3062 farmers increased their knowledge and skills in farm and financial planning.
5 farmers increased their potential cash income from their farming operation by $123463 by implementing a financial plan.
0 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
0 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
0 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
132 home lawn insect, disease and weed samples submitted for identification and control recommendations.
132 home lawn soil samples submitted for testing.
40 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
36 homeowners established new turfgrass species and varieties.
68 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.
0 horse owners schedule routine hoof care on 0 horses, saving $FRM annually.
80 Master Gardeners gained knowledge and confidence in entomology.
92 Master Gardeners gained knowledge and confidence in integrated pest management.
80 Master Gardeners gained knowledge and confidence in ornamentals.
76 Master Gardeners gained knowledge and confidence in plant diseases.
88 Master Gardeners gained knowledge and confidence in soils.
84 Master Gardeners gained knowledge and confidence in turfgrass.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 40 people in turf selection or management.
28 Master Gardeners have used the knowledge and skills they learned in this program to assist 44 people to control pests through integrated pest management.
32 Master Gardeners have used the knowledge and skills they learned in this program to assist 140 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 60 people to identify symptoms of plant disease.
48 Master Gardeners have used the knowledge and skills they learned in this program to assist 112 people to improve soil through soil test results.
43 of 50 better understood basic insurance needs.
46 of 50 better understood credit reporting and scoring.
40 of 44 better understood their parents' concerns about money.
31 of 33 checked their credit report.
26 of 27 gained skill in evaluating their housing options.
54 of 54 identified ways to reduce spending.
38 of 50 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.
28 of 88 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)
72 of 72 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.
26 of 27 participants analyzed their readiness for home ownership.
11 of 13 participants are applying health eating principles when making food decisions six months after completing the program.
5 of 13 participants are better self-managers of their chronic condition six months after completing the program.
3 of 13 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
11 of 13 participants are physically active six months after completing the program.
13 of 13 participants are using the UT Med Minder card to keep a record of their medications.
44 of 50 participants became more aware of the importance of starting to save and invest early in life.
18 of 114 participants began or increased savings an average of $397 per month.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
72 of 88 participants better understood their parent's concerns about money.
26 of 26 participants can apply health eating principles when making daily food decisions.
15 of 16 participants can apply joint protection techniques.
26 of 26 participants can better control their chronic condition with self-management techniques.
14 of 16 participants can use relaxation techniques to better manage their arthritis symptoms.
28 of 88 participants communicated with other family members about financial matters.
27 of 27 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.
22 of 26 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 they can better manage their arthritis by continuing to do
the program exercises after this program ends.
10 of 12 participants feel confident they can reduce their personal risk factors that increase
their chances of developing a specific cancer.
24 of 26 participants feel confident using the Take PART technique when talking to their health
care provider.
72 of 88 participants felt more strongly that they needed to get a good education.
80 of 88 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.
79 of 128 participants followed a spending plan.
25 of 27 participants gained better understanding of the mortgage process.
10 of 10 participants gained skill in determining their net worth.
41 of 50 participants gained skill in making a spending plan.
3 of 13 participants have fewer visits to the emergency room six months after completing the
program.
13 of 16 participants have improved their arthritis symptoms as a result of participating in this
program.
14 of 26 participants have less arthritis symptoms from their arthritis six months after
completing the program.
3 of 13 participants have less pain from their chronic condition six months after completing the
program.
7 of 13 participants have used the Take PART technique when talking to their health care
provider.
45 of 50 participants identified ways to avoid being victimized by predatory practices or fraud.
20 of 26 participants improved their balance six months after completing the program.
21 of 26 participants improved their flexibility six months after completing the program.
15 of 26 participants improved their performance of daily activities by adding exercise to their
daily routine six months after completing the program.
21 of 26 participants improved their range of motion in their joints six months after completing the
program.
133 of 145 participants increased their financial management skills. 
0 of 0 participants increased their understanding of the impact education can have on future earnings. 
36 of 35 participants kept a record of spending. 
11 of 12 participants know what cancer screenings they need according to their age and gender. 
78 of 88 participants learned better how to plan their spending. 
68 of 88 participants learned how education will affect the kind of job they can get. 
84 of 88 participants learned how having a family can affect their lifestyle. 
78 of 88 participants learned how much money it takes to get by. 
80 of 88 participants learned how occupation and income will affect their lifestyle. 
76 of 88 participants learned how payroll deductions are taken from gross pay. 
76 of 88 participants learned how to keep a checkbook register. 
70 of 88 participants learned how to write a check. 
0 of 0 participants learned the difference between wants and needs. 
40 of 88 participants made a change in financial behavior. 
61 of 128 participants made a spending plan. 
42 of 88 participants made changes to their future plans. 
26 of 26 participants plan to exercise more often to help manage their chronic condition. 
11 of 12 participants plan to get age and gender appropriate cancer screenings. 
26 of 26 participants plan to use the UT Med Minder card to keep a record of their medications. 
42 of 88 participants planned to change their career goals. 
44 of 88 participants planned to get more education after high school. 
7 of 27 participants purchased a home. 
8 of 16 participants reduced debt an average of $ 219 per month. 
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver. 
27 of 27 participants successfully completed homebuyer education requirements. 
31 of 35 participants surveyed canned pickles following a tested recipe. (TNCEP) 
31 of 35 participants surveyed canned tomatoes following a tested recipe. (TNCEP) 
31 of 35 participants surveyed canned vegetables following a tested recipe. (TNCEP) 
52 of 84 participants surveyed have implemented at least one waste reduction strategy to preserve open spaces, sustain environmental quality, and improve health benefits. 
64 of 84 participants surveyed increased their knowledge of environmental problems associated with "not-smart" growth. 
72 of 84 participants surveyed increased their knowledge of health problems associated with
"not-smart" growth.
60 of 84 participants surveyed increased their knowledge of how to become involved with public officials and other decision makers concerning Smart Growth principles.
76 of 84 participants surveyed increased their knowledge of Smart Growth principles.
56 of 84 participants surveyed increased their knowledge on how to communicate Smart Growth principles to others.
16 of 84 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.
12 of 84 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.
32 of 35 participants surveyed processed pickles in a water-bath canner. (TNCEP)
31 of 35 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
32 of 35 participants surveyed processed vegetables in a pressure canner. (TNCEP)
11 of 26 participants take fewer medications for arthritis symptoms six months after completing the program.
28 of 88 participants talked about financial goals with their parents or others.
0 of 0 participants understand how to reconcile a checking account.
12 of 12 participants understand that cancer screening and early detection can save their life.
26 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.
16 of 16 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
11 of 12 participants understand women age 40 and older should have a mammogram.
11 of 12 participants understand women of all ages need a Pap test.
45 of 50 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.
24 of 26 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
35 of 131 participants worked toward new savings or investment goals.
47 of 50 participants understood the dangers of using too much credit.
72 of 72 respondents plan to decrease exposure of their children to parental conflict.
71 of 72 respondents report understanding the importance of working together for the sakes of their children.
36 of 49 tracked their spending.
23 of 43 worked toward new savings, investment or retirement goals.
69 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
0 participants now correctly deworm 0 horses, saving $ FRM this year.
34 participants process high-acid foods in a water bath canner.
4 producers planted 80 acres with clover for an increased production valued at $2400.
2 producers planted 50 acres with warm-season grasses for an added value of $1000.
14 producers sprayed 900 acres for broadleaf weed control for an increased production valued at $36000.
4 producers stockpiled 200 acres of tall fescue, reducing feeding cost by $8000.
0 schools adopted the Smart Growth curriculum.
2 times TEAM UP exchanged ideas or shared information.
3 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
880 youth are better able to understand and follow directions.
912 youth break goals down into steps so they can check their progress.
350 youth can analyze the results of a scientific investigation.
420 youth can ask a question that can be answered by collecting data.
15 youth can deal with their nervousness when giving a speech or talk.
340 youth can design a scientific procedure to answer a question.
15 youth can explain an idea to others.
868 youth can express ideas with a poster, exhibit or other display.
15 youth can give an informative speech or presentation.
1680 youth can now share their ideas through writing.
390 youth can record data accurately.
15 youth can select a topic for a speech or talk.
13 youth can show enthusiasm when giving a speech or presentation.
15 youth can speak loudly enough to be heard when giving a speech or talk.
330 youth can use specific scientific knowledge to form a question.
912 youth can use technology to help themselves express ideas.
15 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
15 youth give a 2-3 minute speech or presentation.
700 youth have learned at least five jobs in which communication skills are important.
792 youth have set a goal for their job or career.
15 youth know how to organize the parts of a speech or presentation.
880 youth now get information about a problem.
800 youth now set high goals that require work to achieve them.
912 youth now work to achieve their goals.
872 youth put their goals in writing.
15 youth report that they have developed confidence to speak in front of groups.
840 youth report that they now achieve goals they set for themselves.
800 youth set high goals.
632 youth who are now making plans to achieve their goals.
872 youth who have put their goal(s) in writing.
912 youth who report that they have learned that some choices are better than others.
912 youth who report they can make a decision.
912 youth who report they now listen to people with more experience than themselves.
880 youth who report they now try to identify what causes a problem.

---

### Bradley County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>7975</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>667</td>
<td>727</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1667</td>
<td>3133</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>967</td>
<td>27811</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>475</td>
<td>1017</td>
</tr>
<tr>
<td>Total</td>
<td>3776</td>
<td>32688</td>
</tr>
</tbody>
</table>
**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>27</td>
<td>3002</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>82</td>
<td>606500</td>
</tr>
<tr>
<td>Other</td>
<td>48</td>
<td>1903</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>565</td>
<td>5867</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>73</td>
<td>136500</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>2</td>
<td>10000</td>
</tr>
<tr>
<td>Total</td>
<td>797</td>
<td>763772</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>6623</td>
<td>420</td>
<td>78</td>
<td>21</td>
<td>5</td>
<td>7147</td>
</tr>
<tr>
<td>Female Youth</td>
<td>9452</td>
<td>177</td>
<td>219</td>
<td>12</td>
<td>6</td>
<td>9866</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5656</td>
<td>200</td>
<td>85</td>
<td>4</td>
<td>0</td>
<td>5945</td>
</tr>
<tr>
<td>Male Youth</td>
<td>9347</td>
<td>180</td>
<td>187</td>
<td>13</td>
<td>3</td>
<td>9730</td>
</tr>
<tr>
<td>Total</td>
<td>31078</td>
<td>977</td>
<td>569</td>
<td>50</td>
<td>14</td>
<td>32688</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**
Hours Spend
1977

Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>5</td>
<td>3500</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>6</td>
<td>700</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>11</td>
<td>4200</td>
</tr>
</tbody>
</table>

Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>938</td>
<td>16</td>
<td>18</td>
<td>3</td>
<td>0</td>
<td>975</td>
</tr>
<tr>
<td>Female Youth</td>
<td>79</td>
<td>4</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>87</td>
</tr>
<tr>
<td>Male Adult</td>
<td>907</td>
<td>13</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>931</td>
</tr>
<tr>
<td>Male Youth</td>
<td>56</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>56</td>
</tr>
<tr>
<td>Total</td>
<td>1980</td>
<td>33</td>
<td>33</td>
<td>3</td>
<td>0</td>
<td>2049</td>
</tr>
</tbody>
</table>

Outcomes
80 beef producers sold 1250 calves managed according to BQA guidelines to increase returns by $10000.
60 beef producers stored 3200 large, round bales under some type of cover to increase returns by $19200.
50 beef producers utilized bulls with greater genetic potential to produce 2200 head of calves to increase returns by $59400.
80 beef producers utilized hay feeding rings to feed 1700 bales and improved feeding methods to reduce wastage/spoilage, saving $8500.
36 beef producers utilized improved marketing methods to market 750 head of calves to increase returns by $3750.
40 Master Gardeners gained knowledge and confidence in entomology.
40 Master Gardeners gained knowledge and confidence in integrated pest management.
36 Master Gardeners gained knowledge and confidence in ornamentals.
32 Master Gardeners gained knowledge and confidence in plant diseases.
40 Master Gardeners gained knowledge and confidence in soils.
40 Master Gardeners gained knowledge and confidence in turfgrass.
16 Master Gardeners have used the knowledge and skills they learned in this program to assist 30 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.
22 Master Gardeners have used the knowledge and skills they learned in this program to assist 90 people to identify pests and/or the damage they cause.
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 84 people to improve soil through soil test results.
94 of 94 better understood basic insurance needs.
94 of 94 better understood credit reporting and scoring.
172 of 526 better understood their parents' concerns about money.
70 of 70 gained skill in evaluating their housing options.
94 of 94 identified ways to reduce spending.
94 of 94 learned better how to communicate with creditors.
94 of 94 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.
50 of 50 learned how to properly maintain and store household financial records.
94 of 94 learned who to pay first if they can't pay everything.
80 of 220 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.
70 of 70 participants analyzed their readiness for home ownership.
24 of 27 participants are applying health eating principles when making food decisions six
months after completing the program.
24 of 27 participants are better self-managers of their chronic condition six months after
completing the program.
27 of 27 participants are choosing foods that do not cause sharp a rise in blood sugar six
months after completing the program.
27 of 27 participants are confident they can better manage their diabetes as a result of
participating in this program.
25 of 27 participants are finding their chronic condition is interfering less with the things they
like to do six months after completing the program.
27 of 27 participants are getting necessary health screenings such as eye, foot and dental
exams six months after completing the program.
27 of 27 participants are keeping up-to-date with immunizations such as flu and pneumococcal
shots six months after completing the program.
24 of 27 participants are physically active six months after completing the program.
27 of 27 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.
27 of 27 participants are regularly checking their blood sugar six months after completing the
program.
27 of 27 participants are using the Healthy Plate Method six months after completing the
program.
27 of 27 participants are using the UT Med Minder card to keep a record of their medications.
18 of 20 participants ate more whole grains.
94 of 94 participants became more aware of the importance of starting to save and invest early in life.

120 of 220 participants began or increased savings an average of $40 per month.

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

172 of 526 participants better understood their parent's concerns about money.

43 of 43 participants can apply health eating principles when making daily food decisions.

43 of 43 participants can better control their chronic condition with self-management techniques.

27 of 27 participants can choose foods that do not cause a sharp rise in blood sugar.

220 of 220 participants communicated with other family members about financial matters.

17 of 20 participants decreased consumption of high-sugar foods.

70 of 70 participants determined how much they could pay for a home.

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

15 of 20 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

43 of 43 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

43 of 43 participants feel confident using the Take PART technique when talking to their health care provider.

124 of 526 participants felt more strongly that they needed to get a good education.

154 of 526 participants felt more strongly that they needed to pay attention to their financial future.

132 of 220 participants followed a spending plan.

70 of 70 participants gained better understanding of the mortgage process.

94 of 94 participants gained skill in determining their net worth.

94 of 94 participants gained skill in making a spending plan.

27 of 27 participants have fewer visits to the emergency room six months after completing the program.

26 of 27 participants have less pain from their chronic condition six months after completing the program.

12 of 27 participants have reduced their A1c six months after completing the program.

27 of 27 participants have used the Take PART technique when talking to their health care provider.

94 of 94 participants identified ways to avoid being victimized by predatory practices or fraud.

15 of 20 participants improved their blood pressure.
15 of 20 participants improved their blood sugar.
12 of 20 participants improved their cholesterol levels.
12 of 20 participants improved their triglyceride levels.
230 of 620 participants increased their financial management skills.
134 of 526 participants learned better how to plan their spending.
184 of 526 participants learned how education will affect the kind of job they can get.
186 of 526 participants learned how having a family can affect their lifestyle.
172 of 526 participants learned how much money it takes to get by.
176 of 526 participants learned how occupation and income will affect their lifestyle.
144 of 526 participants learned how payroll deductions are taken from gross pay.
158 of 526 participants learned how to keep a checkbook register.
176 of 526 participants learned how to write a check.
12 of 20 participants lost weight: 60 total pounds lost.
120 of 220 participants made a change in financial behavior.
148 of 220 participants made a spending plan.
174 of 526 participants made changes to their future plans.
43 of 43 participants plan to exercise more often to help manage their chronic condition.
27 of 27 participants plan to regularly check their blood sugar as requested by their doctor.
27 of 27 participants plan to use the Healthy Plate Method.
43 of 43 participants plan to use the UT Med Minder card to keep a record of their medications.
80 of 526 participants planned to change their career goals.
156 of 526 participants planned to get more education after high school.
60 of 70 participants purchased a home.
80 of 94 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
14 of 14 participants successfully completed educational requirements for post-filing bankruptcy education.
10 of 10 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
70 of 70 participants successfully completed homebuyer education requirements.
176 of 220 participants talked about financial goals with their parents or others.
27 of 27 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
43 of 43 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.
94 of 94 participants understood the dangers of using too much credit.
20 of 20 participants use labels to make healthier choices.
43 of 43 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
126 of 220 participants worked toward new savings or investment goals.
94 of 94 participants understood the dangers of using too much credit.
42 of 42 respondents plan to decrease exposure of their children to parental conflict.
42 of 42 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.
42 parents/caregivers learned strategies for dealing with parenting stress.
20 producers planted 400 acres with clover for an increased production valued at $12000.
16 producers planted 400 acres with warm-season grasses for an added value of $8000.
44 producers sprayed 2300 acres for broadleaf weed control for an increased production valued at $92000.
30 producers stockpiled 1400 acres of tall fescue, reducing feeding cost by $56000.
296 youth can conduct a meeting.
576 youth can deal with their nervousness when giving a speech or talk.
736 youth can explain an idea to others.
672 youth can give an informative speech or presentation.
800 youth can select a topic for a speech or talk.
624 youth can show enthusiasm when giving a speech or presentation.
712 youth can speak loudly enough to be heard when giving a speech or talk.
712 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
800 youth give a 2-3 minute speech or presentation.
792 youth know how to organize the parts of a speech or presentation.
504 youth now get information about a problem.
516 youth now report that they can justify their decision.
556 youth now report that they have confidence making their own decisions.
496 youth now report that they think about past choices when making new decisions.
460 youth now report that when making a decision, they think about what does the most good for the most people.
460 youth now report that when they make a decision, they think about what a person of character would do.
436 youth report that they are now comfortable being a group leader.
412 youth report that they can now give clear directions.
624 youth report that they have developed confidence to speak in front of groups.
420 youth report that they now like to work with others and help them reach their goals.
348 youth report using enthusiasm to get a group working.
720 youth who report that they have learned that some choices are better than others.
552 youth who report they can make a decision.
540 youth who report they now listen to people with more experience than themselves.
492 youth who report they now try to identify what causes a problem.

Campbell County

**Hours for Extension Personnel**

| Hours Spend | 7204 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>85</td>
<td>160</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>208</td>
<td>255</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>981</td>
<td>22354</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>105</td>
<td>3415</td>
</tr>
<tr>
<td>Total</td>
<td>1379</td>
<td>26184</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>50</td>
<td>762</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>37</td>
<td>15000</td>
</tr>
<tr>
<td>Other</td>
<td>11</td>
<td>156</td>
</tr>
<tr>
<td>---------------</td>
<td>--------</td>
<td>---------</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>6205</td>
<td>11103</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>6305</td>
<td>27021</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3269</td>
<td>83</td>
<td>91</td>
<td>15</td>
<td>5</td>
<td>3463</td>
</tr>
<tr>
<td>Female Youth</td>
<td>9989</td>
<td>67</td>
<td>125</td>
<td>39</td>
<td>9</td>
<td>10229</td>
</tr>
<tr>
<td>Male Adult</td>
<td>2635</td>
<td>43</td>
<td>35</td>
<td>5</td>
<td>6</td>
<td>2724</td>
</tr>
<tr>
<td>Male Youth</td>
<td>9580</td>
<td>49</td>
<td>102</td>
<td>11</td>
<td>26</td>
<td>9768</td>
</tr>
<tr>
<td>Total</td>
<td>25473</td>
<td>242</td>
<td>353</td>
<td>70</td>
<td>46</td>
<td>26184</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 2288 |

**Indirect Methods for Volunteers**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>14</td>
<td>499</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>4</td>
<td>1000</td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
<td>587</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>73</td>
<td>3269</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>105</td>
<td>5355</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1552</td>
<td>8</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>1562</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2407</td>
<td>20</td>
<td>18</td>
<td>8</td>
<td>1</td>
<td>2454</td>
</tr>
<tr>
<td>Male Adult</td>
<td>685</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>686</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2213</td>
<td>6</td>
<td>12</td>
<td>4</td>
<td>2</td>
<td>2237</td>
</tr>
<tr>
<td>Total</td>
<td>6857</td>
<td>35</td>
<td>32</td>
<td>12</td>
<td>3</td>
<td>6939</td>
</tr>
</tbody>
</table>

**Outcomes**

4 4-H clubs were met by volunteers.
1 4-H judging teams were coached by volunteers.
4 4-H project groups were met by volunteers.
8 4-H volunteers utilized volunteer position descriptions.
24 beef producers sold 640 calves managed according to BQA guidelines to increase returns by $5120.
36 beef producers stored 2500 large, round bales under some type of cover to increase returns by $15000.
12 beef producers utilized bulls with greater genetic potential to produce 370 head of calves to increase returns by $9990.
32 beef producers utilized hay feeding rings to feed 2200 bales and improved feeding methods to reduce wastage/spoilage, saving $11000.
10 beef producers utilized improved marketing methods to market 330 head of calves to increase returns by $1650.
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.
7 new 4-H volunteers were recruited this year.
40 of 40 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.
40 of 400 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)
77 of 80 adults wash hands more often.
34 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)
34 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)
140 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.
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.
40 of 40 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.
40 of 80 participants ate more whole grains.
18 of 20 participants can apply joint protection techniques.
18 of 20 participants can use relaxation techniques to better manage their arthritis symptoms.
60 of 80 participants eat more fat-free or low-fat dairy products.
19 of 20 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
18 of 20 participants have improved their arthritis symptoms as a result of participating in this program.
60 of 80 participants increased physical activity.
65 of 80 participants now eat more fruit.
60 of 80 participants now eat more vegetables.
77 of 80 participants refrigerate perishable foods within two hours.
40 of 40 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)
77 of 80 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
75 of 80 participants surveyed used a thermometer to check the internal temperature of food.
75 of 80 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
40 of 40 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)
20 of 20 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
77 of 80 participants who now select foods and beverages that promote healthy weight.
160 of 160 respondents plan to decrease exposure of their children to parental conflict.
154 of 160 respondents report understanding the importance of working together for the sakes of their children.
54 of 60 students increased their attendance since the beginning of the school year.
50 of 60 students increased their overall GPA since the beginning of the school year.
79 of 80 youth now wash hands more often.
52 of 60 youth/children are able to communicate their understanding of science/math concepts
through their involvement with activities.
56 of 60 youth/children are able to create, present, or use new technologies they didn’t utilize before.
56 of 60 youth/children have increased their knowledge base in the areas of technology, science, reading, health and relationships.
60 of 60 youth/children read books or other print at least three times per week in their afterschool or home setting.
58 of 60 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.
30 producers planted 310 acres with clover for an increased production valued at $9300.
6 producers planted 32 acres with warm-season grasses for an added value of $640.
8 producers sprayed 150 acres for broadleaf weed control for an increased production valued at $6000.
4 producers stockpiled 60 acres of tall fescue, reducing feeding cost by $2400.
8 volunteer leaders increased their knowledge of positive youth development.
1946 youth can analyze the results of a scientific investigation.
1758 youth can ask a question that can be answered by collecting data.
2228 youth can deal with their nervousness when giving a speech or talk.
1612 youth can design a scientific procedure to answer a question.
2270 youth can explain an idea to others.
2098 youth can give an informative speech or presentation.
1890 youth can record data accurately.
2420 youth can select a topic for a speech or talk.
1752 youth can show enthusiasm when giving a speech or presentation.
1808 youth can speak loudly enough to be heard when giving a speech or talk.
1708 youth can use specific scientific knowledge to form a question.
2228 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
2400 youth give a 2-3 minute speech or presentation.
1980 youth know how to organize the parts of a speech or presentation.
2110 youth report that they have developed confidence to speak in front of groups.

Cannon County

Hours for Extension Personnel
**Hours Spend**

5358

### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>874</td>
<td>2739</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2743</td>
<td>8840</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>633</td>
<td>14517</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>717</td>
<td>8567</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>4967</strong></td>
<td><strong>34663</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>19</td>
<td>137900</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>132</td>
<td>1082400</td>
</tr>
<tr>
<td>Other</td>
<td>9</td>
<td>2787</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>29</td>
<td>6082</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>172</td>
<td>968700</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>361</strong></td>
<td><strong>2197869</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Method</th>
<th>White/</th>
<th>Black/</th>
<th>Hispanic</th>
<th>Asian/</th>
<th>American</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not of Hispanic Origin</td>
<td>Not of Hispanic Origin</td>
<td>Pacific Islander</td>
<td>Indian/Alaskan Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>------------------------</td>
<td>------------------------</td>
<td>------------------</td>
<td>-----------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>5915</td>
<td>114</td>
<td>11</td>
<td>3</td>
<td>0</td>
<td>6043</td>
</tr>
<tr>
<td>Female Youth</td>
<td>7708</td>
<td>133</td>
<td>123</td>
<td>41</td>
<td>26</td>
<td>8031</td>
</tr>
<tr>
<td>Male Adult</td>
<td>11988</td>
<td>202</td>
<td>11</td>
<td>1</td>
<td>0</td>
<td>12202</td>
</tr>
<tr>
<td>Male Youth</td>
<td>8109</td>
<td>152</td>
<td>75</td>
<td>30</td>
<td>21</td>
<td>8387</td>
</tr>
<tr>
<td>Total</td>
<td>33720</td>
<td>601</td>
<td>220</td>
<td>75</td>
<td>47</td>
<td>34663</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 6502 |

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>8</td>
<td>35000</td>
</tr>
<tr>
<td>Other</td>
<td>6</td>
<td>800</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>3</td>
<td>700</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>14</td>
<td>200000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>31</td>
<td>236500</td>
</tr>
</tbody>
</table>

**Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3080</td>
<td>159</td>
<td>15</td>
<td>1</td>
<td>0</td>
<td>3255</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3898</td>
<td>72</td>
<td>58</td>
<td>26</td>
<td>21</td>
<td>4075</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5407</td>
<td>150</td>
<td>14</td>
<td>1</td>
<td>0</td>
<td>5572</td>
</tr>
<tr>
<td>Male Youth</td>
<td>5200</td>
<td>73</td>
<td>53</td>
<td>19</td>
<td>15</td>
<td>5360</td>
</tr>
<tr>
<td>Total</td>
<td>17585</td>
<td>454</td>
<td>140</td>
<td>47</td>
<td>36</td>
<td>18262</td>
</tr>
</tbody>
</table>

**Outcomes**

400 beef producers sold 8000 calves managed according to BQA guidelines to increase returns by $64000.

310 beef producers stored 24000 large, round bales under some type of cover to increase returns by $144000.

70 beef producers utilized bulls with greater genetic potential to produce 5000 head of calves to increase returns by $135000.

120 beef producers utilized hay feeding rings to feed 7000 bales and improved feeding methods to reduce wastage/spoilage, saving $35000.

24 beef producers utilized improved marketing methods to market 2400 head of calves to increase returns by $12000.

9599 miles were walked in the Walk Across Tennessee Program.

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

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)

0 of 0 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)
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.

22 of 22 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.

36 of 36 parents/caregivers report an increase in use of positive communication techniques with their children.

20 of 22 parents/caregivers report feeling better about their abilities as parents.

14 of 22 parents/caregivers report feeling less stressed as parents.

0 of 0 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)

0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)

0 of 0 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)

0 of 0 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)

0 of 0 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.

160 of 160 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.

78 of 86 participants are applying health eating principles when making food decisions six months after completing the program.

78 of 86 participants are better self-managers of their chronic condition six months after completing the program.

78 of 86 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

16 of 16 participants are more physically active six months after completing the program.

78 of 86 participants are physically active six months after completing the program.

72 of 80 participants are using the UT Med Minder card to keep a record of their medications.

0 of 0 participants became more aware of the importance of starting to save and invest early in
44 of 52 participants can apply health eating principles when making daily food decisions.
44 of 52 participants can better control their chronic condition with self-management techniques.
46 of 95 participants can better control their chronic disease as a result of participating in the program.
44 of 52 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
20 of 24 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
44 of 52 participants feel confident using the Take PART technique when talking to their health care provider.
40 of 40 participants feel more confident when taking care of young children.
40 of 40 participants feel more equipped to facilitate activities with the children they babysit.
0 of 0 participants felt more confident that they could build wealth.
20 of 24 participants have added exercise to their action steps for managing their arthritis.
72 of 86 participants have fewer visits to the emergency room six months after completing the program.
16 of 16 participants have improved performance of daily activities six months after completing the program.
8 of 16 participants have less pain from their arthritis six months after completing the program.
78 of 86 participants have less pain from their chronic condition six months after completing the program.
8 of 16 participants have less stiffness six months after completing the program.
78 of 86 participants have used the Take PART technique when talking to their health care provider.
95 of 95 participants increased their exercise routine during Walk Across Tennessee Program.
0 of 0 participants increased their financial management skills.
40 of 40 participants increased their knowledge on health and safety topics when babysitting young children.
250 of 250 participants learned how education will affect the kind of job they can get.
250 of 250 participants learned the difference between wants and needs.
0 of 16 participants now take fewer medications for arthritis pain six months after completing the program.
250 of 250 participants now understand the difference between a need and a want.
40 of 52 participants plan to exercise more often to help manage their chronic condition.
28 of 36 participants plan to use the UT Med Minder card to keep a record of their medications.
0 of 0 participants report being more aware of what activities their children are involved in
8 of 40 participants report putting some of the money they make into a savings account.
0 of 0 participants report reading more to their children than before. (Preparing Your Child for Kindergarten)
160 of 160 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)
40 of 40 participants report they feel more prepared to handle emergencies while babysitting.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)
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.
44 of 52 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 understood the dangers of using too much credit.
24 of 24 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
44 of 52 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
59 of 95 participants will continue to exercise after the Walk Across Tennessee Program.
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.
36 parents/caregivers learned effective communication techniques to use with their children.
36 parents/caregivers learned strategies for dealing with parenting stress.
97 participants walked in the Walk Across Tennessee Program.
450 producers planted 15000 acres with clover for an increased production valued at $450000.
2 producers planted 60 acres with warm-season grasses for an added value of $1200.
200 producers sprayed 8400 acres for broadleaf weed control for an increased production valued at $336000. 
450 producers stockpiled 6000 acres of tall fescue, reducing feeding cost by $240000. 
19 teams participated in the Walk Across Tennessee Program. 
130 youth are better able to understand and follow directions. 
14 youth are confident they can work through a disagreement without using violence. 
110 youth are now better listeners. 
6 youth believe they have the motivation, skills and perseverance to reach their life goals. 
18 youth can complete projects they are proud of. 
130 youth can express ideas with a poster, exhibit or other display. 
190 youth can identify their skills and talents. 
240 youth can now share their ideas through writing. 
116 youth can use technology to help themselves express ideas. 
18 youth feel comfortable asking others to help on a project. 
6 youth have confidence in their ability to make good decisions. 
118 youth have explored careers in communications. 
72 youth have knowledge of careers in the communications field. 
114 youth have learned at least five jobs in which communication skills are important. 
6 youth have made a plan for their future based on their talents, strengths, and skills. 
124 youth have set a goal for their job or career. 
18 youth like to work with others to complete projects. 
96 youth now communicate through a website. 
288 youth now get information about a problem. 
76 youth now report that they can justify their decision. 
66 youth now report that they have confidence making their own decisions. 
278 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 think about past choices when making new decisions. 
274 youth now report that they use more than one source of information in making choices. 
210 youth now report that they use standards in making choices. 
88 youth now report that when making a decision, they think about what does the most good for the most people. 
70 youth now report that when they make a decision, they think about what a person of character would do. 
264 youth now report they consider the risks of their choices.
264 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.
194 youth report acting so that others would want to model their behavior.
356 youth report being able to meet new people and form friendships.
172 youth report being good listeners.
188 youth report being more active in their community.
124 youth report being sympathetic toward someone else's feelings or views.
162 youth report doing things to discourage prejudice.
182 youth report helping when others are stressed.
198 youth report making a difference in the community.
186 youth report standing up for what is right is important.
6 youth report that because of 4-H they seek new and challenging life experiences.
6 youth report that because of their 4-H experiences, they are viewed as a leader.
128 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
14 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
296 youth report that they admire older 4-H'ers who are good role models.
186 youth report that they can communicate effectively with all ages.
14 youth report that they can now identify their personal interests and strengths.
150 youth report that they encourage others to think of someone's feelings before speaking or acting.
14 youth report that they have learned to win and lose gracefully when participating in competitive events.
118 youth report that they now achieve goals they set for themselves.
132 youth report that they respect others different from themselves.
18 youth report that when they disagree with someone, they can stand up for themselves without using violence.
118 youth report they can now keep records.
118 youth report they have improved photography skills.
124 youth report they have learned skills in visual communications.
18 youth understand that they cannot always be "the best" in everything.
204 youth use parliamentary procedure to run a meeting.
92 youth who are now making plans to achieve their goals.
66 youth who have put their goal(s) in writing.
300 youth who report that they have learned that some choices are better than others.
294 youth who report they can make a decision.
242 youth who report they now listen to people with more experience than themselves.
286 youth who report they now try to identify what causes a problem.
150 youth working with others to solve problems in a positive manner.

Carroll County

*Hours for Extension Personnel*

| Hours Spend | 8508.5 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>267</td>
<td>349</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>592</td>
<td>639</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1062</td>
<td>25759</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>190</td>
<td>2824</td>
</tr>
<tr>
<td>Total</td>
<td>2111</td>
<td>29571</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>17</td>
<td>5153</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>33</td>
<td>198250</td>
</tr>
<tr>
<td>Other</td>
<td>89</td>
<td>215</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>232</td>
<td>13833</td>
</tr>
<tr>
<td>-------------</td>
<td>-----</td>
<td>-------</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>372</td>
<td>217458</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3812</td>
<td>1022</td>
<td>0</td>
<td>5</td>
<td>0</td>
<td>4839</td>
</tr>
<tr>
<td>Female Youth</td>
<td>9528</td>
<td>1501</td>
<td>189</td>
<td>5</td>
<td>0</td>
<td>11223</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1513</td>
<td>413</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>1930</td>
</tr>
<tr>
<td>Male Youth</td>
<td>10067</td>
<td>1271</td>
<td>238</td>
<td>2</td>
<td>1</td>
<td>11579</td>
</tr>
<tr>
<td>Total</td>
<td>24920</td>
<td>4207</td>
<td>431</td>
<td>12</td>
<td>1</td>
<td>29571</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>280</td>
</tr>
</tbody>
</table>

**Indirect Methods for Volunteers**

<p>| Method | Number Methods | Contacts Reached |</p>
<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>646</td>
<td>94</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>740</td>
</tr>
<tr>
<td>Female Youth</td>
<td>367</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>379</td>
</tr>
<tr>
<td>Male Adult</td>
<td>262</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>302</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1261</td>
<td>19</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1280</td>
</tr>
<tr>
<td>Total</td>
<td>2536</td>
<td>165</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2701</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

**Outcomes**

Producers increased corn yield by 40 bushels/acre by selecting top yielding varieties on 64000 acres of corn increasing their income by 120

Producers increased yield by 9 bushels by selecting top yielding varieties on 50000 acres of soybeans, earning an extra $63.

Producers increased yield by 30 bushels by selecting top yielding varieties on 16000 acres of wheat, earning an extra $150.
Producers increased yield by 100 pounds by selecting top yielding varieties on 50000 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.

50000 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.

50000 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 beef producers sold 600 calves managed according to BQA guidelines to increase returns by $4800.

50 beef producers stored 1800 large, round bales under some type of cover to increase returns by $10800.

16 beef producers utilized bulls with greater genetic potential to produce 560 head of calves to increase returns by $15120.

20 beef producers utilized hay feeding rings to feed 400 bales and improved feeding methods to reduce wastage/spoilage, saving $2000.

14 beef producers utilized improved marketing methods to market 300 head of calves to increase returns by $1500.

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

30 corn producers report a $20000 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).

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

30 cotton producers report a $22000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

47 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
12 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program. 12 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.
345063 miles were walked in the Walk Across Tennessee Program.
36 of 36 adolescents learned about the consequences of risky behaviors which could result in being arrested. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
36 of 36 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
94 of 118 better understood basic insurance needs.
112 of 118 better understood credit reporting and scoring.
118 of 118 checked their credit report.
16 of 16 gained skill in evaluating their housing options.
118 of 118 identified ways to reduce spending.
118 of 118 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.
112 of 118 learned how to properly maintain and store household financial records.
118 of 118 learned who to pay first if they can't pay everything.
14 of 16 participants analyzed their readiness for home ownership.
26 of 26 participants are applying health eating principles when making food decisions six months after completing the program.
22 of 22 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.
2 of 26 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.
24 of 26 participants are using the UT Med Minder card to keep a record of their medications.
118 of 118 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.
  104 of 118 participants better understood the difference between pre-tax and after-tax investments.
  24 of 26 participants can apply health eating principles when making daily food decisions.
  6 of 22 participants can apply joint protection techniques.
  22 of 26 participants can better control their chronic condition with self-management techniques.
  460 of 553 participants can better control their chronic disease as a result of participating in the program.
  16 of 18 participants can choose foods that do not cause a sharp rise in blood sugar.
  22 of 22 participants can use relaxation techniques to better manage their arthritis symptoms.
  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.
  16 of 16 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.
  26 of 26 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 they can better manage their arthritis by continuing to do the program exercises after this program ends.
  22 of 54 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
  16 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.
  0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
  64 of 118 participants followed a spending plan.
  16 of 16 participants gained better understanding of the mortgage process.
  104 of 118 participants gained skill in determining their net worth.
  114 of 118 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.
14 of 22 participants have improved their arthritis symptoms as a result of participating in this program.
2 of 26 participants have less pain from their chronic condition six months after completing the program.
6 of 26 participants have used the Take PART technique when talking to their health care provider.
96 of 118 participants identified ways to avoid being victimized by predatory practices or fraud.
490 of 553 participants increased their exercise routine during Walk Across Tennessee Program.
118 of 118 participants increased their financial management skills.
82 of 118 participants kept a record of spending.
30 of 54 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.
64 of 118 participants made a spending plan.
0 of 0 participants maintained their walking/exercise routine six months after completing the program.
16 of 26 participants plan to exercise more often to help manage their chronic condition.
30 of 54 participants plan to get age and gender appropriate cancer screenings.
18 of 18 participants plan to regularly check their blood sugar as requested by their doctor.
18 of 18 participants plan to use the Healthy Plate Method.
24 of 26 participants plan to use the UT Med Minder card to keep a record of their medications.
16 of 16 participants purchased a home.
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.
16 of 16 participants successfully completed homebuyer education requirements.
18 of 18 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
54 of 54 participants understand that cancer screening and early detection can save their life.
18 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.
16 of 22 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
54 of 54 participants understand women age 40 and older should have a mammogram.
36 of 54 participants understand women of all ages need a Pap test.
118 of 118 participants understood the dangers of using too much credit.
16 of 26 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
543 of 553 participants will continue to exercise after the Walk Across Tennessee Program.
8 of 118 participants worked toward new savings or investment goals.
118 of 118 participants understood the dangers of using too much credit.
82 of 118 tracked their spending.
54 of 118 worked toward new savings, investment or retirement goals.
1699 participants walked in the Walk Across Tennessee Program.
22 producers planted 6000 acres with clover for an increased production valued at $180000.
4 producers planted 60 acres with warm-season grasses for an added value of $1200.
10 producers report a 20% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
30 producers sprayed 10000 acres for broadleaf weed control for an increased production valued at $400000.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
142 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
50 soybean producers report a $30000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
86 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
172 teams participated in the Walk Across Tennessee Program.
20 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).
12 wheat producers report a $6000 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
20 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
110 youth are better able to understand and follow directions.
60 youth break goals down into steps so they can check their progress.
50 youth can analyze the results of a scientific investigation.
50 youth can ask a question that can be answered by collecting data.
40 youth can deal with their nervousness when giving a speech or talk.
30 youth can design a scientific procedure to answer a question.
50 youth can explain an idea to others.
64 youth can express ideas with a poster, exhibit or other display.
58 youth can give an informative speech or presentation.
120 youth can now share their ideas through writing.
50 youth can record data accurately.
82 youth can select a topic for a speech or talk.
44 youth can show enthusiasm when giving a speech or presentation.
50 youth can speak loudly enough to be heard when giving a speech or talk.
40 youth can use specific scientific knowledge to form a question.
70 youth can use technology to help themselves express ideas.
60 youth control their weight with physical activity.
46 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
50 youth give a 2-3 minute speech or presentation.
60 youth have learned at least five jobs in which communication skills are important.
116 youth have set a goal for their job or career.
90 youth keep their bones strong by being physically active everyday.
50 youth know how good hygiene is important for good health.
58 youth know how to organize the parts of a speech or presentation.
62 youth now get information about a problem.
36 youth now know how to calculate their target heart rate.
78 youth now set high goals that require work to achieve them.
100 youth now think water is the best fluid replacement drink.
62 youth now work to achieve their goals.
100 youth put their goals in writing.
36 youth report that they have developed confidence to speak in front of groups.
74 youth report that they now achieve goals they set for themselves.
100 youth report that they now know that being physically active helps them control their weight.
88 youth report they are now physically active (sweat and breathe hard for 20 minutes or more) for three or more days each week.
88 youth report they are physically active to control stress.
88 youth report they are physically active to keep their heart healthy and increase their heart
88 youth report they will avoid substances that could harm their body.
94 youth set high goals.
110 youth who are now making plans to achieve their goals.
80 youth who have put their goal(s) in writing.
70 youth who report that they have learned that some choices are better than others.
90 youth who report they can make a decision.
74 youth who report they now listen to people with more experience than themselves.
54 youth who report they now try to identify what causes a problem.

Carter County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>4741.8</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>247</td>
<td>353</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2501</td>
<td>5137</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>596</td>
<td>14398</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>195</td>
<td>829</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3539</strong></td>
<td><strong>20717</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>19</td>
<td>808</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>79</td>
<td>562000</td>
</tr>
<tr>
<td>Other</td>
<td>86</td>
<td>7805</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>166</td>
<td>5581</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>73</td>
<td>439000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>3</td>
<td>35000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>426</strong></td>
<td><strong>1050194</strong></td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th><strong>Total</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4223</td>
<td>149</td>
<td>41</td>
<td>24</td>
<td>11</td>
<td>4448</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4997</td>
<td>49</td>
<td>103</td>
<td>44</td>
<td>22</td>
<td>5215</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5199</td>
<td>37</td>
<td>49</td>
<td>29</td>
<td>4</td>
<td>5318</td>
</tr>
<tr>
<td>Male Youth</td>
<td>5553</td>
<td>72</td>
<td>57</td>
<td>9</td>
<td>45</td>
<td>5736</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>19972</strong></td>
<td><strong>307</strong></td>
<td><strong>250</strong></td>
<td><strong>106</strong></td>
<td><strong>82</strong></td>
<td><strong>20717</strong></td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hours Spend</strong></td>
<td>4238.5</td>
</tr>
</tbody>
</table>

**Indirect Methods for Volunteers**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>10</td>
<td>1125</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>20000</td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
<td>12025</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>25</td>
<td>1810</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>49</td>
<td>34960</td>
</tr>
</tbody>
</table>

### Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>373</td>
<td>16</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>389</td>
</tr>
<tr>
<td>Female Youth</td>
<td>443</td>
<td>5</td>
<td>4</td>
<td>4</td>
<td>1</td>
<td>457</td>
</tr>
<tr>
<td>Male Adult</td>
<td>190</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>190</td>
</tr>
<tr>
<td>Male Youth</td>
<td>778</td>
<td>15</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>794</td>
</tr>
<tr>
<td>Total</td>
<td>1784</td>
<td>36</td>
<td>4</td>
<td>5</td>
<td>1</td>
<td>1830</td>
</tr>
</tbody>
</table>

### Outcomes

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $110000 in increased savings, increased income, and one-time capital purchases.

264 are concerned about problems in their community.
1300 consumers learned about plant selection and proper planting to save money and time in the landscape.
500 consumers learned how to apply landscape fertilizers and pesticides safely.
250 consumers learned how to conserve and protect water quality in the landscape.
90 consumers learned how to properly take a soil test and interpret the results.
29 dial-gauge lids were tested.
0 Master Gardeners gained knowledge and confidence in entomology.
90 Master Gardeners gained knowledge and confidence in integrated pest management.
90 Master Gardeners gained knowledge and confidence in ornamentals.
90 Master Gardeners gained knowledge and confidence in plant diseases.
0 Master Gardeners gained knowledge and confidence in soils.
0 Master Gardeners gained knowledge and confidence in turfgrass.
170 now feel a sense of responsibility toward their school and community.
320 now have a sense of pride about their school and community.
108 of 112 adults wash hands more often.
19 of 20 better understood basic insurance needs.
10 of 10 better understood credit reporting and scoring.
90 of 90 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.
9 of 10 identified ways to reduce spending.
0 of 0 landscape and nursery participants increased their knowledge of fire ant management.
9 of 10 learned better how to communicate with creditors.
0 of 0 learned how to better manage stress caused by financial issues.
10 of 10 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.
121 of 128 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)
122 of 128 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)
118 of 128 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
119 of 128 parents/caregivers learned about issues related to stages of child development.
4 of 4 participants are applying health eating principles when making food decisions six months after completing the program.

4 of 4 participants are better self-managers of their chronic condition six months after completing the program.

2 of 2 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

4 of 4 participants are physically active six months after completing the program.

16 of 16 participants are using the UT Med Minder card to keep a record of their medications.

170 of 220 participants ate more whole grains.

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

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

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

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

80 of 110 participants decreased consumption of high-sugar foods.

96 of 110 participants eat at least six meals together as a family each week.

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

80 of 110 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

15 of 16 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

15 of 16 participants feel confident using the Take PART technique when talking to their health care provider.

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

10 of 10 participants gained skill in determining their net worth.

20 of 20 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.

8 of 16 participants have less arthritis symptoms.

2 of 2 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.

20 of 20 participants identified ways to avoid being victimized by predatory practices or fraud.
12 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.
12 of 16 participants improved their flexibility.
380 of 400 participants increased physical activity.
18 of 20 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
30 of 35 participants keep all of their prescription medications at the same pharmacy.
10 of 10 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.
11 of 110 participants lost weight: 205 total pounds lost.
80 of 110 participants now eat more vegetables.
15 of 16 participants plan to exercise more often to help manage their chronic condition.
12 of 16 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.
30 of 35 participants read the directions before taking a prescription or over-the-counter medications.
110 of 110 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.
46 of 48 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
15 of 15 participants surveyed canned pickles following a tested recipe. (TNCEP)
15 of 15 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
15 of 15 participants surveyed canned vegetables following a tested recipe. (TNCEP)
30 of 35 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
30 of 35 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
15 of 15 participants surveyed processed pickles in a water-bath canner. (TNCEP)
15 of 15 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
15 of 15 participants surveyed processed vegetables in a pressure canner. (TNCEP)
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.
48 of 51 participants surveyed used a thermometer to check the internal temperature of food.
48 of 51 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants understand how to reconcile a checking account.
11 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.
10 of 10 participants understood the dangers of using too much credit.
100 of 110 participants use labels to make healthier choices.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
80 of 110 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.
20 of 20 participants understood the dangers of using too much credit.
38 of 38 providers had increased knowledge of the workshop(s) topics.
121 of 128 respondents plan to decrease exposure of their children to parental conflict.
125 of 128 respondents report understanding the importance of working together for the sakes of their children.
299 of 325 youth now wash hands more often.
128 parents/caregivers learned effective communication techniques to use with their children.
128 parents/caregivers learned strategies for dealing with parenting stress.
15 participants process high-acid foods in a water bath canner.
6 professionals added additional services and/or marketing practices.
4 professionals developed or made adjustment to their business plans.
50 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
30 professionals implemented recommended management practices for pest control.
4 professionals increased their knowledge of components of business plans.
50 professionals increased their knowledge of green industry services and marketing practices.
70 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
90 professionals increased their knowledge of plant pests and pest control measures.
70 professionals increased their knowledge of proper plant selection.
42 professionals practiced proper plant selection and installation practices.
0 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
326 report that because of their 4-H experiences, they will register to vote when they are eligible.
336 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.
396 report that they will volunteer and help others.
206 would assist with or participate in elections, voting and campaigns.
0 youth believe that a team can accomplish more than an individual.
510 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.
343 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.
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.
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.
363 youth report that they are now comfortable being a group leader.
339 youth report that they can now give clear directions.
0 youth report that they learned about important leaders who contributed to our nation.
367 youth report that they now like to work with others and help them reach their goals.
309 youth report using enthusiasm to get a group working.
0 youth think that everyone on the team is important.
436 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.
196 youth understand how community leaders are elected to office.
0 youth understand that other ideas may be just as important as their own.

Center for Profitable Agriculture
Hours for Extension Personnel

| Hours Spend | 2455 |

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>25</td>
<td>35</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>603</td>
<td>628</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>83</td>
<td>1486</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>23</td>
<td>61</td>
</tr>
</tbody>
</table>
### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>6</td>
<td>320</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>4</td>
<td>20000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>215</td>
<td>1900</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>225</td>
<td>22220</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>761</td>
<td>17</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>779</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1394</td>
<td>26</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1421</td>
</tr>
<tr>
<td>Male Youth</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Total</td>
<td>2165</td>
<td>43</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>2210</td>
</tr>
</tbody>
</table>
**Hours for Volunteers**

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

None Reported

---

**Central Region**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include)</td>
<td>3</td>
<td>171</td>
</tr>
<tr>
<td>Method</td>
<td>Number Methods</td>
<td>Contacts Reached</td>
</tr>
<tr>
<td>---------------------</td>
<td>----------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>98</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>99</td>
</tr>
<tr>
<td>Female Youth</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>12</td>
</tr>
<tr>
<td>Male Adult</td>
<td>72</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>72</td>
</tr>
<tr>
<td>Male Youth</td>
<td>21</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>21</td>
</tr>
</tbody>
</table>
### Hours for Volunteers

#### Hours Spend

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Outcomes

50 beef producers sold 175 calves managed according to BQA guidelines to increase returns by $1400.

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.

### Cheatham County
### Hours for Extension Personnel

| Hours Spend | 8453 |

### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>900</td>
<td>2110</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>3708</td>
<td>30312</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>907</td>
<td>56159</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>461</td>
<td>2662</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>5976</strong></td>
<td><strong>91243</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>6</td>
<td>8500</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>89</td>
<td>237500</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>3270</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>7</td>
<td>198</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>17</td>
<td>46400</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>123</strong></td>
<td><strong>295868</strong></td>
</tr>
</tbody>
</table>
## Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>40586</td>
<td>521</td>
<td>193</td>
<td>32</td>
<td>60</td>
<td>41392</td>
</tr>
<tr>
<td>Female Youth</td>
<td>16719</td>
<td>522</td>
<td>350</td>
<td>57</td>
<td>117</td>
<td>17765</td>
</tr>
<tr>
<td>Male Adult</td>
<td>15458</td>
<td>348</td>
<td>445</td>
<td>41</td>
<td>89</td>
<td>16381</td>
</tr>
<tr>
<td>Male Youth</td>
<td>14729</td>
<td>447</td>
<td>343</td>
<td>56</td>
<td>130</td>
<td>15705</td>
</tr>
<tr>
<td>Total</td>
<td>87492</td>
<td>1838</td>
<td>1331</td>
<td>186</td>
<td>396</td>
<td>91243</td>
</tr>
</tbody>
</table>

## Hours for Volunteers

| Hours Spend | 13570 |

## Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>300</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>22</td>
<td>48000</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>1000</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Social Media 0 0 0
TV Program(s) 0 0 0
Total 25 49300

Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>33652</td>
<td>64</td>
<td>57</td>
<td>5</td>
<td>22</td>
<td>33800</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2482</td>
<td>68</td>
<td>29</td>
<td>1</td>
<td>8</td>
<td>2588</td>
</tr>
<tr>
<td>Male Adult</td>
<td>2344</td>
<td>52</td>
<td>50</td>
<td>3</td>
<td>18</td>
<td>2467</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1997</td>
<td>49</td>
<td>40</td>
<td>0</td>
<td>3</td>
<td>2089</td>
</tr>
<tr>
<td>Total</td>
<td>40475</td>
<td>233</td>
<td>176</td>
<td>9</td>
<td>51</td>
<td>40944</td>
</tr>
</tbody>
</table>

Outcomes

60 4-H volunteers utilized volunteer position descriptions.
1120 acres of tobacco produced using recommended fertility practices indicated in soil test results.
130 acres produced using maleic hydrazide (MH) at an appropriate rate and application timing.
1300 acres produced using registered pesticides at appropriate application rates and timings.
440 acres soil tested no more than one year before planting.
1140 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).
1760 acres were planted with university-tested varieties.
940 acres with field rouged, plowed or destroyed within 30 days after harvest.
72 beef producers sold 1124 calves managed according to BQA guidelines to increase returns.
by $8992.
112 beef producers stored 16800 large, round bales under some type of cover to increase returns by $100800.
74 beef producers utilized bulls with greater genetic potential to produce 1090 head of calves to increase returns by $29430.
126 beef producers utilized hay feeding rings to feed 19600 bales and improved feeding methods to reduce wastage/spoilage, saving $98000.
66 beef producers utilized improved marketing methods to market 1212 head of calves to increase returns by $6060.
104 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.
34 consumers learned about plant selection and proper planting to save money and time in the landscape.
31 consumers learned how to apply landscape fertilizers and pesticides safely.
24 consumers learned how to conserve and protect water quality in the landscape.
39 consumers learned how to properly take a soil test and interpret the results.
81 consumers practiced best management practices relating to proper pruning and tree maintenance.
122 consumers used the results of their soil test to properly amend their soil.
33 Master Gardeners gained knowledge and confidence in entomology.
32 Master Gardeners gained knowledge and confidence in integrated pest management.
31 Master Gardeners gained knowledge and confidence in ornamentals.
27 Master Gardeners gained knowledge and confidence in plant diseases.
28 Master Gardeners gained knowledge and confidence in soils.
25 Master Gardeners gained knowledge and confidence in turfgrass.
16 Master Gardeners have used the knowledge and skills they learned in this program to assist 66 people in turf selection or management.
16 Master Gardeners have used the knowledge and skills they learned in this program to assist 61 people to control pests through integrated pest management.
16 Master Gardeners have used the knowledge and skills they learned in this program to assist 77 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 94 people to identify symptoms of plant disease.
17 Master Gardeners have used the knowledge and skills they learned in this program to assist 86 people to improve soil through soil test results.
10 new 4-H volunteers were recruited this year.
40 of 40 adults wash hands more often.
5 of 5 better understood basic insurance needs.
5 of 5 better understood credit reporting and scoring.
700 of 700 better understood their parents' concerns about money.
0 of 0 homeowners increased their knowledge of fire ant management.
10 of 10 identified ways to reduce spending.
10 of 10 learned better how to communicate with creditors.
10 of 10 learned how to better manage stress caused by financial issues.
10 of 10 learned how to prepare a grab and go bag in case of an emergency home evacuation.
5 of 5 learned how to properly maintain and store household financial records.
10 of 10 learned who to pay first if they can't pay everything.
7 of 10 made a change in career or educational goals.
10 of 10 participants are better able to manage their living environments.
10 of 10 participants are better able to store and prepare foods to keep them safe to consume.
10 of 10 participants are more confident in relationships with family and friends.
5 of 5 participants ate more whole grains.
25 of 25 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
720 of 720 participants better understood the difference between pre-tax and after-tax investments.
700 of 700 participants better understood their parent's concerns about money.
5 of 5 participants communicated with other family members about financial matters.
140 of 140 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
70 of 70 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.
5 of 5 participants felt more confident that they could build wealth.
700 of 700 participants felt more strongly that they needed to get a good education.
700 of 700 participants felt more strongly that they needed to pay attention to their financial future.
720 of 720 participants gained skill in determining their net worth.
10 of 10 participants gained skill in making a spending plan.
5 of 5 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.
5 of 5 participants increased physical activity.
655 of 715 participants increased their financial management skills.
10 of 10 participants know better how to manage and protect their assets for a secure retirement.
650 of 700 participants increased their financial management skills.
10 of 10 participants know better how to manage and protect their assets for a secure retirement.
10 of 10 participants made a change in financial behavior.
1400 of 700 participants made changes to their future plans.
5 of 5 participants now eat more vegetables.
750 of 750 participants learned the difference between wants and needs.
0 of 0 participants lost weight: 0 total pounds lost.
10 of 10 participants made a change in financial behavior.
1400 of 700 participants made changes to their future plans.
5 of 5 participants now eat more vegetables.
750 of 750 participants now understand the difference between a need and a want.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
650 of 700 participants planned to change their career goals.
1400 of 1400 participants planned to get more education after high school.
5 of 5 participants refrigerate perishable foods within two hours.
5 of 5 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
25 of 25 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
5 of 5 participants surveyed used a thermometer to check the internal temperature of food.
5 of 5 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
10 of 10 participants talked about financial goals with their parents or others.
10 of 10 participants understand the special nutritional needs of the elderly.
30 of 30 participants understood the dangers of using too much credit.
0 of 0 participants use labels to make healthier choices.
5 of 5 participants who now select foods and beverages that promote healthy weight.
5 of 5 participants worked toward new savings or investment goals.
760 of 810 participants understood the dangers of using too much credit.
5 of 5 youth now wash hands more often.
0 pounds of burley marketed in large bale packages.
440000 pounds of burley stripped properly according to buyer specifications.
56 producers planted 658 acres with clover for an increased production valued at $19740.
30 producers planted 300 acres with warm-season grasses for an added value of $6000.
124 producers sprayed 7040 acres for broadleaf weed control for an increased production valued at $281600.
38 producers stockpiled 1450 acres of tall fescue, reducing feeding cost by $58000.
85 professionals increased their knowledge of components of business plans.
102 professionals increased their knowledge of green industry services and marketing practices.
74 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
90 professionals increased their knowledge of plant pests and pest control measures.
91 professionals increased their knowledge of proper plant selection.
76 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.
36 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
44 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
38 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
38 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
50 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.

5 volunteer leaders increased their knowledge of positive youth development.
584 youth are better able to understand and follow directions.
538 youth are now better listeners.
448 youth break goals down into steps so they can check their progress.
524 youth can deal with their nervousness when giving a speech or talk.
546 youth can explain an idea to others.
542 youth can express ideas with a poster, exhibit or other display.
516 youth can give an informative speech or presentation.
984 youth can now share their ideas through writing.
562 youth can select a topic for a speech or talk.
508 youth can show enthusiasm when giving a speech or presentation.
542 youth can speak loudly enough to be heard when giving a speech or talk.
546 youth can use technology to help themselves express ideas.
496 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
532 youth give a 2-3 minute speech or presentation.
490 youth have explored careers in communications.
538 youth have learned at least five jobs in which communication skills are important.
532 youth know how to organize the parts of a speech or presentation.
532 youth now get information about a problem.
570 youth now work to achieve their goals.
0 youth put their goals in writing.
508 youth report that they have developed confidence to speak in front of groups.
504 youth report they can now keep records.
492 youth report they have improved photography skills.
506 youth report they have learned skills in visual communications.
528 youth set high goals.
580 youth who report that they have learned that some choices are better than others.
572 youth who report they can make a decision.
560 youth who report they now listen to people with more experience than themselves.
544 youth who report they now try to identify what causes a problem.

Chester County

Hours for Extension Personnel
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>104</td>
<td>112</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>254</td>
<td>1730</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>326</td>
<td>16105</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>177</td>
<td>1063</td>
</tr>
<tr>
<td>Total</td>
<td>861</td>
<td>19010</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>17</td>
<td>666</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>37</td>
<td>235000</td>
</tr>
<tr>
<td>Other</td>
<td>21</td>
<td>92</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>174</td>
<td>6935</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>249</td>
<td>242693</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/</th>
<th>Black/</th>
<th>Hispanic</th>
<th>Asian/</th>
<th>American</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Not of Hispanic Origin

<table>
<thead>
<tr>
<th>Category</th>
<th>Female Adult</th>
<th>Female Youth</th>
<th>Male Adult</th>
<th>Male Youth</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not of Hispanic Origin</td>
<td>2332</td>
<td>530</td>
<td>2</td>
<td>1</td>
<td>2866</td>
</tr>
<tr>
<td>Pacific Islander</td>
<td>1</td>
<td>68</td>
<td>4</td>
<td>0</td>
<td>7239</td>
</tr>
<tr>
<td>Indian/Alaskan Native</td>
<td>1</td>
<td>12</td>
<td>0</td>
<td>11</td>
<td>1888</td>
</tr>
<tr>
<td>Total</td>
<td>15801</td>
<td>2746</td>
<td>365</td>
<td>74</td>
<td>19010</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>215</td>
</tr>
</tbody>
</table>

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>10000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>4</td>
<td>540</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>5</td>
<td>10540</td>
</tr>
</tbody>
</table>
### Table

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>240</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>251</td>
</tr>
<tr>
<td>Female Youth</td>
<td>133</td>
<td>21</td>
<td>2</td>
<td>7</td>
<td>0</td>
<td>163</td>
</tr>
<tr>
<td>Male Adult</td>
<td>112</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>117</td>
</tr>
<tr>
<td>Male Youth</td>
<td>130</td>
<td>24</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>157</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>615</strong></td>
<td><strong>61</strong></td>
<td><strong>3</strong></td>
<td><strong>8</strong></td>
<td><strong>1</strong></td>
<td><strong>688</strong></td>
</tr>
</tbody>
</table>

### Outcomes

166 beef producers sold 7800 calves managed according to BQA guidelines to increase returns by $62400.
162 beef producers stored 7124 large, round bales under some type of cover to increase returns by $42744.
150 beef producers utilized bulls with greater genetic potential to produce 7050 head of calves to increase returns by $190350.
186 beef producers utilized hay feeding rings to feed 6556 bales and improved feeding methods to reduce wastage/spoilage, saving $32780.
0 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.
0 of 0 adults wash hands more often.
0 of 0 participants ate more whole grains.
12 of 13 participants can apply health eating principles when making daily food decisions.
13 of 13 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.
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.
11 of 13 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
12 of 13 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants increased physical activity.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants now eat more vegetables.
12 of 13 participants plan to exercise more often to help manage their chronic condition.
12 of 13 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.
13 of 13 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 use labels to make healthier choices.
0 of 0 participants who now select foods and beverages that promote healthy weight.
13 of 13 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
0 of 0 teachers reported preschool children in their classes were more actively engaged in physical activity.
0 of 0 teachers reported preschool children in their classes were more willing to taste fruit.
0 of 0 teachers reported preschool children in their classes were more willing to taste vegetables.
0 of 0 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
0 of 0 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 youth now wash hands more often.
100 producers planted 72 acres with clover for an increased production valued at $2160.
158 producers planted 90 acres with warm-season grasses for an added value of $1800.
76 producers sprayed 62 acres for broadleaf weed control for an increased production valued at
$2480.
58 producers stockpiled 76 acres of tall fescue, reducing feeding cost by $3040.
514 youth are better able to understand and follow directions.
392 youth are confident they can work through a disagreement without using violence.
304 youth are now better listeners.
0 youth break goals down into steps so they can check their progress.
478 youth can complete projects they are proud of.
524 youth can express ideas with a poster, exhibit or other display.
988 youth can now share their ideas through writing.
498 youth can use technology to help themselves express ideas.
384 youth control their weight with physical activity.
452 youth feel comfortable asking others to help on a project.
282 youth have explored careers in communications.
372 youth have learned at least five jobs in which communication skills are important.
398 youth keep their bones strong by being physically active everyday.
536 youth know how good hygiene is important for good health.
534 youth like to work with others to complete projects.
1542 youth now get information about a problem.
394 youth now know how to calculate their target heart rate.
506 youth now report that they can justify their decision.
530 youth now report that they have confidence making their own decisions.
1482 youth now report that they make a decision by thinking about what a person of good character would do.
484 youth now report that they think about past choices when making new decisions.
1560 youth now report that they use more than one source of information in making choices.
1482 youth now report that they use standards in making choices.
486 youth now report that when making a decision, they think about what does the most good for the most people.
506 youth now report that when they make a decision, they think about what a person of character would do.
1518 youth now report they consider the risks of their choices.
1608 youth now report they think about the truthfulness of sources of information when making choices.
488 youth now think water is the best fluid replacement drink.
0 youth now work to achieve their goals.
0 youth put their goals in writing.
534 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
578 youth report that they can now identify their personal interests and strengths.
508 youth report that they have learned to win and lose gracefully when participating in competitive events.
514 youth report that they now know that being physically active helps them control their weight.
478 youth report that when they disagree with someone, they can stand up for themselves without using violence.
356 youth report they are now physically active (sweat and breathe hard for 20 minutes or more) for three or more days each week.
310 youth report they are physically active to control stress.
376 youth report they are physically active to keep their heart healthy and increase their heart rate.
202 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.
566 youth report they will avoid substances that could harm their body.
0 youth set high goals.
448 youth understand that they cannot always be "the best" in everything.
1620 youth who report that they have learned that some choices are better than others.
1656 youth who report they can make a decision.
1554 youth who report they now listen to people with more experience than themselves.
1488 youth who report they now try to identify what causes a problem.

---

Claiborne County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>8480</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**
### Client Visits to Extension Office

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>3957</td>
<td>8943</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1855</td>
<td>33954</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>1316</td>
<td>3545</td>
</tr>
<tr>
<td>Total</td>
<td>7703</td>
<td>47133</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>57</td>
<td>47699</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>51</td>
<td>229027</td>
</tr>
<tr>
<td>Other</td>
<td>124</td>
<td>10917</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>219</td>
<td>8854</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>451</td>
<td>296497</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>9130</td>
<td>382</td>
<td>61</td>
<td>27</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Female Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td></td>
<td>Male Adult</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Male Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gender/Age</td>
<td>Hours</td>
<td>Methods</td>
<td>Contacts Reached</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Youth</td>
<td>15856</td>
<td>147</td>
<td>174</td>
<td>48</td>
<td>23</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5799</td>
<td>56</td>
<td>19</td>
<td>4</td>
<td>13</td>
</tr>
<tr>
<td>Male Youth</td>
<td>15063</td>
<td>160</td>
<td>128</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Total</td>
<td>45848</td>
<td>745</td>
<td>382</td>
<td>94</td>
<td>64</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

2480.5

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>2</td>
<td>64</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>2</td>
<td>64</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
</table>
Outcomes

80 beef producers sold 1519 calves managed according to BQA guidelines to increase returns by $12152.
66 beef producers stored 7854 large, round bales under some type of cover to increase returns by $47124.
31 beef producers utilized bulls with greater genetic potential to produce 775 head of calves to increase returns by $20925.
146 beef producers utilized hay feeding rings to feed 3500 bales and improved feeding methods to reduce wastage/spoilage, saving $17500.
46 beef producers utilized improved marketing methods to market 1519 head of calves to increase returns by $7595.
38 classrooms adopted this program.
12 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.
22 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.
22 consumers used the results of their soil test to properly amend their soil.
16 dial-gauge lids were tested.
2 farmers increased their knowledge and skills in farm and financial planning.
134 of 212 adults wash hands more often.
9 of 12 better understood basic insurance needs.
7 of 12 better understood credit reporting and scoring.
4 of 12 checked their credit report.
0 of 32 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
0 of 6 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
0 of 0 fruit and/or vegetable producers adopted IPM.
0 of 0 fruit and/or vegetable producers completed a food safety plan for their farm.
12 of 46 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.
3 of 3 gained skill in evaluating their housing options.
0 of 0 homeowners increased their knowledge of fire ant management.
12 of 12 identified ways to reduce spending.
7 of 12 learned better how to communicate with creditors.
40 of 40 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.
27 of 36 learned how to properly maintain and store household financial records.
3 of 3 learned who to pay first if they can't pay everything.
0 of 0 parents of teens learned how to generate a healthy discussion within their family about sexuality, values, feelings and decision making.
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.
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.
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.
3 of 3 participants analyzed their readiness for home ownership.
11 of 18 participants are applying health eating principles when making food decisions six months after completing the program.

11 of 18 participants are better self-managers of their chronic condition six months after completing the program.

6 of 9 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.

9 of 16 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

9 of 9 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

9 of 9 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

11 of 18 participants are physically active six months after completing the program.

4 of 7 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.

6 of 6 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.

9 of 9 participants are regularly checking their blood sugar six months after completing the program.

6 of 9 participants are using the Healthy Plate Method six months after completing the program.

16 of 16 participants are using the UT Med Minder card to keep a record of their medications.

60 of 102 participants ate more whole grains.

27 of 36 participants became more aware of the importance of starting to save and invest early in life.

6 of 12 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.

10 of 12 participants can apply health eating principles when making daily food decisions.

5 of 10 participants can apply joint protection techniques.

11 of 12 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.

5 of 10 participants can use relaxation techniques to better manage their arthritis symptoms.
15 of 32 participants chose fast foods or take-out foods less often.
482 of 692 participants decreased consumption of high-sugar foods.
3 of 3 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 34 participants eat at least six meals together as a family each week.
490 of 658 participants eat fewer high-fat foods.
66 of 68 participants eat more fat-free or low-fat dairy products.
9 of 12 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.
5 of 10 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
80 of 100 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
3 of 6 participants feel confident they will continue doing the MYB routines after the MYB program ends.
12 of 12 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.
10 of 12 participants followed a spending plan.
3 of 3 participants gained better understanding of the mortgage process.
18 of 18 participants gained skill in determining their net worth.
15 of 15 participants gained skill in making a spending plan.
11 of 18 participants have fewer visits to the emergency room six months after completing the program.
5 of 10 participants have improved their arthritis symptoms as a result of participating in this program.
6 of 6 participants have improved their balance.
6 of 6 participants have improved their strength.
6 of 6 participants have increased their cardiovascular fitness.
2 of 6 participants have increased their motivation to exercise.
3 of 5 participants have less arthritis symptoms from their arthritis six months after completing
the program.
12 of 16 participants have less pain from their chronic condition six months after completing the program.
4 of 7 participants have reduced their A1c six months after completing the program.
16 of 18 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.
3 of 5 participants improved their balance six months after completing the program.
4 of 8 participants improved their blood pressure.
3 of 5 participants improved their blood sugar.
3 of 5 participants improved their cholesterol levels.
3 of 5 participants improved their flexibility six months after completing the program.
4 of 5 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
4 of 5 participants improved their range of motion in their joints six months after completing the program.
0 of 0 participants improved their triglyceride levels.
58 of 68 participants increased physical activity.
15 of 15 participants increased their financial management skills.
6 of 12 participants kept a record of spending.
100 of 100 participants know what cancer screenings they need according to their age and gender.
25 of 32 participants learned culinary skills.
5 of 6 participants lost weight: 48 total pounds lost.
6 of 12 participants made a spending plan.
48 of 68 participants now eat more vegetables.
12 of 12 participants plan to exercise more often to help manage their chronic condition.
80 of 100 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.
12 of 12 participants plan to use the UT Med Minder card to keep a record of their medications.
3 of 3 participants purchased a home.
0 of 0 participants reduced debt an average of $0 per month.
58 of 68 participants refrigerate perishable foods within two hours.
180 of 254 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
12 of 12 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
12 of 12 participants successfully completed educational requirements for post-filing bankruptcy education.
18 of 18 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
3 of 3 participants successfully completed homebuyer education requirements.
76 of 76 participants surveyed canned pickles following a tested recipe. (TNCEP)
76 of 76 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
76 of 76 participants surveyed canned vegetables following a tested recipe. (TNCEP)
76 of 76 participants surveyed processed pickles in a water-bath canner. (TNCEP)
76 of 76 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
76 of 76 participants surveyed processed vegetables in a pressure canner. (TNCEP)
50 of 60 participants surveyed used a thermometer to check the internal temperature of food.
60 of 60 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
2 of 5 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.
100 of 100 participants understand that cancer screening and early detection can save their life.
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.
10 of 10 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
80 of 100 participants understand women age 40 and older should have a mammogram.
100 of 100 participants understand women of all ages need a Pap test.
18 of 18 participants understood the dangers of using too much credit.
9 of 32 participants use healthy food preparation techniques.
30 of 34 participants use labels to make healthier choices.
536 of 658 participants who increased their intake of dairy foods.
20 of 68 participants who now select foods and beverages that promote healthy weight.
11 of 12 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.
18 of 18 participants understood the dangers of using too much credit.
40 of 46 respondents plan to decrease exposure of their children to parental conflict.
46 of 46 respondents report understanding the importance of working together for the sakes of their children.
618 of 658 students increased amount of time in physical activity.
402 of 658 students who increased their intake of whole grains.
13 of 15 teachers reported preschool children in their classes were more actively engaged in physical activity.
7 of 15 teachers reported preschool children in their classes were more willing to taste fruit.
10 of 15 teachers reported preschool children in their classes were more willing to taste vegetables.
13 of 15 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.
6 of 12 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
360 of 1200 youth now wash hands more often.
46 parents/caregivers learned effective communication techniques to use with their children.
46 parents/caregivers learned strategies for dealing with parenting stress.
76 participants process high-acid foods in a water bath canner.
104 producers planted 669 acres with clover for an increased production valued at $20070. 
3 producers planted 3 acres with warm-season grasses for an added value of $60. 
667 producers sprayed 10461 acres for broadleaf weed control for an increased production valued at $418440. 
4 producers stockpiled 280 acres of tall fescue, reducing feeding cost by $11200.
14 schools adopted this program.
4 tobacco producers increased their knowledge of best management practices including crop rottaion, 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.
0 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
0 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.

191 youth are better able to understand and follow directions.
4 youth are now better listeners.
0 youth are willing to try new things.
438 youth break goals down into steps so they can check their progress.
326 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.
19 youth can conduct a meeting.
0 youth can create a display to communicate scientific data and observations.
212 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
414 youth can explain an idea to others.
205 youth can express ideas with a poster, exhibit or other display.
54 youth can give an informative speech or presentation.
10 youth can now share their ideas through writing.
0 youth can record data accurately.
424 youth can select a topic for a speech or talk.
52 youth can show enthusiasm when giving a speech or presentation.
390 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.
0 youth can use specific scientific knowledge to form a question.
5 youth can use technology to help themselves express ideas.
514 youth can use the results of their investigation to answer the question they had asked.
212 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
56 youth give a 2-3 minute speech or presentation.
3 youth have explored careers in communications.
5 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.
438 youth now work to achieve their goals.
438 youth put their goals in writing.
20 youth report being able to break tough jobs down into simpler tasks.
20 youth report being able to resolve problems without losing control of their emotions.
20 youth report being sensitive to the feelings of others when discussing and solving problems.
0 youth report telling the difference between right and wrong.
0 youth report that now they try to do the right thing.
20 youth report that they are comfortable being responsible for a group.
21 youth report that they are now comfortable being a group leader.
17 youth report that they can now cooperate and work in a group.
23 youth report that they can now give clear directions.
50 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.
0 youth report that they like to accomplish things on their own.
13 youth report that they make sure everyone gets an opportunity to say what they think.
26 youth report that they now like to work with others and help them reach their goals.
15 youth report that they take their jobs seriously as members of a committee.
17 youth report that when in charge of a group, they treat everyone fairly and equally.
4 youth report they can now keep records.
4 youth report they have improved photography skills.
4 youth report they have learned skills in visual communications.
23 youth report using enthusiasm to get a group working.
19 youth seek out others who can help them become a better leader.
438 youth set high goals.

Clay County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>3087</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>618</td>
<td>1140</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>333</td>
<td>5016</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>427</td>
<td>9921</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>843</td>
<td>2230</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>2221</strong></td>
<td><strong>18307</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>8</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>31</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>29</td>
<td>2980</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>68</strong></td>
<td><strong>2980</strong></td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3023</td>
<td>64</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3087</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3959</td>
<td>14</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>3984</td>
</tr>
<tr>
<td></td>
<td>Number Methods</td>
<td>Contacts Reached</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>----------------</td>
<td>-----------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Publication(s)</td>
<td>6</td>
<td>912</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>6</strong></td>
<td><strong>912</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>642</td>
<td>6</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>650</td>
</tr>
<tr>
<td></td>
<td>Female Youth</td>
<td>Male Adult</td>
<td>Male Youth</td>
<td>Total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>--------------</td>
<td>------------</td>
<td>------------</td>
<td>-------</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>282</td>
<td>149</td>
<td>340</td>
<td>1413</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>12</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>0</td>
<td>2</td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>288</td>
<td>150</td>
<td>345</td>
<td>1433</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

51 beef producers sold 1594 calves managed according to BQA guidelines to increase returns by $12752.

172 beef producers stored 17750 large, round bales under some type of cover to increase returns by $106500.

143 beef producers utilized bulls with greater genetic potential to produce 1591 head of calves to increase returns by $42957.

1165 beef producers utilized hay feeding rings to feed 39700 bales and improved feeding methods to reduce wastage/spoilage, saving $198500.

43 beef producers utilized improved marketing methods to market 2225 head of calves to increase returns by $11125.

2 classrooms adopted this program.

0 of 0 adults wash hands more often.

10 of 18 participants ate more whole grains.

14 of 60 participants decreased consumption of high-sugar foods.

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

4 of 42 participants eat fewer high-fat foods.

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

8 of 18 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

0 of 0 participants increased physical activity.

6 of 18 participants lost weight: 20 total pounds lost.

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.
4 of 18 participants use labels to make healthier choices.
20 of 42 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
24 of 42 students increased amount of time in physical activity.
6 of 42 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.
2 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.
0 of 0 youth now wash hands more often.
90 producers planted 6890 acres with clover for an increased production valued at $206700.
0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
204 producers sprayed 7180 acres for broadleaf weed control for an increased production valued at $287200.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
2 schools adopted this program.
104 youth are willing to try new things.
100 youth can analyze the results of a scientific investigation.
40 youth can ask a question that can be answered by collecting data.
0 youth can communicate a scientific procedure to others.
11 youth can create a display to communicate scientific data and observations.
30 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
82 youth can explain an idea to others.
20 youth can give an informative speech or presentation.
88 youth can record data accurately.
200 youth can select a topic for a speech or talk.
30 youth can show enthusiasm when giving a speech or presentation.
40 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use 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.
22 youth can use specific scientific knowledge to form a question.
0 youth can use the results of their investigation to answer the question they had asked.
0 youth consider themselves to be a person of character.
0 youth encourage others to be honest and trustworthy.
40 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
10 youth give a 2-3 minute speech or presentation.
0 youth have set goals for their long-term future.
20 youth know how to organize the parts of a speech or presentation.
166 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.
124 youth now report that they use more than one source of information in making choices.
132 youth now report that they use standards in making choices.
92 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.
72 youth report helping others in need.
96 youth report telling the difference between right and wrong.
112 youth report that now they try to do the right thing.
56 youth report that they consider others when making decisions.
10 youth report that they have developed confidence to speak in front of groups.
88 youth report that they know how to make good decisions.
150 youth report that they like to accomplish things on their own.
0 youth report that they now consider the possible consequences before making decisions.
104 youth report that they now continue to work toward their goals, even if they do not at first succeed.
0 youth report that they now set high expectations for their own behavior.
168 youth report they now take responsibility for the decisions they make.
138 youth who report that they have learned that some choices are better than others.
150 youth who report they can make a decision.
116 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.

### Cocke County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>6218.6</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>377</td>
<td>377</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1477</td>
<td>1453</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1181</td>
<td>20147</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>72</td>
<td>260</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3107</strong></td>
<td><strong>22237</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>13</td>
<td>1200</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>4</td>
<td>52000</td>
</tr>
<tr>
<td>Other</td>
<td>50</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>---------------</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Total</td>
<td>69</td>
<td>53200</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult Adult</td>
<td>3828</td>
<td>467</td>
<td>32</td>
<td>0</td>
<td>0</td>
<td>4327</td>
</tr>
<tr>
<td>Female Youth Adult</td>
<td>7571</td>
<td>145</td>
<td>56</td>
<td>10</td>
<td>30</td>
<td>7812</td>
</tr>
<tr>
<td>Male Adult Adult</td>
<td>1874</td>
<td>167</td>
<td>39</td>
<td>0</td>
<td>0</td>
<td>2080</td>
</tr>
<tr>
<td>Male Youth Adult</td>
<td>7739</td>
<td>161</td>
<td>91</td>
<td>7</td>
<td>20</td>
<td>8018</td>
</tr>
<tr>
<td>Total</td>
<td>21012</td>
<td>940</td>
<td>218</td>
<td>17</td>
<td>50</td>
<td>22237</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend            | 394 |

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>260</td>
<td>52</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>312</td>
</tr>
<tr>
<td>Female Youth</td>
<td>414</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>414</td>
</tr>
<tr>
<td>Male Adult</td>
<td>72</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>72</td>
</tr>
<tr>
<td>Male Youth</td>
<td>273</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>273</td>
</tr>
<tr>
<td>Total</td>
<td>1019</td>
<td>52</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1071</td>
</tr>
</tbody>
</table>

Outcomes

157 beef producers sold 3466 calves managed according to BQA guidelines to increase returns by $27728.
78 beef producers stored 9000 large, round bales under some type of cover to increase returns by $54000.
112 beef producers utilized bulls with greater genetic potential to produce 1500 head of calves to increase returns by $40500.
60 beef producers utilized hay feeding rings to feed 6400 bales and improved feeding methods to reduce wastage/spoilage, saving $32000.
157 beef producers utilized improved marketing methods to market 3466 head of calves to increase returns by $17330.
368 of 368 better understood their parents' concerns about money.
120 of 368 made a change in career or educational goals.
12 of 12 participants are applying health eating principles when making food decisions six months after completing the program.
12 of 12 participants are better self-managers of their chronic condition six months after completing the program.
16 of 16 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
16 of 16 participants are confident they can better manage their diabetes as a result of participating in this program.
12 of 12 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
14 of 16 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
12 of 16 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
60 of 60 participants are making sure they are not taking two or more medications with the same active ingredient six months after completing the program.
10 of 12 participants are physically active six months after completing the program.
12 of 16 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.
56 of 60 participants are reading the label of medications before they use them six months after completing the program.
16 of 16 participants are regularly checking their blood sugar six months after completing the program.
12 of 16 participants are using the Healthy Plate Method six months after completing the program.
12 of 12 participants are using the UT Med Minder card to keep a record of their medications.
32 of 368 participants began or increased savings an average of $200 per month.
368 of 368 participants better understood their parent's concerns about money.
28 of 28 participants can apply health eating principles when making daily food decisions.
24 of 24 participants can apply joint protection techniques.
28 of 28 participants can better control their chronic condition with self-management techniques.
16 of 16 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.
280 of 368 participants communicated with other family members about financial matters.
28 of 28 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.
26 of 28 participants feel confident using the Take PART technique when talking to their health
care provider.
368 of 368 participants felt more strongly that they needed to get a good education.
368 of 368 participants felt more strongly that they needed to pay attention to their financial
future.
60 of 60 participants find the active ingredient on the medication label.
48 of 368 participants followed a spending plan.
60 of 60 participants have all of their prescription medications at the same pharmacy six
months after completing the program.
12 of 12 participants have fewer visits to the emergency room six months after completing the
program.
24 of 24 participants have improved their arthritis symptoms as a result of participating in this
program.
24 of 24 participants have less arthritis symptoms from their arthritis six months after
completing the program.
24 of 24 participants have less arthritis symptoms.
12 of 12 participants have less pain from their chronic condition six months after completing the
program.
16 of 16 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.
24 of 24 participants improved control of their arthritis symptoms.
24 of 24 participants improved performance of daily activities.
24 of 24 participants improved their balance six months after completing the program.
24 of 24 participants improved their balance.
22 of 24 participants improved their flexibility six months after completing the program.
24 of 24 participants improved their flexibility.
22 of 24 participants improved their performance of daily activities by adding exercise to their
daily routine six months after completing the program.
22 of 24 participants improved their range of motion in their joints six months after completing the program.
368 of 368 participants increased their financial management skills.
60 of 60 participants keep all of their prescription medications at the same pharmacy.
52 of 60 participants keep an up-to-date UT Med Minder card in their wallet six months after completing the program.
368 of 368 participants learned better how to plan their spending.
368 of 368 participants learned how education will affect the kind of job they can get.
368 of 368 participants learned how having a family can affect their lifestyle.
368 of 368 participants learned how much money it takes to get by.
368 of 368 participants learned how occupation and income will affect their lifestyle.
368 of 368 participants learned how payroll deductions are taken from gross pay.
368 of 368 participants learned how to keep a checkbook register.
368 of 368 participants learned how to write a check.
280 of 368 participants made a change in financial behavior.
240 of 368 participants made a spending plan.
120 of 368 participants made changes to their future plans.
28 of 28 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.
28 of 28 participants plan to use the UT Med Minder card to keep a record of their medications.
120 of 368 participants planned to change their career goals.
320 of 368 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.
56 of 60 participants seek the advice of a pharmacist if they have any questions about a medication.
60 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.
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.

24 of 24 participants take fewer medications for arthritis symptoms six months after completing the program.

368 of 368 participants talked about financial goals with their parents or others.

16 of 16 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.

28 of 28 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.

28 of 28 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.

1540 of 368 participants worked toward new savings or investment goals.

60 producers planted 2000 acres with clover for an increased production valued at $60000.

4 producers planted 50 acres with warm-season grasses for an added value of $1000.

60 producers sprayed 2000 acres for broadleaf weed control for an increased production valued at $80000.

20 producers stockpiled 600 acres of tall fescue, reducing feeding cost by $24000.

2880 youth can deal with their nervousness when giving a speech or talk.

2880 youth can explain an idea to others.

2400 youth can give an informative speech or presentation.

2880 youth can select a topic for a speech or talk.

1200 youth can show enthusiasm when giving a speech or presentation.

2240 youth can speak loudly enough to be heard when giving a speech or talk.

1200 youth feel comfortable sharing their thoughts and feelings in a speech or talk.

2880 youth give a 2-3 minute speech or presentation.

2880 youth know how to organize the parts of a speech or presentation.

3200 youth now get information about a problem.

2880 youth now report that they make a decision by thinking about what a person of good character would do.

2400 youth now report that they use more than one source of information in making choices.

2400 youth now report that they use standards in making choices.

2880 youth now report they consider the risks of their choices.

2880 youth now report they think about the truthfulness of sources of information when making
choices.
2240 youth report that they have developed confidence to speak in front of groups.
4160 youth who report that they have learned that some choices are better than others.
4800 youth who report they can make a decision.
2880 youth who report they now listen to people with more experience than themselves.
2880 youth who report they now try to identify what causes a problem.

---

Coffee County

**Hours for Extension Personnel**

| Hours Spend | 7404.5 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>665</td>
<td>813</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2104</td>
<td>7585</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>925</td>
<td>24032</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>427</td>
<td>3128</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>4121</strong></td>
<td><strong>35558</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>11</td>
<td>2359</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>128</td>
<td>1451100</td>
</tr>
<tr>
<td>Other</td>
<td>86</td>
<td>8238</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>234</td>
<td>9481</td>
</tr>
<tr>
<td>----------------</td>
<td>-----</td>
<td>------</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>4</td>
<td>120000</td>
</tr>
<tr>
<td>Total</td>
<td>467</td>
<td>1591178</td>
</tr>
</tbody>
</table>

## Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>7220</td>
<td>392</td>
<td>148</td>
<td>54</td>
<td>0</td>
<td>7814</td>
</tr>
<tr>
<td>Female Youth</td>
<td>8777</td>
<td>373</td>
<td>486</td>
<td>75</td>
<td>0</td>
<td>9711</td>
</tr>
<tr>
<td>Male Adult</td>
<td>8015</td>
<td>338</td>
<td>128</td>
<td>50</td>
<td>0</td>
<td>8531</td>
</tr>
<tr>
<td>Male Youth</td>
<td>8505</td>
<td>533</td>
<td>367</td>
<td>87</td>
<td>10</td>
<td>9502</td>
</tr>
<tr>
<td>Total</td>
<td>32517</td>
<td>1636</td>
<td>1129</td>
<td>266</td>
<td>10</td>
<td>35558</td>
</tr>
</tbody>
</table>

## Hours for Volunteers

| Hours Spend | 488 |

## Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>White/ Not of Hispanic Origin</td>
<td>Black/ Not of Hispanic Origin</td>
</tr>
<tr>
<td>----------------------</td>
<td>--------------------------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>Female Adult</td>
<td>90</td>
<td>1</td>
</tr>
<tr>
<td>Female Youth</td>
<td>135</td>
<td>0</td>
</tr>
<tr>
<td>Male Adult</td>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>Male Youth</td>
<td>59</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>291</td>
<td>2</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

**Outcomes**

Producers increased corn yield by 15 bushels/acre by selecting top yielding varieties on 10500 acres of corn increasing their income by 45.

Producers increased yield by 12 bushels by selecting top yielding varieties on 13000 acres of soybeans, earning an extra $84.

4 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.
3 4-H volunteers utilized volunteer position descriptions.
8200 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
150 acres of corn scouted by a UT-trained scout to help make crop management decisions.
11000 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
250 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
28 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
91 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
33 corn producers report a $14700 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
28 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
106 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
216 farm families and rural business operators implementing improved record systems.
104 farm families evaluated new farm enterprises and value added activities.
52 farm families used FINPACK for developing and implementing whole farm plans.
140 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
112 farmers increased their knowledge and skills in farm and financial planning.
22 farmers increased their potential cash income from their farming operation by $ 255142 by implementing a financial plan.
46 new 4-H volunteers were recruited this year.
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)
242 of 258 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
258 of 258 parents/caregivers learned about issues related to stages of child development.
242 of 258 parents/caregivers report an increase in use of appropriate child guidance techniques.
238 of 258 parents/caregivers report an increase in use of positive communication techniques with their children.
186 of 258 parents/caregivers report feeling better about their abilities as parents.
102 of 258 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)
38 of 50 participants are applying health eating principles when making food decisions six months after completing the program.
42 of 50 participants are better self-managers of their chronic condition six months after completing the program.
26 of 50 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
39 of 50 participants are physically active six months after completing the program.
82 of 90 participants are using the UT Med Minder card to keep a record of their medications.
90 of 90 participants can apply health eating principles when making daily food decisions.
17 of 17 participants can apply joint protection techniques.
81 of 110 participants can better control their chronic condition with self-management techniques.
17 of 17 participants can use relaxation techniques to better manage their arthritis symptoms.
17 of 17 participants can warm-up and cool-down when doing physical activity.
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.
103 of 110 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

16 of 17 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

200 of 200 participants feel confident they know what to do in case of a poisoning.

86 of 90 participants feel confident using the Take PART technique when talking to their health care provider.

0 of 50 participants have fewer visits to the emergency room six months after completing the program.

15 of 17 participants have improved their arthritis symptoms as a result of participating in this program.

10 of 13 participants have improved their flexibility, strength and stamina.

13 of 13 participants have increased their knowledge about walking and arthritis.

7 of 13 participants have less arthritis pain due to walking.

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

103 of 220 participants have less arthritis symptoms.

22 of 50 participants have less pain from their chronic condition six months after completing the program.

10 of 13 participants have less stiffness due to walking.

0 of 0 participants have lost 0 pounds from walking.

36 of 50 participants have used the Take PART technique when talking to their health care provider.

108 of 220 participants improved control of their arthritis symptoms.

161 of 220 participants improved performance of daily activities.

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

168 of 220 participants improved their balance.

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

161 of 220 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.

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))
13 of 13 participants now walk safely and comfortably.
56 of 90 participants plan to exercise more often to help manage their chronic condition.
82 of 90 participants plan to use the UT Med Minder card to keep a record of their medications.
0 of 0 participants take fewer medications for arthritis symptoms six months after completing the program.
97 of 110 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.
17 of 17 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
13 of 13 participants use the walking contract and diary to stay motivated to walk.
76 of 90 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
200 of 200 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.
200 of 200 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.
252 of 258 respondents plan to decrease exposure of their children to parental conflict.
240 of 258 respondents report understanding the importance of working together for the sakes of their children.
238 parents/caregivers learned effective communication techniques to use with their children.
242 parents/caregivers learned strategies for dealing with parenting stress.
28 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
92 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
28 soybean producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
29 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
46 volunteer leaders increased their knowledge of positive youth development.  
300 youth are better able to understand and follow directions.  
300 youth are now better listeners.  
434 youth break goals down into steps so they can check their progress.  
20 youth can challenge policies through petitions, presentations or other positive ways.  
142 youth can deal with their nervousness when giving a speech or talk.  
142 youth can explain an idea to others.  
300 youth can express ideas with a poster, exhibit or other display.  
142 youth can give an informative speech or presentation.  
20 youth can now prepare and deliver a five-minute speech.  
600 youth can now share their ideas through writing.  
142 youth can select a topic for a speech or talk.  
142 youth can show enthusiasm when giving a speech or presentation.  
142 youth can speak loudly enough to be heard when giving a speech or talk.  
0 youth can use technology to help themselves express ideas.  
142 youth feel comfortable sharing their thoughts and feelings in a speech or talk.  
142 youth give a 2-3 minute speech or presentation.  
22 youth have a goal set for their job or career.  
0 youth have explored careers in communications.  
300 youth have learned at least five jobs in which communication skills are important.  
434 youth have set a goal for their job or career.  
142 youth know how to organize the parts of a speech or presentation.  
434 youth now set high goals that require work to achieve them.  
434 youth now work to achieve their goals.  
434 youth put their goals in writing.  
142 youth report that they have developed confidence to speak in front of groups.  
434 youth report that they now achieve goals they set for themselves.  
20 youth report they are now "accomplished public speakers."  
20 youth report they can give an impromptu speech.  
20 youth report they can now express their opinions in speeches or presentations.  
150 youth report they can now keep records.  
150 youth report they have improved photography skills.  
300 youth report they have learned skills in visual communications.  
22 youth set deadlines to achieve their goals.  
434 youth set high goals.
44 youth try to get as much assistance as they can when working toward their goal.
434 youth who are now making plans to achieve their goals.
434 youth who have put their goal(s) in writing.
22 youth who keep trying if they do not achieve their goal the first time.
22 youth who work out the details when others set goals for them.

Crockett County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4522.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>130</td>
<td>234</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>406</td>
<td>7694</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>587</td>
<td>19755</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>228</td>
<td>2017</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1351</strong></td>
<td><strong>29700</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>3</td>
<td>1650</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>9</td>
<td>34400</td>
</tr>
<tr>
<td>Other</td>
<td>42</td>
<td>6612</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>25</td>
<td>14210</td>
</tr>
</tbody>
</table>
### Radio Program(s) and TV Program(s)

<table>
<thead>
<tr>
<th></th>
<th>Radio Program(s)</th>
<th>TV Program(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>contacts total</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>total</td>
<td>79</td>
<td>56872</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Gender/Marine</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3660</td>
<td>522</td>
<td>87</td>
<td>0</td>
<td>0</td>
<td>4269</td>
</tr>
<tr>
<td>Female Youth</td>
<td>6770</td>
<td>1501</td>
<td>1295</td>
<td>30</td>
<td>2</td>
<td>9598</td>
</tr>
<tr>
<td>Male Adult</td>
<td>6524</td>
<td>560</td>
<td>46</td>
<td>1</td>
<td>0</td>
<td>7131</td>
</tr>
<tr>
<td>Male Youth</td>
<td>6027</td>
<td>1507</td>
<td>1142</td>
<td>24</td>
<td>2</td>
<td>8702</td>
</tr>
<tr>
<td>Total</td>
<td>22981</td>
<td>4090</td>
<td>2570</td>
<td>55</td>
<td>4</td>
<td>29700</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 40 |

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>33</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35</td>
</tr>
<tr>
<td>Female Youth</td>
<td>331</td>
<td>69</td>
<td>72</td>
<td>4</td>
<td>0</td>
<td>476</td>
</tr>
<tr>
<td>Male Adult</td>
<td>23</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>24</td>
</tr>
<tr>
<td>Male Youth</td>
<td>331</td>
<td>70</td>
<td>61</td>
<td>1</td>
<td>0</td>
<td>463</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>718</strong></td>
<td><strong>142</strong></td>
<td><strong>133</strong></td>
<td><strong>5</strong></td>
<td><strong>0</strong></td>
<td><strong>998</strong></td>
</tr>
</tbody>
</table>

Outcomes

Producers increased corn yield by 14 bushels/acre by selecting top yielding varieties on 72000 acres of corn increasing their income by 42.
Producers increased yield by 8 bushels by selecting top yielding varieties on 33356 acres of soybeans, earning an extra $56.
Producers increased yield by 79 pounds by selecting top yielding varieties on 74000 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.

59200 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.

3000 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.

120000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.

20 are concerned about problems in their community.

22 classrooms adopted this program.

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

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

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

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

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

80 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.

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

12500 miles were walked in the Walk Across Tennessee Program.

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

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

0 of 0 adults wash hands more often.

96 of 98 better understood their parents' concerns about money.

40 of 49 made a change in career or educational goals.

0 of 0 participants ate more whole grains.

35 of 49 participants began or increased savings an average of $ 0 per month.
96 of 98 participants better understood their parent's concerns about money.
18 of 18 participants can apply health eating principles when making daily food decisions.
30 of 30 participants can apply joint protection techniques.
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.
28 of 30 participants can use relaxation techniques to better manage their arthritis symptoms.
34 of 49 participants communicated with other family members about financial matters.
254 of 420 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
264 of 420 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
12 of 12 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
16 of 18 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
30 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.
0 of 0 participants feel confident they know what to do in case of a poisoning.
17 of 18 participants feel confident using the Take PART technique when talking to their health care provider.
94 of 98 participants felt more strongly that they needed to get a good education.
98 of 98 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants find the active ingredient on the medication label.
41 of 49 participants followed a spending plan.
28 of 30 participants have improved their arthritis symptoms as a result of participating in this program.
0 of 0 participants increased physical activity.
0 of 0 participants increased their exercise routine during Walk Across Tennessee Program.
90 of 98 participants increased their financial management skills.
0 of 0 participants keep all of their prescription medications at the same pharmacy.
0 of 0 participants know what cancer screenings they need according to their age and gender.
49 of 49 participants learned better how to plan their spending.
49 of 49 participants learned how education will affect the kind of job they can get.
48 of 49 participants learned how having a family can affect their lifestyle.
45 of 49 participants learned how much money it takes to get by.
49 of 49 participants learned how occupation and income will affect their lifestyle.
44 of 49 participants learned how payroll deductions are taken from gross pay.
46 of 49 participants learned how to keep a checkbook register.
48 of 49 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
41 of 49 participants made a change in financial behavior.
37 of 49 participants made a spending plan.
33 of 49 participants made changes to their future plans.
0 of 0 participants now eat more vegetables.
18 of 18 participants plan to exercise more often to help manage their chronic condition.
0 of 0 participants plan to get age and gender appropriate cancer screenings.
14 of 18 participants plan to use the UT Med Minder card to keep a record of their medications.
47 of 49 participants planned to change their career goals.
45 of 49 participants planned to get more education after high school.
0 of 0 participants read the directions before taking a prescription or over-the-counter medications.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants 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 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.
40 of 40 participants surveyed understand that using the UT Med Minder card provides them with a record of all their medications (over-the-counter and prescription) to share with their doctors and pharmacist.
0 of 0 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
33 of 49 participants talked about financial goals with their parents or others.
0 of 0 participants understand that cancer screening and early detection can save their life.
16 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.
30 of 30 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
5 of 5 participants understand women age 40 and older should have a mammogram.
5 of 5 participants understand women of all ages need a Pap test.
0 of 0 participants use labels to make healthier choices.
304 of 420 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
17 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 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.
8 of 8 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.
8 of 8 participants will read the label before using a product.
40 of 49 participants worked toward new savings or investment goals.
402 of 420 students increased amount of time in physical activity.
274 of 420 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.
1400 of 1500 youth now wash hands more often.
210 participants walked in the Walk Across Tennessee Program.
27 producers increased their return on 14000 acres by $798000 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.
60 producers utilized UT fertility recommendations.
10 schools adopted this program.
76 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
92 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.
11 teams participated in the Walk Across Tennessee Program.
20 times TEAM UP exchanged ideas or shared information.
4 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
10 would assist with or participate in elections, voting and campaigns.
20 youth believe that people working together can help others less fortunate.
35 youth can analyze the results of a scientific investigation.
35 youth can ask a question that can be answered by collecting data.
30 youth can communicate a scientific procedure to others.
35 youth can create a display to communicate scientific data and observations.
74 youth can deal with their nervousness when giving a speech or talk.
33 youth can design a scientific procedure to answer a question.
76 youth can explain an idea to others.
72 youth can give an informative speech or presentation.
30 youth can record data accurately.
82 youth can select a topic for a speech or talk.
68 youth can show enthusiasm when giving a speech or presentation.
78 youth can speak loudly enough to be heard when giving a speech or talk.
33 youth can use data to create a graph for presentation to others.
32 youth can use models to explain scientific results.
30 youth can use science terms to share scientific results.
30 youth can use specific scientific knowledge to form a question.
31 youth can use the results of their investigation to answer the question they had asked.
68 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
72 youth give a 2-3 minute speech or presentation.
80 youth know how to organize the parts of a speech or presentation.
20 youth now report they are concerned about the well-being of others.
64 youth report that they have developed confidence to speak in front of groups.
10 youth report that they learned about important leaders who contributed to our nation.
20 youth think they can make a big difference in their community by helping others.
12 youth understand how community leaders are elected to office.

Cumberland County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>6665.75</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>2380</td>
<td>2154</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>3972</td>
<td>11387</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>795</td>
<td>18144</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>251</td>
<td>1101</td>
</tr>
<tr>
<td>Total</td>
<td>7398</td>
<td>32786</td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>7</td>
<td>2250</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>11</td>
<td>371000</td>
</tr>
<tr>
<td>Other</td>
<td>18</td>
<td>3799</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>14</td>
<td>1830</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>4</td>
<td>200000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>58</td>
<td>578879</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>10396</td>
<td>47</td>
<td>116</td>
<td>37</td>
<td>34</td>
<td>10630</td>
</tr>
<tr>
<td>Female Youth</td>
<td>6710</td>
<td>65</td>
<td>210</td>
<td>38</td>
<td>91</td>
<td>7114</td>
</tr>
<tr>
<td>Male Adult</td>
<td>8625</td>
<td>27</td>
<td>78</td>
<td>13</td>
<td>44</td>
<td>8787</td>
</tr>
<tr>
<td>Male Youth</td>
<td>5921</td>
<td>37</td>
<td>151</td>
<td>38</td>
<td>108</td>
<td>6255</td>
</tr>
<tr>
<td>Total</td>
<td>31652</td>
<td>176</td>
<td>555</td>
<td>126</td>
<td>277</td>
<td>32786</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 7982.5 |
## Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>250</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>41</td>
<td>1139062</td>
</tr>
<tr>
<td>Other</td>
<td>85</td>
<td>500</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>140</strong></td>
<td><strong>1139812</strong></td>
</tr>
</tbody>
</table>

## Contacts for Volunteers

<table>
<thead>
<tr>
<th>Segment</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3530</td>
<td>0</td>
<td>9</td>
<td>5</td>
<td>0</td>
<td>3544</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3491</td>
<td>6</td>
<td>20</td>
<td>1</td>
<td>8</td>
<td>3526</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3289</td>
<td>2</td>
<td>11</td>
<td>2</td>
<td>2</td>
<td>3306</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3319</td>
<td>8</td>
<td>10</td>
<td>3</td>
<td>1</td>
<td>3341</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>13629</strong></td>
<td><strong>16</strong></td>
<td><strong>50</strong></td>
<td><strong>11</strong></td>
<td><strong>11</strong></td>
<td><strong>13717</strong></td>
</tr>
</tbody>
</table>

## Outcomes

150 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
34 consumers implemented water-wise gardening practices to conserve and protect water quality.
910 consumers learned about plant selection and proper planting to save money and time in the landscape.
654 consumers learned how to apply landscape fertilizers and pesticides safely.
182 consumers learned how to conserve and protect water quality in the landscape.
934 consumers learned how to properly take a soil test and interpret the results.
332 consumers practiced best management practices relating to proper pruning and tree maintenance.
84 consumers used the results of their soil test to properly amend their soil.
24 dial-gauge lids were tested.
226 home lawn insect, disease and weed samples submitted for identification and control recommendations.
186 home lawn soil samples submitted for testing.
422 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
154 homeowners established new turfgrass species and varieties.
488 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
34 Master Gardeners gained knowledge and confidence in entomology.
34 Master Gardeners gained knowledge and confidence in integrated pest management.
34 Master Gardeners gained knowledge and confidence in ornamentals.
34 Master Gardeners gained knowledge and confidence in plant diseases.
34 Master Gardeners gained knowledge and confidence in soils.
34 Master Gardeners gained knowledge and confidence in turfgrass.
14 Master Gardeners have used the knowledge and skills they learned in this program to assist 522 people in turf selection or management.
22 Master Gardeners have used the knowledge and skills they learned in this program to assist 180 people to control pests through integrated pest management.
14 Master Gardeners have used the knowledge and skills they learned in this program to assist 104 people to identify pests and/or the damage they cause.
14 Master Gardeners have used the knowledge and skills they learned in this program to assist 60 people to identify symptoms of plant disease.
30 Master Gardeners have used the knowledge and skills they learned in this program to assist 130 people to improve soil through soil test results.
0 of 0 adults wash hands more often.
504 of 530 better understood their parents' concerns about money.
24 of 24 homeowners increased their knowledge of fire ant management.
36 of 56 made a change in career or educational goals.
0 of 0 parents of teens learned how to generate a healthy discussion within their family about sexuality, values, feelings and decision making.
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.
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 of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested.
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.
35 of 53 participants are applying health eating principles when making food decisions six months after completing the program.
196 of 300 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.
42 of 53 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.
38 of 53 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
240 of 300 participants are more confident in relationships with family and friends.
42 of 53 participants are physically active six months after completing the program.
25 of 65 participants are using the UT Med Minder card to keep a record of their medications.
0 of 0 participants ate more whole grains.
18 of 56 participants began or increased savings an average of $0 per month.
504 of 530 participants better understood their parent's concerns about money.
44 of 65 participants can apply health eating principles when making daily food decisions.
0 of 0 participants can apply joint protection techniques.
49 of 65 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.

0 of 0 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.

32 of 56 participants communicated with other family members about financial matters.

65 of 75 participants eat more fat-free or low-fat dairy products.

46 of 65 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.

48 of 65 participants feel confident using the Take PART technique when talking to their health care provider.

464 of 530 participants felt more strongly that they needed to get a good education.

464 of 490 participants felt more strongly that they needed to pay attention to their financial future.

14 of 56 participants followed a spending plan.

34 of 39 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.

36 of 53 participants have less pain from their chronic condition six months after completing the program.

38 of 53 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.

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

70 of 75 participants increased physical activity.

444 of 530 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.

47 of 54 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.

52 of 54 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))

260 of 300 participants know better how to manage and protect their assets for a secure retirement.

486 of 530 participants learned better how to plan their spending.

474 of 530 participants learned how education will affect the kind of job they can get.

484 of 530 participants learned how having a family can affect their lifestyle.

498 of 530 participants learned how much money it takes to get by.

484 of 530 participants learned how occupation and income will affect their lifestyle.

436 of 530 participants learned how payroll deductions are taken from gross pay.

460 of 530 participants learned how to keep a checkbook register.

456 of 530 participants learned how to write a check.

28 of 56 participants made a change in financial behavior.

16 of 56 participants made a spending plan.

224 of 490 participants made changes to their future plans.

58 of 75 participants now eat more vegetables.

55 of 65 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.

24 of 24 participants plan to use the two-step method around the home for managing fire ants.

25 of 65 participants plan to use the UT Med Minder card to keep a record of their medications.

146 of 490 participants planned to change their career goals.
478 of 530 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.
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.
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.
34 of 56 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.
45 of 65 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 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.
0 of 0 participants who now select foods and beverages that promote healthy weight.
41 of 65 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
18 of 56 participants worked toward new savings or investment goals.
51 of 51 respondents plan to decrease exposure of their children to parental conflict.
50 of 51 respondents report understanding the importance of working together for the sakes of their children.
10 of 10 teachers reported preschool children in their classes were more actively engaged in physical activity.
10 of 10 teachers reported preschool children in their classes were more willing to taste fruit.
6 of 10 teachers reported preschool children in their classes were more willing to taste vegetables.
8 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.
1 of 1 trainees used the Before You Tie the Knot curriculum with appropriate audiences.
0 of 0 youth now wash hands more often.
51 parents/caregivers learned effective communication techniques to use with their children.
50 parents/caregivers learned strategies for dealing with parenting stress.
14 participants process high-acid foods in a water bath canner.
366 youth believe that people working together can help others less fortunate.
10 youth can conduct a meeting.
28 youth have a goal set for their job or career.
240 youth now get information about a problem.
12 youth report being able to break tough jobs down into simpler tasks.
10 youth report being able to resolve problems without losing control of their emotions.
12 youth report being sensitive to the feelings of others when discussing and solving problems.
12 youth report that they are comfortable being responsible for a group.
10 youth report that they are now comfortable being a group leader.
111 youth report that they can now cooperate and work in a group.
12 youth report that they can now give clear directions.
123 youth report that they know how to set goals and they use that ability when leading a group.
327 youth report that they learned about important leaders who contributed to our nation.
114 youth report that they make sure everyone gets an opportunity to say what they think.
12 youth report that they now like to work with others and help them reach their goals.
132 youth report that they take their jobs seriously as members of a committee.
129 youth report that when in charge of a group, they treat everyone fairly and equally.
8 youth report using enthusiasm to get a group working.
12 youth seek out others who can help them become a better leader.
14 youth set deadlines to achieve their goals.
414 youth think they can make a big difference in their community by helping others.
28 youth try to get as much assistance as they can when working toward their goal.
306 youth understand how community leaders are elected to office.
24 youth who keep trying if they do not achieve their goal the first time.
390 youth who report that they have learned that some choices are better than others.
378 youth who report they can make a decision.
291 youth who report they now listen to people with more experience than themselves.
240 youth who report they now try to identify what causes a problem.
15 youth who work out the details when others set goals for them.

Davidson County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>17160.5</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>303</td>
<td>545</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>6177</td>
<td>9257</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>2155</td>
<td>47366</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>297</td>
<td>4636</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>8932</strong></td>
<td><strong>61804</strong></td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>557</td>
<td>64778</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>275264</td>
</tr>
<tr>
<td>Other</td>
<td>699</td>
<td>5548</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1485</td>
<td>7293</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>
### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>14351</td>
<td>9151</td>
<td>1396</td>
<td>106</td>
<td>12</td>
<td>25016</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4836</td>
<td>3780</td>
<td>1736</td>
<td>405</td>
<td>55</td>
<td>10812</td>
</tr>
<tr>
<td>Male Adult</td>
<td>9499</td>
<td>4741</td>
<td>941</td>
<td>41</td>
<td>16</td>
<td>15238</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4400</td>
<td>3798</td>
<td>2236</td>
<td>265</td>
<td>39</td>
<td>10738</td>
</tr>
<tr>
<td>Total</td>
<td>33086</td>
<td>21470</td>
<td>6309</td>
<td>817</td>
<td>122</td>
<td>61804</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

**Hours Spend**

2303

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>85</td>
<td>1241</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>2022</td>
<td>2023</td>
</tr>
<tr>
<td>---------------------</td>
<td>------</td>
<td>------</td>
</tr>
<tr>
<td>Other</td>
<td>21</td>
<td>123</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>517</td>
<td>371</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>623</td>
<td>1735</td>
</tr>
</tbody>
</table>

**Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>603</td>
<td>267</td>
<td>63</td>
<td>21</td>
<td>0</td>
<td>954</td>
</tr>
<tr>
<td>Female Youth</td>
<td>735</td>
<td>662</td>
<td>234</td>
<td>99</td>
<td>11</td>
<td>1741</td>
</tr>
<tr>
<td>Male Adult</td>
<td>536</td>
<td>101</td>
<td>29</td>
<td>6</td>
<td>0</td>
<td>672</td>
</tr>
<tr>
<td>Male Youth</td>
<td>629</td>
<td>444</td>
<td>212</td>
<td>46</td>
<td>0</td>
<td>1331</td>
</tr>
<tr>
<td>Total</td>
<td>2503</td>
<td>1474</td>
<td>538</td>
<td>172</td>
<td>11</td>
<td>4698</td>
</tr>
</tbody>
</table>

**Outcomes**

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $0 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.

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.
692 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
1022 consumers implemented water-wise gardening practices to conserve and protect water quality.
1212 consumers learned about plant selection and proper planting to save money and time in the landscape.
1836 consumers learned how to apply landscape fertilizers and pesticides safely.
868 consumers learned how to conserve and protect water quality in the landscape.
1936 consumers learned how to properly take a soil test and interpret the results.
742 consumers practiced best management practices relating to proper pruning and tree maintenance.
902 consumers used the results of their soil test to properly amend their soil.
126 disease, insect and weed samples form commercial turf submitted for identification and control recommendations.
0 golf course superintendents adopted UT’s recommended practices for crabgrass control.
0 high school coaches have adopted UT’s athletic field management recommendations.
235 home lawn insect, disease and weed samples submitted for identification and control recommendations.
175 home lawn soil samples submitted for testing.
235 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
75 homeowners established new turfgrass species and varieties.
260 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
62 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.
20 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
88 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.
182 Master Gardeners gained knowledge and confidence in entomology.
182 Master Gardeners gained knowledge and confidence in integrated pest management.
182 Master Gardeners gained knowledge and confidence in ornamentals.
182 Master Gardeners gained knowledge and confidence in plant diseases.
182 Master Gardeners gained knowledge and confidence in soils.
182 Master Gardeners gained knowledge and confidence in turfgrass.
100 Master Gardeners have used the knowledge and skills they learned in this program to assist
1000 people in turf selection or management.
100 Master Gardeners have used the knowledge and skills they learned in this program to assist
1000 people to control pests through integrated pest management.
100 Master Gardeners have used the knowledge and skills they learned in this program to assist
1000 people to identify pests and/or the damage they cause.
100 Master Gardeners have used the knowledge and skills they learned in this program to assist
1000 people to identify symptoms of plant disease.
160 Master Gardeners have used the knowledge and skills they learned in this program to assist
1000 people to improve soil through soil test results.
0 new 4-H volunteers were recruited this year.
0 now can create on-screen (multi-media) presentations.
64 of 64 better understood basic insurance needs.
220 of 250 better understood credit reporting and scoring.
398 of 550 better understood their parents’ concerns about money.
0 of 0 checked their credit report.
738 of 1046 green industry personnel adopted an integrated pest management approach to
insect, mite, and disease control in turfgrass and/or ornamental plants.
738 of 1046 green industry personnel increased business profitability and sustainability through
improved insect, mite and disease control in turfgrass and/or ornamental plants.
1072 of 1380 green indutsry personnel learned to correctly identify pest insects, mites and
diseases of turfgrass and/or ornamental plants.
227 of 425 homeowners increased their knowledge of fire ant management.
234 of 250 identified ways to reduce spending.
420 of 1380 lanscape and nursery participants incraesed their knowledge of fire ant
management.
236 of 250 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.
96 of 175 made a change in career or educational goals.
222 of 250 participants ate more whole grains.
64 of 64 participants became more aware of the importance of starting to save and invest early in life.
246 of 375 participants began or increased savings an average of $20 per month.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
180 of 200 participants better understood their parent's concerns about money.
0 of 0 participants called the TN Poison Center because they suspected a poisoning or had a question about a product six months after completing the program.
0 of 0 participants communicated with other family members about financial matters.
0 of 0 participants conducted a poison safety audit six months after completing the program.
212 of 250 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.
482 of 592 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
100 of 110 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.
388 of 550 participants felt more strongly that they needed to get a good education.
182 of 200 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.
130 of 200 participants followed a spending plan.
0 of 0 participants gained skill in determining their net worth.
282 of 314 participants gained skill in making a spending plan.
64 of 64 participants identified ways to avoid being victimized by predatory practices or fraud.
54 of 80 participants identify or plan to identify a pest before deciding on the management needed.
0 of 0 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
0 of 0 participants improved their cholesterol levels.
0 of 0 participants improved their triglyceride levels.
670 of 864 participants increased their financial management skills.
40 of 80 participants increased their understanding of household and structural IPM.
64 of 64 participants increased their understanding of the impact education can have on future earnings.
90 of 200 participants kept a record of spending.
366 of 550 participants learned better how to plan their spending.
378 of 550 participants learned how education will affect the kind of job they can get.
374 of 550 participants learned how having a family can affect their lifestyle.
140 of 200 participants learned how much money it takes to get by.
154 of 200 participants learned how occupation and income will affect their lifestyle.
376 of 550 participants learned how payroll deductions are taken from gross pay.
328 of 550 participants learned how to keep a checkbook register.
353 of 550 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.
0 of 0 participants made a spending plan.
160 of 200 participants made changes to their future plans.
40 of 80 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.
387 of 783 participants plan to use the two-step method around the home for managing fire ants.
198 of 550 participants planned to change their career goals.
376 of 550 participants planned to get more education after high school.
0 of 0 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 200 participants reduced debt an average of $40 per month.
232 of 250 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.
42 of 42 participants successfully completed educational requirements for post-filing bankruptcy education.
0 of 0 participants successfully completed educational requirements for pre-filing bankruptcy
counseling.
80 of 80 participants surveyed increased their knowledge about radon.
160 of 160 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.
78 of 80 participants surveyed know how radon enters their home.
152 of 160 participants surveyed know radon can be prevented from entering their home.
80 of 80 participants surveyed know testing is the only way to know if their home has radon.
80 of 80 participants surveyed know year-long testing is recommended over short-term testing in Tennessee.
0 of 0 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.
0 of 0 participants understand how to reconcile a checking account.
70 of 70 participants understood the dangers of using too much credit.
204 of 250 participants use labels to make healthier choices.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
110 of 110 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.
110 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.
70 of 70 participants understood the dangers of using too much credit.
20 of 28 students increased their attendance since the beginning of the school year.
0 of 0 students increased their overall GPA since the beginning of the school year.
0 of 0 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
20 of 28 youth/children have increased their knowledge base in the areas of technology, science, reading, health and relationships.
36 professional turfgrass managers who begin using new, more environmentally-friendly
pesticides over older pesticides chemistries.
326 professionals added additional services and/or marketing practices.
326 professionals developed or made adjustment to their business plans.
404 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
598 professionals implemented recommended management practices for pest control.
310 professionals increased their knowledge of components of business plans.
212 professionals increased their knowledge of green industry services and marketing practices.
1102 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
912 professionals increased their knowledge of plant pests and pest control measures.
514 professionals increased their knowledge of proper plant selection.
492 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.
536 soil samples from commercial turf submitted for testing.
0 volunteer leaders increased their knowledge of positive youth development.
77 youth are better able to understand and follow directions.
43 youth believe that people working together can help others less fortunate.
70 youth break goals down into steps so they can check their progress.
36 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.
62 youth can deal with their nervousness when giving a speech or talk.
67 youth can explain an idea to others.
69 youth can express ideas with a poster, exhibit or other display.
300 youth can give an informative speech or presentation.
75 youth can now prepare and deliver a five-minute speech.
132 youth can now share their ideas through writing.
68 youth can select a topic for a speech or talk.
150 youth can show enthusiasm when giving a speech or presentation.
68 youth can speak loudly enough to be heard when giving a speech or talk.
68 youth can use technology to help themselves express ideas.
64 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
300 youth give a 2-3 minute speech or presentation.
0 youth have a goal set for their job or career.
60 youth have encouraged their friends to make better health decisions.
50 youth have gotten friends or family more active and physically involved.
0 youth have knowledge of careers in the communications field.
56 youth have learned at least five jobs in which communication skills are important.
39 youth have learned new skills and ways of doing things by participating in groups.
450 youth know how to organize the parts of a speech or presentation.
0 youth now communicate through a website.
74 youth now encourage other team members to give their best effort.
96 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.
0 youth now report that they think about past choices when making new decisions.
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.
40 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.
69 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.
45 youth report that physical activity has become a common stress relief for their friends and/or family.
64 youth report that their family now tries new activities to increase fitness and relieve boredom.
132 youth report that they can now cooperate and work in a group.
300 youth report that they have developed confidence to speak in front of groups.
128 youth report that they know how to set goals and they use that ability when leading a group.
33 youth report that they learned about important leaders who contributed to our nation.
130 youth report that they make sure everyone gets an opportunity to say what they think.
127 youth report that they take their jobs seriously as members of a committee.
31 youth report that when in charge of a group, they treat everyone fairly and equally.
58 youth report their family has changed their exercise and diet habits to practice better fitness.
0 youth report they are now "accomplished public speakers."
20 youth report they can give an impromptu speech.
0 youth report they can now express their opinions in speeches or presentations.
0 youth set deadlines to achieve their goals.
69 youth set high goals.
40 youth think they can make a big difference in their community by helping others.
0 youth try to get as much assistance as they can when working toward their goal.
45 youth understand how community leaders are elected to office.
200 youth use parliamentary procedure to run a meeting.
0 youth who keep trying if they do not achieve their goal the first time.
107 youth who report that they have learned that some choices are better than others.
112 youth who report they can make a decision.
97 youth who report they now listen to people with more experience than themselves.
110 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.

Decatur County

**Hours for Extension Personnel**

| Hours Spend | 3299 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>726</td>
<td>793</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>3130</td>
<td>5830</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>419</td>
<td>9796</td>
</tr>
</tbody>
</table>
### On-Site Visits (Farm, Home, and Workplace)

<table>
<thead>
<tr>
<th>Method</th>
<th>Number</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>4799</td>
<td>17272</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>57</td>
<td>63000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>5000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>60</td>
<td>68000</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Gender</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>2658</td>
<td>93</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>2753</td>
</tr>
<tr>
<td>Youth</td>
<td>2902</td>
<td>123</td>
<td>88</td>
<td>14</td>
<td>2</td>
<td>3129</td>
</tr>
<tr>
<td>Male</td>
<td>7519</td>
<td>189</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>7714</td>
</tr>
<tr>
<td>Adult</td>
<td>3411</td>
<td>140</td>
<td>112</td>
<td>8</td>
<td>5</td>
<td>3676</td>
</tr>
<tr>
<td>Youth</td>
<td>16490</td>
<td>545</td>
<td>208</td>
<td>22</td>
<td>7</td>
<td>17272</td>
</tr>
</tbody>
</table>
### Hours for Volunteers

<table>
<thead>
<tr>
<th>Hours Spend</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>356.5</td>
</tr>
</tbody>
</table>

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3</strong></td>
<td><strong>0</strong></td>
</tr>
</tbody>
</table>

### Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>175</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>180</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1312</td>
<td>58</td>
<td>53</td>
<td>8</td>
<td>0</td>
<td>1431</td>
</tr>
<tr>
<td>Male Adult</td>
<td>37</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>37</td>
</tr>
<tr>
<td>Male</td>
<td>1536</td>
<td>83</td>
<td>64</td>
<td>5</td>
<td>0</td>
<td>1688</td>
</tr>
</tbody>
</table>
Youth

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>3060</td>
<td>146</td>
<td>117</td>
<td>13</td>
<td>0</td>
<td>3336</td>
</tr>
</tbody>
</table>

**Outcomes**

84 4-H clubs were met by volunteers.
8 4-H judging teams were coached by volunteers.
26 4-H project groups were met by volunteers.
6 4-H volunteers utilized volunteer position descriptions.
148 beef producers sold 6273 calves managed according to BQA guidelines to increase returns by $50184.
142 beef producers stored 33519 large, round bales under some type of cover to increase returns by $201114.
139 beef producers utilized bulls with greater genetic potential to produce 4566 head of calves to increase returns by $123282.
135 beef producers utilized hay feeding rings to feed 27124 bales and improved feeding methods to reduce wastage/spoilage, saving $135620.
41 beef producers utilized improved marketing methods to market 3137 head of calves to increase returns by $15685.
0 forest landowners are members in a local County Forestry Association representing 0 forest acres.
0 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
59 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
59 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
59 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
23 horse owners fed 89 horses according to specific nutrient requirements for each class of horse, saving 44500 annually.
27 horse owners managed 109 horses using rotational grazing in their pasture management to increase forage production, saving $54500 annually.
18 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 82 horses, saving $70930 annually.
29 horse owners schedule routine hoof care on 111 horses, saving $66600 annually.
40 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.
6 landowners expanded an existing aquaculture industry.
14 landowners improved profitability (marketing) of forest ownership.
10 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 2000 forested acres.
60 landowners properly fertilized their pond, followed stocking/harvesting recommendations, or controlled weeds/algae.
56 new 4-H volunteers were recruited this year.
0 of 0 adults wash hands more often.
44 of 50 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)
34 of 34 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
34 of 34 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.
2 of 2 participants are using the UT Med Minder card to keep a record of their medications.
0 of 0 participants ate more whole grains.
0 of 0 participants better understood their parent's concerns about money.
2 of 2 participants can apply health eating principles when making daily food decisions.
16 of 50 participants can apply joint protection techniques.
2 of 2 participants can better control their chronic condition with self-management techniques.
24 of 50 participants can use relaxation techniques to better manage their arthritis symptoms.
66 of 126 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.
88 of 106 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
2 of 2 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
50 of 50 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
2 of 2 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 have fewer visits to the emergency room six months after completing the program.
12 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.
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 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.
14 of 25 participants increased physical activity.
0 of 0 participants increased their financial management skills.
44 of 50 participants learned better how to plan their spending.
0 of 0 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
0 of 0 participants learned how payroll deductions are taken from gross pay.
0 of 0 participants learned how to keep a checkbook register.
0 of 0 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants made changes to their future plans.
0 of 0 participants now eat more vegetables.
2 of 2 participants plan to exercise more often to help manage their chronic condition.
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.
0 of 0 participants planned to get more education after high school.
12 of 14 participants refrigerate perishable foods within two hours.
12 of 14 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.
2 of 2 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.
50 of 50 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
36 of 63 participants use labels to make healthier choices.
0 of 0 participants who now select foods and beverages that promote healthy weight.
2 of 2 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
12 of 12 providers had increased knowledge of the workshop(s) topics.
34 of 34 respondents plan to decrease exposure of their children to parental conflict.
34 of 34 respondents report understanding the importance of working together for the sakes of their children.
76 of 80 youth now wash hands more often.
34 parents/caregivers learned effective communication techniques to use with their children.
34 parents/caregivers learned strategies for dealing with parenting stress.
35 participants now correctly deworm 138 horses, saving $37950 this year.
140 producers planted 10308 acres with clover for an increased production valued at $309240.
76 producers planted 2314 acres with warm-season grasses for an added value of $46280.  
77 producers sprayed 5831 acres for broadleaf weed control for an increased production valued at $233240.  
47 producers stockpiled 2217 acres of tall fescue, reducing feeding cost by $88680.  
24 volunteer leaders increased their knowledge of positive youth development.  
40 youth can complete projects they are proud of.  
40 youth can deal with their nervousness when giving a speech or talk.  
0 youth can explain an idea to others.  
844 youth can select a topic for a speech or talk.  
520 youth can speak loudly enough to be heard when giving a speech or talk.  
36 youth feel comfortable asking others to help on a project.  
40 youth feel comfortable sharing their thoughts and feelings in a speech or talk.  
32 youth like to work with others to complete projects.  
0 youth report that when they disagree with someone, they can stand up for themselves without using violence.  
0 youth understand that they cannot always be "the best" in everything.

---

**DeKalb County**

**Hours for Extension Personnel**

| Hours Spend | 3520 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>149</td>
<td>596</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>150</td>
<td>884</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>289</td>
<td>10164</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>182</td>
<td>714</td>
</tr>
</tbody>
</table>
## Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>50</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>36</td>
<td>72000</td>
</tr>
<tr>
<td>Other</td>
<td>31</td>
<td>42900</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>21</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>41</td>
<td>59500</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>130</td>
<td>174450</td>
</tr>
</tbody>
</table>

## Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female Adult</strong></td>
<td>1655</td>
<td>94</td>
<td>26</td>
<td>0</td>
<td>1</td>
<td>1776</td>
</tr>
<tr>
<td><strong>Female Youth</strong></td>
<td>4151</td>
<td>231</td>
<td>272</td>
<td>12</td>
<td>0</td>
<td>4666</td>
</tr>
<tr>
<td><strong>Male Adult</strong></td>
<td>1177</td>
<td>109</td>
<td>126</td>
<td>0</td>
<td>0</td>
<td>1412</td>
</tr>
<tr>
<td><strong>Male Youth</strong></td>
<td>4041</td>
<td>158</td>
<td>297</td>
<td>0</td>
<td>8</td>
<td>4504</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>11024</td>
<td>592</td>
<td>721</td>
<td>12</td>
<td>9</td>
<td>12358</td>
</tr>
</tbody>
</table>


**Hours for Volunteers**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>127</td>
</tr>
</tbody>
</table>

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>4</td>
<td>450</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>150</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>5</strong></td>
<td><strong>600</strong></td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>213</td>
<td>6</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>224</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1120</td>
<td>20</td>
<td>120</td>
<td>5</td>
<td>0</td>
<td>1265</td>
</tr>
<tr>
<td>Male Adult</td>
<td>227</td>
<td>10</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>248</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1094</td>
<td>18</td>
<td>192</td>
<td>1</td>
<td>0</td>
<td>1305</td>
</tr>
</tbody>
</table>
Outcomes

26 are concerned about problems in their community.
150 beef producers sold 760 calves managed according to BQA guidelines to increase returns by $6080.
200 beef producers stored 8000 large, round bales under some type of cover to increase returns by $48000.
100 beef producers utilized bulls with greater genetic potential to produce 2000 head of calves to increase returns by $54000.
150 beef producers utilized hay feeding rings to feed 4500 bales and improved feeding methods to reduce wastage/spoilage, saving $22500.
80 beef producers utilized improved marketing methods to market 2000 head of calves to increase returns by $10000.
10 dial-gauge lids were tested.
26 now feel a sense of responsibility toward their school and community.
26 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
428 of 1306 participants ate more whole grains.
642 of 1306 participants decreased consumption of high-sugar foods.
30 of 76 participants eat at least six meals together as a family each week.
2128 of 2612 participants eat more fat-free or low-fat dairy products.
60 of 76 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
0 of 0 participants increased physical activity.
64 of 76 participants lost weight: 320 total pounds lost.
2216 of 2612 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 canned pickles following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
0 of 0 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants use labels to make healthier choices.
0 of 0 participants who now select foods and beverages that promote healthy weight.
290 of 340 youth now wash hands more often.
0 participants process high-acid foods in a water bath canner.
50 producers planted 1000 acres with clover for an increased production valued at $30000.
20 producers planted 500 acres with warm-season grasses for an added value of $10000.
120 producers sprayed 3600 acres for broadleaf weed control for an increased production valued at $144000.
60 producers stockpiled 1200 acres of tall fescue, reducing feeding cost by $48000.
0 would assist with or participate in elections, voting and campaigns.
100 youth are better able to understand and follow directions.
30 youth believe that people working together can help others less fortunate.
48 youth break goals down into steps so they can check their progress.
50 youth can analyze the results of a scientific investigation.
50 youth can ask a question that can be answered by collecting data.
44 youth can communicate a scientific procedure to others.
16 youth can conduct a meeting.
50 youth can create a display to communicate scientific data and observations.
1444 youth can deal with their nervousness when giving a speech or talk.
50 youth can design a scientific procedure to answer a question.
800 youth can explain an idea to others.
90 youth can express ideas with a poster, exhibit or other display.
1744 youth can give an informative speech or presentation.
168 youth can now share their ideas through writing.
50 youth can record data accurately.
1544 youth can select a topic for a speech or talk.
800 youth can show enthusiasm when giving a speech or presentation.
1444 youth can speak loudly enough to be heard when giving a speech or talk.
54 youth can use data to create a graph for presentation to others.
54 youth can use models to explain scientific results.
24 youth can use science terms to share scientific results.
50 youth can use specific scientific knowledge to form a question.
100 youth can use technology to help themselves express ideas.
44 youth can use the results of their investigation to answer the question they had asked.
500 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
400 youth give a 2-3 minute speech or presentation.
80 youth have learned at least five jobs in which communication skills are important.
48 youth have set a goal for their job or career.
580 youth know how to organize the parts of a speech or presentation.
656 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.
30 youth now report they are concerned about the well-being of others.
592 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.
48 youth now set high goals that require work to achieve them.
60 youth now work to achieve their goals.
48 youth put their goals in writing.
16 youth report that they are now comfortable being a group leader.
24 youth report that they can now cooperate and work in a group.
24 youth report that they can now give clear directions.
500 youth report that they have developed confidence to speak in front of groups.
20 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.
16 youth report that they make sure everyone gets an opportunity to say what they think.
56 youth report that they now achieve goals they set for themselves.
28 youth report that they now like to work with others and help them reach their goals.
20 youth report that they take their jobs seriously as members of a committee.
30 youth report that when in charge of a group, they treat everyone fairly and equally.
24 youth report using enthusiasm to get a group working.
48 youth set high goals.
28 youth think they can make a big difference in their community by helping others.
0 youth understand how community leaders are elected to office.
60 youth who are now making plans to achieve their goals.
60 youth who have put their goal(s) in writing.
748 youth who report that they have learned that some choices are better than others.
640 youth who report they can make a decision.
712 youth who report they now listen to people with more experience than themselves.
460 youth who report they now try to identify what causes a problem.

---

**Dickson County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>6049.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>349</td>
<td>429</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>4246</td>
<td>8180</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>950</td>
<td>22384</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>81</td>
<td>139</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>5626</strong></td>
<td><strong>31132</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1489</td>
<td>174630</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>42</td>
<td>538100</td>
</tr>
<tr>
<td>Other</td>
<td>27</td>
<td>7603</td>
</tr>
<tr>
<td>-------</td>
<td>----</td>
<td>------</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>17690</td>
<td>207914</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>113</td>
<td>812000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>19361</strong></td>
<td><strong>1740247</strong></td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th>White/ Black/ Hispanic Not of Hispanic Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th><strong>Total</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>9383</td>
<td>461</td>
<td>16</td>
<td>1</td>
</tr>
<tr>
<td>Female Youth</td>
<td>7219</td>
<td>643</td>
<td>256</td>
<td>36</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5166</td>
<td>93</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
<td>6823</td>
<td>577</td>
<td>227</td>
<td>60</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>28591</strong></td>
<td><strong>1774</strong></td>
<td><strong>502</strong></td>
<td><strong>97</strong></td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>67924</td>
</tr>
</tbody>
</table>

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
</table>
Exhibit(s) | 1 | 125  
Newspaper Article(s) | 3 | 27500  
Other | 1 | 200  
Publication(s) | 23 | 5810  
Radio Program(s) | 6 | 20000  
TV Program(s) | 0 | 0  
Total | 34 | 53635  

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th>Gender</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1611</td>
<td>95</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1706</td>
</tr>
<tr>
<td>Female Youth</td>
<td>12445</td>
<td>605</td>
<td>300</td>
<td>63</td>
<td>0</td>
<td>13413</td>
</tr>
<tr>
<td>Male Adult</td>
<td>314</td>
<td>19</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>333</td>
</tr>
<tr>
<td>Male Youth</td>
<td>10269</td>
<td>487</td>
<td>261</td>
<td>1</td>
<td>0</td>
<td>11018</td>
</tr>
<tr>
<td>Total</td>
<td>24639</td>
<td>1206</td>
<td>561</td>
<td>64</td>
<td>0</td>
<td>26470</td>
</tr>
</tbody>
</table>

**Outcomes**

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

52 are concerned about problems in their community.

2 classrooms adopted this program.

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

51 now have a sense of pride about their school and community.
162 of 162 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)
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.
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.
328 of 456 participants ate more whole grains.
300 of 334 participants decreased consumption of high-sugar foods.
8 of 12 participants eat at least six meals together as a family each week.
32 of 40 participants eat fewer high-fat foods.
110 of 162 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.
250 of 294 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
150 of 162 participants increased physical activity.
268 of 294 participants know what cancer screenings they need according to their age and gender.
0 of 0 participants lost weight: 0 total pounds lost.
90 of 162 participants now eat more vegetables.
270 of 294 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.
294 of 294 participants understand that cancer screening and early detection can save their life.
256 of 294 participants understand women age 40 and older should have a mammogram.
248 of 294 participants understand women of all ages need a Pap test.
240 of 294 participants use labels to make healthier choices.
24 of 40 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.
40 of 40 students increased amount of time in physical activity.
60 of 120 students increased their attendance since the beginning of the school year.
96 of 120 students increased their overall GPA since the beginning of the school year.
28 of 40 students who increased their intake of whole grains.
28 of 28 teachers reported preschool children in their classes were more actively engaged in physical activity.
28 of 28 teachers reported preschool children in their classes were more willing to taste fruit.
28 of 28 teachers reported preschool children in their classes were more willing to taste vegetables.
28 of 28 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
28 of 28 teachers reported using physical activities from Healthy Steps at least three times per week.
496 of 496 youth now wash hands more often.
120 of 120 youth/children are able to communicate their understanding of science/math concepts through their involvement with activities.
0 of 0 youth/children are able to create, present, or use new technologies they didn't utilize before.
120 of 120 youth/children have increased their knowledge base in the areas of technology, science, reading, health and relationships.
120 of 120 youth/children read books or other print at least three times per week in their afterschool or home setting.
90 of 120 youth/children report feeling better and eating better than before.
24 parents/caregivers learned effective communication techniques to use with their children.
24 parents/caregivers learned strategies for dealing with parenting stress.
30 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
32 report that because of their 4-H experiences, they will register to vote when they are eligible.
31 report that because of their 4-H service projects, they have learned about causes and issues.
62 report that because of their 4-H service projects, they know about resources in their community.
30 report that they will volunteer and help others.
2 schools adopted this program.
42 times TEAM UP exchanged ideas or shared information.
28 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
30 would assist with or participate in elections, voting and campaigns.
304 youth are better able to understand and follow directions.
59 youth are now better listeners.
27 youth believe that a team can accomplish more than an individual.
52 youth believe that people working together can help others less fortunate.
7 youth break goals down into steps so they can check their progress.
94 youth can analyze the results of a scientific investigation.
89 youth can ask a question that can be answered by collecting data.
24 youth can assist a group in deciding on team plans for reaching goals.
87 youth can communicate a scientific procedure to others.
46 youth can conduct a meeting.
83 youth can create a display to communicate scientific data and observations.
177 youth can deal with their nervousness when giving a speech or talk.
83 youth can design a scientific procedure to answer a question.
213 youth can explain an idea to others.
220 youth can express ideas with a poster, exhibit or other display.
180 youth can give an informative speech or presentation.
354 youth can now share their ideas through writing.
92 youth can record data accurately.
201 youth can select a topic for a speech or talk.
174 youth can show enthusiasm when giving a speech or presentation.
192 youth can speak loudly enough to be heard when giving a speech or talk.
89 youth can use data to create a graph for presentation to others.
84 youth can use models to explain scientific results.
79 youth can use science terms to share scientific results.
86 youth can use specific scientific knowledge to form a question.
189 youth can use technology to help themselves express ideas.
93 youth can use the results of their investigation to answer the question they had asked.
26 youth enjoy working with others toward a common goal.
156 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
177 youth give a 2-3 minute speech or presentation.
41 youth have explored careers in communications.
171 youth have learned at least five jobs in which communication skills are important.
30 youth have learned new skills and ways of doing things by participating in groups.
6 youth have set a goal for their job or career.
186 youth know how to organize the parts of a speech or presentation.
58 youth now encourage other team members to give their best effort.
23 youth now get information about a problem.
48 youth now report they are concerned about the well-being of others.
7 youth now set high goals that require work to achieve them.
29 youth now think it's important to listen to all group members before making a decision.
29 youth now want to see other team members succeed even if they achieve more than themselves.
10 youth now work to achieve their goals.
9 youth put their goals in writing.
51 youth report that they are now comfortable being a group leader.
47 youth report that they can now cooperate and work in a group.
50 youth report that they can now give clear directions.
183 youth report that they have developed confidence to speak in front of groups.
45 youth report that they know how to set goals and they use that ability when leading a group.
45 youth report that they learned about important leaders who contributed to our nation.
44 youth report that they make sure everyone gets an opportunity to say what they think.
7 youth report that they now achieve goals they set for themselves.
50 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.
48 youth report that when in charge of a group, they treat everyone fairly and equally.
86 youth report they can now keep records.
0 youth report they have improved photography skills.
58 youth report they have learned skills in visual communications.
48 youth report using enthusiasm to get a group working.
10 youth set high goals.
29 youth think that everyone on the team is important.
33 youth think they can make a big difference in their community by helping others.
25 youth think they have something to contribute to the worth of the team.
49 youth understand how community leaders are elected to office.
29 youth understand that other ideas may be just as important as their own.
7 youth who are now making plans to achieve their goals.
3 youth who have put their goal(s) in writing.
30 youth who report that they have learned that some choices are better than others.
28 youth who report they can make a decision.
30 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.

Dyer County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>9048</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>740</td>
<td>1769</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>4961</td>
<td>27471</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1822</td>
<td>38748</td>
</tr>
<tr>
<td>Method</td>
<td>Number Methods</td>
<td>Contacts Reached</td>
</tr>
<tr>
<td>------------------------</td>
<td>----------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>175</td>
<td>63456</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>79</td>
<td>842000</td>
</tr>
<tr>
<td>Other</td>
<td>313</td>
<td>56582</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>113</td>
<td>47718</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>12</td>
<td>152800</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>20</td>
<td>174010</td>
</tr>
<tr>
<td>Total</td>
<td>712</td>
<td>1336566</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>25633</td>
<td>10434</td>
<td>674</td>
<td>43</td>
<td>60</td>
<td>36844</td>
</tr>
<tr>
<td>Female Youth</td>
<td>9013</td>
<td>21259</td>
<td>369</td>
<td>38</td>
<td>5</td>
<td>30684</td>
</tr>
<tr>
<td>Male Adult</td>
<td>24731</td>
<td>5341</td>
<td>378</td>
<td>60</td>
<td>47</td>
<td>30557</td>
</tr>
<tr>
<td>Male Youth</td>
<td>7087</td>
<td>11336</td>
<td>256</td>
<td>28</td>
<td>4</td>
<td>18711</td>
</tr>
<tr>
<td>Method</td>
<td>Number Methods</td>
<td>Contacts Reached</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------</td>
<td>----------------</td>
<td>-----------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>150</td>
<td>17026</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>12</td>
<td>140500</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>331</td>
<td>22593</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Publication(s)</td>
<td>27</td>
<td>14570</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>4</td>
<td>33017</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>4</td>
<td>38000</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>528</td>
<td>265706</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>6071</td>
<td>2478</td>
<td>198</td>
<td>34</td>
<td>59</td>
<td>8840</td>
</tr>
<tr>
<td>Female Youth</td>
<td>6282</td>
<td>1944</td>
<td>271</td>
<td>34</td>
<td>9</td>
<td>8540</td>
</tr>
<tr>
<td>Male Adult</td>
<td>4955</td>
<td>1534</td>
<td>264</td>
<td>33</td>
<td>38</td>
<td>6824</td>
</tr>
<tr>
<td>Male</td>
<td>Youth</td>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------</td>
<td>-------</td>
<td>-------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4646</td>
<td>1571</td>
<td>21954</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>180</td>
<td>22</td>
<td>21954</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>108</td>
<td>6421</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30625</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

Producers increased corn yield by 20 bushels/acre by selecting top yielding varieties on 20000 acres of corn increasing their income by 60.

Producers increased yield by 4 bushels by selecting top yielding varieties on 200000 acres of soybeans, earning an extra $28.

Producers increased yield by 20 bushels by selecting top yielding varieties on 20000 acres of wheat, earning an extra $100.

Producers increased yield by 200 pounds by selecting top yielding varieties on 4000 acres of cotton, earning an extra $FRM.

The economic impact of Extension leadership programs was $900000 in increased revenue, one-time capital improvements and secured resources.

10000 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

1000 acres of corn scouted by a UT-trained scout to help make crop management decisions.

40000 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.

6000 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.

6000 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

20 classrooms adopted this program.

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

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

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

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

181 consumers learned how to conserve and protect water quality in the landscape.
191 consumers learned how to properly take a soil test and interpret the results.
148 consumers practiced best management practices relating to proper pruning and tree maintenance.
158 consumers used the results of their soil test to properly amend their soil.
80 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
54 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
20 corn producers report a $40 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
400 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
30 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.
30 cotton producers report a $40 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.
8 existing small businesses who are now operating with a business plan.
22 home lawn insect, disease and weed samples submitted for identification and control recommendations.
23 home lawn soil samples submitted for testing.
26 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
15 homeowners established new turfgrass species and varieties.
130 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
128 individuals who increased their entrepreneurial/business skills.
16 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
89 Master Gardeners gained knowledge and confidence in entomology.
89 Master Gardeners gained knowledge and confidence in integrated pest management.
89 Master Gardeners gained knowledge and confidence in ornamentals.
89 Master Gardeners gained knowledge and confidence in plant diseases.
89 Master Gardeners gained knowledge and confidence in soils.
89 Master Gardeners gained knowledge and confidence in turfgrass.
21 Master Gardeners have used the knowledge and skills they learned in this program to assist
31 people in turf selection or management.
25 Master Gardeners have used the knowledge and skills they learned in this program to assist
40 people to control pests through integrated pest management.
19 Master Gardeners have used the knowledge and skills they learned in this program to assist
35 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
40 people to identify symptoms of plant disease.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist
70 people to improve soil through soil test results.
362 of 362 adults wash hands more often.
240 of 294 better understood basic insurance needs.
294 of 294 better understood credit reporting and scoring.
192 of 200 better understood their parents’ concerns about money.
188 of 314 checked their credit report.
0 of 0 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
70 of 70 homeowners increased their knowledge of fire ant management.
246 of 294 identified ways to reduce spending.
162 of 294 learned better how to communicate with creditors.
168 of 294 learned how to better manage stress caused by financial issues.
230 of 230 learned how to prepare a grab and go bag in case of an emergency home evacuation.
230 of 230 learned how to properly maintain and store household financial records.
272 of 294 learned who to pay first if they can't pay everything.
0 of 0 made a change in career or educational goals.
4250 of 4816 participants ate more whole grains.
3420 of 3420 participants became more aware of the importance of starting to save and invest early in life.
748 of 1493 participants began or increased savings an average of $ 41 per month.
20 of 38 participants better understood the difference between pre-tax and after-tax investments.
180 of 200 participants better understood their parent's concerns about money.
22 of 22 participants can apply joint protection techniques.
22 of 22 participants can use relaxation techniques to better manage their arthritis symptoms.  
1020 of 1710 participants communicated with other family members about financial matters.  
2956 of 4648 participants decreased consumption of high-sugar foods.  
36 of 36 participants determined how to better balance their investments among pre-tax and after-tax options.  
212 of 354 participants eat at least six meals together as a family each week.  
288 of 420 participants eat fewer high-fat foods.  
836 of 1000 participants eat more fat-free or low-fat dairy products.  
3384 of 4228 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.  
22 of 22 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.  
632 of 844 participants felt more confident that they could build wealth.  
160 of 200 participants felt more strongly that they needed to get a good education.  
172 of 200 participants felt more strongly that they needed to pay attention to their financial future.  
164 of 238 participants felt that they were taking better advantage of the investment options offered by their employer.  
620 of 892 participants followed a spending plan.  
294 of 294 participants gained skill in determining their net worth.  
638 of 638 participants gained skill in making a spending plan.  
22 of 22 participants have improved their arthritis symptoms as a result of participating in this program.  
15 of 22 participants have less arthritis symptoms from their arthritis six months after completing the program.  
784 of 892 participants identified ways to avoid being victimized by predatory practices or fraud.  
6 of 6 participants identify or plan to identify a pest before deciding on the management needed.  
15 of 22 participants improved their balance six months after completing the program.  
882 of 1226 participants improved their blood pressure.  
144 of 144 participants improved their blood sugar.  
144 of 144 participants improved their cholesterol levels.  
15 of 22 participants improved their flexibility six months after completing the program.  
18 of 22 participants improved their performance of daily activities by adding exercise to their
daily routine six months after completing the program.
18 of 22 participants improved their range of motion in their joints six months after completing
the program.
144 of 144 participants improved their triglyceride levels.
1092 of 1224 participants increased physical activity.
3456 of 3952 participants increased their financial management skills.
314 of 438 participants kept a record of spending.
164 of 200 participants learned better how to plan their spending.
624 of 624 participants learned how education will affect the kind of job they can get.
200 of 200 participants learned how having a family can affect their lifestyle.
192 of 200 participants learned how much money it takes to get by.
180 of 200 participants learned how occupation and income will affect their lifestyle.
156 of 200 participants learned how payroll deductions are taken from gross pay.
152 of 200 participants learned how to keep a checkbook register.
192 of 200 participants learned how to write a check.
1710 of 1710 participants learned the difference between wants and needs.
1648 of 1820 participants lost weight: 8272 total pounds lost.
1676 of 1710 participants made a change in financial behavior.
636 of 892 participants made a spending plan.
160 of 200 participants made changes to their future plans.
0 of 0 participants modified or plan to modify the environment to make it less conducive to
pests.
830 of 1000 participants now eat more vegetables.
1478 of 1710 participants now understand the difference between a need and a want.
68 of 68 participants plan to use the two-step method around the home for managing fire ants.
160 of 200 participants planned to change their career goals.
160 of 200 participants planned to get more education after high school.
92 of 162 participants reduced debt an average of $ 54 per month.
962 of 1000 participants refrigerate perishable foods within two hours.
84 of 74 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
1884 of 2602 participants set savings or investment goals and/or enrolled as a Tennessee
Saver.
220 of 220 participants successfully completed educational requirements for post-filing
bankruptcy education.
74 of 74 participants successfully completed educational requirements for pre-filing bankruptcy
counseling.
300 of 300 participants surveyed increased personal involvement in community activities.
1300 of 1320 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
456 of 500 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
436 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.
12 of 22 participants take fewer medications for arthritis symptoms six months after completing the program.
824 of 1710 participants talked about financial goals with their parents or others.
22 of 22 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
998 of 1112 participants understood the dangers of using too much credit.
1160 of 1160 participants use labels to make healthier choices.
220 of 836 participants who achieved financial goals.
188 of 836 participants who became habitual savers.
292 of 420 participants who increased their intake of dairy foods.
656 of 838 participants who now select foods and beverages that promote healthy weight.
1276 of 2602 participants worked toward new savings or investment goals.
1014 of 1112 participants understood the dangers of using too much credit.
386 of 420 students increased amount of time in physical activity.
358 of 420 students who increased their intake of whole grains.
60 of 118 tracked their spending.
236 of 524 worked toward new savings, investment or retirement goals.
820 of 820 youth now wash hands more often.
50 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
400 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.
10 producers report a 10 % increase in wheat yield by using recommended crop management
strategies for insects, weeds or plant diseases.
2 producers sprayed 30 acres for broadleaf weed control for an increased production valued at $1200.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
2 schools adopted this program.
60 small business owners who increase income and quality of living.
60 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
60 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
60 soybean producers report a $30 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
150 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
40 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
10 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 $40 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.
440 youth believe that a team can accomplish more than an individual.
420 youth can assist a group in deciding on team plans for reaching goals.
1004 youth can conduct a meeting.
220 youth can deal with their nervousness when giving a speech or talk.
220 youth can explain an idea to others.
160 youth can give an informative speech or presentation.
220 youth can select a topic for a speech or talk.
160 youth can show enthusiasm when giving a speech or presentation.
220 youth can speak loudly enough to be heard when giving a speech or talk.
380 youth enjoy working with others toward a common goal.
220 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
168 youth give a 2-3 minute speech or presentation.
800 youth have learned new skills and ways of doing things by participating in groups.
168 youth know how to organize the parts of a speech or presentation.
872 youth now encourage other team members to give their best effort.
200 youth now get information about a problem.
404 youth now think it's important to listen to all group members before making a decision.
440 youth now want to see other team members succeed even if they achieve more than themselves.
600 youth report that they are now comfortable being a group leader.
472 youth report that they can now cooperate and work in a group.
396 youth report that they can now give clear directions.
168 youth report that they have developed confidence to speak in front of groups.
236 youth report that they know how to set goals and they use that ability when leading a group.
260 youth report that they make sure everyone gets an opportunity to say what they think.
400 youth report that they now like to work with others and help them reach their goals.
200 youth report that they take their jobs seriously as members of a committee.
196 youth report that when in charge of a group, they treat everyone fairly and equally.
400 youth report using enthusiasm to get a group working.
392 youth think that everyone on the team is important.
400 youth think they have something to contribute to the worth of the team.
396 youth understand that other ideas may be just as important as their own.
200 youth who report that they have learned that some choices are better than others.
192 youth who report they can make a decision.
192 youth who report they now listen to people with more experience than themselves.
200 youth who report they now try to identify what causes a problem.

---

**Eastern Region**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>7942</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**
### Clients Visits to Extension Office

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>71</td>
<td>123</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>3500</td>
<td>3281</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>373</td>
<td>20025</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>1088</td>
<td>1507</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>5032</strong></td>
<td><strong>24936</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>2000</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>147</td>
<td>26814</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>2</td>
<td>100000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>150</strong></td>
<td><strong>128814</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>3524</td>
<td>382</td>
<td>203</td>
<td>86</td>
<td>0</td>
<td>4195</td>
</tr>
<tr>
<td></td>
<td>Number Methods</td>
<td>Contacts Reached</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---------------</td>
<td>----------------</td>
<td>-----------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Adult</th>
<th>Female</th>
<th>Youth</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9054</td>
<td>413</td>
<td>378</td>
<td>9979</td>
</tr>
<tr>
<td>Adult Male</td>
<td>3663</td>
<td>121</td>
<td>152</td>
<td>3983</td>
</tr>
<tr>
<td>Adult Male</td>
<td>6213</td>
<td>205</td>
<td>304</td>
<td>6779</td>
</tr>
<tr>
<td>Total</td>
<td>22454</td>
<td>1121</td>
<td>1037</td>
<td>24936</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

623

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>White/Not of Hispanic</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Black/Not of Hispanic</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Hispanic</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>American Indian/Alaskan</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**
<table>
<thead>
<tr>
<th></th>
<th>Origin</th>
<th>Origin</th>
<th>Native</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>118</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1100</td>
<td>34</td>
<td>20</td>
</tr>
<tr>
<td>Male Adult</td>
<td>27</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
<td>600</td>
<td>21</td>
<td>13</td>
</tr>
<tr>
<td>Total</td>
<td>1845</td>
<td>59</td>
<td>33</td>
</tr>
</tbody>
</table>

**Outcomes**

0 4-H volunteers utilized volunteer position descriptions.
10 beef producers sold 10 calves managed according to BQA guidelines to increase returns by $80.
10 beef producers stored 1000 large, round bales under some type of cover to increase returns by $6000.
10 beef producers utilized bulls with greater genetic potential to produce 10 head of calves to increase returns by $270.
10 beef producers utilized hay feeding rings to feed 1000 bales and improved feeding methods to reduce wastage/spoilage, saving $5000.
10 beef producers utilized improved marketing methods to market 1000 head of calves to increase returns by $5000.
0 new 4-H volunteers were recruited this year.
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.
15 of 25 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 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
0 volunteer leaders increased their knowledge of positive youth development.
15 youth believe that people working together can help others less fortunate.
0 youth report that they learned about important leaders who contributed to our nation.
20 youth think they can make a big difference in their community by helping others.
0 youth understand how community leaders are elected to office.

### Entomology and Plant Pathology

#### Hours for Extension Personnel

| Hours Spend | 10480.25 |

### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>327</td>
<td>396</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>54063</td>
<td>84422</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>484</td>
<td>38839</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>228</td>
<td>1411</td>
</tr>
<tr>
<td>Total</td>
<td>55102</td>
<td>125068</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>34</td>
<td>7200</td>
</tr>
<tr>
<td></td>
<td>White/Not of Hispanic Origin</td>
<td>Black/Not of Hispanic Origin</td>
</tr>
<tr>
<td>--------------------------</td>
<td>------------------------------</td>
<td>------------------------------</td>
</tr>
<tr>
<td>Female Adult</td>
<td>42497</td>
<td>2102</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1620</td>
<td>197</td>
</tr>
<tr>
<td>Male Adult</td>
<td>69933</td>
<td>4484</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2039</td>
<td>182</td>
</tr>
<tr>
<td>Total</td>
<td>116089</td>
<td>6965</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

**Hours for Volunteers**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>2610</td>
</tr>
</tbody>
</table>
Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>32</td>
<td>2650</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>27</td>
<td>63500</td>
</tr>
<tr>
<td>Other</td>
<td>3</td>
<td>300000</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>213</td>
<td>30750</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>4</td>
<td>20000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>4</td>
<td>80000</td>
</tr>
<tr>
<td>Total</td>
<td>283</td>
<td>496900</td>
</tr>
</tbody>
</table>

Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1355</td>
<td>6</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1362</td>
</tr>
<tr>
<td>Female Youth</td>
<td>170</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>175</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3210</td>
<td>6</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>3217</td>
</tr>
<tr>
<td>Male Youth</td>
<td>400</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>405</td>
</tr>
<tr>
<td>Total</td>
<td>5135</td>
<td>22</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>5159</td>
</tr>
</tbody>
</table>

Outcomes

432 of 635 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
0 of 0 landscape and nursery participants increased their knowledge of fire ant management.

## Extension Administration
### Hours for Extension Personnel

| Hours Spend | 82 |

### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>12</td>
<td>379</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>13</strong></td>
<td><strong>380</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

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

## Contacts for Extension Employees
<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>155</td>
<td>12</td>
<td>3</td>
<td>0</td>
<td>4</td>
<td>174</td>
</tr>
<tr>
<td>Female Youth</td>
<td>27</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>30</td>
</tr>
<tr>
<td>Male Adult</td>
<td>161</td>
<td>12</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>176</td>
</tr>
<tr>
<td>Total</td>
<td>343</td>
<td>27</td>
<td>6</td>
<td>0</td>
<td>4</td>
<td>380</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
</table>

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

None Reported
### Extension Evaluation and Staff Development

#### Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>81.5</td>
</tr>
</tbody>
</table>

#### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>52</td>
<td>91</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>8</td>
<td>155</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>61</strong></td>
<td><strong>253</strong></td>
</tr>
</tbody>
</table>

#### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>
### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>117</td>
<td>14</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>133</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Male Adult</td>
<td>110</td>
<td>5</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>117</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Total</td>
<td>230</td>
<td>19</td>
<td>0</td>
<td>2</td>
<td>2</td>
<td>253</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 15 |

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>5000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>---------------</td>
<td>----</td>
<td>----</td>
</tr>
<tr>
<td>Total</td>
<td>1</td>
<td>5000</td>
</tr>
</tbody>
</table>

**Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>22</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>22</td>
</tr>
<tr>
<td>Male Adult</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>9</td>
</tr>
<tr>
<td>Total</td>
<td>31</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>31</td>
</tr>
</tbody>
</table>

**Outcomes**

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.
2 4-H volunteers utilized volunteer position descriptions.
2 new 4-H volunteers were recruited this year.
2 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.
2 producers learned about the four steps in the process for converting biomass into cellulosic ethanol: preprocessing, pretreatment, hydrolysis, and fermentation and distillation.
0 volunteer leaders increased their knowledge of positive youth development.
0 youth are better able to understand and follow directions.
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 learned at least five jobs in which communication skills are important.

### Family and Consumer Sciences

#### Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>1024.75</td>
</tr>
</tbody>
</table>

#### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>348</td>
<td>905</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>231</td>
<td>2430</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>2</td>
<td>67</td>
</tr>
<tr>
<td>Total</td>
<td>582</td>
<td>3403</td>
</tr>
</tbody>
</table>

#### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>8</td>
<td>7963</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>White/Not of Hispanic Origin</td>
<td>Black/Not of Hispanic Origin</td>
</tr>
<tr>
<td>----------------------</td>
<td>------------------------------</td>
<td>------------------------------</td>
</tr>
<tr>
<td>Female Adult</td>
<td>2301</td>
<td>478</td>
</tr>
<tr>
<td>Female Youth</td>
<td>28</td>
<td>1</td>
</tr>
<tr>
<td>Male Adult</td>
<td>426</td>
<td>47</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>2759</td>
<td>526</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

**Hours for Volunteers**

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**
### Hispanic Origin

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>431</td>
<td>1962</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>862</td>
<td>2645</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>528</td>
<td>10966</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>285</td>
<td>5969</td>
</tr>
<tr>
<td>Total</td>
<td>2106</td>
<td>21542</td>
</tr>
</tbody>
</table>

### Fayette County

**Hours for Extension Personnel**

| Hours Spend | 7279 |

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>29</td>
<td>3775</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>12747</td>
<td>748403</td>
</tr>
<tr>
<td>Other</td>
<td>211</td>
<td>15162</td>
</tr>
<tr>
<td>----------------</td>
<td>-------</td>
<td>-------</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>648</td>
<td>31251</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>4</td>
<td>140000</td>
</tr>
<tr>
<td>Total</td>
<td>13642</td>
<td>938591</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>5573</td>
<td>877</td>
<td>7</td>
<td>3</td>
<td>0</td>
<td>6460</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2557</td>
<td>1561</td>
<td>92</td>
<td>7</td>
<td>11</td>
<td>4228</td>
</tr>
<tr>
<td>Male Adult</td>
<td>6642</td>
<td>629</td>
<td>8</td>
<td>3</td>
<td>3</td>
<td>7285</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2072</td>
<td>1386</td>
<td>94</td>
<td>5</td>
<td>12</td>
<td>3569</td>
</tr>
<tr>
<td>Total</td>
<td>16844</td>
<td>4453</td>
<td>201</td>
<td>18</td>
<td>26</td>
<td>21542</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 1293.5 |

**Indirect Methods for Volunteers**
### Method Number Methods Contacts Reached

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>3</td>
<td>180</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>5</td>
<td>150</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>8</td>
<td>330</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>227</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>236</td>
</tr>
<tr>
<td>Female Youth</td>
<td>338</td>
<td>72</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>414</td>
</tr>
<tr>
<td>Male Adult</td>
<td>134</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>140</td>
</tr>
<tr>
<td>Male Youth</td>
<td>162</td>
<td>49</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>213</td>
</tr>
<tr>
<td>Total</td>
<td>861</td>
<td>136</td>
<td>5</td>
<td>1</td>
<td>0</td>
<td>1003</td>
</tr>
</tbody>
</table>

**Outcomes**

Producers increased corn yield by 38 bushels/acre by selecting top yielding varieties on 4850 acres of corn increasing their income by 114.

Producers increased yield by 15 bushels by selecting top yielding varieties on 6172 acres of...
soybeans, earning an extra $105. Producers increased yield by 177 pounds by selecting top yielding varieties on 7530 acres of cotton, earning an extra $FRM.

0 4-H volunteers utilized volunteer position descriptions. 1988 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. 13800 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions. 3680 acres of cotton scouted by a UT-trained scout to help make crop management decisions. 9250 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions. 1030 acres of soybeans scouted by a UT-trained scout to help make crop management decisions. 31800 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.

34 beef producers sold 2642 calves managed according to BQA guidelines to increase returns by $21136. 24 beef producers stored 5030 large, round bales under some type of cover to increase returns by $30180. 36 beef producers utilized bulls with greater genetic potential to produce 1776 head of calves to increase returns by $47952. 38 beef producers utilized hay feeding rings to feed 11650 bales and improved feeding methods to reduce wastage/spoilage, saving $58250. 140 beef producers utilized improved marketing methods to market 964 head of calves to increase returns by $4820. 10 classrooms adopted this program. 32 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. 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. 33 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases). 38 corn producers increased their knowledge of recommended agronomic practices and
understanding of their benefits and use.
30 corn producers report a $48 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
31 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
35 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
36 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
30 cotton producers report a $63 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
35 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
24 dial-gauge lids were tested.
496 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.
0 farm families evaluated new farm enterprises and value added activities.
92 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.
588 farmers developed financial plans for their farms.
0 farmers increased their knowledge and skills in farm and financial planning.
34 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.
34 Master Gardeners gained knowledge and confidence in soils.
32 Master Gardeners gained knowledge and confidence in turfgrass.
34 Master Gardeners have used the knowledge and skills they learned in this program to assist 16 people in turf selection or management.
34 Master Gardeners have used the knowledge and skills they learned in this program to assist 58 people to control pests through integrated pest management.
34 Master Gardeners have used the knowledge and skills they learned in this program to assist
54 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
56 people to identify symptoms of plant disease.
34 Master Gardeners have used the knowledge and skills they learned in this program to assist
20 people to improve soil through soil test results.
6 new 4-H volunteers were recruited this year.
9 of 9 adolescents learned about the consequences of risky behaviors which could result in
damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
0 of 0 adolescents learned about the consequences of risky behaviors which could result in
being arrested.
0 of 0 adolescents learned about the consequences of risky behaviors which could result in
damaging their health.
9 of 9 adolescents learned how to generate healthy discussion within their family about
sexuality, values, feelings and decision making.
8 of 8 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.
0 of 0 better understood their parents' concerns about money.
30 of 100 homeowners increased their knowledge of fire ant management.
0 of 0 parents of teens learned how to generate a healthy discussion within their family about
sexuality, values, feelings and decision making.
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.
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 of teens learned how to generate discussion within their family about the
consequences of risky behavior which could result in being arrested.
47 of 47 parents/caregivers increased knowledge of age and situation appropriate child
guidance strategies
47 of 47 parents/caregivers learned about issues related to stages of child development.
25 of 35 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.
32 of 44 participants are better able to store and prepare foods to keep them safe to consume.
30 of 30 participants are better informed to make medical decisions for themselves and their families.
30 of 30 participants are better informed to protect their health.
23 of 35 participants are better self-managers of their chronic condition six months after completing the program.
24 of 35 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.
30 of 30 participants are more motivated to care for their health.
25 of 35 participants are physically active six months after completing the program.
28 of 35 participants are using the UT Med Minder card to keep a record of their medications.
56 of 88 participants ate more whole grains.
172 of 256 participants better understood their parent's concerns about money.
32 of 35 participants can apply health eating principles when making daily food decisions.
30 of 30 participants can apply joint protection techniques.
31 of 35 participants can better control their chronic condition with self-management techniques.
30 of 30 participants can use relaxation techniques to better manage their arthritis symptoms.
136 of 204 participants decreased consumption of high-sugar foods.
14 of 16 participants eat at least six meals together as a family each week.
120 of 176 participants eat fewer high-fat foods.
32 of 44 participants eat more fat-free or low-fat dairy products.
26 of 44 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
33 of 35 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
25 of 30 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
30 of 30 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
35 of 35 participants feel confident using the Take PART technique when talking to their health care provider.
172 of 256 participants felt more strongly that they needed to get a good education.
148 of 256 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 greater confidence in navigating their healthcare system.

25 of 30 participants have improved their arthritis symptoms as a result of participating in this program.

23 of 30 participants have less arthritis symptoms from their arthritis six months after completing the program.

20 of 22 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 information they learned.

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

20 of 22 participants improved control of their arthritis symptoms.

22 of 22 participants improved performance of daily activities.

22 of 30 participants improved their balance six months after completing the program.

22 of 22 participants improved their balance.

23 of 30 participants improved their flexibility six months after completing the program.

16 of 22 participants improved their flexibility.

20 of 30 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

21 of 30 participants improved their range of motion in their joints six months after completing the program.

164 of 168 participants increased physical activity.

0 of 0 participants increased their financial management skills.

30 of 30 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.

20 of 30 participants know what cancer screenings they need according to their age and gender.

212 of 256 participants learned better how to plan their spending.

172 of 256 participants learned how education will affect the kind of job they can get.

208 of 256 participants learned how having a family can affect their lifestyle.
168 of 256 participants learned how much money it takes to get by.
200 of 256 participants learned how occupation and income will affect their lifestyle.
136 of 256 participants learned how payroll deductions are taken from gross pay.
200 of 256 participants learned how to keep a checkbook register.
200 of 256 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
100 of 256 participants made changes to their future plans.
92 of 168 participants now eat more vegetables.
35 of 35 participants plan to exercise more often to help manage their chronic condition.
30 of 30 participants plan to get age and gender appropriate cancer screenings.
28 of 35 participants plan to use the UT Med Minder card to keep a record of their medications.
124 of 256 participants planned to change their career goals.
168 of 256 participants planned to get more education after high school.
12 of 12 participants refrigerate perishable foods within two hours.
16 of 16 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
64 of 64 participants surveyed canned pickles following a tested recipe. (TNCEP)
64 of 64 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
64 of 64 participants surveyed canned vegetables following a tested recipe. (TNCEP)
24 of 64 participants surveyed processed pickles in a water-bath canner. (TNCEP)
40 of 64 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
64 of 64 participants surveyed processed vegetables in a pressure canner. (TNCEP)
24 of 30 participants surveyed used a thermometer to check the internal temperature of food.
30 of 30 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants take fewer medications for arthritis symptoms six months after completing the program.
30 of 30 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.
30 of 30 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
44 of 44 participants understand the special nutritional needs of the elderly.
30 of 30 participants understand women age 40 and older should have a mammogram.
26 of 30 participants understand women of all ages need a Pap test.
0 of 0 participants use labels to make healthier choices.
134 of 176 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
35 of 35 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
47 of 47 respondents plan to decrease exposure of their children to parental conflict.
47 of 47 respondents report understanding the importance of working together for the sakes of their children.
174 of 176 students increased amount of time in physical activity.
98 of 176 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.
0 of 0 youth now wash hands more often.
47 parents/caregivers learned effective communication techniques to use with their children.
47 parents/caregivers learned strategies for dealing with parenting stress.
64 participants process high-acid foods in a water bath canner.
52 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
81 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
6 producers increased their return on 0 acres by $FRM by utilizing irrigation instead of dry land production.
21 producers increased their return on 0 acres by $FRM due to utilizing forward pricing market opportunities as compared to selling at harvest.
12 producers planted 1820 acres with clover for an increased production valued at $54600.
10 producers planted 330 acres with warm-season grasses for an added value of $6600.
24 producers sprayed 2898 acres for broadleaf weed control for an increased production valued at $115920.
16 producers stockpiled 1804 acres of tall fescue, reducing feeding cost by $72160.
8 producers utilized UT fertility recommendations.

4 schools adopted this program.

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

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

20 soybean producers report a $41 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

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

5 times TEAM UP exchanged ideas or shared information.

2 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.

10 volunteer leaders increased their knowledge of positive youth development.

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

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

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

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

286 youth can explain an idea to others.

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

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

10 youth enjoy working with others toward a common goal.

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

14 youth now get information about a problem.

0 youth now know the negative impact bullying can have on victims and on themselves.

256 youth now work to achieve their goals.

0 youth put their goals in writing.

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

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

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

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

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.

264 youth set high goals.
10 youth think that everyone on the team is important.
41 youth think they can make a big difference in their community by helping others.
10 youth think they have something to contribute to the worth of the team
26 youth understand how community leaders are elected to office.
10 youth understand that other ideas may be just as important as their own.
0 youth understand the importance of showing positive emotions toward parents, adults and peers.
8 youth who report that they have learned that some choices are better than others.
6 youth who report they can make a decision.
14 youth who report they now listen to people with more experience than themselves.
8 youth who report they now try to identify what causes a problem.

---

**Fentress County**

**Hours for Extension Personnel**

| Hours Spend | 2946 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>105</td>
<td>201</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>627</td>
<td>2998</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>949</td>
<td>22107</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>35</td>
<td>109</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1716</strong></td>
<td><strong>25415</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>183</td>
<td>13720</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>33</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>11</td>
<td>2210</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>75</td>
<td>8375</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>21</td>
<td>34000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>324</td>
<td>58305</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3559</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>3560</td>
</tr>
<tr>
<td>Female Youth</td>
<td>9647</td>
<td>1</td>
<td>2</td>
<td>5</td>
<td>0</td>
<td>9655</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3295</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3295</td>
</tr>
<tr>
<td>Male Youth</td>
<td>8899</td>
<td>4</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>8905</td>
</tr>
<tr>
<td>Total</td>
<td>25400</td>
<td>5</td>
<td>3</td>
<td>7</td>
<td>0</td>
<td>25415</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 2711 |
**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>15</td>
<td>1638</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>45</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>28</td>
<td>4467</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>50</td>
<td>6150</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th>Gender</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>323</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>323</td>
</tr>
<tr>
<td>Youth</td>
<td>5980</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>5982</td>
</tr>
<tr>
<td>Male</td>
<td>44</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>44</td>
</tr>
<tr>
<td>Youth</td>
<td>5459</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>5464</td>
</tr>
<tr>
<td>Total</td>
<td>11806</td>
<td>5</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>11813</td>
</tr>
</tbody>
</table>

**Outcomes**

25 are concerned about problems in their community.
14 beef producers sold 11100 calves managed according to BQA guidelines to increase returns
by $88800.
120 beef producers stored 11750 large, round bales under some type of cover to increase
returns by $70500.
174 beef producers utilized bulls with greater genetic potential to produce 8200 head of calves
to increase returns by $221400.
84 beef producers utilized hay feeding rings to feed 7200 bales and improved feeding methods
to reduce wastage/spoilage, saving $36000.
0 beef producers utilized improved marketing methods to market 0 head of calves to increase
returns by $FRM.
3 classrooms adopted this program.
6 now can create on-screen (multi-media) presentations.
200 now feel a sense of responsibility toward their school and community.
0 now have a sense of pride about their school and community.
15 of 25 adults wash hands more often.
210 of 500 participants ate more whole grains.
50 of 63 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
50 of 63 participants eat fewer high-fat foods.
121 of 160 participants eat more fat-free or low-fat dairy products.
20 of 80 participants engaged in physical activity for at least 30 minutes five or more days
during most weeks.
137 of 230 participants increased physical activity.
0 of 0 participants lost weight: 0 total pounds lost.
155 of 163 participants now eat more fruit.
368 of 563 participants now eat more vegetables.
25 of 25 participants refrigerate perishable foods within two hours.
25 of 25 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
10 of 25 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.
400 of 440 participants use labels to make healthier choices.
30 of 63 participants who increased their intake of dairy foods.
400 of 500 participants who now select foods and beverages that promote healthy weight.
41 of 63 students increased amount of time in physical activity.
25 of 63 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.
7 of 8 teachers reported using physical activities from Healthy Steps at least three times per week.
600 of 600 youth now wash hands more often.
54 producers planted 1450 acres with clover for an increased production valued at $43500.
2 producers planted 12 acres with warm-season grasses for an added value of $240.
178 producers sprayed 9240 acres for broadleaf weed control for an increased production valued at $369600.
14 producers stockpiled 700 acres of tall fescue, reducing feeding cost by $28000.
25 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.
25 report that because of their 4-H service projects, they have learned about causes and issues.
50 report that because of their 4-H service projects, they know about resources in their community.
25 report that they will volunteer and help others.
1 schools adopted this program.
0 would assist with or participate in elections, voting and campaigns.
1450 youth are better able to understand and follow directions.
250 youth are now better listeners.
25 youth believe that people working together can help others less fortunate.
4 youth can challenge policies through petitions, presentations or other positive ways.
710 youth can deal with their nervousness when giving a speech or talk.
562 youth can explain an idea to others.
908 youth can express ideas with a poster, exhibit or other display.
1124 youth can give an informative speech or presentation.
10 youth can now prepare and deliver a five-minute speech.
880 youth can now share their ideas through writing.
1124 youth can select a topic for a speech or talk.
620 youth can show enthusiasm when giving a speech or presentation.
600 youth can speak loudly enough to be heard when giving a speech or talk.
450 youth can use technology to help themselves express ideas.
774 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
774 youth give a 2-3 minute speech or presentation.
500 youth have explored careers in communications.
810 youth have knowledge of careers in the communications field.
850 youth have learned at least five jobs in which communication skills are important.
1124 youth know how to organize the parts of a speech or presentation.
0 youth now communicate through a website.
0 youth now report they are concerned about the well-being of others.
0 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
824 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.
4 youth report they are now "accomplished public speakers."
8 youth report they can give an impromptu speech.
0 youth report they can now express their opinions in speeches or presentations.
40 youth report they can now keep records.
40 youth report they have improved photography skills.
80 youth report they have learned skills in visual communications.
25 youth think they can make a big difference in their community by helping others.
0 youth understand how community leaders are elected to office.
656 youth use parliamentary procedure to run a meeting.

Food Science and Technology

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>793</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number</th>
<th>Contacts</th>
</tr>
</thead>
</table>
### Direct Mail / Telephone Calls

<table>
<thead>
<tr>
<th>Method</th>
<th>Methods</th>
<th>Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1901</td>
<td>1971</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>47</td>
<td>1185</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>12</td>
<td>90</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1960</strong></td>
<td><strong>3246</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>26300</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>8</td>
<td>300</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>10</strong></td>
<td><strong>26600</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1378</td>
<td>93</td>
<td>36</td>
<td>2</td>
<td>1509</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1626</td>
<td>77</td>
<td>4</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Male Youth</td>
<td>23</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>3029</td>
<td>171</td>
<td>40</td>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

None Reported

**Forestry, Wildlife and Fisheries**

**Hours for Extension Personnel**

**Hours Spend**

7153
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>45</td>
<td>64</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1037</td>
<td>1037</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>378</td>
<td>12394</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>44</td>
<td>123</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1504</strong></td>
<td><strong>13618</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>100000</td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
<td>200</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>30</td>
<td>59000</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>34</strong></td>
<td><strong>159200</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>White/Not of Hispanic</th>
<th>Black/Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan</th>
<th>Total</th>
</tr>
</thead>
</table>
### Hours for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Origin</th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3369</td>
<td>41</td>
<td>2</td>
<td>11</td>
<td>0</td>
<td>3423</td>
</tr>
<tr>
<td>Female Youth</td>
<td>520</td>
<td>15</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>536</td>
</tr>
<tr>
<td>Male Adult</td>
<td>8890</td>
<td>121</td>
<td>2</td>
<td>24</td>
<td>35</td>
<td>9072</td>
</tr>
<tr>
<td>Male Youth</td>
<td>573</td>
<td>12</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>587</td>
</tr>
<tr>
<td>Total</td>
<td>13352</td>
<td>189</td>
<td>5</td>
<td>37</td>
<td>35</td>
<td>13618</td>
</tr>
</tbody>
</table>

### Contacts for Volunteers

### Outcomes

None Reported
Franklin County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>5744.5</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>731</td>
<td>1287</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2978</td>
<td>4203</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>650</td>
<td>13829</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>376</td>
<td>975</td>
</tr>
<tr>
<td>Total</td>
<td>4735</td>
<td>20294</td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>250</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>98</td>
<td>669500</td>
</tr>
<tr>
<td>Other</td>
<td>31</td>
<td>4650</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>79</td>
<td>13357</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>12</td>
<td>290000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>222</td>
<td>977757</td>
</tr>
</tbody>
</table>
### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4506</td>
<td>189</td>
<td>56</td>
<td>12</td>
<td>4</td>
<td>4767</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4837</td>
<td>313</td>
<td>159</td>
<td>39</td>
<td>3</td>
<td>5351</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5191</td>
<td>152</td>
<td>38</td>
<td>24</td>
<td>3</td>
<td>5408</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4232</td>
<td>291</td>
<td>213</td>
<td>31</td>
<td>1</td>
<td>4768</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>18766</strong></td>
<td><strong>945</strong></td>
<td><strong>466</strong></td>
<td><strong>106</strong></td>
<td><strong>11</strong></td>
<td><strong>20294</strong></td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 1123 |

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>--------------</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Total</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>693</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>704</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2326</td>
<td>148</td>
<td>76</td>
<td>18</td>
<td>3</td>
<td>2571</td>
</tr>
<tr>
<td>Male Adult</td>
<td>76</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>81</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2182</td>
<td>130</td>
<td>93</td>
<td>23</td>
<td>1</td>
<td>2429</td>
</tr>
<tr>
<td>Total</td>
<td>5277</td>
<td>294</td>
<td>169</td>
<td>41</td>
<td>4</td>
<td>5785</td>
</tr>
</tbody>
</table>

**Outcomes**

Producers increased corn yield by 12 bushels/acre by selecting top yielding varieties on 1980 acres of corn increasing their income by 36.

Producers increased yield by 40 bushels by selecting top yielding varieties on 16800 acres of soybeans, earning an extra $280.

Producers increased yield by 24 bushels by selecting top yielding varieties on 6000 acres of wheat, earning an extra $120.

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.

4000 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
4600 acres of corn scouted by a UT-trained scout to help make crop management decisions.
5800 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
16800 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
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.
10 beef producers utilized bulls with greater genetic potential to produce 242 head of calves to increase returns by $6534.
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.
2424 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
78 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
6 corn producers report a $1100 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
106 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
28 Master Gardeners gained knowledge and confidence in entomology.
28 Master Gardeners gained knowledge and confidence in integrated pest management.
28 Master Gardeners gained knowledge and confidence in ornamentals.
28 Master Gardeners gained knowledge and confidence in plant diseases.
28 Master Gardeners gained knowledge and confidence in soils.
28 Master Gardeners gained knowledge and confidence in turfgrass.
1 new 4-H volunteers were recruited this year.
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)
0 of 0 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)

38 of 56 better understood their parents' concerns about money.

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

0 of 0 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

0 of 0 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.

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

0 of 0 fruit and/or vegetable producers completed a food safety plan for their farm.

0 of 0 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.

0 of 0 fruit and/or vegetable producers 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.

16 of 16 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.

54 of 92 participants are better able to manage their living environments.

78 of 92 participants are better able to store and prepare foods to keep them safe to consume.

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

18 of 26 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 more confident in relationships with family and friends.
6 of 24 participants are practicing the postural alignment exercises they learned in 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.
38 of 56 participants better understood their parent's concerns about money.
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.
20 of 26 participants can choose foods that do not cause a sharp rise in blood sugar.
6 of 24 participants can make their bones healthier with a personal plan for better bone health.
24 of 24 participants can name calcium-rich foods.
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 continue practicing postural alignment exercises they learned in the program three months after participating in the program.
0 of 0 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.
4 of 4 participants feel more confident when taking care of young children.
4 of 4 participants feel more equipped to facilitate activities with the children they babysit.
41 of 56 participants felt more strongly that they needed to get a good education.
45 of 56 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants find the active ingredient on the medication label.
0 of 0 participants 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.

0 of 0 participants have added exercise to their action steps for managing their arthritis.

0 of 0 participants have kept with their Plan for Better Bone Health three months after participating in the program.

0 of 0 participants have reduced their A1c 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.

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

46 of 56 participants increased their financial management skills.

4 of 4 participants increased their knowledge on health and safety topics when babysitting young children.

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))

0 of 0 participants keep all of their prescription medications at the same pharmacy.

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

24 of 24 participants know how to get 400 to 800 IU of Vitamin D each day.

24 of 24 participants know how to get at least 1,200 mg of calcium each day.

51 of 56 participants learned better how to plan their spending.

40 of 56 participants learned how education will affect the kind of job they can get.

51 of 56 participants learned how having a family can affect their lifestyle.

47 of 56 participants learned how much money it takes to get by.

53 of 56 participants learned how occupation and income will affect their lifestyle.

41 of 56 participants learned how payroll deductions are taken from gross pay.

40 of 56 participants learned how to keep a checkbook register.

37 of 56 participants learned how to write a check.

24 of 56 participants made changes to their future plans.

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.

0 of 0 participants plan to exercise 30 minutes a day at least 3-4 times per week.

0 of 0 participants plan to fall-proof their house.

12 of 26 participants plan to regularly check their blood sugar as requested by their doctor.

0 of 0 participants plan to talk to their doctor about getting a bone density test.
16 of 26 participants plan to use the Healthy Plate Method.
12 of 56 participants planned to change their career goals.
32 of 56 participants planned to get more education after high school.
0 of 0 participants read the directions before taking a prescription or over-the-counter medications.
20 of 24 participants recognize that exercise can make their bones healthier.
0 of 0 participants report putting some of the money they make into a savings account.
4 of 4 participants report they feel more prepared to handle emergencies while babysitting.
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.
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 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.
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.
18 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 that arthritis is a chronic disease that they can control with self-management techniques.
18 of 24 participants understand that fractures caused by osteoporosis are most common in the spine, hip, and wrist.
24 of 24 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.
60 of 92 participants understand the special nutritional needs of the elderly.
0 of 0 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
137 of 144 respondents plan to decrease exposure of their children to parental conflict.
130 of 144 respondents report understanding the importance of working together for the sakes of their children.
134 parents/caregivers learned effective communication techniques to use with their children.
144 parents/caregivers learned strategies for dealing with parenting stress.
8 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.
8 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.
8 producers learned about the four steps in the process for converting biomass into cellulosic ethanol: preprocessing, pretreatment, hydrolysis, and fermentation and distillation.
20 producers planted 482 acres with clover for an increased production valued at $14460.
2 producers planted 20 acres with warm-season grasses for an added value of $400.
42 producers report a 20% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
68 producers sprayed 1664 acres for broadleaf weed control for an increased production valued at $66560.
24 producers stockpiled 720 acres of tall fescue, reducing feeding cost by $28800.
90 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
76 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
6 soybean producers report a $1200 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
96 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 volunteer leaders increased their knowledge of positive youth development.
78 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
78 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).
4 wheat producers report a $1600 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
78 wheat producers used data provided by UT publications or UT Internet resources and made
changes in their production practices.
87 youth are better able to understand and follow directions.
68 youth are now better listeners.
98 youth believe that a team can accomplish more than an individual.
43 youth break goals down into steps so they can check their progress.
70 youth can challenge policies through petitions, presentations or other positive ways.
82 youth can deal with their nervousness when giving a speech or talk.
96 youth can explain an idea to others.
70 youth can express ideas with a poster, exhibit or other display.
110 youth can give an informative speech or presentation.
90 youth can now prepare and deliver a five-minute speech.
104 youth can now share their ideas through writing.
130 youth can select a topic for a speech or talk.
44 youth can show enthusiasm when giving a speech or presentation.
144 youth can speak loudly enough to be heard when giving a speech or talk.
75 youth can use technology to help themselves express ideas.
106 youth enjoy working with others toward a common goal.
88 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
96 youth give a 2-3 minute speech or presentation.
33 youth have a goal set for their job or career.
32 youth have explored careers in communications.
57 youth have learned at least five jobs in which communication skills are important.
32 youth have set a goal for their job or career.
106 youth know how to organize the parts of a speech or presentation.
19 youth now get information about a problem.
20 youth now report that they make a decision by thinking about what a person of good character would do.
17 youth now report that they use more than one source of information in making choices.
17 youth now report that they use standards in making choices.
18 youth now report they consider the risks of their choices.
19 youth now report they think about the truthfulness of sources of information when making choices.
37 youth now set high goals that require work to achieve them.
91 youth now work to achieve their goals.
62 youth put their goals in writing.
94 youth report that they have developed confidence to speak in front of groups.
33 youth report that they now achieve goals they set for themselves.
66 youth report they are now "accomplished public speakers."
60 youth report they can give an impromptu speech.
94 youth report they can now express their opinions in speeches or presentations.
46 youth report they can now keep records.
67 youth report they have improved photography skills.
50 youth report they have learned skills in visual communications.
17 youth set deadlines to achieve their goals.
78 youth set high goals.
115 youth think that everyone on the team is important.
102 youth think they have something to contribute to the worth of the team.
54 youth try to get as much assistance as they can when working toward their goal.
100 youth understand that other ideas may be just as important as their own.
35 youth who are now making plans to achieve their goals.
13 youth who have put their goal(s) in writing.
33 youth who keep trying if they do not achieve their goal the first time.
20 youth who report that they have learned that some choices are better than others.
20 youth who report they can make a decision.
18 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.
20 youth who report they now try to identify what causes a problem.

Gibson County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>6604</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Client Visits to Extension Office

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>960</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>4157</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>699</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>489</td>
</tr>
<tr>
<td>Total</td>
<td>6305</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>62</td>
<td>4525</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>55</td>
<td>319018</td>
</tr>
<tr>
<td>Other</td>
<td>86</td>
<td>3685</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>183</td>
<td>10700</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>389</td>
<td>337928</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Gender</th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>8304</td>
<td>2149</td>
<td>29</td>
<td>3</td>
<td>0</td>
<td>10485</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4433</td>
<td>3006</td>
<td>98</td>
<td>4</td>
<td>0</td>
<td>7541</td>
</tr>
<tr>
<td>Age Group</td>
<td>Male Adult</td>
<td>Male Youth</td>
<td>Total</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------</td>
<td>------------</td>
<td>------------</td>
<td>-------</td>
<td>---</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8018</td>
<td>1273</td>
<td>38</td>
<td>8</td>
<td>2</td>
<td>9339</td>
</tr>
<tr>
<td></td>
<td>4261</td>
<td>2515</td>
<td>155</td>
<td>11</td>
<td>0</td>
<td>6942</td>
</tr>
<tr>
<td></td>
<td>25016</td>
<td>8943</td>
<td>320</td>
<td>26</td>
<td>2</td>
<td>34307</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 1000 |

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>14</td>
<td>2940</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>11</td>
<td>453</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>28</td>
<td>7379</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>53</td>
<td>10772</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1981</td>
<td>1806</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>3792</td>
</tr>
</tbody>
</table>
### Table

<table>
<thead>
<tr>
<th>Gender</th>
<th>Youth</th>
<th>Adult</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>1062</td>
<td>580</td>
<td>1648</td>
</tr>
<tr>
<td>Male</td>
<td>1679</td>
<td>1496</td>
<td>3178</td>
</tr>
<tr>
<td>Male</td>
<td>1504</td>
<td>705</td>
<td>2227</td>
</tr>
<tr>
<td>Total</td>
<td>6226</td>
<td>4587</td>
<td>10845</td>
</tr>
</tbody>
</table>

### Outcomes

Producers increased corn yield by 14 bushels/acre by selecting top yielding varieties on 121440 acres of corn increasing their income by 42.
Producers increased yield by 2 bushels by selecting top yielding varieties on 171120 acres of soybeans, earning an extra $14.
Producers increased yield by 2 bushels by selecting top yielding varieties on 72680 acres of wheat, earning an extra $10.
Producers increased yield by 114 pounds by selecting top yielding varieties on 75090 acres of cotton, earning an extra $FRM.
4800 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.
57820 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
2400 acres of cotton scouted by a UT-trained scout to help make crop management decisions.
42000 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
2400 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
130000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
90 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
66 corn producers report a $36 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
150 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
194 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
190 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
72 cotton producers report a $90 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
150 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
112 of 120 adults wash hands more often.
12 of 12 gained skill in evaluating their housing options.
12 of 12 participants analyzed their readiness for home ownership.
0 of 0 participants ate more whole grains.
120 of 120 participants can apply health eating principles when making daily food decisions.
120 of 120 participants can better control their chronic condition with self-management techniques.
112 of 120 participants decreased consumption of high-sugar foods.
12 of 12 participants determined how much they could pay for a home.
112 of 120 participants eat at least six meals together as a family each week.
112 of 120 participants eat more fat-free or low-fat dairy products.
56 of 120 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
120 of 120 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
62 of 62 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
120 of 120 participants feel confident they know what to do in case of a poisoning.
120 of 120 participants feel confident using the Take PART technique when talking to their health care provider.
120 of 120 participants find the active ingredient on the medication label.
12 of 12 participants gained better understanding of the mortgage process.
74 of 120 participants increased physical activity.
120 of 120 participants keep all of their prescription medications at the same pharmacy.
2 of 62 participants know what cancer screenings they need according to their age and gender.
0 of 0 participants lost weight: 0 total pounds lost.
112 of 120 participants now eat more vegetables.
120 of 120 participants plan to exercise more often to help manage their chronic condition.
62 of 62 participants plan to get age and gender appropriate cancer screenings.
120 of 120 participants plan to use the UT Med Minder card to keep a record of their medications.
12 of 12 participants purchased a home.
120 of 120 participants read the directions before taking a prescription or over-the-counter medications.
0 of 0 participants refrigerate perishable foods within two hours.
120 of 120 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.
12 of 12 participants successfully completed homebuyer education requirements.
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.
120 of 120 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.
120 of 120 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
62 of 62 participants understand that cancer screening and early detection can save their life.
120 of 120 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.
62 of 62 participants understand women age 40 and older should have a mammogram.
62 of 62 participants understand women of all ages need a Pap test.
56 of 60 participants use labels to make healthier choices.
0 of 0 participants who now select foods and beverages that promote healthy weight.
120 of 120 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
120 of 120 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.

120 of 120 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.

120 of 120 participants will read the label before using a product.

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.

30 of 30 youth now wash hands more often.

50 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.

116 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.

50 producers increased their return on 12000 acres by $684000 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.

50 producers report a 30 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.

230 producers utilized UT fertility recommendations.

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

68 soybean producers report a $28 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

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

76 wheat producers adopted UT recommended resistance management strategies to control
pests (weeds, insects, diseases).  
76 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).  
50 wheat producers report a $26 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.  
224 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.  
280 youth are better able to understand and follow directions.  
90 youth are willing to try new things.  
112 youth break goals down into steps so they can check their progress.  
24 youth can conduct a meeting.  
174 youth can deal with their nervousness when giving a speech or talk.  
160 youth can explain an idea to others.  
230 youth can express ideas with a poster, exhibit or other display.  
540 youth can give an informative speech or presentation.  
564 youth can now share their ideas through writing.  
134 youth can select a topic for a speech or talk.  
36 youth can show enthusiasm when giving a speech or presentation.  
120 youth can speak loudly enough to be heard when giving a speech or talk.  
326 youth can use technology to help themselves express ideas.  
280 youth consider themselves to be a person of character.  
192 youth encourage others to be honest and trustworthy.  
178 youth feel comfortable sharing their thoughts and feelings in a speech or talk.  
540 youth give a 2-3 minute speech or presentation.  
316 youth have learned at least five jobs in which communication skills are important.  
292 youth have set a goal for their job or career.  
116 youth have set goals for their long-term future.  
960 youth know how to organize the parts of a speech or presentation.  
270 youth now get information about a problem.  
106 youth now report that they make a decision by thinking about what a person of good character would do.  
134 youth now report that they use more than one source of information in making choices.  
42 youth now report that they use standards in making choices.  
82 youth now report they consider the risks of their choices.
38 youth now report they think about the truthfulness of sources of information when making choices.
98 youth now set high goals that require work to achieve them.
98 youth now work to achieve their goals.
272 youth put their goals in writing.
500 youth report helping others in need.
108 youth report telling the difference between right and wrong.
98 youth report that now they try to do the right thing.
124 youth report that they are now comfortable being a group leader.
20 youth report that they can now cooperate and work in a group.
96 youth report that they can now give clear directions.
0 youth report that they consider others when making decisions.
100 youth report that they have developed confidence to speak in front of groups.
274 youth report that they know how to make good decisions.
152 youth report that they know how to set goals and they use that ability when leading a group.
156 youth report that they like to accomplish things on their own.
166 youth report that they make sure everyone gets an opportunity to say what they think.
230 youth report that they now achieve goals they set for themselves.
180 youth report that they now consider the possible consequences before making decisions.
100 youth report that they now continue to work toward their goals, even if they do not at first succeed.
34 youth report that they now like to work with others and help them reach their goals.
140 youth report that they now set high expectations for their own behavior.
204 youth report that they take their jobs seriously as members of a committee.
70 youth report that when in charge of a group, they treat everyone fairly and equally.
56 youth report they now take responsibility for the decisions they make.
198 youth report using enthusiasm to get a group working.
164 youth set high goals.
352 youth who are now making plans to achieve their goals.
150 youth who have put their goal(s) in writing.
316 youth who report that they have learned that some choices are better than others.
224 youth who report they can make a decision.
350 youth who report they now listen to people with more experience than themselves.
166 youth who report they now try to identify what causes a problem.
Giles County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>6405.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>326</td>
<td>384</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>11904</td>
<td>18761</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1862</td>
<td>29606</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>2316</td>
<td>5186</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>16408</strong></td>
<td><strong>53937</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>23</td>
<td>38781</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>44</td>
<td>297800</td>
</tr>
<tr>
<td>Other</td>
<td>1287</td>
<td>350019</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>51</td>
<td>17294</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>26</td>
<td>137000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>1100</td>
</tr>
<tr>
<td></td>
<td>White/Not of Hispanic Origin</td>
<td>Black/Not of Hispanic Origin</td>
</tr>
<tr>
<td>------------------</td>
<td>-------------------------------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td>Female Adult</td>
<td>11215</td>
<td>1726</td>
</tr>
<tr>
<td>Female Youth</td>
<td>10753</td>
<td>1562</td>
</tr>
<tr>
<td>Male Adult</td>
<td>16304</td>
<td>1400</td>
</tr>
<tr>
<td>Male Youth</td>
<td>8812</td>
<td>1164</td>
</tr>
<tr>
<td>Total</td>
<td>47084</td>
<td>5852</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>Female Adult</th>
<th>Female Youth</th>
<th>Male Adult</th>
<th>Male Youth</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>White/Not of Hispanic Origin</td>
<td>11215</td>
<td>10753</td>
<td>16304</td>
<td>8812</td>
<td>47084</td>
</tr>
<tr>
<td>Black/Not of Hispanic Origin</td>
<td>1726</td>
<td>1562</td>
<td>1400</td>
<td>1164</td>
<td>5852</td>
</tr>
<tr>
<td>Hispanic</td>
<td>113</td>
<td>154</td>
<td>125</td>
<td>94</td>
<td>486</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>44</td>
<td>53</td>
<td>50</td>
<td>65</td>
<td>212</td>
</tr>
<tr>
<td>American Indian/Alaskan Native</td>
<td>38</td>
<td>134</td>
<td>58</td>
<td>73</td>
<td>303</td>
</tr>
</tbody>
</table>

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>3</td>
<td>2600</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>8400</td>
</tr>
<tr>
<td>Other</td>
<td>7</td>
<td>1854</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1</td>
<td>1875</td>
</tr>
</tbody>
</table>
Radio Program(s) | 0 | 0
Social Media | 0 | 0
TV Program(s) | 0 | 0
Total | 12 | 14729

Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2129</td>
<td>148</td>
<td>8</td>
<td>7</td>
<td>3</td>
<td>2295</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2098</td>
<td>208</td>
<td>24</td>
<td>12</td>
<td>14</td>
<td>2356</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1270</td>
<td>46</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>1321</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2902</td>
<td>167</td>
<td>21</td>
<td>8</td>
<td>12</td>
<td>3110</td>
</tr>
<tr>
<td>Total</td>
<td>8399</td>
<td>569</td>
<td>55</td>
<td>28</td>
<td>31</td>
<td>9082</td>
</tr>
</tbody>
</table>

Outcomes

Producers increased corn yield by 14 bushels/acre by selecting top yielding varieties on 5866 acres of corn increasing their income by 42
Producers increased yield by 4 bushels by selecting top yielding varieties on 2536 acres of soybeans, earning an extra $28.
60 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.
15 4-H volunteers utilized volunteer position descriptions.
5202 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
450 acres of corn scouted by a UT-trained scout to help make crop management decisions.
4404 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
500 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
72 beef producers sold 5808 calves managed according to BQA guidelines to increase returns by $46464.
316 beef producers stored 92080 large, round bales under some type of cover to increase returns by $552480.
374 beef producers utilized bulls with greater genetic potential to produce 7686 head of calves to increase returns by $207522.
98 beef producers utilized hay feeding rings to feed 17776 bales and improved feeding methods to reduce wastage/spoilage, saving $88880.
42 beef producers utilized improved marketing methods to market 4950 head of calves to increase returns by $24750.
0 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.
50 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.
26 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.
20 consumers used the results of their soil test to properly amend their soil.
22 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
56 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
22 corn producers report a $62910 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
20 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.
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.
15 new 4-H volunteers were recruited this year.
22 now can create on-screen (multi-media) presentations.
248 of 299 adults wash hands more often.
0 of 0 better understood basic insurance needs.
5 of 9 better understood credit reporting and scoring.
6 of 39 checked their credit report.
0 of 0 fruit and/or vegetable producers adopted an integrated pest management approach to insect, mite and disease control.
4 of 8 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
4 of 12 homeowners increased their knowledge of fire ant management.
1718 of 1745 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.
8 of 9 learned how to prepare a grab and go bag in case of an emergency home evacuation.
8 of 9 learned how to properly maintain and store household financial records.
8 of 9 learned who to pay first if they can't pay everything.
450 of 620 participants ate more whole grains.
42 of 49 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.
14 of 16 participants can warm-up and cool-down when doing physical activity.
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 more fat-free or low-fat dairy products.
15 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.
4 of 9 participants followed a spending plan.
42 of 49 participants gained skill in determining their net worth.
46 of 49 participants gained skill in making a spending plan.
15 of 16 participants have improved their flexibility, strength and stamina.
15 of 16 participants have increased their knowledge about walking and arthritis.
13 of 16 participants have less arthritis pain due to walking.
11 of 16 participants have less stiffness due to walking.
2 of 16 participants have lost 10 pounds from walking.
0 of 0 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.
3 of 25 participants improved their cholesterol levels.
1 of 25 participants improved their triglyceride levels.
25 of 25 participants increased physical activity.
1729 of 1765 participants increased their financial management skills.
8 of 18 participants kept a record of spending.
0 of 0 participants lost weight: 0 total pounds lost.
12 of 18 participants made a spending plan.
4 of 18 participants now eat more vegetables.
14 of 16 participants now walk safely and comfortably.
0 of 0 participants plan to use the two-step method around the home for managing fire ants.
0 of 0 participants reduced debt an average of $0 per month.
61 of 189 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.
32 of 76 participants surveyed canned pickles following a tested recipe. (TNCEP)
48 of 76 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
69 of 76 participants surveyed canned vegetables following a tested recipe. (TNCEP)
15 of 15 participants surveyed increased their knowledge about radon.
30 of 30 participants surveyed increased their knowledge about the health risk associated with radon.
3 of 15 participants surveyed increased their knowledge concerning radon-resistant new construction techniques.
8 of 15 participants surveyed know how radon enters their home.
26 of 30 participants surveyed know radon can be prevented from entering their home.
15 of 15 participants surveyed know testing is the only way to know if their home has radon.
0 of 0 participants surveyed know year-long testing is recommended over short-term testing in Tennessee.
69 of 76 participants surveyed processed pickles in a water-bath canner. (TNCEP)
58 of 76 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
29 of 76 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 understood the dangers of using too much credit.
55 of 160 participants use labels to make healthier choices.
0 of 0 participants use the walking contract and diary to stay motivated to walk.
14 of 18 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.
8 of 18 tracked their spending.
14 of 9 worked toward new savings, investment or retirement goals.
445 of 449 youth now wash hands more often.
71 participants process high-acid foods in a water bath canner.
58 producers planted 2544 acres with clover for an increased production valued at $76320.
28 producers planted 500 acres with warm-season grasses for an added value of $10000.
94 producers sprayed 6274 acres for broadleaf weed control for an increased production valued at $250960.
42 producers stockpiled 2030 acres of tall fescue, reducing feeding cost by $81200.
22 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
56 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
22 soybean producers report a $37104 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
20 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
15 volunteer leaders increased their knowledge of positive youth development.
28 youth are better able to understand and follow directions.
60 youth are confident they can work through a disagreement without using violence.
24 youth are now better listeners.
57 youth believe that a team can accomplish more than an individual.
531 youth break goals down into steps so they can check their progress.
404 youth can analyze the results of a scientific investigation.
408 youth can ask a question that can be answered by collecting data.
41 youth can assist a group in deciding on team plans for reaching goals.
28 youth can combine and build on the ideas of others when making decisions that affect the team.
364 youth can communicate a scientific procedure to others.
192 youth can complete projects they are proud of.
21 youth can conduct a meeting.
380 youth can create a display to communicate scientific data and observations.
138 youth can deal with their nervousness when giving a speech or talk.
388 youth can design a scientific procedure to answer a question.
20 youth can effectively encourage team members to achieve long-range goals.
132 youth can explain an idea to others.
28 youth can express ideas with a poster, exhibit or other display.
150 youth can give an informative speech or presentation.
48 youth can now share their ideas through writing.
366 youth can record data accurately.
162 youth can select a topic for a speech or talk.
138 youth can show enthusiasm when giving a speech or presentation.
156 youth can speak loudly enough to be heard when giving a speech or talk.
20 youth can use compromise as a way to overcome conflict with other team members.
385 youth can use data to create a graph for presentation to others.
40 youth can use effective communication as a way to overcome conflict with team members.
399 youth can use models to explain scientific results.
392 youth can use science terms to share scientific results.
394 youth can use specific scientific knowledge to form a question.
26 youth can use technology to help themselves express ideas.
402 youth can use the results of their investigation to answer the question they had asked.
20 youth effectively encourage others to stay on task in a team.
51 youth enjoy working with others toward a common goal.
171 youth feel comfortable asking others to help on a project.
132 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
162 youth give a 2-3 minute speech or presentation.
14 youth have explored careers in communications.
18 youth have knowledge of careers in the communications field.
22 youth have learned at least five jobs in which communication skills are important.
41 youth have learned new skills and ways of doing things by participating in groups.
156 youth know how to organize the parts of a speech or presentation.
165 youth like to work with others to complete projects.
20 youth now communicate through a website.
102 youth now encourage other team members to give their best effort.
435 youth now get information about a problem.
51 youth now think it's important to listen to all group members before making a decision.
47 youth now want to see other team members succeed even if they achieve more than themselves.
579 youth now work to achieve their goals.
462 youth put their goals in writing.
36 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
63 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
21 youth report that they are now comfortable being a group leader.
21 youth report that they can now cooperate and work in a group.
21 youth report that they can now give clear directions.
57 youth report that they can now identify their personal interests and strengths.
150 youth report that they have developed confidence to speak in front of groups.
63 youth report that they have learned to win and lose gracefully when participating in competitive events.
21 youth report that they know how to set goals and they use that ability when leading a group.
21 youth report that they make sure everyone gets an opportunity to say what they think.
21 youth report that they now like to work with others and help them reach their goals.
21 youth report that they take their jobs seriously as members of a committee.
21 youth report that when in charge of a group, they treat everyone fairly and equally.
162 youth report that when they disagree with someone, they can stand up for themselves without using violence.
22 youth report they can now keep records.
20 youth report they have improved photography skills.
20 youth report they have learned skills in visual communications.
21 youth report using enthusiasm to get a group working.
576 youth set high goals.
57 youth think that everyone on the team is important.
57 youth think they have something to contribute to the worth of the team.
51 youth understand that other ideas may be just as important as their own.
177 youth understand that they cannot always be "the best" in everything.
40 youth use parliamentary procedure to run a meeting.
450 youth who report that they have learned that some choices are better than others.
453 youth who report they can make a decision.
453 youth who report they now listen to people with more experience than themselves.
423 youth who report they now try to identify what causes a problem.

Grainger County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>3580</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>245</td>
<td>407</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2019</td>
<td>2989</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>487</td>
<td>15471</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>344</td>
<td>1256</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3095</strong></td>
<td><strong>20123</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>200</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>27</td>
<td>247000</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>900</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>71</td>
<td>1711</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>17</td>
<td>510000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>12000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>119</strong></td>
<td><strong>771811</strong></td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3439</td>
<td>44</td>
<td>26</td>
<td>0</td>
<td>0</td>
<td>3509</td>
</tr>
<tr>
<td></td>
<td>Female Youth</td>
<td>Male Adult</td>
<td>Male Youth</td>
<td>Total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>--------------</td>
<td>------------</td>
<td>------------</td>
<td>-------</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5873</td>
<td>4431</td>
<td>5782</td>
<td>19525</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>58</td>
<td>83</td>
<td>75</td>
<td>260</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>118</td>
<td>59</td>
<td>135</td>
<td>338</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

1016

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>13</td>
<td>1307</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>13</td>
<td>1307</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Female Adult</td>
<td>Female Youth</td>
<td>Male Adult</td>
<td>Male Youth</td>
<td>Total</td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>--------------</td>
<td>--------------</td>
<td>------------</td>
<td>------------</td>
<td>--------</td>
<td></td>
</tr>
<tr>
<td></td>
<td>994</td>
<td>2456</td>
<td>45</td>
<td>2426</td>
<td>5921</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td></td>
<td>998</td>
<td>2456</td>
<td>45</td>
<td>2426</td>
<td>5925</td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

23 4-H clubs were met by volunteers.
4 4-H judging teams were coached by volunteers.
0 4-H project groups were met by volunteers.
14 4-H volunteers utilized volunteer position descriptions.
58 beef producers sold 248 calves managed according to BQA guidelines to increase returns by $1984.
108 beef producers stored 8640 large, round bales under some type of cover to increase returns by $51840.
84 beef producers utilized bulls with greater genetic potential to produce 1650 head of calves to increase returns by $44550.
134 beef producers utilized hay feeding rings to feed 2144 bales and improved feeding methods to reduce wastage/spoilage, saving $10720.
24 beef producers utilized improved marketing methods to market 410 head of calves to increase returns by $2050.
3 classrooms adopted this program.
58 fruit and/or vegetable producers realized an economic impact of $450000 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.
16 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.
16 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
130 home lawn insect, disease and weed samples submitted for identification and control recommendations.
48 home lawn soil samples submitted for testing.
158 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
24 homeowners established new turfgrass species and varieties.
90 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
3 new 4-H volunteers were recruited this year.
20 of 25 adults wash hands more often.
45 of 50 better understood their parents' concerns about money.
20 of 40 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.
58 of 80 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
20 of 40 fruit and/or vegetable producers adopted IPM.
12 of 12 fruit and/or vegetable producers completed a food safety plan for their farm.
42 of 80 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.
58 of 80 gained skill in evaluating their housing options.
24 of 48 made a change in career or educational goals.
38 of 80 participants analyzed their readiness for home ownership.
22 of 50 participants are better able to manage their living environments.
20 of 50 participants are better able to store and prepare foods to keep them safe to consume.
42 of 50 participants are more confident in relationships with family and friends.
12 of 12 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.
12 of 74 participants ate more whole grains.
12 of 48 participants began or increased savings an average of $20 per month.
48 of 50 participants better understood their parent's concerns about money.
10 of 48 participants communicated with other family members about financial matters.
22 of 70 participants decreased consumption of high-sugar foods.
54 of 80 participants determined how much they could pay for a home.
20 of 70 participants eat fewer high-fat foods.
14 of 74 participants eat more fat-free or low-fat dairy products.
12 of 12 participants feel confident they will continue doing the MYB routines after the MYB program ends.
35 of 50 participants felt more strongly that they needed to get a good education.
50 of 50 participants felt more strongly that they needed to pay attention to their financial future.
15 of 48 participants followed a spending plan.
58 of 80 participants gained better understanding of the mortgage process.
8 of 12 participants have improved their balance.
6 of 12 participants have improved their strength.
8 of 12 participants have increased their cardiovascular fitness.
8 of 12 participants have increased their motivation to exercise.
32 of 74 participants increased physical activity.
45 of 50 participants increased their financial management skills.
18 of 50 participants know better how to manage and protect their assets for a secure retirement.
37 of 50 participants learned better how to plan their spending.
49 of 50 participants learned how education will affect the kind of job they can get.
50 of 50 participants learned how having a family can affect their lifestyle.
40 of 50 participants learned how much money it takes to get by.
50 of 50 participants learned how occupation and income will affect their lifestyle.
34 of 50 participants learned how payroll deductions are taken from gross pay.
40 of 50 participants learned how to keep a checkbook register.
47 of 50 participants learned how to write a check.
40 of 48 participants made a change in financial behavior.
18 of 48 participants made a spending plan.
21 of 50 participants made changes to their future plans.
0 of 0 participants now eat more fruit.
32 of 74 participants now eat more vegetables.
40 of 50 participants planned to change their career goals.
40 of 50 participants planned to get more education after high school.
36 of 80 participants purchased a home.
25 of 25 participants refrigerate perishable foods within two hours.
25 of 25 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
28 of 28 participants successfully completed educational requirements for post-filing bankruptcy education.
28 of 28 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
58 of 80 participants successfully completed homebuyer education requirements.
8 of 25 participants surveyed used a thermometer to check the internal temperature of food.
10 of 25 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
20 of 48 participants talked about financial goals with their parents or others.
32 of 50 participants understand the special nutritional needs of the elderly.
12 of 70 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
12 of 48 participants worked toward new savings or investment goals.
16 of 70 students increased amount of time in physical activity.
12 of 70 students who increased their intake of whole grains.
62 of 74 youth now wash hands more often.
84 producers planted 1680 acres with clover for an increased production valued at $50400.
10 producers planted 64 acres with warm-season grasses for an added value of $1280.
92 producers sprayed 2760 acres for broadleaf weed control for an increased production valued at $110400.
24 producers stockpiled 120 acres of tall fescue, reducing feeding cost by $4800.
2 schools adopted this program.
14 volunteer leaders increased their knowledge of positive youth development.
300 youth are better able to understand and follow directions.
246 youth can analyze the results of a scientific investigation.
230 youth can ask a question that can be answered by collecting data.
86 youth can communicate a scientific procedure to others.
270 youth can create a display to communicate scientific data and observations.
118 youth can deal with their nervousness when giving a speech or talk.
60 youth can design a scientific procedure to answer a question.
96 youth can explain an idea to others.
298 youth can express ideas with a poster, exhibit or other display.
48 youth can give an informative speech or presentation.
552 youth can now share their ideas through writing.
254 youth can record data accurately.
82 youth can select a topic for a speech or talk.
156 youth can show enthusiasm when giving a speech or presentation.
248 youth can speak loudly enough to be heard when giving a speech or talk.
254 youth can use data to create a graph for presentation to others.
230 youth can use models to explain scientific results.
160 youth can use science terms to share scientific results.
158 youth can use specific scientific knowledge to form a question.
298 youth can use technology to help themselves express ideas.
250 youth can use the results of their investigation to answer the question they had asked.
106 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
4 youth give a 2-3 minute speech or presentation.
300 youth have learned at least five jobs in which communication skills are important.
198 youth have set a goal for their job or career.
276 youth know how to organize the parts of a speech or presentation.
262 youth now set high goals that require work to achieve them.
172 youth report that they have developed confidence to speak in front of groups.
280 youth report that they now achieve goals they set for themselves.
268 youth who are now making plans to achieve their goals.
222 youth who have put their goal(s) in writing.

**Greene County**

**Hours for Extension Personnel**

| Hours Spend | 10148.75 |

**Direct Methods for Extension Personnel**

<p>| Method | Number | Contacts |</p>
<table>
<thead>
<tr>
<th>Method</th>
<th>Methods</th>
<th>Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1351</td>
<td>1772</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls</td>
<td>8207</td>
<td>7796</td>
</tr>
<tr>
<td>(this will include electronic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>mail)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>938</td>
<td>26104</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Work-</td>
<td>526</td>
<td>2926</td>
</tr>
<tr>
<td>place)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>11022</td>
<td>38598</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>30</td>
<td>18701</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>71</td>
<td>1072621</td>
</tr>
<tr>
<td>Other</td>
<td>128</td>
<td>34171</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>20</td>
<td>1864</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>20</td>
<td>682600</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>330000</td>
</tr>
<tr>
<td>Total</td>
<td>270</td>
<td>2139957</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/</th>
<th>Black/</th>
<th>Hispanic</th>
<th>Asian/</th>
<th>American</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not of Hispanic</td>
<td>Not of Hispanic</td>
<td></td>
<td>Pacific Islander</td>
<td>Indian/</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Origin</td>
<td>Origin</td>
<td></td>
<td></td>
<td>Alaskan</td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>11100</td>
<td>142</td>
<td>67</td>
<td>12</td>
<td>10</td>
<td>11331</td>
</tr>
<tr>
<td>Female</td>
<td>6487</td>
<td>257</td>
<td>209</td>
<td>45</td>
<td>16</td>
<td>7014</td>
</tr>
</tbody>
</table>
### Hours for Volunteers

#### Hours Spend

<table>
<thead>
<tr>
<th>Hours Spend</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2679</td>
<td></td>
</tr>
</tbody>
</table>

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>24000</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1</td>
<td>300</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>3</td>
<td>24315</td>
</tr>
</tbody>
</table>

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>119</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>122</td>
</tr>
</tbody>
</table>
### Outcomes

6 4-H volunteers utilized volunteer position descriptions.

540 acres of burley achieving yields greater than 2,300 pounds per acre.

0 acres of dark tobacco achieving yields greater than 3,000 pounds per acre.

4 agritourism operators implemented new or improved strategies to manage risk.

3340 beef producers sold 53038 calves managed according to BQA guidelines to increase returns by $424304.

200 beef producers stored 20500 large, round bales under some type of cover to increase returns by $123000.

300 beef producers utilized bulls with greater genetic potential to produce 6000 head of calves to increase returns by $162000.

100 beef producers utilized hay feeding rings to feed 10000 bales and improved feeding methods to reduce wastage/spoilage, saving $50000.

1890 beef producers utilized improved marketing methods to market 31288 head of calves to increase returns by $156440.

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

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

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

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

25 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
30 dial-gauge lids were tested.

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

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

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

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

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

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

57 farmers developed financial plans for their farms.

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

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

4 farmers increased their potential cash income from their farming operation by $ 750000 by implementing a financial plan.

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

730 home lawn soil samples submitted for testing.

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

76 homeowners established new turfgrass species and varieties.

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

48 Master Gardeners gained knowledge and confidence in entomology.

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

48 Master Gardeners gained knowledge and confidence in ornamentals.

48 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.

132 Master Gardeners have used the knowledge and skills they learned in this program to assist 144 people in turf selection or management.

132 Master Gardeners have used the knowledge and skills they learned in this program to assist 844 people to control pests through integrated pest management.

132 Master Gardeners have used the knowledge and skills they learned in this program to assist
752 people to identify pests and/or the damage they cause.
132 Master Gardeners have used the knowledge and skills they learned in this program to assist
824 people to identify symptoms of plant disease.
132 Master Gardeners have used the knowledge and skills they learned in this program to assist
392 people to improve soil through soil test results.
6 new 4-H volunteers were recruited this year.
0 of 0 adults wash hands more often.
672 of 864 better understood their parents' concerns about money.
72 of 96 fruit and vegetable producers adopted organic and/or sustainable production practices
on their farm.
12 of 12 fruit and/or vegetable producers adopted a season extension practice: row covers,
high tunnels, greenhouses and/or colored plastic mulches.
24 of 24 fruit and/or vegetable producers adopted IPM.
8 of 8 fruit and/or vegetable producers completed a food safety plan for their farm.
4 of 4 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 a healthy discussion within their family about
sexuality, values, feelings and decision making.
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.
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 of teens learned how to generate discussion within their family about the
consequences of risky behavior which could result in being arrested.
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.
0 of 0 participants ate more whole grains.
0 of 0 participants began or increased savings an average of $0 per month.
672 of 864 participants better understood their parent's concerns about money.
6 of 6 participants can apply health eating principles when making daily food decisions.
6 of 6 participants can better control their chronic condition with self-management techniques.
384 of 864 participants communicated with other family members about financial matters.
32 of 72 participants decreased consumption of high-sugar foods.
27 of 72 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.
72 of 72 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
5 of 6 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
3 of 6 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants feel more confident when taking care of young children.
0 of 0 participants feel more equipped to facilitate activities with the children they babysit.
640 of 864 participants felt more strongly that they needed to get a good education.
672 of 864 participants felt more strongly that they needed to pay attention to their financial future.
584 of 864 participants followed a spending plan.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
2 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.
0 of 0 participants improved control of their arthritis symptoms.
0 of 0 participants improved performance of daily activities.
6 of 8 participants improved their balance.
6 of 8 participants improved their flexibility.
5 of 10 participants increased physical activity.
596 of 864 participants increased their financial management skills.
0 of 0 participants increased their knowledge on health and safety topics when babysitting young children.
644 of 864 participants learned better how to plan their spending.
664 of 864 participants learned how education will affect the kind of job they can get.
692 of 864 participants learned how having a family can affect their lifestyle.
692 of 864 participants learned how much money it takes to get by.
668 of 864 participants learned how occupation and income will affect their lifestyle.
632 of 864 participants learned how payroll deductions are taken from gross pay.
696 of 864 participants learned how to keep a checkbook register.
700 of 864 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
488 of 864 participants made a change in financial behavior.
604 of 864 participants made a spending plan.
420 of 864 participants made changes to their future plans.
69 of 82 participants now eat more fruit.
80 of 87 participants now eat more vegetables.
4 of 6 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.
2 of 6 participants plan to use the UT Med Minder card to keep a record of their medications.
344 of 864 participants planned to change their career goals.
528 of 864 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants report putting some of the money they make into a savings account.
0 of 0 participants report they feel more prepared to handle emergencies while babysitting.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
2 of 4 participants surveyed canned pickles following a tested recipe. (TNCEP)
3 of 4 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
2 of 4 participants surveyed canned vegetables following a tested recipe. (TNCEP)
48 of 48 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
48 of 48 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
3 of 4 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
1 of 4 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.

376 of 864 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.
54 of 72 participants use labels to make healthier choices.
10 of 15 participants who now select foods and beverages that promote healthy weight.
6 of 6 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.

620 of 864 participants worked toward new savings or investment goals.
67 of 69 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.
63 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
1 participants process high-acid foods in a water bath canner.
1800000 pounds of total tobacco produced.
80 producers planted 1200 acres with clover for an increased production valued at $36000.
0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
450 producers sprayed 9000 acres for broadleaf weed control for an increased production valued at $360000.
140 producers stockpiled 1680 acres of tall fescue, reducing feeding cost by $67200.
8 professionals increased their knowledge of components of business plans.
8 professionals increased their knowledge of green industry services and marketing practices.
8 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
8 professionals increased their knowledge of plant pests and pest control measures.
8 professionals increased their knowledge of proper plant selection.
6 volunteer leaders increased their knowledge of positive youth development.
14 youth are better able to understand and follow directions.
166 youth break goals down into steps so they can check their progress.
214 youth can analyze the results of a scientific investigation.
214 youth can ask a question that can be answered by collecting data.
216 youth can design a scientific procedure to answer a question.
12 youth can express ideas with a poster, exhibit or other display.
48 youth can now share their ideas through writing.
204 youth can record data accurately.
178 youth can use specific scientific knowledge to form a question.
24 youth can use technology to help themselves express ideas.
12 youth have learned at least five jobs in which communication skills are important.
0 youth have set a goal for their job or career.
0 youth now set high goals that require work to achieve them.
164 youth now work to achieve their goals.
0 youth put their goals in writing.
22 youth report that they can now cooperate and work in a group.
16 youth report that they know how to set goals and they use that ability when leading a group.
10 youth report that they make sure everyone gets an opportunity to say what they think.
0 youth report that they now achieve goals they set for themselves.
4 youth report that they take their jobs seriously as members of a committee.
4 youth report that when in charge of a group, they treat everyone fairly and equally.
0 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.

Grundy County

Hours for Extension Personnel

| Hours Spend | 6981.5 |

Direct Methods for Extension Personnel

<p>| Method | Number | Contacts |</p>
<table>
<thead>
<tr>
<th>Methods</th>
<th>Methods</th>
<th>Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>420</td>
<td>520</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2163</td>
<td>2995</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1046</td>
<td>18465</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>683</td>
<td>1114</td>
</tr>
<tr>
<td>Total</td>
<td>4312</td>
<td>23094</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>84</td>
<td>3657</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>49</td>
<td>203350</td>
</tr>
<tr>
<td>Other</td>
<td>136</td>
<td>2198</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>2281</td>
<td>7437</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>29</td>
<td>247000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>2579</td>
<td>463642</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4212</td>
<td>9</td>
<td>18</td>
<td>14</td>
<td>0</td>
<td>4253</td>
</tr>
<tr>
<td></td>
<td>Female Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------</td>
<td>--------------</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7171</td>
<td>11</td>
<td>13</td>
<td>7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male Adult</td>
<td>4247</td>
<td>27</td>
<td>10</td>
<td>21</td>
<td>69</td>
<td></td>
</tr>
<tr>
<td>Male Youth</td>
<td>7243</td>
<td>8</td>
<td>10</td>
<td>4</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>22873</td>
<td>55</td>
<td>51</td>
<td>46</td>
<td>69</td>
<td></td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>1</td>
<td>100</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---------</td>
</tr>
<tr>
<td>Female Adult</td>
<td>409</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>413</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1144</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>0</td>
<td>1153</td>
</tr>
<tr>
<td>Male Adult</td>
<td>468</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>12</td>
<td>484</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1026</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>1032</td>
</tr>
<tr>
<td>Total</td>
<td>3047</td>
<td>9</td>
<td>6</td>
<td>8</td>
<td>12</td>
<td>3082</td>
</tr>
</tbody>
</table>

**Outcomes**

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $1720 in increased savings, increased income, and one-time capital purchases. 822 are concerned about problems in their community. 200 forest landowners are members in a local County Forestry Association representing 28000 forest acres. 44 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs. 12 fruit and/or vegetable producers realized an economic impact of $3250 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 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners. 8 landowners began their aquaculture industry. 4 landowners expanded an existing aquaculture industry. 22 landowners improved profitability (marketing) of forest ownership. 24 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 1200 forested acres. 66 landowners properly fertilized their pond, followed stocking/harvesting recommendations, or controlled weeds/algae.
912 now feel a sense of responsibility toward their school and community.
879 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
6 of 12 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.
24 of 28 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
12 of 24 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 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
0 of 0 green industry personnel increased business profitability and sustainability through improved insect, mite and disease control in turfgrass and/or ornamental plants.
0 of 0 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
5 of 5 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)
4 of 4 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
17 of 17 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
0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)

0 of 0 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)

0 of 0 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)

0 of 0 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.

0 of 0 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.

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

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

0 of 0 participants ate more whole grains.

14 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 choose foods that do not cause a sharp rise in blood sugar.

98 of 146 participants eat more fat-free or low-fat dairy products.

18 of 18 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

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

0 of 0 participants feel more confident when taking care of young children.

0 of 0 participants feel more equipped to facilitate activities with the children they babysit.

0 of 0 participants find the active ingredient on the medication label.

124 of 146 participants increased physical activity.

0 of 0 participants increased their knowledge on health and safety topics when babysitting young children.

0 of 0 participants keep all of their prescription medications at the same pharmacy.

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

62 of 146 participants now eat more vegetables.
16 of 18 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. 
18 of 18 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 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 putting some of the money they make into a savings account. 
0 of 0 participants report reading more to their children than before. (Preparing Your Child for Kindergarten) 
0 of 0 participants report that they have selected at least three Safe Side Adults with their children. 
0 of 0 participants report their child as exhibiting decreased anxiety about the first day of school. (Preparing Your Child for Kindergarten) 
0 of 0 participants report they feel more prepared to handle emergencies while babysitting. 
0 of 0 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 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 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. 
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 talk to their children on a periodic basis about personal safety practices. (The Safe Side) 
0 of 0 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
14 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.

0 of 0 participants understand the special nutritional needs of the elderly.

70 of 146 participants who now select foods and beverages that promote healthy weight.

14 of 18 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.

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.

0 of 0 youth now wash hands more often.

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

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

7 professionals added additional services and/or marketing practices.

8 professionals developed or made adjustment to their business plans.

7 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.

7 professionals implemented recommended management practices for pest control.

10 professionals increased their knowledge of components of business plans.

10 professionals increased their knowledge of green industry services and marketing practices.

7 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).

7 professionals increased their knowledge of plant pests and pest control measures.

7 professionals increased their knowledge of proper plant selection.

0 professionals practiced proper plant selection and installation practices.

632 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.

523 report that because of their 4-H experiences, they will register to vote when they are eligible.

575 report that because of their 4-H service projects, they have learned about causes and issues.

1776 report that because of their 4-H service projects, they know about resources in their community.

499 report that they will volunteer and help others.

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

1814 youth believe that a team can accomplish more than an individual.
879 youth believe that people working together can help others less fortunate.

1710 youth can conduct a meeting.

1682 youth enjoy working with others toward a common goal.

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

704 youth report being able to break tough jobs down into simpler tasks.

1520 youth report being able to resolve problems without losing control of their emotions.

1320 youth report being sensitive to the feelings of others when discussing and solving problems.

756 youth report that they are comfortable being responsible for a group.

1852 youth report that they are now comfortable being a group leader.

1776 youth report that they can now cooperate and work in a group.

1462 youth report that they can now give clear directions.

1454 youth report that they know how to set goals and they use that ability when leading a group.

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

1748 youth report that they make sure everyone gets an opportunity to say what they think.

1834 youth report that they now like to work with others and help them reach their goals.

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

1832 youth report that when in charge of a group, they treat everyone fairly and equally.

1654 youth report using enthusiasm to get a group working.

1540 youth seek out others who can help them become a better leader.

1786 youth think that everyone on the team is important.

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

1796 youth think they have something to contribute to the worth of the team.

499 youth understand how community leaders are elected to office.

1730 youth understand that other ideas may be just as important as their own.

---

**Hamblen County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>5481.25</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>316</td>
<td>522</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2578</td>
<td>4706</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>968</td>
<td>26466</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>61</td>
<td>1564</td>
</tr>
<tr>
<td>Total</td>
<td>3923</td>
<td>33258</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>5</td>
<td>622</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>13</td>
<td>167300</td>
</tr>
<tr>
<td>Other</td>
<td>69</td>
<td>4453</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>114</td>
<td>38731</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>1000</td>
</tr>
<tr>
<td>Total</td>
<td>202</td>
<td>212106</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>5285</td>
<td>210</td>
<td>198</td>
<td>41</td>
<td>0</td>
<td>5734</td>
</tr>
<tr>
<td>Adult</td>
<td>Female Youth</td>
<td>Male Adult</td>
<td>Male Youth</td>
<td>Total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>--------------</td>
<td>------------</td>
<td>------------</td>
<td>-------</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9642</td>
<td>3517</td>
<td>8894</td>
<td>27338</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>739</td>
<td>93</td>
<td>694</td>
<td>1736</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1610</td>
<td>177</td>
<td>1672</td>
<td>3657</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>93</td>
<td>7</td>
<td>176</td>
<td>317</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>78</td>
<td>0</td>
<td>132</td>
<td>210</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12162</td>
<td>3794</td>
<td>11568</td>
<td>33258</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>13541.25</td>
</tr>
</tbody>
</table>

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>323</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>27</td>
<td>2309</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>33</td>
<td>1963</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>62</td>
<td>4595</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of</th>
<th>Black/Not of</th>
<th>Hispanic</th>
<th>Asian/Pacific</th>
<th>American Indian/</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hispanic Origin</td>
<td>Hispanic Origin</td>
<td>Islander</td>
<td>Alaskan Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>-----------------</td>
<td>-----------------</td>
<td>----------</td>
<td>----------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>19432</td>
<td>153</td>
<td>238</td>
<td>3</td>
<td>0</td>
<td>19826</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4902</td>
<td>426</td>
<td>760</td>
<td>56</td>
<td>55</td>
<td>6199</td>
</tr>
<tr>
<td>Male Adult</td>
<td>2493</td>
<td>117</td>
<td>236</td>
<td>0</td>
<td>0</td>
<td>2846</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4547</td>
<td>337</td>
<td>857</td>
<td>105</td>
<td>93</td>
<td>5939</td>
</tr>
<tr>
<td>Total</td>
<td>31374</td>
<td>1033</td>
<td>2091</td>
<td>164</td>
<td>148</td>
<td>34810</td>
</tr>
</tbody>
</table>

**Outcomes**

1686 are concerned about problems in their community.
1 classrooms adopted this program.
120 consumers learned about plant selection and proper planting to save money and time in the landscape.
120 consumers learned how to apply landscape fertilizers and pesticides safely.
160 consumers learned how to conserve and protect water quality in the landscape.
140 consumers learned how to properly take a soil test and interpret the results.
26 dial-gauge lids were tested.
80 home lawn insect, disease and weed samples submitted for identification and control recommendations.
160 home lawn soil samples submitted for testing.
100 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
300 homeowners established new turfgrass species and varieties.
400 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
24 Master Gardeners gained knowledge and confidence in entomology.
24 Master Gardeners gained knowledge and confidence in integrated pest management.
24 Master Gardeners gained knowledge and confidence in ornamentals.
24 Master Gardeners gained knowledge and confidence in plant diseases.
40 Master Gardeners gained knowledge and confidence in soils.
22 Master Gardeners gained knowledge and confidence in turfgrass.
1860 now feel a sense of responsibility toward their school and community.
2178 now have a sense of pride about their school and community.
117 of 117 adults wash hands more often.
74 of 74 better understood their parents' concerns about money.
0 of 0 homeowners increased their knowledge of fire ant management.
44 of 74 made a change in career or educational goals.
6 of 6 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
6 of 6 participants are confident they can better manage their diabetes as a result of participating in this program.
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.
5 of 6 participants are using the Healthy Plate Method six months after completing the program.
598 of 640 participants ate more whole grains.
26 of 74 participants began or increased savings an average of $10 per month.
74 of 74 participants better understood their parent's concerns about money.
27 of 27 participants can apply health eating principles when making daily food decisions.
0 of 0 participants can apply joint protection techniques.
27 of 27 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.
0 of 0 participants can use relaxation techniques to better manage their arthritis symptoms.
65 of 74 participants communicated with other family members about financial matters.
175 of 270 participants decreased consumption of high-sugar foods.
88 of 111 participants eat at least six meals together as a family each week.
18 of 20 participants eat fewer high-fat foods.
94 of 117 participants eat more fat-free or low-fat dairy products.
212 of 238 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
26 of 27 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.
27 of 27 participants feel confident using the Take PART technique when talking to their health care provider.
74 of 74 participants felt more strongly that they needed to get a good education.
74 of 74 participants felt more strongly that they needed to pay attention to their financial future.
22 of 74 participants followed a spending plan.
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.
2 of 11 participants have less arthritis symptoms.
5 of 6 participants have reduced their A1c six months after completing the program.
2 of 2 participants improved control of their arthritis symptoms.
2 of 2 participants improved performance of daily activities.
0 of 0 participants improved their balance six months after completing the program.
2 of 2 participants improved their balance.
0 of 0 participants improved their flexibility six months after completing the program.
2 of 2 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.
84 of 117 participants increased physical activity.
74 of 74 participants increased their financial management skills.
73 of 74 participants learned better how to plan their spending.
74 of 74 participants learned how education will affect the kind of job they can get.
74 of 74 participants learned how having a family can affect their lifestyle.
74 of 74 participants learned how much money it takes to get by.
74 of 74 participants learned how occupation and income will affect their lifestyle.
74 of 74 participants learned how payroll deductions are taken from gross pay.
74 of 74 participants learned how to keep a checkbook register.
74 of 74 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
54 of 74 participants made a change in financial behavior.
55 of 74 participants made a spending plan.
65 of 74 participants made changes to their future plans.
114 of 137 participants now eat more vegetables.
27 of 27 participants plan to exercise more often to help manage their chronic condition.
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.
27 of 27 participants plan to use the UT Med Minder card to keep a record of their medications.
62 of 74 participants planned to change their career goals.
42 of 74 participants planned to get more education after high school.
107 of 117 participants refrigerate perishable foods within two hours.
108 of 117 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
33 of 33 participants surveyed can differentiate between SIDS and sleep-related deaths.
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)
33 of 33 participants surveyed do not cushion their baby's sleep surface with pillows, bumper pads, comforters, or stuffed animals.
33 of 33 participants surveyed do not overheat the room in which their baby sleeps.
33 of 33 participants surveyed do not share—or allow others to share—sleep surfaces with their baby.
33 of 33 participants surveyed have communicated safe sleep principles to others who may care for their baby.
33 of 33 participants surveyed increased their knowledge of a safe sleeping environment.
33 of 33 participants surveyed place babies to sleep on their backs.
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)
33 of 33 participants surveyed understand the difference between co-sleeping and room sharing.
33 of 33 participants surveyed understand the safest sleep position for infants.
48 of 61 participants surveyed used a thermometer to check the internal temperature of food.
48 of 61 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.
52 of 74 participants talked about financial goals with their parents or others.
6 of 6 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
26 of 27 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 understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
107 of 117 participants use labels to make healthier choices.
20 of 20 participants who increased their intake of dairy foods.
33 of 61 participants who now select foods and beverages that promote healthy weight.
26 of 27 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
67 of 74 participants worked toward new savings or investment goals.
20 of 20 students increased amount of time in physical activity.
18 of 20 students who increased their intake of whole grains.
15 of 15 teachers reported preschool children in their classes were more actively engaged in physical activity.
12 of 15 teachers reported preschool children in their classes were more willing to taste fruit.
14 of 15 teachers reported preschool children in their classes were more willing to taste vegetables.
13 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.
170 of 170 youth now wash hands more often.
30 participants process high-acid foods in a water bath canner.
1 schools adopted this program.
2124 would assist with or participate in elections, voting and campaigns.
1814 youth are confident they can work through a disagreement without using violence.
1854 youth believe that people working together can help others less fortunate.
2038 youth can complete projects they are proud of.
1004 youth can deal with their nervousness when giving a speech or talk.
1536 youth can explain an idea to others.
1678 youth can select a topic for a speech or talk.
1462 youth can speak loudly enough to be heard when giving a speech or talk.
1930 youth feel comfortable asking others to help on a project.
1598 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1424 youth can work with others to complete projects.
2362 youth now report they are concerned about the well-being of others.
1496 youth report that their 4-H experiences have helped them gain the self-confidence to try
new things.
1564 youth report that they can now identify their personal interests and strengths.
1774 youth report that they have learned to win and lose gracefully when participating in
competitive events.
2016 youth report that they learned about important leaders who contributed to our nation.
1588 youth report that when they disagree with someone, they can stand up for themselves
without using violence.
2194 youth think they can make a big difference in their community by helping others.
1968 youth understand how community leaders are elected to office.
2270 youth understand that they cannot always be "the best" in everything.

---

**Hamilton County**

**Hours for Extension Personnel**

| Hours Spend | 16193 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>485</td>
<td>867</td>
</tr>
<tr>
<td>Method</td>
<td>Number Methods</td>
<td>Contacts Reached</td>
</tr>
<tr>
<td>-------------------------------------------------</td>
<td>-----------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>99</td>
<td>73505</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>38</td>
<td>1666000</td>
</tr>
<tr>
<td>Other</td>
<td>569</td>
<td>122336</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>240</td>
<td>201895</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>5</td>
<td>25000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>26</td>
<td>2718000</td>
</tr>
<tr>
<td>Total</td>
<td>977</td>
<td>4806736</td>
</tr>
</tbody>
</table>

### Direct Mail / Telephone Calls (this will include electronic mail)

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1629</td>
<td>30263</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>1410</td>
<td>2455</td>
</tr>
<tr>
<td>Total</td>
<td>10877</td>
<td>51173</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>20152</td>
<td>6249</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5293</td>
<td>1606</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Method</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>20152</td>
<td>6249</td>
<td>304</td>
<td>145</td>
<td>70</td>
<td>26920</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5293</td>
<td>1606</td>
<td>265</td>
<td>222</td>
<td>49</td>
<td>7435</td>
</tr>
<tr>
<td></td>
<td>Male Adult</td>
<td>Male Youth</td>
<td>Total</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>------------</td>
<td>------------</td>
<td>----------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8117</td>
<td>1812</td>
<td>134</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>103</td>
<td>134</td>
<td>57</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10223</td>
<td>6595</td>
<td>51173</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

8160

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>97</td>
<td>39311</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>23</td>
<td>39000</td>
</tr>
<tr>
<td>Other</td>
<td>49</td>
<td>116543</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>66</td>
<td>24167</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>66</td>
<td>5000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>9</td>
<td>255000</td>
</tr>
<tr>
<td>Total</td>
<td>310</td>
<td>479021</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>10993</td>
<td>3328</td>
<td>266</td>
<td>95</td>
<td>64</td>
<td>14746</td>
</tr>
</tbody>
</table>
### Outcomes

The economic impact of Extension leadership programs was $150,000 in increased revenue, one-time capital improvements and secured resources.

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $70,000 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.
- 120 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
- 96 consumers implemented water-wise gardening practices to conserve and protect water quality.
- 151 consumers learned about plant selection and proper planting to save money and time in the landscape.
- 151 consumers learned how to apply landscape fertilizers and pesticides safely.
- 130 consumers learned how to conserve and protect water quality in the landscape.
- 585 consumers learned how to properly take a soil test and interpret the results.
- 147 consumers practiced best management practices relating to proper pruning and tree maintenance.
- 58 consumers used the results of their soil test to properly amend their soil.
- 90 disease, insect and weed samples from 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.
- 1,024 home lawn insect, disease and weed samples submitted for identification and control.
recommendations.
468 home lawn soil samples submitted for testing.
110 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
14 homeowners established new turfgrass species and varieties.
136 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
68 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.
24 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
8 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.
136 Master Gardeners gained knowledge and confidence in entomology.
136 Master Gardeners gained knowledge and confidence in integrated pest management.
136 Master Gardeners gained knowledge and confidence in ornamentals.
136 Master Gardeners gained knowledge and confidence in plant diseases.
136 Master Gardeners gained knowledge and confidence in soils.
136 Master Gardeners gained knowledge and confidence in turfgrass.
130 Master Gardeners have used the knowledge and skills they learned in this program to assist 1112 people in turf selection or management.
132 Master Gardeners have used the knowledge and skills they learned in this program to assist 1308 people to control pests through integrated pest management.
110 Master Gardeners have used the knowledge and skills they learned in this program to assist 910 people to identify pests and/or the damage they cause.
134 Master Gardeners have used the knowledge and skills they learned in this program to assist 886 people to identify symptoms of plant disease.
154 Master Gardeners have used the knowledge and skills they learned in this program to assist 1204 people to improve soil through soil test results.
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)

18 of 22 better understood basic insurance needs.

500 of 766 better understood credit reporting and scoring.

1456 of 1588 better understood their parents' concerns about money.

36 of 32 checked their credit report.

90 of 110 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.

133 of 151 homeowners increased their knowledge of fire ant management.

490 of 766 identified ways to reduce spending.

92 of 124 landscape and nursery participants increased their knowledge of fire ant management.

0 of 0 learned better how to communicate with creditors.

84 of 92 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.

280 of 330 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)

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

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

46 of 46 parents/caregivers report an increase in use of appropriate child guidance techniques.

46 of 46 parents/caregivers report an increase in use of positive communication techniques with their children.

46 of 46 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)

46 of 46 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)

46 of 46 parents/caregivers reported reading at least three times per week to their children.
0 of 0 parents/caregivers reported visiting the library more than before the program.

46 of 46 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.

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

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

0 of 12 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

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

0 of 12 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

0 of 12 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

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

0 of 12 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 12 participants are regularly checking their blood sugar six months after completing the program.

0 of 12 participants are using the Healthy Plate Method six months after completing the program.

28 of 50 participants ate more whole grains.

3051 of 3222 participants became more aware of the importance of starting to save and invest early in life.

416 of 588 participants began or increased savings an average of $742 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 called the TN Poison Center because they suspected a poisoning or had a question about a product six months after completing the program.

34 of 48 participants can apply health eating principles when making daily food decisions.

34 of 48 participants can better control their chronic condition with self-management
techniques.
5 of 12 participants can choose foods that do not cause a sharp rise in blood sugar.
10 of 10 participants can warm-up and cool-down when doing physical activity.
6 of 7 participants communicated with other family members about financial matters.
0 of 0 participants conducted a poison safety audit six months after completing the program.
45 of 50 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.
50 of 50 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
32 of 48 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
240 of 270 participants feel confident they know what to do in case of a poisoning.
34 of 48 participants feel confident using the Take PART technique when talking to their health care provider.
2984 of 3108 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.
188 of 250 participants followed a spending plan.
766 of 766 participants gained skill in determining their net worth.
781 of 788 participants gained skill in making a spending plan.
8 of 10 participants have improved their flexibility, strength and stamina.
8 of 10 participants have increased their knowledge about walking and arthritis.
8 of 10 participants have less arthritis pain due to walking.
8 of 10 participants have less stiffness due to walking.
0 of 0 participants have lost 0 pounds from walking.
0 of 12 participants have reduced their A1c six months after completing the program.
372 of 788 participants identified ways to avoid being victimized by predatory practices or fraud.
3768 of 3896 participants increased their financial management skills.
22 of 22 participants increased their understanding of the impact education can have on future earnings.
44 of 92 participants kept a record of spending.
0 of 0 participants know better how to manage and protect their assets for a secure retirement.
1486 of 1588 participants learned better how to plan their spending.
19 of 19 participants learned culinary skills.
4522 of 4718 participants learned how education will affect the kind of job they can get.
1438 of 1588 participants learned how having a family can affect their lifestyle.
1440 of 1588 participants learned how much money it takes to get by.
1544 of 1610 participants learned how occupation and income will affect their lifestyle.
1108 of 1610 participants learned how payroll deductions are taken from gross pay.
22 of 22 participants learned how to keep a checkbook register.
22 of 22 participants learned how to write a check.
2944 of 3130 participants learned the difference between wants and needs.
0 of 0 participants lost weight: 0 total pounds lost.
213 of 337 participants made a change in financial behavior.
2047 of 3207 participants made a spending plan.
1498 of 1588 participants made changes to their future plans.
45 of 50 participants now eat more fruit.
42 of 50 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.
8 of 10 participants now walk safely and comfortably.
34 of 48 participants plan to exercise more often to help manage their chronic condition.
5 of 12 participants plan to regularly check their blood sugar as requested by their doctor.
5 of 12 participants plan to use the Healthy Plate Method.
71 of 105 participants plan to use the two-step method around the home for managing fire ants.
34 of 48 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.
1420 of 1588 participants planned to get more education after high school.
0 of 0 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.
78 of 258 participants reduced debt an average of $1246 per month.
46 of 46 participants report being more aware of what activities their children are involved in.
18 of 46 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.
18 of 46 participants report their child as exhibiting decreased anxiety about the first day of school. (Preparing Your Child for Kindergarten)
5278 of 5468 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.
250 of 330 participants surveyed do not allow others to smoke around their children.
0 of 0 participants surveyed do not allow smoking in their home.
0 of 0 participants surveyed do not allow smoking in their vehicles.
36 of 45 participants surveyed increased personal involvement in community activities.
1195 of 1198 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
1194 of 1198 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
2728 of 3108 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 minimize their child's exposure to environmental tobacco smoke.
0 of 0 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)
214 of 330 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.
22 of 22 participants understand how to reconcile a checking account.
5 of 12 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
34 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.
0 of 0 participants understand the special nutritional needs of the elderly.
3474 of 3896 participants understood the dangers of using too much credit.
0 of 0 participants use labels to make healthier choices.
8 of 10 participants use the walking contract and diary to stay motivated to walk.
17 of 22 participants were better able to identify appropriate savings and investment options for different financial goals.

31 of 48 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.

230 of 270 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.

236 of 270 participants will keep medications out of the reach of children.

16 of 24 participants will keep products in their original containers.

500 of 750 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.

20 of 24 participants will read the label before using a product.

268 of 422 participants worked toward new savings or investment goals.

17 of 22 participants understood the dangers of using too much credit.

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.

42 of 92 tracked their spending.

26 of 92 worked toward new savings, investment or retirement goals.

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

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

44 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.

42 professionals added additional services and/or marketing practices.

30 professionals developed or made adjustment to their business plans.

32 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.

32 professionals implemented recommended management practices for pest control.

94 professionals increased their knowledge of components of business plans.

86 professionals increased their knowledge of green industry services and marketing practices.

94 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).

78 professionals increased their knowledge of plant pests and pest control measures.

78 professionals increased their knowledge of proper plant selection.

34 professionals practiced proper plant selection and installation practices.

6 public utility managers who have adopted UT’s weed management recommendations in rough
turf.
4 sod farms adopted UT's recommended practices for weed control at seeding.
24 soil samples from commercial turf submitted for testing.
416 youth believe that people working together can help others less fortunate.
16 youth break goals down into steps so they can check their progress.
35 youth can analyze the results of a scientific investigation.
35 youth can ask a question that can be answered by collecting data.
111 youth can deal with their nervousness when giving a speech or talk.
35 youth can design a scientific procedure to answer a question.
116 youth can explain an idea to others.
109 youth can give an informative speech or presentation.
35 youth can record data accurately.
138 youth can select a topic for a speech or talk.
95 youth can show enthusiasm when giving a speech or presentation.
131 youth can speak loudly enough to be heard when giving a speech or talk.
35 youth can use specific scientific knowledge to form a question.
108 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
126 youth give a 2-3 minute speech or presentation.
119 youth know how to organize the parts of a speech or presentation.
370 youth now report that they can justify their decision.
462 youth now report that they have confidence making their own decisions.
356 youth now report that they think about past choices when making new decisions.
366 youth now report that when making a decision, they think about what does the most good for the most people.
354 youth now report that when they make a decision, they think about what a person of character would do.
30 youth now work to achieve their goals.
26 youth put their goals in writing.
468 youth report that they can now cooperate and work in a group.
112 youth report that they have developed confidence to speak in front of groups.
394 youth report that they know how to set goals and they use that ability when leading a group.
352 youth report that they learned about important leaders who contributed to our nation.
446 youth report that they make sure everyone gets an opportunity to say what they think.
444 youth report that they take their jobs seriously as members of a committee.
468 youth report that when in charge of a group, they treat everyone fairly and equally.
24 youth set high goals.
480 youth think they can make a big difference in their community by helping others.
426 youth understand how community leaders are elected to office.

Hancock County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>2366</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>148</td>
<td>270</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>147</td>
<td>2338</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>469</td>
<td>6742</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>42</td>
<td>77</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>806</strong></td>
<td><strong>9427</strong></td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>500</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>15</td>
<td>39577</td>
</tr>
<tr>
<td>Other</td>
<td>26</td>
<td>1148</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>9</td>
<td>3264</td>
</tr>
<tr>
<td></td>
<td>Radio Program(s)</td>
<td>TV Program(s)</td>
</tr>
<tr>
<td>------------------------</td>
<td>------------------</td>
<td>---------------</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2410</td>
<td>3</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>2415</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3362</td>
<td>24</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>3394</td>
</tr>
<tr>
<td>Male Adult</td>
<td>553</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>554</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3050</td>
<td>14</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3064</td>
</tr>
<tr>
<td>Total</td>
<td>9375</td>
<td>41</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>9427</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend             | 137                           |

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>12</td>
</tr>
<tr>
<td>Female Youth</td>
<td>186</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>189</td>
</tr>
<tr>
<td>Male Youth</td>
<td>173</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>175</td>
</tr>
<tr>
<td>Total</td>
<td>371</td>
<td>3</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>376</td>
</tr>
</tbody>
</table>

### Outcomes

26 beef producers sold 94 calves managed according to BQA guidelines to increase returns by $752.
16 beef producers stored 2842 large, round bales under some type of cover to increase returns by $17052.
10 beef producers utilized bulls with greater genetic potential to produce 164 head of calves to increase returns by $4428.
20 beef producers utilized hay feeding rings to feed 1362 bales and improved feeding methods to reduce wastage/spoilage, saving $6810.
22 beef producers utilized improved marketing methods to market 84 head of calves to increase returns by $420.
0 goat producers have implemented practices related to genetic improvement, nutrition, health,
reproduction and other information as a result of the Master Goat Program.
0 goat producers have improved knowledge about genetic improvement, nutrition, health,
reproduction and other information as a result of the Master Goat Program.
0 goat producers report improved production efficiency due to practices implemented from their
Master Goat Program participation.
0 of 0 parents of teens learned how to generate a healthy discussion within their family about
sexuality, values, feelings and decision making.
3 of 5 parents of teens learned how to generate discussion within their family about skills
related to communication, anger management, conflict resolution, and relationship building.
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 of teens learned how to generate discussion within their family about the
consequences of risky behavior which could result in being arrested.
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance
strategies
8 of 11 parents/caregivers learned about issues related to stages of child development.
8 of 13 participants are using the UT Med Minder card to keep a record of their medications.
13 of 13 participants can apply health eating principles when making daily food decisions.
8 of 13 participants can better control their chronic condition with self-management techniques.
10 of 13 participants feel confident they can apply pain management techniques, such as
distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
5 of 13 participants feel confident using the Take PART technique when talking to their health
care provider.
9 of 13 participants plan to exercise more often to help manage their chronic condition.
8 of 13 participants plan to use the UT Med Minder card to keep a record of their medications.
12 of 13 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.
10 of 13 participants will apply positive thinking as a technique for overcoming or avoiding
depression caused from their chronic condition.
9 of 11 respondents plan to decrease exposure of their children to parental conflict.
9 of 11 respondents report understanding the importance of working together for the sakes of
their children.
11 parents/caregivers learned effective communication techniques to use with their children.
11 parents/caregivers learned strategies for dealing with parenting stress.
0 producers planted 0 acres with clover for an increased production valued at $FRM.
0 producers planted 0 acres with warm-season grasses for an added value of $FRM.
10 producers sprayed 370 acres for broadleaf weed control for an increased production valued at $14800.
14 producers stockpiled 174 acres of tall fescue, reducing feeding cost by $6960.
0 youth now get information about a problem.
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.

### Hardeman County

#### Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>199</td>
<td>333</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1473</td>
<td>1673</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>443</td>
<td>7416</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>449</td>
<td>3076</td>
</tr>
<tr>
<td>Total</td>
<td>2564</td>
<td>12498</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>11000</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>19</td>
<td>90000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>32</td>
<td>5632</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>5</td>
<td>35000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>58</td>
<td>141632</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1728</td>
<td>1035</td>
<td>5</td>
<td>175</td>
<td>0</td>
<td>2943</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1589</td>
<td>1524</td>
<td>50</td>
<td>56</td>
<td>0</td>
<td>3219</td>
</tr>
<tr>
<td>Male Adult</td>
<td>2180</td>
<td>841</td>
<td>0</td>
<td>194</td>
<td>0</td>
<td>3215</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1491</td>
<td>1512</td>
<td>47</td>
<td>68</td>
<td>3</td>
<td>3121</td>
</tr>
<tr>
<td>Total</td>
<td>6988</td>
<td>4912</td>
<td>102</td>
<td>493</td>
<td>3</td>
<td>12498</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>364</td>
</tr>
</tbody>
</table>
Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>6000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>3</td>
<td>359</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>1000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>7</td>
<td>7359</td>
</tr>
</tbody>
</table>

Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>46</td>
<td>105</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>155</td>
</tr>
<tr>
<td>Female Youth</td>
<td>160</td>
<td>199</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>360</td>
</tr>
<tr>
<td>Male Adult</td>
<td>29</td>
<td>52</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>81</td>
</tr>
<tr>
<td>Male Youth</td>
<td>141</td>
<td>199</td>
<td>2</td>
<td>2</td>
<td>0</td>
<td>344</td>
</tr>
<tr>
<td>Total</td>
<td>376</td>
<td>555</td>
<td>7</td>
<td>2</td>
<td>0</td>
<td>940</td>
</tr>
</tbody>
</table>

Outcomes

60 African-American landowners increased their knowledge of property rights and responsibilities.
0 communities have undergone entrepreneurial support planning efforts.
2 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
7 consumers implemented water-wise gardening practices to conserve and protect water quality.
10 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.
24 consumers learned how to conserve and protect water quality in the landscape.
24 consumers learned how to properly take a soil test and interpret the results.
2 consumers practiced best management practices relating to proper pruning and tree maintenance.
12 consumers used the results of their soil test to properly amend their soil.
0 dial-gauge lids were tested.
0 home lawn insect, disease and weed samples submitted for identification and control recommendations.
10 home lawn soil samples submitted for testing.
0 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
0 homeowners established new turfgrass species and varieties.
0 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
0 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 miles were walked in the Walk Across Tennessee Program.
0 new networking, mentoring and coaching outlets available to entrepreneurs.
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)
6 of 6 adults wash hands more often.
0 of 0 better understood their parents' concerns about money.
14 of 14 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 participants ate more whole grains.
43 of 84 participants better understood their parent's concerns about money.
42 of 42 participants can apply health eating principles when making daily food decisions.
12 of 12 participants can apply joint protection techniques.
42 of 42 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 12 participants can use relaxation techniques to better manage their arthritis symptoms.
0 of 0 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
0 of 0 participants eat fewer high-fat foods.
6 of 6 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.
42 of 42 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.
40 of 43 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
42 of 42 participants feel confident using the Take PART technique when talking to their health care provider.
53 of 84 participants felt more strongly that they needed to get a good education.
54 of 84 participants felt more strongly that they needed to pay attention to their financial future.
10 of 12 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.
0 of 0 participants increased physical activity.
0 of 0 participants increased their exercise routine during Walk Across Tennessee Program.
56 of 84 participants increased their financial management skills.
43 of 43 participants know what cancer screenings they need according to their age and gender.
60 of 84 participants learned better how to plan their spending.
40 of 40 participants learned culinary skills.
46 of 84 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.
41 of 84 participants learned how much money it takes to get by.
56 of 84 participants learned how occupation and income will affect their lifestyle.
34 of 84 participants learned how payroll deductions are taken from gross pay.
47 of 84 participants learned how to keep a checkbook register.
60 of 84 participants learned how to write a check.
0 of 0 participants lost weight: 0 total pounds lost.
42 of 84 participants made changes to their future plans.
20 of 30 participants now eat more vegetables.
42 of 42 participants plan to exercise more often to help manage their chronic condition.
40 of 43 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.
42 of 42 participants plan to use the UT Med Minder card to keep a record of their medications.
31 of 84 participants planned to change their career goals.
66 of 84 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)
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 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 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.
43 of 43 participants understand that cancer screening and early detection can save their life.
42 of 42 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.
43 of 43 participants understand women age 40 and older should have a mammogram.
43 of 43 participants understand women of all ages need a Pap test.
0 of 0 participants use labels to make healthier choices.
0 of 0 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
42 of 42 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.
0 of 0 students increased amount of time in physical activity.
0 of 0 students who increased their intake of whole grains.
0 of 0 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.
394 of 394 youth now wash hands more often.
0 participants process high-acid foods in a water bath canner.
0 participants walked in the Walk Across Tennessee Program.
2 professionals added additional services and/or marketing practices.
0 professionals developed or made adjustment to their business plans.
5 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
3 professionals implemented recommended management practices for pest control.
1 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).
10 professionals increased their knowledge of plant pests and pest control measures.
5 professionals increased their knowledge of proper plant selection.
0 professionals practiced proper plant selection and installation practices.
0 teams participated in the Walk Across Tennessee Program.
0 youth break goals down into steps so they can check their progress.
132 youth can deal with their nervousness when giving a speech or talk.
132 youth can explain an idea to others.
132 youth can give an informative speech or presentation.
132 youth can select a topic for a speech or talk.
132 youth can show enthusiasm when giving a speech or presentation.
132 youth can speak loudly enough to be heard when giving a speech or talk.
132 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
132 youth give a 2-3 minute speech or presentation.
132 youth know how to organize the parts of a speech or presentation.
0 youth now get information about a problem.
0 youth now work to achieve their goals.
0 youth put their goals in writing.
0 youth report that they can now cooperate and work in a group.
132 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 make sure everyone gets an opportunity to say what they think.
0 youth report that they take their jobs seriously as members of a committee.
0 youth report that when in charge of a group, they treat everyone fairly and equally.
0 youth set high goals.
102 youth who report that they have learned that some choices are better than others.
102 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.
Hardin County

Hours for Extension Personnel

**Hours Spend**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>120</td>
<td>210</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>422</td>
<td>2230</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>547</td>
<td>23167</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>416</td>
<td>9194</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1505</td>
<td>34801</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>5</td>
<td>3450</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>49</td>
<td>110000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>65</td>
<td>2650</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>3</td>
<td>45000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>5</td>
<td>56500</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>127</td>
<td>217600</td>
</tr>
</tbody>
</table>
### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>6638</td>
<td>351</td>
<td>18</td>
<td>3</td>
<td>0</td>
<td>7010</td>
</tr>
<tr>
<td>Female Youth</td>
<td>7297</td>
<td>526</td>
<td>144</td>
<td>47</td>
<td>3</td>
<td>8017</td>
</tr>
<tr>
<td>Male Adult</td>
<td>10996</td>
<td>749</td>
<td>65</td>
<td>0</td>
<td>0</td>
<td>11810</td>
</tr>
<tr>
<td>Male Youth</td>
<td>7200</td>
<td>499</td>
<td>208</td>
<td>42</td>
<td>15</td>
<td>7964</td>
</tr>
<tr>
<td>Total</td>
<td>32131</td>
<td>2125</td>
<td>435</td>
<td>92</td>
<td>18</td>
<td>34801</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 219 |

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>4</td>
<td>80</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
TV Program(s) 0 0
Total 4 80

Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>435</td>
<td>7</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>445</td>
</tr>
<tr>
<td>Female Youth</td>
<td>752</td>
<td>58</td>
<td>13</td>
<td>0</td>
<td>3</td>
<td>826</td>
</tr>
<tr>
<td>Male Adult</td>
<td>493</td>
<td>54</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>552</td>
</tr>
<tr>
<td>Male Youth</td>
<td>705</td>
<td>39</td>
<td>8</td>
<td>2</td>
<td>1</td>
<td>755</td>
</tr>
<tr>
<td>Total</td>
<td>2385</td>
<td>158</td>
<td>29</td>
<td>2</td>
<td>4</td>
<td>2578</td>
</tr>
</tbody>
</table>

Outcomes

Producers increased corn yield by 30 bushels/acre by selecting top yielding varieties on 6000 acres of corn increasing their income by 90.
Producers increased yield by 10 bushels by selecting top yielding varieties on 60000 acres of soybeans, earning an extra $70.
Producers increased yield by 20 bushels by selecting top yielding varieties on 5000 acres of wheat, earning an extra $100.
8000 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
500 acres of corn scouted by a UT-trained scout to help make crop management decisions.
60000 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
500 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
4000 acres were planted and managed using GPS technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.

100 beef producers sold 3000 calves managed according to BQA guidelines to increase returns by $24000.

50 beef producers stored 5000 large, round bales under some type of cover to increase returns by $30000.

50 beef producers utilized bulls with greater genetic potential to produce 1300 head of calves to increase returns by $35100.

50 beef producers utilized hay feeding rings to feed 4400 bales and improved feeding methods to reduce wastage/spoilage, saving $22000.

200 beef producers utilized improved marketing methods to market 6000 head of calves to increase returns by $30000.

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

50 corn producers report a $10 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.

5656 miles were walked in the Walk Across Tennessee Program.

21 of 21 participants ate more whole grains.

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

18 of 18 participants can apply joint protection techniques.

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.

18 of 18 participants can use relaxation techniques to better manage their arthritis symptoms.

21 of 21 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.

21 of 21 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.

14 of 18 participants feel confident they can apply pain management techniques, such as
relaxation, breathing and guided imagery, for overcoming arthritis pain.
18 of 18 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
3 of 3 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 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 provider.
0 of 0 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
18 of 18 participants have added exercise to their action steps for managing their arthritis.
15 of 18 participants have improved their arthritis symptoms as a result of participating in this program.
16 of 18 participants have less arthritis symptoms from their arthritis six months after completing the program.
17 of 18 participants improved their balance six months after completing the program.
17 of 18 participants improved their flexibility six months after completing the program.
18 of 18 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
18 of 18 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.
3 of 3 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.
21 of 21 participants now eat more fruit.
21 of 21 participants now eat more vegetables.
0 of 0 participants plan to exercise more often to help manage their chronic condition.
3 of 3 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.
12 of 12 participants surveyed can differentiate between SIDS and sleep-related deaths.
0 of 0 participants surveyed do not cushion their baby's sleep surface with pillows, bumper pads, comforters, or stuffed animals.
0 of 0 participants surveyed do not overheat the room in which their baby sleeps.  
0 of 0 participants surveyed do not share—or allow others to share—sleep surfaces with their baby.  
0 of 0 participants surveyed have communicated safe sleep principles to others who may care for their baby.  
28 of 28 participants surveyed increased their knowledge about radon.  
56 of 56 participants surveyed increased their knowledge about the health risk associated with radon.  
28 of 28 participants surveyed increased their knowledge concerning radon-resistant new construction techniques.  
12 of 12 participants surveyed increased their knowledge of a safe sleeping environment.  
92 of 92 participants surveyed increased their knowledge of actions that can be taken to improve indoor air quality.  
92 of 92 participants surveyed increased their knowledge of healthy housing principles.  
92 of 92 participants surveyed increased their knowledge of how to implement (design, repair, maintain) healthy housing principles.  
92 of 92 participants surveyed increased their knowledge of some of the health effects due to poor indoor air quality.  
92 of 92 participants surveyed increased their knowledge of sources of indoor air pollution.  
92 of 92 participants surveyed increased their knowledge of the connections between health and housing.  
92 of 92 participants surveyed increased their knowledge on how regular cleaning can help reduce environmental health hazards.  
92 of 92 participants surveyed increased their knowledge on safer house cleaning techniques.  
92 of 92 participants surveyed increased their knowledge on the importance of moisture control in their home.  
28 of 28 participants surveyed know how radon enters their home.  
56 of 56 participants surveyed know radon can be prevented from entering their home.  
28 of 28 participants surveyed know testing is the only way to know if their home has radon.  
28 of 28 participants surveyed know year-long testing is recommended over short-term testing in Tennessee.  
0 of 0 participants surveyed place babies to sleep on their backs.  
12 of 12 participants surveyed understand the difference between co-sleeping and room sharing.  
12 of 12 participants surveyed understand the safest sleep position for infants.
1 of 18 participants take fewer medications for arthritis symptoms six months after completing the program.

18 of 18 participants understand that arthritis is a chronic disease that they can control with self-management techniques.

3 of 3 participants understand that cancer screening and early detection can save their life.

15 of 18 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.

18 of 18 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.

3 of 3 participants understand women age 40 and older should have a mammogram.

3 of 3 participants understand women of all ages need a Pap test.

21 of 21 participants use labels to make healthier choices.

16 of 18 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.

16 of 16 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.

64 of 64 participants will continue to exercise after the Walk Across Tennessee Program.

16 of 16 participants will keep medications out of the reach of children.

16 of 16 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.

16 of 16 participants will read the label before using a product.

128 participants walked in the Walk Across Tennessee Program.

12 producers increased their return on 5000 acres by $285000 by utilizing irrigation instead of dry land production.

30 producers increased their return on 20000 acres by $540000 due to utilizing forward pricing market opportunities as compared to selling at harvest.

30 producers planted 1500 acres with clover for an increased production valued at $45000.

20 producers planted 1000 acres with warm-season grasses for an added value of $20000.

50 producers report a 30 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
50 producers sprayed 2000 acres for broadleaf weed control for an increased production valued at $80000.
20 producers stockpiled 500 acres of tall fescue, reducing feeding cost by $20000.
50 producers utilized UT fertility recommendations.
50 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
20 soybean producers report a $16 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
30 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
16 teams participated in the Walk Across Tennessee Program.
30 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
50 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).
30 wheat producers report a $10 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
50 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
240 youth are now better listeners.
176 youth break goals down into steps so they can check their progress.
228 youth can analyze the results of a scientific investigation.
138 youth can ask a question that can be answered by collecting data.
142 youth can design a scientific procedure to answer a question.
186 youth can give an informative speech or presentation.
150 youth can record data accurately.
158 youth can show enthusiasm when giving a speech or presentation.
222 youth can use specific scientific knowledge to form a question.
182 youth give a 2-3 minute speech or presentation.
82 youth have explored careers in communications.
132 youth know how to organize the parts of a speech or presentation.
110 youth now report that they make a decision by thinking about what a person of good character would do.
124 youth now report that they use more than one source of information in making choices.
152 youth now report that they use standards in making choices.
198 youth now report they consider the risks of their choices.
210 youth now report they think about the truthfulness of sources of information when making choices.
180 youth now work to achieve their goals.
240 youth put their goals in writing.
140 youth report that they have developed confidence to speak in front of groups.
240 youth report they can now keep records.
152 youth report they have improved photography skills.
164 youth report they have learned skills in visual communications.
240 youth set high goals.

Hawkins County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>3512</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>424</td>
<td>489</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1020</td>
<td>1217</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>669</td>
<td>15904</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>62</td>
<td>1563</td>
</tr>
<tr>
<td>Total</td>
<td>2175</td>
<td>19173</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>5000</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>14</td>
<td>135556</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>778</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>29</td>
<td>12773</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>49</td>
<td>154107</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2050</td>
<td>42</td>
<td>7</td>
<td>6</td>
<td>0</td>
<td>2105</td>
</tr>
<tr>
<td>Female Youth</td>
<td>7253</td>
<td>187</td>
<td>108</td>
<td>41</td>
<td>30</td>
<td>7619</td>
</tr>
<tr>
<td>Male Adult</td>
<td>2342</td>
<td>34</td>
<td>12</td>
<td>2</td>
<td>0</td>
<td>2390</td>
</tr>
<tr>
<td>Male Youth</td>
<td>6690</td>
<td>198</td>
<td>103</td>
<td>48</td>
<td>20</td>
<td>7059</td>
</tr>
<tr>
<td>Total</td>
<td>18335</td>
<td>461</td>
<td>230</td>
<td>97</td>
<td>50</td>
<td>19173</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

**Hours Spend**
### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>6</td>
<td>1554</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>14</td>
<td>4147</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>24</strong></td>
<td><strong>5701</strong></td>
</tr>
</tbody>
</table>

### Contacts for Volunteers

<table>
<thead>
<tr>
<th>Gender</th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>276</td>
<td>8</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>294</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4431</td>
<td>81</td>
<td>39</td>
<td>13</td>
<td>8</td>
<td>4572</td>
</tr>
<tr>
<td>Male Adult</td>
<td>31</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>31</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4362</td>
<td>105</td>
<td>37</td>
<td>11</td>
<td>8</td>
<td>4523</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>9100</strong></td>
<td><strong>194</strong></td>
<td><strong>86</strong></td>
<td><strong>24</strong></td>
<td><strong>16</strong></td>
<td><strong>9420</strong></td>
</tr>
</tbody>
</table>

### Outcomes
277 beef producers sold 6366 calves managed according to BQA guidelines to increase returns by $50928.
47 beef producers stored 9850 large, round bales under some type of cover to increase returns by $59100.
63 beef producers utilized bulls with greater genetic potential to produce 2400 head of calves to increase returns by $64800.
94 beef producers utilized hay feeding rings to feed 12000 bales and improved feeding methods to reduce wastage/spoilage, saving $60000.
157 beef producers utilized improved marketing methods to market 3466 head of calves to increase returns by $17330.
20 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
23 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.
1024 of 1136 better understood their parents' concerns about money.
24 of 64 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.
1 of 4 participants are using the UT Med Minder card to keep a record of their medications.
32 of 64 participants began or increased savings an average of $200 per month.
1024 of 1136 participants better understood their parent's concerns about money.
2 of 4 participants can apply health eating principles when making daily food decisions.
4 of 4 participants can better control their chronic condition with self-management techniques.
40 of 64 participants communicated with other family members about financial matters.
4 of 4 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
3 of 4 participants feel confident using the Take PART technique when talking to their health
978 of 1136 participants felt more strongly that they needed to get a good education.  
1040 of 1136 participants felt more strongly that they needed to pay attention to their financial future.  
20 of 64 participants followed a spending plan.  
996 of 1136 participants increased their financial management skills.  
912 of 1136 participants learned better how to plan their spending.  
924 of 1136 participants learned how education will affect the kind of job they can get.  
1036 of 1136 participants learned how having a family can affect their lifestyle.  
1042 of 1136 participants learned how much money it takes to get by.  
992 of 1136 participants learned how occupation and income will affect their lifestyle.  
910 of 1136 participants learned how payroll deductions are taken from gross pay.  
974 of 1136 participants learned how to keep a checkbook register.  
640 of 1136 participants learned how to write a check.  
44 of 64 participants made a change in financial behavior.  
16 of 64 participants made a spending plan.  
578 of 1136 participants made changes to their future plans.  
4 of 4 participants plan to exercise more often to help manage their chronic condition.  
2 of 4 participants plan to use the UT Med Minder card to keep a record of their medications.  
468 of 1136 participants planned to change their career goals.  
204 of 1136 participants planned to get more education after high school.  
32 of 64 participants talked about financial goals with their parents or others.  
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 will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.  
24 of 64 participants worked toward new savings or investment goals.  
30 of 31 respondents plan to decrease exposure of their children to parental conflict.  
30 of 31 respondents report understanding the importance of working together for the sakes of their children.  
30 parents/caregivers learned effective communication techniques to use with their children.  
0 parents/caregivers learned strategies for dealing with parenting stress.  
10 producers planted 100 acres with clover for an increased production valued at $3000.  
8 producers planted 100 acres with warm-season grasses for an added value of $2000.  
23 producers sprayed 445 acres for broadleaf weed control for an increased production valued
at $17800.
40 producers stockpiled 400 acres of tall fescue, reducing feeding cost by $16000.
42 youth break goals down into steps so they can check their progress.
76 youth now get information about a problem.
48 youth now work to achieve their goals.
28 youth put their goals in writing.
36 youth set high goals.
92 youth who report that they have learned that some choices are better than others.
74 youth who report they can make a decision.
104 youth who report they now listen to people with more experience than themselves.
86 youth who report they now try to identify what causes a problem.

Haywood County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>3560</td>
<td>4178</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>991</td>
<td>1250</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>630</td>
<td>12510</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>257</td>
<td>9043</td>
</tr>
<tr>
<td>Total</td>
<td>5438</td>
<td>26981</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>51</td>
<td>106802</td>
</tr>
<tr>
<td>Other</td>
<td>17</td>
<td>4950</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>143</td>
<td>41569</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>13400</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>215</td>
<td>166721</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4142</td>
<td>2952</td>
<td>407</td>
<td>1</td>
<td>0</td>
<td>7502</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2849</td>
<td>4994</td>
<td>321</td>
<td>19</td>
<td>0</td>
<td>8183</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1763</td>
<td>681</td>
<td>31</td>
<td>0</td>
<td>0</td>
<td>2475</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3119</td>
<td>5248</td>
<td>431</td>
<td>22</td>
<td>1</td>
<td>8821</td>
</tr>
<tr>
<td>Total</td>
<td>11873</td>
<td>13875</td>
<td>1190</td>
<td>42</td>
<td>1</td>
<td>26981</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 4099.5 |
Indirect Methods for Volunteers

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

Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>38</td>
<td>40</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>82</td>
</tr>
<tr>
<td>Female Youth</td>
<td>46</td>
<td>132</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>186</td>
</tr>
<tr>
<td>Male Adult</td>
<td>17</td>
<td>13</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>32</td>
</tr>
<tr>
<td>Male Youth</td>
<td>64</td>
<td>178</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>251</td>
</tr>
<tr>
<td>Total</td>
<td>165</td>
<td>363</td>
<td>22</td>
<td>1</td>
<td>0</td>
<td>551</td>
</tr>
</tbody>
</table>

Outcomes

Producers increased corn yield by 4 bushels/acre by selecting top yielding varieties on 26756 acres of corn increasing their income by 12
Producers increased yield by 8 bushels by selecting top yielding varieties on 28884 acres of soybeans, earning an extra $56.
Producers increased yield by 8 bushels by selecting top yielding varieties on 7748 acres of wheat, earning an extra $40.
Producers increased yield by 378 pounds by selecting top yielding varieties on 56752 acres of cotton, earning an extra $FRM.
84296 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.
107742 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.
73694 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.
253548 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
26 African-American landowners developed estate plans to reduce the financial and legal risks farm family businesses face as they transition between generations.
62 African-American landowners developed farm management plans.
106 African-American landowners increased their knowledge of property rights and responsibilities.
12 classrooms adopted this program.
64 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
52 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
58 corn producers report a $282696 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
82 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
94 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
88 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
76 cotton producers report a $462,284 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

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

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

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

12 landowners expanded an existing aquaculture industry.

60 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.

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

7052 miles were walked in the Walk Across Tennessee Program.

30 of 30 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 30 adolescents learned about the consequences of risky behaviors which could result in being arrested.

30 of 30 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)

130 of 240 adults wash hands more often.

246 of 300 better understood their parents' concerns about money.

76 of 88 gained skill in evaluating their housing options.

15 of 15 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)

15 of 15 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)

117 of 117 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies

50 of 117 parents/caregivers learned about issues related to stages of child development.

200 of 234 parents/caregivers report an increase in use of appropriate child guidance techniques.

220 of 234 parents/caregivers report an increase in use of positive communication techniques with their children.
190 of 234 parents/caregivers report feeling better about their abilities as parents.
118 of 234 parents/caregivers report feeling less stressed as parents.
170 of 234 parents/caregivers report showing increased affection toward their children.
(Windows Love At First Sight)
180 of 234 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
90 of 234 parents/caregivers reported reading at least three times per week to their children.
(Windows Book By Book)
234 of 234 parents/caregivers reported visiting the library more than before the program.
(Windows Book By Book)
72 of 88 participants analyzed their readiness for home ownership.
160 of 255 participants ate more whole grains.
261 of 300 participants better understood their parent's concerns about money.
46 of 66 participants can apply health eating principles when making daily food decisions.
36 of 50 participants can apply joint protection techniques.
50 of 66 participants can better control their chronic condition with self-management techniques.
50 of 240 participants can better control their chronic disease as a result of participating in the program.
24 of 50 participants can use relaxation techniques to better manage their arthritis symptoms.
149 of 255 participants decreased consumption of high-sugar foods.
72 of 88 participants determined how much they could pay for a home.
5 of 15 participants eat at least six meals together as a family each week.
156 of 240 participants eat fewer high-fat foods.
140 of 240 participants eat more fat-free or low-fat dairy products.
14 of 15 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
36 of 66 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
24 of 50 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
54 of 60 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
30 of 66 participants feel confident using the Take PART technique when talking to their health care provider.
237 of 300 participants felt more strongly that they needed to get a good education.
237 of 300 participants felt more strongly that they needed to pay attention to their financial future.
72 of 88 participants gained better understanding of the mortgage process.
36 of 50 participants have improved their arthritis symptoms as a result of participating in this program.
220 of 240 participants increased physical activity.
152 of 240 participants increased their exercise routine during Walk Across Tennessee Program.
246 of 300 participants increased their financial management skills.
52 of 60 participants know what cancer screenings they need according to their age and gender.
261 of 300 participants learned better how to plan their spending.
273 of 300 participants learned how education will affect the kind of job they can get.
261 of 300 participants learned how having a family can affect their lifestyle.
237 of 300 participants learned how much money it takes to get by.
231 of 300 participants learned how occupation and income will affect their lifestyle.
273 of 300 participants learned how payroll deductions are taken from gross pay.
285 of 300 participants learned how to keep a checkbook register.
276 of 300 participants learned how to write a check.
6 of 15 participants lost weight: 32 total pounds lost.
225 of 300 participants made changes to their future plans.
138 of 240 participants now eat more vegetables.
40 of 66 participants plan to exercise more often to help manage their chronic condition.
50 of 60 participants plan to get age and gender appropriate cancer screenings.
52 of 66 participants plan to use the UT Med Minder card to keep a record of their medications.
207 of 300 participants planned to change their career goals.
288 of 300 participants planned to get more education after high school.
38 of 88 participants purchased a home.
130 of 240 participants refrigerate perishable foods within two hours.
130 of 240 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
75 of 75 participants successfully completed educational requirements for post-filing bankruptcy education.
2 of 2 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
84 of 88 participants successfully completed homebuyer education requirements.
130 of 240 participants surveyed used a thermometer to check the internal temperature of food.
130 of 240 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
52 of 60 participants understand that cancer screening and early detection can save their life.
52 of 66 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 50 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
52 of 60 participants understand women age 40 and older should have a mammogram.
52 of 60 participants understand women of all ages need a Pap test.
13 of 15 participants use labels to make healthier choices.
140 of 240 participants who increased their intake of dairy foods.
140 of 240 participants who now select foods and beverages that promote healthy weight.
34 of 66 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
208 of 240 participants will continue to exercise after the Walk Across Tennessee Program.
1 of 1 providers had increased knowledge of the workshop(s) topics.
40 of 117 respondents plan to decrease exposure of their children to parental conflict.
40 of 117 respondents report understanding the importance of working together for the sakes of their children.
220 of 240 students increased amount of time in physical activity.
148 of 240 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.
0 of 4 teachers reported using physical activities from Healthy Steps at least three times per week.
360 of 600 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.

300 participants walked in the Walk Across Tennessee Program.

38 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.

30 producers increased their return on 109024 acres by $6214368 by utilizing irrigation instead of dry land production.

106 producers increased their return on 176826 acres by $4774302 due to utilizing forward pricing market opportunities as compared to selling at harvest.

42 producers report a 12% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.

158 producers utilized UT fertility recommendations.

2 schools adopted this program.

116 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.

56 soybean producers report a $179054 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

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

12 teams participated in the Walk Across Tennessee Program.

20 times TEAM UP exchanged ideas or shared information.

6 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.

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

46 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 $105538 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

76 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
388 youth are better able to understand and follow directions.
290 youth break goals down into steps so they can check their progress.
84 youth can analyze the results of a scientific investigation.
144 youth can ask a question that can be answered by collecting data.
222 youth can communicate a scientific procedure to others.
0 youth can correctly classify most foods using the MyPyramid guidelines.
207 youth can create a display to communicate scientific data and observations.
225 youth can deal with their nervousness when giving a speech or talk.
124 youth can design a scientific procedure to answer a question.
228 youth can explain an idea to others.
312 youth can express ideas with a poster, exhibit or other display.
0 youth can now read and compare the nutrition labels of snack foods they like to eat.
632 youth can now share their ideas through writing.
148 youth can record data accurately.
243 youth can select a topic for a speech or talk.
273 youth can speak loudly enough to be heard when giving a speech or talk.
243 youth can use data to create a graph for presentation to others.
249 youth can use models to explain scientific results.
237 youth can use science terms to share scientific results.
184 youth can use specific scientific knowledge to form a question.
340 youth can use technology to help themselves express ideas.
234 youth can use the results of their investigation to answer the question they had asked.
240 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
304 youth have learned at least five jobs in which communication skills are important.
148 youth now eat more whole grain breads and cereals.
312 youth now get information about a problem.
0 youth now limit the amount of high-sugar snack foods they eat.
0 youth now realize they need to eat breakfast everyday.
136 youth now select 100% fruit juice, water or milk instead of soft drinks.
156 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.
526 youth now work to achieve their goals.
394 youth put their goals in writing.
436 youth set high goals.
362 youth who report that they have learned that some choices are better than others.
384 youth who report they can make a decision.
300 youth who report they now listen to people with more experience than themselves.
298 youth who report they now try to identify what causes a problem.

Henderson County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>3790.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>798</td>
<td>619</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>6495</td>
<td>7011</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>709</td>
<td>20104</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>311</td>
<td>3656</td>
</tr>
<tr>
<td>Total</td>
<td>8313</td>
<td>31390</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>113</td>
<td>30188</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>50</td>
<td>297500</td>
</tr>
<tr>
<td>Other</td>
<td>62</td>
<td>22555</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>67</td>
<td>9613</td>
</tr>
<tr>
<td></td>
<td>Radio Program(s)</td>
<td>TV Program(s)</td>
</tr>
<tr>
<td>--------------------------</td>
<td>-----------------</td>
<td>---------------</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>21500</td>
<td>0</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>5535</td>
<td>584</td>
<td>61</td>
<td>21</td>
<td>0</td>
<td>6201</td>
</tr>
<tr>
<td>Female Youth</td>
<td>7489</td>
<td>705</td>
<td>271</td>
<td>95</td>
<td>13</td>
<td>8573</td>
</tr>
<tr>
<td>Male Adult</td>
<td>8094</td>
<td>272</td>
<td>17</td>
<td>17</td>
<td>0</td>
<td>8400</td>
</tr>
<tr>
<td>Male Youth</td>
<td>7272</td>
<td>590</td>
<td>285</td>
<td>44</td>
<td>25</td>
<td>8216</td>
</tr>
<tr>
<td>Total</td>
<td>28390</td>
<td>2151</td>
<td>634</td>
<td>177</td>
<td>38</td>
<td>31390</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend             | 1624                        |

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>41</td>
<td>2365</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>3000</td>
</tr>
</tbody>
</table>
Other | 10 | 1442  
Publication(s) | 24 | 3307  
Radio Program(s) | 0 | 0  
TV Program(s) | 0 | 0  
Total | 76 | 10114  

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>810</td>
<td>69</td>
<td>7</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4410</td>
<td>349</td>
<td>155</td>
<td>37</td>
<td>2</td>
</tr>
<tr>
<td>Male Adult</td>
<td>417</td>
<td>23</td>
<td>3</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4235</td>
<td>340</td>
<td>196</td>
<td>19</td>
<td>11</td>
</tr>
<tr>
<td>Total</td>
<td>9872</td>
<td>781</td>
<td>361</td>
<td>66</td>
<td>13</td>
</tr>
</tbody>
</table>

**Outcomes**

200 4-H volunteers utilized volunteer position descriptions.
596 beef producers sold 14900 calves managed according to BQA guidelines to increase returns by $119200.
212 beef producers stored 53000 large, round bales under some type of cover to increase returns by $318000.
270 beef producers utilized bulls with greater genetic potential to produce 8100 head of calves to increase returns by $218700.
464 beef producers utilized hay feeding rings to feed 58000 bales and improved feeding
methods to reduce wastage/spoilage, saving $290000.
0 beef producers utilized improved marketing methods to market 0 head of calves to increase
returns by $FRM.
2 classrooms adopted this program.
72 forest landowners are members in a local County Forestry Association representing 12000
forest acres.
72 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.
0 landowners expanded an existing aquaculture industry.
0 landowners improved profitability (marketing) of forest ownership.
60 landowners now understand the ecology of forest development process (planning) by
contacting a professional forester or developing a forest management plan for 10000 forested
acres.
320 landowners properly fertilized their pond, followed stocking/harvesting recommendations,
or controlled weeds/algae.
35 new 4-H volunteers were recruited this year.
290 of 290 adults wash hands more often.
702 of 740 better understood basic insurance needs.
20 of 24 better understood credit reporting and scoring.
1120 of 1448 better understood their parents' concerns about money.
6 of 10 checked their credit report.
1596 of 1596 identified ways to reduce spending.
12 of 12 learned better how to communicate with creditors.
60 of 60 learned how to better manage stress caused by financial issues.
10 of 10 learned how to prepare a grab and go bag in case of an emergency home evacuation.
10 of 10 learned how to properly maintain and store household financial records.
740 of 740 learned who to pay first if they can't pay everything.
178 of 1480 made a change in career or educational goals.
42 of 42 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.
42 of 42 participants are more confident in relationships with family and friends.
464 of 514 participants ate more whole grains.
800 of 800 participants became more aware of the importance of starting to save and invest
early in life.
8 of 10 participants began or increased savings an average of $200 per month.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
1144 of 1448 participants better understood their parent's concerns about money.
192 of 800 participants communicated with other family members about financial matters.
126 of 184 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.
16 of 16 participants eat at least six meals together as a family each week.
24 of 34 participants eat fewer high-fat foods.
290 of 290 participants eat more fat-free or low-fat dairy products.
950 of 950 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
740 of 740 participants felt more confident that they could build wealth.
1066 of 1448 participants felt more strongly that they needed to get a good education.
1032 of 1448 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.
16 of 24 participants followed a spending plan.
24 of 60 participants gained skill in determining their net worth.
60 of 60 participants gained skill in making a spending plan.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
16 of 34 participants improved their blood pressure.
12 of 12 participants improved their blood sugar.
12 of 12 participants improved their cholesterol levels.
12 of 12 participants improved their triglyceride levels.
1110 of 1110 participants increased physical activity.
2194 of 2278 participants increased their financial management skills.
24 of 24 participants kept a record of spending.
0 of 0 participants know better how to manage and protect their assets for a secure retirement.
1124 of 1448 participants learned better how to plan their spending.
1524 of 2188 participants learned how education will affect the kind of job they can get.
1254 of 1448 participants learned how having a family can affect their lifestyle.
1254 of 1448 participants learned how much money it takes to get by.
1260 of 1448 participants learned how occupation and income will affect their lifestyle.
976 of 1448 participants learned how payroll deductions are taken from gross pay.
1058 of 1448 participants learned how to keep a checkbook register.
1160 of 1448 participants learned how to write a check.
1494 of 1494 participants learned the difference between wants and needs.
2 of 2 participants lost weight: 8 total pounds lost.
24 of 60 participants made a change in financial behavior.
94 of 274 participants made a spending plan.
594 of 1448 participants made changes to their future plans.
1668 of 1668 participants now eat more vegetables.
1494 of 1494 participants now understand the difference between a need and a want.
254 of 1448 participants planned to change their career goals.
784 of 1448 participants planned to get more education after high school.
10 of 14 participants reduced debt an average of $40 per month.
60 of 60 participants refrigerate perishable foods within two hours.
60 of 60 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
70 of 150 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
60 of 60 participants surveyed used a thermometer to check the internal temperature of food.
60 of 60 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
522 of 1470 participants talked about financial goals with their parents or others.
30 of 30 participants understand the special nutritional needs of the elderly.
70 of 70 participants understood the dangers of using too much credit.
360 of 400 participants use labels to make healthier choices.
0 of 0 participants who achieved financial goals.
0 of 0 participants who became habitual savers.
28 of 34 participants who increased their intake of dairy foods.
1004 of 1650 participants who now select foods and beverages that promote healthy weight.
22 of 24 participants worked toward new savings or investment goals.
70 of 70 participants understood the dangers of using too much credit.
30 of 34 students increased amount of time in physical activity.
22 of 34 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.
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.
4 of 4 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.
60 of 60 tracked their spending.
60 of 60 worked toward new savings, investment or retirement goals.
200 of 200 youth now wash hands more often.
0 producers planted 0 acres with clover for an increased production valued at $FRM.
100 producers planted 2000 acres with warm-season grasses for an added value of $40000.
200 producers sprayed 16000 acres for broadleaf weed control for an increased production valued at $640000.
40 producers stockpiled 2000 acres of tall fescue, reducing feeding cost by $80000.
2 schools adopted this program.
140 volunteer leaders increased their knowledge of positive youth development.
50 youth can analyze the results of a scientific investigation.
52 youth can ask a question that can be answered by collecting data.
174 youth can deal with their nervousness when giving a speech or talk.
50 youth can design a scientific procedure to answer a question.
340 youth can explain an idea to others.
50 youth can record data accurately.
340 youth can select a topic for a speech or talk.
156 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.
160 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
40 youth now get information about a problem.
36 youth who report that they have learned that some choices are better than others.
40 youth who report they can make a decision.
42 youth who report they now listen to people with more experience than themselves.
48 youth who report they now try to identify what causes a problem.

Henry County

Hours for Extension Personnel
### Hours Spend
6158

### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>547</td>
<td>690</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2539</td>
<td>3443</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1160</td>
<td>10527</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>330</td>
<td>850</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>4576</strong></td>
<td><strong>15510</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>4</td>
<td>1342</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>76</td>
<td>495000</td>
</tr>
<tr>
<td>Other</td>
<td>10</td>
<td>2100</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>5</td>
<td>6461</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>7</td>
<td>40016</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>2</td>
<td>12000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>104</strong></td>
<td><strong>556919</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Method</th>
<th>White/</th>
<th>Black/</th>
<th>Hispanic</th>
<th>Asian/</th>
<th>American</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not of Hispanic Origin</td>
<td>Not of Hispanic Origin</td>
<td>Pacific Islander</td>
<td>Indian/Alaskan Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>------------------------</td>
<td>------------------------</td>
<td>------------------</td>
<td>-----------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>3356</td>
<td>158</td>
<td>11</td>
<td>2</td>
<td>0</td>
<td>3527</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2869</td>
<td>283</td>
<td>46</td>
<td>54</td>
<td>1</td>
<td>3253</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5569</td>
<td>142</td>
<td>65</td>
<td>0</td>
<td>0</td>
<td>5776</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2660</td>
<td>244</td>
<td>30</td>
<td>19</td>
<td>1</td>
<td>2954</td>
</tr>
<tr>
<td>Total</td>
<td>14454</td>
<td>827</td>
<td>152</td>
<td>75</td>
<td>2</td>
<td>15510</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

2405

**Indirect Methods for Volunteers**

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

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1368</td>
<td>104</td>
<td>21</td>
<td>32</td>
<td>1</td>
<td>1526</td>
</tr>
<tr>
<td>Male Adult</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1284</td>
<td>94</td>
<td>13</td>
<td>12</td>
<td>0</td>
<td>1403</td>
</tr>
<tr>
<td>Total</td>
<td>2662</td>
<td>198</td>
<td>34</td>
<td>44</td>
<td>1</td>
<td>2939</td>
</tr>
</tbody>
</table>

**Outcomes**

Producers increased corn yield by 511290 bushels/acre by selecting top yielding varieties on 75000 acres of corn increasing their income by 1533870.

Producers increased yield by 116886 bushels by selecting top yielding varieties on 76840 acres of soybeans, earning an extra $818202.

Producers increased yield by 34960 bushels by selecting top yielding varieties on 20000 acres of wheat, earning an extra $174800.

22500 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.

14250 acres of corn 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.

15750 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

450 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.

450 acres produced using registered pesticides at appropriate application rates and timings.

450 acres soil tested no more than one year before planting.
450 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).
40,000 acres were planted and managed using GPS technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
450 acres were planted with university-tested varieties.
0 acres with field rouged, plowed or destroyed within 30 days after harvest.
0 classrooms adopted this program.
180 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
180 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.
180 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 miles were walked in the Walk Across Tennessee Program.
19 of 19 adults wash hands more often.
0 of 0 participants are confident they can better manage their diabetes as a result of participating in this program.
26 of 46 participants are more physically active six months after completing the program.
40 of 53 participants ate more whole grains.
48 of 48 participants can apply health eating principles when making daily food decisions.
46 of 46 participants can apply joint protection techniques.
48 of 48 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 choose foods that do not cause a sharp rise in blood sugar.
46 of 46 participants can use relaxation techniques to better manage their arthritis symptoms.
32 of 34 participants decreased consumption of high-sugar foods.
34 of 34 participants eat at least six meals together as a family each week.
0 of 0 participants eat fewer high-fat foods.
11 of 19 participants eat more fat-free or low-fat dairy products.
24 of 34 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.

46 of 46 participants feel confident they can apply pain management techniques, such as relaxation, breathing and guided imagery, for overcoming arthritis pain.

34 of 46 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.

40 of 46 participants have added exercise to their action steps for managing their arthritis.

0 of 0 participants have improved performance of daily activities six months after completing the program.

46 of 46 participants have improved their arthritis symptoms as a result of participating in this program.

24 of 46 participants have less arthritis symptoms from their arthritis six months after completing the program.

0 of 0 participants have less arthritis symptoms.

20 of 46 participants have less pain from their arthritis six months after completing the program.

20 of 46 participants have less stiffness 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.

24 of 46 participants improved their balance six months after completing the program.

0 of 0 participants improved their balance.

24 of 46 participants improved their flexibility six months after completing the program.

0 of 0 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.

11 of 19 participants increased physical activity.

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

13 of 13 participants learned culinary skills.

8 of 34 participants lost weight: 26 total pounds lost.

16 of 19 participants now eat more vegetables.

0 of 0 participants now take fewer medications for arthritis pain six months after completing the
30 of 48 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.
20 of 48 participants plan to use the UT Med Minder card to keep a record of their medications.
19 of 19 participants refrigerate perishable foods within two hours.
19 of 19 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
10 of 14 participants surveyed have taken action(s) to improve the indoor air quality in their home.
9 of 19 participants surveyed used a thermometer to check the internal temperature of food.
19 of 19 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants take fewer medications for arthritis symptoms six months after completing the program.
0 of 0 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
46 of 46 participants understand that arthritis is a chronic disease that they can control with self-management techniques.
46 of 46 participants understand the different types of self-management techniques they can use to self-manage their arthritis symptoms on a day-to-day basis.
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.
46 of 46 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
34 of 34 participants use labels to make healthier choices.
0 of 0 participants who increased their intake of dairy foods.
7 of 19 participants who now select foods and beverages that promote healthy weight.
24 of 46 participants will apply positive self-talk as a technique for overcoming or avoiding depression caused from their arthritis.
34 of 48 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.
0 of 0 students increased amount of time in physical activity.
0 of 0 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.
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.
87 of 87 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.
33 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
35 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.
30 producers increased their return on 38500 acres by $1039500 due to utilizing forward pricing market opportunities as compared to selling at harvest.
146 producers report a 184 % increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
30 producers utilized UT fertility recommendations.
1 schools adopted this program.
180 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
180 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.
180 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 teams participated in the Walk Across Tennessee Program.
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).

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

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

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

0 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.

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

60 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.

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

0 youth are better able to understand and follow directions.

14 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.

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

1118 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.

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

1118 youth can give an informative speech or presentation.

0 youth can now share their ideas through writing.
12 youth can record data accurately.
0 youth can select a topic for a speech or talk.
0 youth can show enthusiasm when giving a speech or presentation.
1118 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.
12 youth can use technology to help themselves express ideas.
1118 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
0 youth give a 2-3 minute speech or presentation.
14 youth have a goal set for their job or career.
6 youth have explored careers in communications.
12 youth have learned at least five jobs in which communication skills are important.
14 youth have set a goal for their job or career.
0 youth know how to organize the parts of a speech or presentation.
0 youth now get information about a problem.
24 youth now report that they can justify their decision.
24 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.
162 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 consider the risks of their choices.
0 youth now report they think about the truthfulness of sources of information when making choices.
24 youth now set high goals that require work to achieve them.
68 youth now work to achieve their goals.
8 youth put their goals in writing.
0 youth report that they have developed confidence to speak in front of groups.
14 youth report that they now achieve goals they set for themselves.
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.
8 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 who are now making plans to achieve their goals.
8 youth who have put their goal(s) in writing.
0 youth who keep trying if they do not achieve their goal the first time.
0 youth who report that they have learned that some choices are better than others.
116 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.

---

**Hickman County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>4660</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>293</td>
<td>348</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2214</td>
<td>16210</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>609</td>
<td>17879</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>410</td>
<td>1173</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3526</strong></td>
<td><strong>35610</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>16</td>
<td>1175</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>5060</td>
<td>2000000</td>
</tr>
<tr>
<td>Other</td>
<td>173</td>
<td>4409</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>42</td>
<td>46105</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>24</td>
<td>717500</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>5315</td>
<td>2769189</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td>8216</td>
<td>269</td>
<td>37</td>
<td>16</td>
<td>12</td>
</tr>
<tr>
<td>Youth</td>
<td>9586</td>
<td>174</td>
<td>118</td>
<td>23</td>
<td>161</td>
</tr>
<tr>
<td><strong>Male</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td>7324</td>
<td>167</td>
<td>28</td>
<td>11</td>
<td>17</td>
</tr>
<tr>
<td>Youth</td>
<td>9142</td>
<td>139</td>
<td>106</td>
<td>14</td>
<td>50</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>34268</td>
<td>749</td>
<td>289</td>
<td>64</td>
<td>240</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 152 |
## Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>5</td>
<td>589</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>5</td>
<td>589</td>
</tr>
</tbody>
</table>

## Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>244</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>248</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1434</td>
<td>67</td>
<td>27</td>
<td>2</td>
<td>3</td>
<td>1533</td>
</tr>
<tr>
<td>Male Adult</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1492</td>
<td>51</td>
<td>31</td>
<td>1</td>
<td>9</td>
<td>1584</td>
</tr>
<tr>
<td>Total</td>
<td>3176</td>
<td>122</td>
<td>58</td>
<td>3</td>
<td>12</td>
<td>3371</td>
</tr>
</tbody>
</table>

## Outcomes

54 are concerned about problems in their community.
190 beef producers sold 2850 calves managed according to BQA guidelines to increase returns.
by $22800.
134 beef producers stored 33500 large, round bales under some type of cover to increase
returns by $201000.
50 beef producers utilized bulls with greater genetic potential to produce 750 head of calves to
increase returns by $20250.
134 beef producers utilized hay feeding rings to feed 25124 bales and improved feeding
methods to reduce wastage/spoilage, saving $125620.
0 beef producers utilized improved marketing methods to market 0 head of calves to increase
returns by $FRM.
6 classrooms adopted this program.
4 dial-gauge lids were tested.
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.
52 now feel a sense of responsibility toward their school and community.
46 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
0 of 0 parents of teens learned how to generate a healthy discussion within their family about sexuality, values, feelings and decision making.
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.
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 of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested.
0 of 0 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
46 of 46 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.

6 of 6 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

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

7 of 10 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

6 of 6 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

5 of 6 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

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

5 of 6 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.

0 of 0 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.

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.

19 of 21 participants are using the UT Med Minder card to keep a record of their medications.

62 of 90 participants ate more whole grains.

19 of 21 participants can apply health eating principles when making daily food decisions.

8 of 9 participants can apply joint protection techniques.

17 of 21 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.

9 of 9 participants can use relaxation techniques to better manage their arthritis symptoms.

134 of 170 participants decreased consumption of high-sugar foods.

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

99 of 135 participants eat fewer high-fat foods.

16 of 16 participants eat more fat-free or low-fat dairy products.
10 of 35 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

14 of 21 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

9 of 9 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

250 of 294 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

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

19 of 21 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.

9 of 9 participants have improved their arthritis symptoms as a result of participating in this program.

0 of 0 participants have improved their balance.

0 of 0 participants have improved their strength.

0 of 0 participants have increased their cardiovascular fitness.

0 of 0 participants have increased their motivation to exercise.

1 of 2 participants have less arthritis symptoms from their arthritis six months after completing the program.

6 of 7 participants have less arthritis symptoms.

6 of 10 participants have less pain from their chronic condition six months after completing the program.

4 of 6 participants have reduced their A1c six months after completing the program.

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

5 of 7 participants improved control of their arthritis symptoms.

7 of 7 participants improved performance of daily activities.

2 of 2 participants improved their balance six months after completing the program.

7 of 7 participants improved their balance.

2 of 2 participants improved their flexibility six months after completing the program.

7 of 7 participants improved their flexibility.

1 of 2 participants improved their performance of daily activities by adding exercise to their
daily routine six months after completing the program.
1 of 2 participants improved their range of motion in their joints six months after completing the program.
16 of 16 participants increased physical activity.
268 of 147 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 55 participants now eat more vegetables.
19 of 21 participants plan to exercise more often to help manage their chronic condition.
135 of 147 participants plan to get age and gender appropriate cancer screenings.
12 of 12 participants plan to regularly check their blood sugar as requested by their doctor.
12 of 12 participants plan to use the Healthy Plate Method.
18 of 21 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.
53 of 55 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)
11 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)
0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)
25 of 55 participants surveyed used a thermometer to check the internal temperature of food.
30 of 55 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 2 participants take fewer medications for arthritis symptoms six months after completing the program.
12 of 12 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
147 of 147 participants understand that cancer screening and early detection can save their life.
21 of 21 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.
9 of 9 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
128 of 147 participants understand women age 40 and older should have a mammogram.
124 of 147 participants understand women of all ages need a Pap test.
33 of 35 participants use labels to make healthier choices.
104 of 135 participants who increased their intake of dairy foods.
52 of 55 participants who now select foods and beverages that promote healthy weight.
19 of 21 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
45 of 46 respondents plan to decrease exposure of their children to parental conflict.
46 of 46 respondents report understanding the importance of working together for the sakes of their children.
125 of 135 students increased amount of time in physical activity.
106 of 135 students who increased their intake of whole grains.
210 of 210 teachers reported preschool children in their classes were more actively engaged in physical activity.
204 of 210 teachers reported preschool children in their classes were more willing to taste fruit.
192 of 210 teachers reported preschool children in their classes were more willing to taste vegetables.
200 of 210 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
4 of 12 teachers reported using physical activities from Healthy Steps at least three times per week.
608 of 608 youth now wash hands more often.
46 parents/caregivers learned effective communication techniques to use with their children.
46 parents/caregivers learned strategies for dealing with parenting stress.
0 participants now correctly deworm 0 horses, saving $ FRM this year.
0 participants process high-acid foods in a water bath canner.
50 producers planted 1250 acres with clover for an increased production valued at $37500.
4 producers planted 152 acres with warm-season grasses for an added value of $3040.
60 producers sprayed 5100 acres for broadleaf weed control for an increased production valued at $204000.
30 producers stockpiled 1350 acres of tall fescue, reducing feeding cost by $54000.
34 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
36 report that because of their 4-H experiences, they will register to vote when they are eligible.
38 report that because of their 4-H service projects, they have learned about causes and issues.
76 report that because of their 4-H service projects, they know about resources in their
community.
38 report that they will volunteer and help others.
1 schools adopted this program.
21 times TEAM UP exchanged ideas or shared information.
14 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.
48 would assist with or participate in elections, voting and campaigns.
108 youth believe that a team can accomplish more than an individual.
118 youth believe that people working together can help others less fortunate.
54 youth can assist a group in deciding on team plans for reaching goals.
82 youth can challenge policies through petitions, presentations or other positive ways.
116 youth can combine and build on the ideas of others when making decisions that affect the team.
102 youth can conduct a meeting.
358 youth can deal with their nervousness when giving a speech or talk.
54 youth can effectively encourage team members to achieve long-range goals.
356 youth can explain an idea to others.
310 youth can give an informative speech or presentation.
122 youth can now prepare and deliver a five-minute speech.
372 youth can select a topic for a speech or talk.
272 youth can show enthusiasm when giving a speech or presentation.
368 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use compromise as a way to overcome conflict with other team members.
120 youth can use effective communication as a way to overcome conflict with team members.
0 youth effectively encourage others to stay on task in a team.
110 youth enjoy working with others toward a common goal.
294 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
298 youth give a 2-3 minute speech or presentation.
56 youth have learned new skills and ways of doing things by participating in groups.
332 youth know how to organize the parts of a speech or presentation.
120 youth now encourage other team members to give their best effort.
100 youth now get information about a problem.
48 youth now report that they can justify their decision.
56 youth now report that they have confidence making their own decisions.
52 youth now report that they make a decision by thinking about what a person of good
character would do. 
52 youth now report that they think about past choices when making new decisions. 
48 youth now report that they use more than one source of information in making choices. 
48 youth now report that they use standards in making choices. 
48 youth now report that when making a decision, they think about what does the most good for the most people. 
48 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. 
54 youth now report they consider the risks of their choices. 
56 youth now report they think about the truthfulness of sources of information when making choices. 
56 youth now think it's important to listen to all group members before making a decision. 
56 youth now want to see other team members succeed even if they achieve more than themselves. 
48 youth report being able to break tough jobs down into simpler tasks. 
54 youth report being able to resolve problems without losing control of their emotions. 
44 youth report being sensitive to the feelings of others when discussing and solving problems. 
54 youth report that they are comfortable being responsible for a group. 
118 youth report that they are now comfortable being a group leader. 
122 youth report that they can now cooperate and work in a group. 
116 youth report that they can now give clear directions. 
298 youth report that they have developed confidence to speak in front of groups. 
112 youth report that they know how to set goals and they use that ability when leading a group. 
102 youth report that they learned about important leaders who contributed to our nation. 
116 youth report that they make sure everyone gets an opportunity to say what they think. 
120 youth report that they now like to work with others and help them reach their goals. 
126 youth report that they take their jobs seriously as members of a committee. 
106 youth report that when in charge of a group, they treat everyone fairly and equally. 
96 youth report they are now "accomplished public speakers." 
70 youth report they can give an impromptu speech. 
112 youth report they can now express their opinions in speeches or presentations. 
104 youth report using enthusiasm to get a group working. 
52 youth seek out others who can help them become a better leader.
114 youth think that everyone on the team is important.
126 youth think they can make a big difference in their community by helping others.
112 youth think they have something to contribute to the worth of the team
110 youth understand how community leaders are elected to office.
118 youth understand that other ideas may be just as important as their own.
124 youth who report that they have learned that some choices are better than others.
118 youth who report they can make a decision.
112 youth who report they now listen to people with more experience than themselves.
100 youth who report they now try to identify what causes a problem.

Houston County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>913</td>
<td>1353</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>8053</td>
<td>8698</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>574</td>
<td>13153</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>451</td>
<td>3250</td>
</tr>
<tr>
<td>Total</td>
<td>9991</td>
<td>26454</td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>5</td>
<td>865</td>
</tr>
<tr>
<td></td>
<td>Newspaper Article(s)</td>
<td>Other</td>
</tr>
<tr>
<td>----------------------</td>
<td>----------------------</td>
<td>-------</td>
</tr>
<tr>
<td></td>
<td>63</td>
<td>3939</td>
</tr>
<tr>
<td></td>
<td>322000</td>
<td>15013</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>12443</td>
<td>369</td>
<td>229</td>
<td>14</td>
<td>14</td>
<td>13069</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4080</td>
<td>217</td>
<td>63</td>
<td>4</td>
<td>5</td>
<td>4369</td>
</tr>
<tr>
<td>Male Adult</td>
<td>4841</td>
<td>91</td>
<td>40</td>
<td>2</td>
<td>2</td>
<td>4976</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3750</td>
<td>181</td>
<td>90</td>
<td>10</td>
<td>9</td>
<td>4040</td>
</tr>
<tr>
<td>Total</td>
<td>25114</td>
<td>858</td>
<td>422</td>
<td>30</td>
<td>30</td>
<td>26454</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 222 |
## Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>5</td>
<td>212</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>5</td>
<td>212</td>
</tr>
</tbody>
</table>

## Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td>391</td>
<td>6</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>399</td>
</tr>
<tr>
<td>Youth</td>
<td>233</td>
<td>19</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>256</td>
</tr>
<tr>
<td>Male</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td>16</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>16</td>
</tr>
<tr>
<td>Youth</td>
<td>213</td>
<td>13</td>
<td>11</td>
<td>3</td>
<td>3</td>
<td>243</td>
</tr>
<tr>
<td>Total</td>
<td>853</td>
<td>38</td>
<td>17</td>
<td>3</td>
<td>3</td>
<td>914</td>
</tr>
</tbody>
</table>

## Outcomes
200 are concerned about problems in their community.
200 beef producers sold 80 calves managed according to BQA guidelines to increase returns by $640.
140 beef producers stored 19000 large, round bales under some type of cover to increase returns by $114000.
50 beef producers utilized bulls with greater genetic potential to produce 1200 head of calves to increase returns by $32400.
120 beef producers utilized hay feeding rings to feed 16000 bales and improved feeding methods to reduce wastage/spoilage, saving $80000.
50 beef producers utilized improved marketing methods to market 3000 head of calves to increase returns by $15000.
12 classrooms adopted this program.
20 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
4 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
4 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
30 horse owners fed 60 horses according to specific nutrient requirements for each class of horse, saving 30000 annually.
30 horse owners managed 60 horses using rotational grazing in their pasture management to increase forage production, saving $30000 annually.
30 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 60 horses, saving $51900 annually.
30 horse owners schedule routine hoof care on 60 horses, saving $36000 annually.
160 now feel a sense of responsibility toward their school and community.
180 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
0 of 0 better understood their parents' concerns about money.
16 of 16 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)
2 of 2 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)
16 of 16 parents/caregivers increased knowledge of age and situation appropriate child
guidance strategies
16 of 16 parents/caregivers learned about issues related to stages of child development.
0 of 0 participants are practicing the postural alignment exercises they learned in the program.
0 of 0 participants ate more whole grains.
0 of 0 participants better understood their parent's concerns about money.
126 of 417 participants can apply health eating principles when making daily food decisions.
192 of 306 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.
225 of 225 participants can make their bones healthier with a personal plan for better bone health.
225 of 225 participants can name calcium-rich foods.
0 of 0 participants chose fast foods or take-out foods less often.
0 of 0 participants continue practicing postural alignment exercises they learned in the program three months after participating in the program.
63 of 216 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
63 of 216 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
477 of 708 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
144 of 207 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
96 of 189 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.
186 of 225 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.
186 of 225 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.
0 of 0 participants have kept with their Plan for Better Bone Health three months after
participating in the program.
0 of 0 participants have talked to their doctor about their bone health three months after the program ended.
45 of 45 participants increased physical activity.
0 of 0 participants increased their financial management skills.
225 of 225 participants know how to get 400 to 800 IU of Vitamin D each day.
225 of 225 participants know how to get at least 1,200 mg of calcium each day.
0 of 0 participants increased their financial management skills.
114 of 114 participants learned culinary skills.
0 of 0 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
0 of 0 participants learned how payroll deductions are taken from gross pay.
0 of 0 participants learned how to keep a checkbook register.
0 of 0 participants learned how to write a check.
78 of 708 participants lost weight: 78 total pounds lost.
0 of 0 participants made changes to their future plans.
108 of 126 participants now eat more vegetables.
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.
150 of 282 participants plan to exercise 30 minutes a day at least 3-4 times per week.
231 of 255 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.
108 of 189 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.
189 of 225 participants recognize that exercise can make their bones healthier.
108 of 126 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.
75 of 126 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants take their calcium supplement correctly for proper absorption.
78 of 225 participants take their osteoporosis medications as prescribed by their doctor.
0 of 0 participants understand that fractures caused by osteoporosis are most common in the spine, hip, and wrist.
225 of 225 participants understand that osteoporosis is a disease that can make bones thinner and weaker.
168 of 258 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 135 participants use healthy food preparation techniques.
0 of 0 participants use labels to make healthier choices.
54 of 216 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
102 of 189 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
16 of 16 respondents plan to decrease exposure of their children to parental conflict.
16 of 16 respondents report understanding the importance of working together for the sakes of their children.
57 of 216 students increased amount of time in physical activity.
12 of 216 students who increased their intake of whole grains.
9 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.
9 of 9 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.
9 of 9 teachers reported using physical activities from Healthy Steps at least three times per week.
216 of 216 youth now wash hands more often.
16 parents/caregivers learned effective communication techniques to use with their children.
16 parents/caregivers learned strategies for dealing with parenting stress.
30 participants now correctly deworm 60 horses, saving $16500 this year.
20 producers planted 800 acres with clover for an increased production valued at $24000.
24 producers planted 2000 acres with warm-season grasses for an added value of $40000.
60 producers sprayed 5000 acres for broadleaf weed control for an increased production valued
at $200000.
50 producers stockpiled 5000 acres of tall fescue, reducing feeding cost by $200000.
3 schools adopted this program.
160 would assist with or participate in elections, voting and campaigns.
200 youth believe that people working together can help others less fortunate.
150 youth break goals down into steps so they can check their progress.
250 youth can analyze the results of a scientific investigation.
250 youth can ask a question that can be answered by collecting data.
220 youth can communicate a scientific procedure to others.
150 youth can conduct a meeting.
250 youth can create a display to communicate scientific data and observations.
56 youth can deal with their nervousness when giving a speech or talk.
250 youth can design a scientific procedure to answer a question.
56 youth can explain an idea to others.
56 youth can give an informative speech or presentation.
250 youth can record data accurately.
56 youth can select a topic for a speech or talk.
56 youth can show enthusiasm when giving a speech or presentation.
56 youth can speak loudly enough to be heard when giving a speech or talk.
132 youth can use data to create a graph for presentation to others.
140 youth can use models to explain scientific results.
138 youth can use science terms to share scientific results.
250 youth can use specific scientific knowledge to form a question.
156 youth can use the results of their investigation to answer the question they had asked.
56 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
56 youth give a 2-3 minute speech or presentation.
160 youth have set a goal for their job or career.
56 youth know how to organize the parts of a speech or presentation.
876 youth now get information about a problem.
938 youth now report that they make a decision by thinking about what a person of good character would do.
170 youth now report that they use more than one source of information in making choices.
170 youth now report that they use standards in making choices.
180 youth now report they are concerned about the well-being of others.
944 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.

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

150 youth now work to achieve their goals.

100 youth put their goals in writing.

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.

56 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.

170 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.

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

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.

160 youth report using enthusiasm to get a group working.

120 youth set high goals.

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

180 youth understand how community leaders are elected to office.

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

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

1302 youth who report that they have learned that some choices are better than others.

422 youth who report they can make a decision.

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

642 youth who report they now try to identity what causes a problem.

---

**Humphreys County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>4550.05</td>
</tr>
</tbody>
</table>
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>252</td>
<td>349</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>4647</td>
<td>3965</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>705</td>
<td>12590</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>236</td>
<td>3386</td>
</tr>
<tr>
<td>Total</td>
<td>5840</td>
<td>20290</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>26</td>
<td>7619</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>58</td>
<td>265505</td>
</tr>
<tr>
<td>Other</td>
<td>146</td>
<td>13992</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>318</td>
<td>44739</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>8</td>
<td>71300</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>556</td>
<td>403155</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male Adult</td>
<td>2786</td>
<td>135</td>
<td>29</td>
<td>76</td>
<td>1</td>
</tr>
<tr>
<td>Female Adult</td>
<td>4533</td>
<td>370</td>
<td>4</td>
<td>37</td>
<td>1</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5781</td>
<td>424</td>
<td>93</td>
<td>48</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
<td>5449</td>
<td>381</td>
<td>104</td>
<td>38</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>18549</td>
<td>1310</td>
<td>230</td>
<td>199</td>
<td>2</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

#### Hours Spend

- **359.25**

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>4500</td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
<td>218</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>3</td>
<td>275</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>5000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>7</td>
<td><strong>9993</strong></td>
</tr>
</tbody>
</table>

### Contacts for Volunteers

<table>
<thead>
<tr>
<th>White/Not of</th>
<th>Black/Not of</th>
<th>Hispanic</th>
<th>Asian/Pacific</th>
<th>American Indian/</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hispanic Origin</td>
<td>Hispanic Origin</td>
<td>Islander</td>
<td>Alaskan Native</td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>----------------</td>
<td>----------------</td>
<td>----------</td>
<td>----------------</td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>480</td>
<td>45</td>
<td>0</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Female Youth</td>
<td>572</td>
<td>58</td>
<td>4</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Male Adult</td>
<td>191</td>
<td>18</td>
<td>0</td>
<td>8</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
<td>606</td>
<td>51</td>
<td>5</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>1849</td>
<td>172</td>
<td>9</td>
<td>20</td>
<td>0</td>
</tr>
</tbody>
</table>

**Outcomes**

128 beef producers sold 1920 calves managed according to BQA guidelines to increase returns by $15360.
60 beef producers stored 5760 large, round bales under some type of cover to increase returns by $34560.
52 beef producers utilized bulls with greater genetic potential to produce 1144 head of calves to increase returns by $30888.
28 beef producers utilized hay feeding rings to feed 3920 bales and improved feeding methods to reduce wastage/spoilage, saving $19600.
8 beef producers utilized improved marketing methods to market 388 head of calves to increase returns by $1940.
4 classrooms adopted this program.
0 horse owners fed 0 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
16 horse owners managed 56 horses using rotational grazing in their pasture management to increase forage production, saving $28000 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.
15 of 15 adults wash hands more often.
336 of 352 better understood their parents' concerns about money.
7 of 7 participants are confident they can better manage their diabetes as a result of participating in this program.
44 of 96 participants ate more whole grains.
336 of 352 participants better understood their parent's concerns about money.
22 of 28 participants can apply health eating principles when making daily food decisions.
11 of 12 participants can apply joint protection techniques.
26 of 28 participants can better control their chronic condition with self-management techniques.
7 of 7 participants can choose foods that do not cause a sharp rise in blood sugar.
12 of 12 participants can use relaxation techniques to better manage their arthritis symptoms.
10 of 35 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
81 of 85 participants eat more fat-free or low-fat dairy products.
15 of 34 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
18 of 28 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.
70 of 74 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
18 of 28 participants feel confident using the Take PART technique when talking to their health care provider.
268 of 352 participants felt more strongly that they needed to get a good education.
308 of 352 participants felt more strongly that they needed to pay attention to their financial future.
12 of 12 participants have improved their arthritis symptoms as a result of participating in this program.
3 of 4 participants have less arthritis symptoms.
3 of 4 participants improved control of their arthritis symptoms.
3 of 4 participants improved performance of daily activities.
3 of 4 participants improved their balance.
3 of 4 participants improved their flexibility.
301 of 316 participants increased physical activity.
336 of 352 participants increased their financial management skills.
70 of 74 participants know what cancer screenings they need according to their age and gender.
336 of 352 participants learned better how to plan their spending.
328 of 352 participants learned how education will affect the kind of job they can get.
336 of 352 participants learned how having a family can affect their lifestyle.
336 of 352 participants learned how much money it takes to get by.
336 of 352 participants learned how occupation and income will affect their lifestyle.
284 of 352 participants learned how payroll deductions are taken from gross pay.
336 of 352 participants learned how to keep a checkbook register.
336 of 352 participants learned how to write a check.
2 of 21 participants lost weight: 15 total pounds lost.
108 of 352 participants made changes to their future plans.
280 of 316 participants now eat more vegetables.
22 of 28 participants plan to exercise more often to help manage their chronic condition.
73 of 74 participants plan to get age and gender appropriate cancer screenings.
5 of 7 participants plan to regularly check their blood sugar as requested by their doctor.
5 of 7 participants plan to use the Healthy Plate Method.
18 of 28 participants plan to use the UT Med Minder card to keep a record of their medications.
124 of 352 participants planned to change their career goals.
292 of 352 participants planned to get more education after high school.
87 of 94 participants refrigerate perishable foods within two hours.
82 of 94 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
67 of 94 participants surveyed used a thermometer to check the internal temperature of food.
73 of 94 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
6 of 7 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
74 of 74 participants understand that cancer screening and early detection can save their life.
24 of 28 participants understand the different types of self-management techniques they can use to self-manage their 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.
70 of 74 participants understand women age 40 and older should have a mammogram.
70 of 74 participants understand women of all ages need a Pap test.
17 of 34 participants use labels to make healthier choices.
0 of 0 participants who now select foods and beverages that promote healthy weight.
18 of 28 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
14 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.
12 of 16 teachers reported preschool children in their classes were more willing to taste vegetables.
12 of 16 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
6 of 16 teachers reported using physical activities from Healthy Steps at least three times per week.
645 of 664 youth now wash hands more often.
16 participants now correctly deworm 56 horses, saving $15400 this year.
32 producers planted 960 acres with clover for an increased production valued at $28800.
12 producers planted 480 acres with warm-season grasses for an added value of $9600.
256 producers sprayed 5120 acres for broadleaf weed control for an increased production valued at $204800.
4 producers stockpiled 160 acres of tall fescue, reducing feeding cost by $6400.
0 schools adopted this program.
352 youth are better able to understand and follow directions.
340 youth are now better listeners.
112 youth break goals down into steps so they can check their progress.
32 youth can conduct a meeting.
1816 youth can deal with their nervousness when giving a speech or talk.
1816 youth can explain an idea to others.
352 youth can express ideas with a poster, exhibit or other display.
1816 youth can give an informative speech or presentation.
424 youth can now share their ideas through writing.
1816 youth can select a topic for a speech or talk.
980 youth can show enthusiasm when giving a speech or presentation.
1816 youth can speak loudly enough to be heard when giving a speech or talk.
312 youth can use technology to help themselves express ideas.
1816 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1188 youth give a 2-3 minute speech or presentation.
124 youth have explored careers in communications.
352 youth have learned at least five jobs in which communication skills are important.
352 youth have set a goal for their job or career.
1000 youth know how to organize the parts of a speech or presentation.
352 youth now get information about a problem.
260 youth now set high goals that require work to achieve them.
260 youth now work to achieve their goals.
84 youth put their goals in writing.
8 youth report that they are now comfortable being a group leader.
168 youth report that they can now cooperate and work in a group.
0 youth report that they can now give clear directions.
600 youth report that they have developed confidence to speak in front of groups.
12 youth report that they know how to set goals and they use that ability when leading a group.
32 youth report that they make sure everyone gets an opportunity to say what they think.
260 youth report that they now achieve goals they set for themselves.
12 youth report that they now like to work with others and help them reach their goals.
24 youth report that they take their jobs seriously as members of a committee.
12 youth report that when in charge of a group, they treat everyone fairly and equally.
48 youth report they can now keep records.
0 youth report they have improved photography skills.
228 youth report they have learned skills in visual communications.
4 youth report using enthusiasm to get a group working.
228 youth set high goals.
256 youth who are now making plans to achieve their goals.
84 youth who have put their goal(s) in writing.
352 youth who report that they have learned that some choices are better than others.
352 youth who report they can make a decision.
148 youth who report they now listen to people with more experience than themselves.
112 youth who report they now try to idnetify what causes a problem.

**Information Technology**

**Hours for Extension Personnel**

**Hours Spend**
Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>12</td>
<td>340</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>356</td>
<td>823</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>200</td>
<td>256</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>568</td>
<td>1419</td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>5</td>
<td>1000</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>100</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>10000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>8</td>
<td>11100</td>
</tr>
</tbody>
</table>

Contacts for Extension Employees

<table>
<thead>
<tr>
<th>White/Not of Hispanic</th>
<th>Black/Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Hours for Volunteers

<table>
<thead>
<tr>
<th></th>
<th>Origin</th>
<th>Origin</th>
<th>Native</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>17</td>
<td>23</td>
<td>65</td>
</tr>
<tr>
<td>Female Youth</td>
<td>123</td>
<td>24</td>
<td>13</td>
</tr>
<tr>
<td>Male Adult</td>
<td>22</td>
<td>46</td>
<td>77</td>
</tr>
<tr>
<td>Male Youth</td>
<td>145</td>
<td>61</td>
<td>16</td>
</tr>
<tr>
<td>Total</td>
<td>307</td>
<td>154</td>
<td>171</td>
</tr>
</tbody>
</table>

### Indirect Methods for Volunteers

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

### Contacts for Volunteers

<table>
<thead>
<tr>
<th></th>
<th>White/</th>
<th>Black/</th>
<th>Hispanic</th>
<th>Asian/</th>
<th>American</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not of Hispanic Origin</td>
<td>Not of Hispanic Origin</td>
<td>Pacific Islander</td>
<td>Indian/Alaskan Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------</td>
<td>------------------------</td>
<td>------------------------</td>
<td>------------------</td>
<td>-----------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Female Adult</strong></td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>3</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td><strong>Female Youth</strong></td>
<td>33</td>
<td>3</td>
<td>33</td>
<td>33</td>
<td>105</td>
<td></td>
</tr>
<tr>
<td><strong>Male Adult</strong></td>
<td>3</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td><strong>Male Youth</strong></td>
<td>44</td>
<td>4</td>
<td>44</td>
<td>44</td>
<td>140</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>82</td>
<td>14</td>
<td>85</td>
<td>45</td>
<td>54</td>
<td>280</td>
</tr>
</tbody>
</table>

**Outcomes**

None Reported

**Jackson County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th><strong>Hours Spend</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1431</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>22</td>
<td>31</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>36</td>
<td>329</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>280</td>
<td>5287</td>
</tr>
</tbody>
</table>
### On-Site Visits (Farm, Home, and Workplace)

<table>
<thead>
<tr>
<th>Method</th>
<th>Number</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>33</td>
<td>151</td>
</tr>
<tr>
<td>Total</td>
<td>371</td>
<td>5798</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>20</td>
<td>31200</td>
</tr>
<tr>
<td>Other</td>
<td>34</td>
<td>5100</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1</td>
<td>200</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>13</td>
<td>1300</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>69</td>
<td>37800</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Sex and Age</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>742</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>743</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2113</td>
<td>3</td>
<td>14</td>
<td>0</td>
<td>5</td>
<td>2135</td>
</tr>
<tr>
<td>Male Adult</td>
<td>761</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>763</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2119</td>
<td>7</td>
<td>31</td>
<td>0</td>
<td>0</td>
<td>2157</td>
</tr>
</tbody>
</table>
### Hours for Volunteers

**Hours Spend**

202

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>0</strong></td>
<td><strong>0</strong></td>
</tr>
</tbody>
</table>

### Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Youth</td>
<td>811</td>
<td>4</td>
<td>6</td>
<td>0</td>
<td>4</td>
<td>825</td>
</tr>
<tr>
<td>Male Youth</td>
<td>826</td>
<td>2</td>
<td>13</td>
<td>0</td>
<td>0</td>
<td>841</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1637</strong></td>
<td><strong>6</strong></td>
<td><strong>19</strong></td>
<td><strong>0</strong></td>
<td><strong>4</strong></td>
<td><strong>1666</strong></td>
</tr>
</tbody>
</table>
Outcomes

12 beef producers sold 1063 calves managed according to BQA guidelines to increase returns by $8504.
11 beef producers stored 4060 large, round bales under some type of cover to increase returns by $24360.
11 beef producers utilized bulls with greater genetic potential to produce 959 head of calves to increase returns by $25893.
16 beef producers utilized hay feeding rings to feed 3680 bales and improved feeding methods to reduce wastage/spoilage, saving $18400.
0 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.

6 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
13 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
6 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
0 horse owners fed 0 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
0 horse owners managed 0 horses using rotational grazing in their pasture management to increase forage production, saving $FRM annually.
0 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 0 horses, saving $FRM annually.
0 horse owners schedule routine hoof care on 0 horses, saving $FRM annually.
0 of 0 better understood basic insurance needs.
0 of 0 better understood credit reporting and scoring.
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.
0 of 0 learned how to better manage stress caused by financial issues.
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
0 of 0 learned how to properly maintain and store household financial records.
0 of 0 learned who to pay first if they can't pay everything.
0 of 0 participants 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 determined how to better balance their investments among pre-tax and after-tax options.
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 increased their financial management skills.
0 of 0 participants kept a record of spending.
0 of 0 participants made a spending plan.
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.
15 of 15 participants surveyed can differentiate between SIDS and sleep-related deaths.
15 of 15 participants surveyed do not cushion their baby's sleep surface with pillows, bumper pads, comforters, or stuffed animals.
15 of 15 participants surveyed do not overheat the room in which their baby sleeps.
14 of 15 participants surveyed do not share—or allow others to share—sleep surfaces with their baby.
15 of 15 participants surveyed have communicated safe sleep principles to others who may care for their baby.
14 of 15 participants surveyed increased their knowledge of a safe sleeping environment.
14 of 15 participants surveyed place babies to sleep on their backs.
15 of 15 participants surveyed understand the difference between co-sleeping and room sharing.
15 of 15 participants surveyed understand the safest sleep position for infants.
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.
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.
5 producers planted 76 acres with clover for an increased production valued at $2280.
2 producers planted 56 acres with warm-season grasses for an added value of $1120.
16 producers sprayed 1139 acres for broadleaf weed control for an increased production valued at $45560.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
220 youth can analyze the results of a scientific investigation.
220 youth can ask a question that can be answered by collecting data.
220 youth can communicate a scientific procedure to others.
0 youth can create a display to communicate scientific data and observations.
336 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
336 youth can explain an idea to others.
336 youth can give an informative speech or presentation.
220 youth can record data accurately.
336 youth can select a topic for a speech or talk.
336 youth can show enthusiasm when giving a speech or presentation.
318 youth can speak loudly enough to be heard when giving a speech or talk.
220 youth can use data to create a graph for presentation to others.
220 youth can use models to explain scientific results.
220 youth can use science terms to share scientific results.
0 youth can use specific scientific knowledge to form a question.
220 youth can use the results of their investigation to answer the question they had asked.
304 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
336 youth give a 2-3 minute speech or presentation.
336 youth know how to organize the parts of a speech or presentation.
0 youth report that they have developed confidence to speak in front of groups.

Jefferson County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>3819</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>190</td>
<td>312</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>9231</td>
<td>14793</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1119</td>
<td>21620</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>125</td>
<td>250</td>
</tr>
<tr>
<td>Total</td>
<td>10665</td>
<td>36975</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>37</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>96</td>
<td>1212500</td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
<td>119770</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>187</td>
<td>9366</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>332</td>
<td>1341636</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>6478</td>
<td>65</td>
<td>20</td>
<td>14</td>
<td>0</td>
<td>6577</td>
</tr>
<tr>
<td></td>
<td>Adult</td>
<td>Female</td>
<td>Youth</td>
<td>Total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------</td>
<td>-------</td>
<td>--------</td>
<td>-------</td>
<td>-------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Youth</td>
<td>12734</td>
<td>405</td>
<td>460</td>
<td>94</td>
<td>0</td>
<td>13693</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3824</td>
<td>45</td>
<td>4</td>
<td>3</td>
<td>0</td>
<td>3876</td>
</tr>
<tr>
<td>Male Youth</td>
<td>11856</td>
<td>409</td>
<td>485</td>
<td>79</td>
<td>0</td>
<td>12829</td>
</tr>
<tr>
<td>Total</td>
<td>34892</td>
<td>924</td>
<td>969</td>
<td>190</td>
<td>0</td>
<td>36975</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

12021

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>34</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>63</td>
<td>1590</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>97</td>
<td>1590</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>White/Not of Hispanic</th>
<th>Black/Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Origin</td>
<td>Origin</td>
<td>Native</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>138</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>138</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4782</td>
<td>165</td>
<td>153</td>
<td>7</td>
<td>0</td>
<td>5107</td>
</tr>
<tr>
<td>Male Adult</td>
<td>123</td>
<td>1</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>129</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4155</td>
<td>153</td>
<td>153</td>
<td>4</td>
<td>0</td>
<td>4465</td>
</tr>
<tr>
<td>Total</td>
<td>9198</td>
<td>319</td>
<td>311</td>
<td>11</td>
<td>0</td>
<td>9839</td>
</tr>
</tbody>
</table>

**Outcomes**

23 dial-gauge lids were tested.

5472 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.

6 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.

768 of 800 better understood their parents' concerns about money.

12 of 48 made a change in career or educational goals.

6 of 7 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)

4 of 5 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies

5 of 5 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)
11 of 12 participants are applying health eating principles when making food decisions six months after completing the program.
12 of 12 participants are better self-managers of their chronic condition six months after completing the program.
1 of 2 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
9 of 12 participants are physically active six months after completing the program.
15 of 21 participants are using the UT Med Minder card to keep a record of their medications.
0 of 0 participants ate more whole grains.
24 of 48 participants began or increased savings an average of $20 per month.
768 of 800 participants better understood their parent's concerns about money.
20 of 21 participants can apply health eating principles when making daily food decisions.
6 of 6 participants can apply joint protection techniques.
21 of 21 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 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.
28 of 48 participants communicated with other family members about financial matters.
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 more fat-free or low-fat dairy products.
10 of 21 participants feel confident they can apply pain management techniques, such as
distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
6 of 6 participants feel confident they can better manage their arthritis by continuing to do the
program exercises after this program ends.
14 of 21 participants feel confident using the Take PART technique when talking to their health
care provider.
0 of 0 participants feel more confident when taking care of young children.
0 of 0 participants feel more equipped to facilitate activities with the children they babysit.
0 of 0 participants feel their overall health has improved by maintaining an exercise program six
months after completing the program.
724 of 800 participants felt more strongly that they needed to get a good education.
680 of 800 participants felt more strongly that they needed to pay attention to their financial
future.
32 of 48 participants followed a spending plan.
0 of 2 participants have fewer visits to the emergency room six months after completing the
program.
6 of 6 participants have improved their arthritis symptoms as a result of participating in this
program.
0 of 2 participants have less arthritis symptoms from their arthritis six months after completing the
program.
2 of 12 participants have less arthritis symptoms.
10 of 12 participants have less pain from their chronic condition six months after completing the
program.
7 of 12 participants have used the Take PART technique when talking to their health care
provider.
12 of 12 participants improved control of their arthritis symptoms.
2 of 12 participants improved performance of daily activities.
0 of 2 participants improved their balance six months after completing the program.
2 of 12 participants improved their balance.
0 of 2 participants improved their flexibility six months after completing the program.
4 of 12 participants improved their flexibility.
2 of 2 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
1 of 2 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.
195 of 220 participants increased physical activity.
0 of 0 participants increased their exercise routine during Walk Across Tennessee Program.
740 of 800 participants increased their financial management skills.
0 of 0 participants increased their knowledge on health and safety topics when babysitting young children.
25 of 35 participants indicated improvement in feelings of confidence that they know how to pace a growing relationship.
46 of 55 participants indicated improvement in feelings of confidence that they know how to pace a growing relationship. (How to Avoid Falling for a Jerk(ette))
26 of 35 participants indicated improvement in identifying the things that are important to get to know about a partner.
49 of 55 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))
676 of 800 participants learned better how to plan their spending.
784 of 800 participants learned how education will affect the kind of job they can get.
756 of 800 participants learned how having a family can affect their lifestyle.
644 of 740 participants learned how much money it takes to get by.
732 of 800 participants learned how occupation and income will affect their lifestyle.
596 of 800 participants learned how payroll deductions are taken from gross pay.
636 of 800 participants learned how to keep a checkbook register.
728 of 800 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.
40 of 48 participants made a change in financial behavior.
32 of 48 participants made a spending plan.
388 of 800 participants made changes to their future plans.
0 of 0 participants maintained their walking/exercise routine six months after completing the program.
92 of 95 participants now eat more fruit.
94 of 95 participants now eat more vegetables.
19 of 21 participants plan to exercise more often to help manage their chronic condition.
0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.
256 of 800 participants planned to change their career goals.
628 of 800 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants report they feel more prepared to handle emergencies while babysitting.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
1 of 2 participants surveyed canned pickles following a tested recipe. (TNCEP)
4 of 5 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
4 of 5 participants surveyed canned vegetables following a tested recipe. (TNCEP)
1 of 1 participants surveyed processed pickles in a water-bath canner. (TNCEP)
4 of 4 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
2 of 4 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 2 participants take fewer medications for arthritis symptoms six months after completing the program.
24 of 48 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.
6 of 6 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
208 of 229 participants who now select foods and beverages that promote healthy weight.
11 of 21 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.
28 of 48 participants worked toward new savings or investment goals.
50 of 55 respondents plan to decrease exposure of their children to parental conflict.
50 of 55 respondents report understanding the importance of working together for the sakes of their children.
218 of 220 youth now wash hands more often.
50 parents/caregivers learned effective communication techniques to use with their children.
5 parents/caregivers learned strategies for dealing with parenting stress.
0 participants process high-acid foods in a water bath canner.
37 participants walked in the Walk Across Tennessee Program.
0 teams participated in the Walk Across Tennessee Program.
1998 youth are better able to understand and follow directions.
500 youth break goals down into steps so they can check their progress.
2260 youth can deal with their nervousness when giving a speech or talk.
2392 youth can explain an idea to others.
2094 youth can express ideas with a poster, exhibit or other display.
2388 youth can give an informative speech or presentation.
3932 youth can now share their ideas through writing.
2728 youth can select a topic for a speech or talk.
622 youth can show enthusiasm when giving a speech or presentation.
2152 youth can speak loudly enough to be heard when giving a speech or talk.
1710 youth can use technology to help themselves express ideas.
1908 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
2396 youth give a 2-3 minute speech or presentation.
1616 youth have learned at least five jobs in which communication skills are important.
516 youth have set a goal for their job or career.
2396 youth know how to organize the parts of a speech or presentation.
68 youth now get information about a problem.
24 youth now report that they make a decision by thinking about what a person of good character would do.
28 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.
28 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.
428 youth now set high goals that require work to achieve them.
440 youth now work to achieve their goals.
368 youth put their goals in writing.
2012 youth report that they have developed confidence to speak in front of groups.
476 youth report that they now achieve goals they set for themselves.
416 youth set high goals.
508 youth who are now making plans to achieve their goals.
348 youth who have put their goal(s) in writing.
72 youth who report that they have learned that some choices are better than others. 
68 youth who report they can make a decision. 
76 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.

---

**Johnson County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>2552.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>399</td>
<td>536</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1280</td>
<td>2366</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>391</td>
<td>9478</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>56</td>
<td>651</td>
</tr>
<tr>
<td>Total</td>
<td>2126</td>
<td>13031</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>200</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>104</td>
<td>377400</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>202</td>
<td>663</td>
</tr>
</tbody>
</table>
Radio Program(s) | 1 | 8000
--- | --- | ---
TV Program(s) | 0 | 0
**Total** | **312** | **386263**

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th><strong>Total</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2832</td>
<td>34</td>
<td>21</td>
<td>7</td>
<td>7</td>
<td>2901</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3704</td>
<td>60</td>
<td>69</td>
<td>34</td>
<td>48</td>
<td>3915</td>
</tr>
<tr>
<td>Male Adult</td>
<td>2432</td>
<td>35</td>
<td>23</td>
<td>3</td>
<td>2</td>
<td>2495</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3585</td>
<td>22</td>
<td>62</td>
<td>11</td>
<td>40</td>
<td>3720</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>12553</strong></td>
<td><strong>151</strong></td>
<td><strong>175</strong></td>
<td><strong>55</strong></td>
<td><strong>97</strong></td>
<td><strong>13031</strong></td>
</tr>
</tbody>
</table>

### Hours for Volunteers

- **Hours Spend**: 655

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>------------</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>3</td>
<td>0</td>
</tr>
</tbody>
</table>

### Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>410</td>
<td>6</td>
<td>4</td>
<td>6</td>
<td>6</td>
<td>432</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2163</td>
<td>29</td>
<td>50</td>
<td>19</td>
<td>22</td>
<td>2283</td>
</tr>
<tr>
<td>Male Adult</td>
<td>290</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>2</td>
<td>300</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2239</td>
<td>16</td>
<td>50</td>
<td>12</td>
<td>19</td>
<td>2336</td>
</tr>
<tr>
<td>Total</td>
<td>5102</td>
<td>54</td>
<td>106</td>
<td>40</td>
<td>49</td>
<td>5351</td>
</tr>
</tbody>
</table>

### Outcomes

68 beef producers sold 2508 calves managed according to BQA guidelines to increase returns by $20064.
70 beef producers stored 21658 large, round bales under some type of cover to increase returns by $129948.
54 beef producers utilized bulls with greater genetic potential to produce 1350 head of calves to increase returns by $36450.
68 beef producers utilized hay feeding rings to feed 17628 bales and improved feeding methods to reduce wastage/spoilage, saving $88140.
44 beef producers utilized improved marketing methods to market 2048 head of calves to increase returns by $10240.
0 dial-gauge lids were tested.
0 of 0 adults wash hands more often.
1421 of 1658 better understood their parents' concerns about money.
360 of 885 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
9 of 9 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.
0 of 0 participants ate more whole grains.
4 of 6 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.
1209 of 1293 participants better understood their parent's concerns about money.
28 of 30 participants can apply health eating principles when making daily food decisions.
30 of 30 participants can better control their chronic condition with self-management techniques.
502 of 1658 participants communicated with other family members about financial matters.
0 of 0 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
0 of 0 participants eat more fat-free or low-fat dairy products.
0 of 0 participants 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.
22 of 30 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.
994 of 1111 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.
354 of 408 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.
0 of 0 participants increased physical activity.
3 of 6 participants increased their financial management skills.
1466 of 1658 participants learned better how to plan their spending.
931 of 952 participants learned how education will affect the kind of job they can get.
973 of 1111 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
1423 of 1658 participants learned how occupation and income will affect their lifestyle.
931 of 1114 participants learned how payroll deductions are taken from gross pay.
1008 of 1114 participants learned how to keep a checkbook register.
1057 of 1114 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.
0 of 0 participants made a spending plan.
360 of 885 participants made changes to their future plans.
0 of 0 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.
28 of 30 participants plan to exercise more often to help manage their chronic condition.
24 of 30 participants plan to use the UT Med Minder card to keep a record of their medications.
696 of 1658 participants planned to change their career goals.
0 of 0 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
0 of 0 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 0 participants surveyed canned pickles following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned vegetables following a tested recipe. (TNCEP)
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
0 of 0 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
0 of 0 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
20 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.
0 of 0 participants understood the dangers of using too much credit.
6 of 12 participants use labels to make healthier choices.
8 of 12 participants who now select foods and beverages that promote healthy weight.
24 of 30 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
196 of 544 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
9 of 9 respondents plan to decrease exposure of their children to parental conflict.
9 of 9 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.
0 of 0 youth now wash hands more often.
9 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.
62 producers planted 1772 acres with clover for an increased production valued at $53160.
8 producers planted 52 acres with warm-season grasses for an added value of $1040.
46 producers sprayed 1060 acres for broadleaf weed control for an increased production valued at $42400.
32 producers stockpiled 696 acres of tall fescue, reducing feeding cost by $27840.
1365 youth are better able to understand and follow directions.
1185 youth are now better listeners.
0 youth break goals down into steps so they can check their progress.
1080 youth can deal with their nervousness when giving a speech or talk.
1260 youth can explain an idea to others.
1320 youth can express ideas with a poster, exhibit or other display.
1110 youth can give an informative speech or presentation.
2130 youth can now share their ideas through writing.
1215 youth can select a topic for a speech or talk.
1110 youth can show enthusiasm when giving a speech or presentation.
1140 youth can speak loudly enough to be heard when giving a speech or talk.
1260 youth can use technology to help themselves express ideas.
990 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1185 youth give a 2-3 minute speech or presentation.
645 youth have explored careers in communications.
1125 youth have learned at least five jobs in which communication skills are important.
1260 youth have set a goal for their job or career.
1200 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.
2 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.
1290 youth now set high goals that require work to achieve them.
0 youth now work to achieve their goals.
0 youth put their goals in writing.
1170 youth report that they can now cooperate and work in a group.
1065 youth report that they have developed confidence to speak in front of groups.
1245 youth report that they know how to set goals and they use that ability when leading a group.
1260 youth report that they make sure everyone gets an opportunity to say what they think.
1350 youth report that they now achieve goals they set for themselves.
1185 youth report that they take their jobs seriously as members of a committee.
1275 youth report that when in charge of a group, they treat everyone fairly and equally.
1170 youth report they can now keep records.
1110 youth report they have improved photography skills.
1200 youth report they have learned skills in visual communications.
0 youth set high goals.
1275 youth who are now making plans to achieve their goals.
750 youth who have put their goal(s) in writing.
12 youth who report that they have learned that some choices are better than others.
10 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.

Knox County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>17013.5</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>172</td>
<td>309</td>
</tr>
</tbody>
</table>
Direct Mail / Telephone Calls (this will include electronic mail) | 17631 | 16742 
---|---|---
Group Meetings / Demonstrations | 2518 | 65897 
On-Site Visits (Farm, Home, and Workplace) | 696 | 11962 
Total | 21017 | 94910

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>109</td>
<td>141407</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>22</td>
<td>1135860</td>
</tr>
<tr>
<td>Other</td>
<td>30</td>
<td>147060</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>21</td>
<td>49175</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>160</td>
<td>4482000</td>
</tr>
</tbody>
</table>
| Total               | 342            | 5955502         

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>25461</td>
<td>2693</td>
<td>522</td>
<td>85</td>
<td>8</td>
<td>28769</td>
</tr>
<tr>
<td>Female Youth</td>
<td>21484</td>
<td>5803</td>
<td>1714</td>
<td>507</td>
<td>76</td>
<td>29584</td>
</tr>
<tr>
<td>Male Adult</td>
<td>10937</td>
<td>653</td>
<td>130</td>
<td>109</td>
<td>12</td>
<td>11841</td>
</tr>
</tbody>
</table>
### Hours for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>4</td>
<td>5200</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>183631</td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
<td>6180</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>5000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>2</td>
<td>60000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>11</strong></td>
<td><strong>260011</strong></td>
</tr>
</tbody>
</table>

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4188</td>
<td>218</td>
<td>99</td>
<td>7</td>
<td>0</td>
<td>4512</td>
</tr>
<tr>
<td>Female Youth</td>
<td>6107</td>
<td>1099</td>
<td>417</td>
<td>94</td>
<td>7</td>
<td>7724</td>
</tr>
</tbody>
</table>
Outcomes

16 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.
28 4-H volunteers utilized volunteer position descriptions.
6 agritourism entrepreneurs gained knowledge and skills to improve returns form their existing operation.
6 agritourism entrepreneurs gained knowledge and skills to manage risk (legal, liability, regulatory, human resources, business interruption, production, marketing and financial).
11 beef producers sold 175 calves managed according to BQA guidelines to increase returns by $1400.
17 beef producers stored 1521 large, round bales under some type of cover to increase returns by $9126.
23 beef producers utilized bulls with greater genetic potential to produce 301 head of calves to increase returns by $8127.
0 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
5 beef producers utilized improved marketing methods to market 91 head of calves to increase returns by $455.
268 consumers learned about plant selection and proper planting to save money and time in the landscape.
198 consumers learned how to apply landscape fertilizers and pesticides safely.
474 consumers learned how to conserve and protect water quality in the landscape.
82 consumers learned how to properly take a soil test and interpret the results.
154 dial-gauge lids were tested.
32 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.
42 home lawn insect, disease and weed samples submitted for identification and control.
recommendations.
66 home lawn soil samples submitted for testing.
142 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
54 homeowners established new turfgrass species and varieties.
106 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
120 Master Gardeners gained knowledge and confidence in entomology.
120 Master Gardeners gained knowledge and confidence in integrated pest management.
120 Master Gardeners gained knowledge and confidence in ornamentals.
120 Master Gardeners gained knowledge and confidence in plant diseases.
120 Master Gardeners gained knowledge and confidence in soils.
120 Master Gardeners gained knowledge and confidence in turfgrass.
28 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)
46 of 46 adults wash hands more often.
41 of 41 better understood basic insurance needs.
0 of 0 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
32 of 42 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)
100 of 102 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
100 of 102 parents/caregivers learned about issues related to stages of child development.
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.
0 of 0 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or
internet safety.
80 of 132 participants ate more whole grains.
41 of 41 participants became more aware of the importance of starting to save and invest early in life.
30 of 41 participants communicated with other family members about financial matters.
28 of 28 participants compared prices to help manage their dollars.
60 of 66 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.
40 of 66 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
41 of 41 participants gained skill in making a spending plan.
41 of 41 participants identified ways to avoid being victimized by predatory practices or fraud.
40 of 66 participants increased physical activity.
41 of 41 participants increased their financial management skills.
41 of 41 participants increased their understanding of the impact education can have on future earnings.
41 of 41 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.
0 of 0 participants lost weight: 0 total pounds lost.
0 of 0 participants made a change in financial behavior.
41 of 41 participants made a spending plan.
28 of 28 participants more often followed the recommended practice of not thawing foods at room temperature.
0 of 0 participants now eat more vegetables.
0 of 0 participants planned to get more education after high school.
28 of 28 participants prepared foods without adding salt.
68 of 94 participants refrigerate perishable foods within two hours.
28 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 separate raw, cooked and ready-to-eat foods while storing and preparing.
42 of 42 participants surveyed canned pickles following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
34 of 34 participants surveyed canned vegetables following a tested recipe. (TNCEP)
42 of 42 participants surveyed processed pickles in a water-bath canner. (TNCEP)
21 of 21 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
34 of 34 participants surveyed processed vegetables in a pressure canner. (TNCEP)
35 of 66 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
28 of 28 participants thought about healthy food choices when deciding what to feed their family.
0 of 0 participants understand how to reconcile a checking account.
0 of 0 participants understood the dangers of using too much credit.
60 of 66 participants use labels to make healthier choices.
28 of 28 participants used a list for grocery shopping.
28 of 28 participants used the food label to make healthier choices.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
60 of 6 participants who now select foods and beverages that promote healthy weight.
28 of 28 participants who plan meals ahead of time.
0 of 0 participants understood the dangers of using too much credit.
322 of 322 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.
322 of 322 providers report their children are read to on a daily basis and asking open-ended questions of the children when possible using recommended practices.
322 of 322 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.
322 of 322 providers report they work to prevent challenging or disruptive behaviors using recommended guidance practices.
100 of 102 respondents plan to decrease exposure of their children to parental conflict.
100 of 102 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.

36 of 36 youth now wash hands more often.

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

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

34 participants process high-acid foods in a water bath canner.

14 professionals increased their knowledge of components of business plans.

254 professionals increased their knowledge of green industry services and marketing practices.

58 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).

86 professionals increased their knowledge of plant pests and pest control measures.

254 professionals increased their knowledge of proper plant selection.

28 volunteer leaders increased their knowledge of positive youth development.

390 youth are better able to understand and follow directions.

400 youth can analyze the results of a scientific investigation.

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

1662 youth can communicate a scientific procedure to others.

252 youth can conduct a meeting.

1662 youth can create a display to communicate scientific data and observations.

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

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

496 youth can give an informative speech or presentation.

600 youth can now share their ideas through writing.

356 youth can record data accurately.

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

104 youth can use data to create a graph for presentation to others.
1662 youth can use models to explain scientific results.
1662 youth can use science terms to share scientific results.
360 youth can use specific scientific knowledge to form a question.
220 youth can use technology to help themselves express ideas.
1662 youth can use the results of their investigation to answer the question they had asked.
496 youth give a 2-3 minute speech or presentation.
400 youth have learned at least five jobs in which communication skills are important.
496 youth know how to organize the parts of a speech or presentation.
400 youth now get information about a problem.
252 youth report that they are now comfortable being a group leader.
1030 youth report that they can now give clear directions.
496 youth report that they have developed confidence to speak in front of groups.
1700 youth report that they now like to work with others and help them reach their goals.
252 youth report using enthusiasm to get a group working.
320 youth who report that they have learned that some choices are better than others.
390 youth who report they can make a decision.
354 youth who report they now listen to people with more experience than themselves.
394 youth who report they now try to identify what causes a problem.

Lake County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>65</td>
<td>91</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>176</td>
<td>4146</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>204</td>
<td>3223</td>
</tr>
</tbody>
</table>
On-Site Visits (Farm, Home, and Workplace) | 151 | 371
---|---|---
Total | 596 | 7831

**Indirect Methods for Extension Personnel**

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

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>795</td>
<td>38</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>833</td>
</tr>
<tr>
<td>Male Adult</td>
<td>6938</td>
<td>60</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6998</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>7733</td>
<td>98</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>7831</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**
Hours Spend
696

Indirect Methods for Volunteers

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

Contacts for Volunteers

<table>
<thead>
<tr>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Outcomes

Producers increased corn yield by 14 bushels/acre by selecting top yielding varieties on 21344 acres of corn increasing their income by 42.
Producers increased yield by 2 bushels by selecting top yielding varieties on 78200 acres of soybeans, earning an extra $14.
Producers increased yield by 2 bushels by selecting top yielding varieties on 12512 acres of wheat, earning an extra $10.
Producers increased yield by 0 pounds by selecting top yielding varieties on 0 acres of cotton, earning an extra $FRM.
14514 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
14514 acres of corn scouted by a UT-trained scout to help make crop management decisions.
17510 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
17510 acres of cotton scouted by a UT-trained scout to help make crop management decisions.
46920 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
46920 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.

70000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
58 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.
58 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
32 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
32 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.
32 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
42 producers increased their return on 21560 acres by $1228920 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.

---

**Lauderdale County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6759</td>
<td></td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>126</td>
<td>559</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>267</td>
<td>1477</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>297</td>
<td>13787</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>259</td>
<td>9501</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>949</strong></td>
<td><strong>25324</strong></td>
</tr>
</tbody>
</table>
### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>18</td>
<td>1726</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>108</td>
<td>689651</td>
</tr>
<tr>
<td>Other</td>
<td>172</td>
<td>59575</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>96</td>
<td>6954</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>5</td>
<td>8700</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>2500</td>
</tr>
<tr>
<td>Total</td>
<td>400</td>
<td>769106</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>5819</td>
<td>2180</td>
<td>31</td>
<td>1</td>
<td>2</td>
<td>8033</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3470</td>
<td>2891</td>
<td>78</td>
<td>37</td>
<td>53</td>
<td>6529</td>
</tr>
<tr>
<td>Male Adult</td>
<td>4008</td>
<td>646</td>
<td>11</td>
<td>3</td>
<td>11</td>
<td>4679</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3228</td>
<td>2680</td>
<td>96</td>
<td>22</td>
<td>57</td>
<td>6083</td>
</tr>
<tr>
<td>Total</td>
<td>16525</td>
<td>8397</td>
<td>216</td>
<td>63</td>
<td>123</td>
<td>25324</td>
</tr>
</tbody>
</table>

### Hours for Volunteers
**Hours Spend**

496

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>300</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>8000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>4</td>
<td>125</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>1200</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>6</td>
<td>9625</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>318</td>
<td>45</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>363</td>
</tr>
<tr>
<td>Female Youth</td>
<td>505</td>
<td>309</td>
<td>13</td>
<td>17</td>
<td>1</td>
<td>845</td>
</tr>
<tr>
<td>Male Adult</td>
<td>46</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>64</td>
</tr>
<tr>
<td>Male Youth</td>
<td>413</td>
<td>311</td>
<td>19</td>
<td>3</td>
<td>0</td>
<td>746</td>
</tr>
<tr>
<td>Total</td>
<td>1282</td>
<td>683</td>
<td>32</td>
<td>20</td>
<td>1</td>
<td>2018</td>
</tr>
</tbody>
</table>

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

12 agritourism entrepreneurs gained knowledge and skills to improve returns from their existing operation.

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

0 agritourism operators implemented new or improved strategies to manage risk.

22 classrooms adopted this program.

180 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.

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

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

0 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.

58 farmers developed financial plans for their farms.

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

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

32 farmers increased their potential cash income from their farming operation by $108,000 by implementing a financial plan.

12 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.

343,760 miles were walked in the Walk Across Tennessee Program.

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

320 of 320 adults wash hands more often.

780 of 800 better understood their parents' concerns about money.

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

504 of 625 participants ate more whole grains.

780 of 800 participants better understood their parent's concerns about money.

126 of 126 participants can apply health eating principles when making daily food decisions.
70 of 70 participants can apply joint protection techniques.
126 of 126 participants can better control their chronic condition with self-management techniques.
130 of 198 participants can better control their chronic disease as a result of participating in the program.
54 of 54 participants can choose foods that do not cause a sharp rise in blood sugar.
70 of 70 participants can use relaxation techniques to better manage their arthritis symptoms.
14 of 16 participants compared prices to help manage their dollars.
723 of 755 participants decreased consumption of high-sugar foods.
132 of 135 participants eat at least six meals together as a family each week.
280 of 280 participants eat fewer high-fat foods.
299 of 310 participants eat more fat-free or low-fat dairy products.
95 of 135 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
126 of 126 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
50 of 70 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
320 of 320 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
34 of 34 participants feel confident they know what to do in case of a poisoning.
108 of 126 participants feel confident using the Take PART technique when talking to their health care provider.
800 of 800 participants felt more strongly that they needed to get a good education.
800 of 800 participants felt more strongly that they needed to pay attention to their financial future.
26 of 30 participants find the active ingredient on the medication label.
60 of 70 participants have improved their arthritis symptoms as a result of participating in this program.
120 of 140 participants have less arthritis symptoms.
130 of 140 participants improved control of their arthritis symptoms.
130 of 130 participants improved performance of daily activities.
140 of 140 participants improved their balance.
70 of 70 participants improved their blood pressure.
70 of 70 participants improved their blood sugar.
70 of 70 participants improved their cholesterol levels.
140 of 140 participants improved their flexibility.
0 of 0 participants improved their triglyceride levels.
230 of 310 participants increased physical activity.
618 of 620 participants increased their exercise routine during Walk Across Tennessee Program.
660 of 800 participants increased their financial management skills.
24 of 30 participants keep all of their prescription medications at the same pharmacy.
320 of 320 participants know what cancer screenings they need according to their age and gender.
660 of 800 participants learned better how to plan their spending.
726 of 800 participants learned how education will affect the kind of job they can get.
780 of 800 participants learned how having a family can affect their lifestyle.
800 of 800 participants learned how much money it takes to get by.
800 of 800 participants learned how occupation and income will affect their lifestyle.
580 of 800 participants learned how payroll deductions are taken from gross pay.
720 of 800 participants learned how to keep a checkbook register.
720 of 800 participants learned how to write a check.
4 of 15 participants lost weight: 20 total pounds lost.
580 of 800 participants made changes to their future plans.
12 of 16 participants more often followed the recommended practice of not thawing foods at room temperature.
304 of 310 participants now eat more vegetables.
126 of 126 participants plan to exercise more often to help manage their chronic condition.
320 of 320 participants plan to get age and gender appropriate cancer screenings.
54 of 54 participants plan to regularly check their blood sugar as requested by their doctor.
54 of 54 participants plan to use the Healthy Plate Method.
112 of 126 participants plan to use the UT Med Minder card to keep a record of their medications.
560 of 800 participants planned to change their career goals.
760 of 800 participants planned to get more education after high school.
8 of 16 participants prepared foods without adding salt.
28 of 30 participants read the directions before taking a prescription or over-the-counter medications.
318 of 326 participants refrigerate perishable foods within two hours.
8 of 16 participants reported their children ate breakfast more often.
12 of 16 participants run out of food before the end of the month less often.
28 of 30 participants seek the advice of a pharmacist if they have any questions about a medication.
308 of 310 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
24 of 30 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
24 of 30 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 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.
30 of 30 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
68 of 70 participants surveyed used a thermometer to check the internal temperature of food.
69 of 70 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
16 of 16 participants thought about healthy food choices when deciding what to feed their family.
54 of 54 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
320 of 320 participants understand that cancer screening and early detection can save their life.
126 of 126 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.
70 of 70 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
320 of 320 participants understand women age 40 and older should have a mammogram.
320 of 320 participants understand women of all ages need a Pap test.
315 of 315 participants use labels to make healthier choices.
12 of 16 participants used a list for grocery shopping.
12 of 16 participants used the food label to make healthier choices.
420 of 420 participants who increased their intake of dairy foods.
287 of 310 participants who now select foods and beverages that promote healthy weight.
12 of 16 participants who plan meals ahead of time.
116 of 126 participants will apply positive thinking as a technique for overcoming or avoiding
depression caused from their chronic condition.
34 of 34 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
560 of 620 participants will continue to exercise after the Walk Across Tennessee Program.
33 of 34 participants will keep medications out of the reach of children.
32 of 34 participants will keep products in their original containers.
34 of 34 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
34 of 34 participants will read the label before using a product.
440 of 440 students increased amount of time in physical activity.
400 of 400 students who increased their intake of whole grains.
24 of 24 teachers reported preschool children in their classes were more actively engaged in physical activity.
24 of 24 teachers reported preschool children in their classes were more willing to taste fruit.
24 of 24 teachers reported preschool children in their classes were more willing to taste vegetables.
24 of 24 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
24 of 24 teachers reported using physical activities from Healthy Steps at least three times per week.
1542 of 1542 youth now wash hands more often.
642 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.
158 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
24 producers increased their return on 9000 acres by $513000 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 utilized UT fertility recommendations.
4 schools adopted this program.
54 teams participated in the Walk Across Tennessee Program.
24 times TEAM UP exchanged ideas or shared information.
24 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or
720 youth are better able to understand and follow directions.
0 youth can challenge policies through petitions, presentations or other positive ways.
450 youth can deal with their nervousness when giving a speech or talk.
600 youth can explain an idea to others.
600 youth can express ideas with a poster, exhibit or other display.
500 youth can give an informative speech or presentation.
0 youth can now prepare and deliver a five-minute speech.
1000 youth can now share their ideas through writing.
700 youth can select a topic for a speech or talk.
500 youth can show enthusiasm when giving a speech or presentation.
440 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use technology to help themselves express ideas.
450 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
400 youth give a 2-3 minute speech or presentation.
0 youth have knowledge of careers in the communications field.
580 youth have learned at least five jobs in which communication skills are important.
700 youth know how to organize the parts of a speech or presentation.
0 youth now communicate through a website.
70 youth now get information about a problem.
0 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
460 youth report that they have developed confidence to speak in front of groups.
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 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.
66 youth who report they now listen to people with more experience than themselves.
68 youth who report they now try to identify what causes a problem.

Lawrence County

Hours for Extension Personnel
# Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1667</td>
<td>2136</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>7270</td>
<td>23380</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1019</td>
<td>27986</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>423</td>
<td>4549</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>10379</td>
<td>58051</td>
</tr>
</tbody>
</table>

# Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>109</td>
<td>121903</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>54</td>
<td>502000</td>
</tr>
<tr>
<td>Other</td>
<td>33</td>
<td>6938</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>341</td>
<td>61689</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>99</td>
<td>496500</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>636</td>
<td>1189030</td>
</tr>
</tbody>
</table>

# Contacts for Extension Employees
<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>16257</td>
<td>542</td>
<td>99</td>
<td>11</td>
<td>7</td>
<td>16916</td>
</tr>
<tr>
<td>Female Youth</td>
<td>12962</td>
<td>389</td>
<td>225</td>
<td>67</td>
<td>12</td>
<td>13655</td>
</tr>
<tr>
<td>Male Adult</td>
<td>14202</td>
<td>439</td>
<td>79</td>
<td>12</td>
<td>7</td>
<td>14739</td>
</tr>
<tr>
<td>Male Youth</td>
<td>11986</td>
<td>557</td>
<td>164</td>
<td>21</td>
<td>13</td>
<td>12741</td>
</tr>
<tr>
<td>Total</td>
<td>55407</td>
<td>1927</td>
<td>567</td>
<td>111</td>
<td>39</td>
<td>58051</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 8879.04 |

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>76</td>
<td>1830</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>6</td>
<td>99200</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>1121</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>99</td>
<td>4129</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>25000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4691</td>
<td>83</td>
<td>41</td>
<td>4</td>
<td>2</td>
<td>4821</td>
</tr>
<tr>
<td>Female Youth</td>
<td>17484</td>
<td>1079</td>
<td>538</td>
<td>114</td>
<td>28</td>
<td>19243</td>
</tr>
<tr>
<td>Male Adult</td>
<td>2847</td>
<td>44</td>
<td>18</td>
<td>3</td>
<td>3</td>
<td>2915</td>
</tr>
<tr>
<td>Male Youth</td>
<td>17406</td>
<td>1007</td>
<td>464</td>
<td>52</td>
<td>17</td>
<td>18946</td>
</tr>
<tr>
<td>Total</td>
<td>42428</td>
<td>2213</td>
<td>1061</td>
<td>173</td>
<td>50</td>
<td>45925</td>
</tr>
</tbody>
</table>

### Outcomes

The economic impact of Extension’s commercial ornamental and landscape horticulture programs was $146,000 in increased savings, increased income, and one-time capital purchases.

434 beef producers sold 11,718 calves managed according to BQA guidelines to increase returns by $93,744.

558 beef producers stored 50,220 large, round bales under some type of cover to increase returns by $301,320.

612 beef producers utilized bulls with greater genetic potential to produce 18,360 head of calves to increase returns by $495,720.

660 beef producers utilized hay feeding rings to feed 46,200 bales and improved feeding methods to reduce wastage/spoilage, saving $231,000.

140 beef producers utilized improved marketing methods to market 7,000 head of calves to increase returns by $35,000.

45 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.
75 consumers learned about plant selection and proper planting to save money and time in the landscape.
55 consumers learned how to apply landscape fertilizers and pesticides safely.
40 consumers learned how to conserve and protect water quality in the landscape.
125 consumers learned how to properly take a soil test and interpret the results.
32 consumers practiced best management practices relating to proper pruning and tree maintenance.
161 consumers used the results of their soil test to properly amend their soil.
18 dial-gauge lids were tested.
63 disease, insect and weed samples form commercial turf submitted for identification and control recommendations.
46 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
58 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
46 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
4 golf course superintendents adopted UT's recommended practices for crabgrass control.
2 high school coaches have adopted UT's athletic field management recommendations.
55 home lawn insect, disease and weed samples submitted for identification and control recommendations.
21 home lawn soil samples submitted for testing.
25 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
33 homeowners established new turfgrass species and varieties.
75 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
60 horse owners fed 140 horses according to specific nutrient requirements for each class of horse, saving 70000 annually.
40 horse owners managed 90 horses using rotational grazing in their pasture management to increase forage production, saving $45000 annually.
30 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 70 horses, saving $60550 annually.
40 horse owners schedule routine hoof care on 90 horses, saving $54,000 annually.
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.
44 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.
15 Master Gardeners gained knowledge and confidence in entomology.
8 Master Gardeners gained knowledge and confidence in integrated pest management.
12 Master Gardeners gained knowledge and confidence in ornamentals.
27 Master Gardeners gained knowledge and confidence in plant diseases.
30 Master Gardeners gained knowledge and confidence in soils.
15 Master Gardeners gained knowledge and confidence in turfgrass.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 25 people in turf selection or management.
25 Master Gardeners have used the knowledge and skills they learned in this program to assist 75 people to control pests through integrated pest management.
25 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.
14 Master Gardeners have used the knowledge and skills they learned in this program to assist 42 people to identify symptoms of plant disease.
25 Master Gardeners have used the knowledge and skills they learned in this program to assist 75 people to improve soil through soil test results.
0 of 0 adults wash hands more often.
5 of 10 better understood basic insurance needs.
0 of 0 better understood credit reporting and scoring.
664 of 688 better understood their parents' concerns about money.
0 of 0 checked their credit report.
12 of 50 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
26 of 100 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
50 of 100 fruit and/or vegetable producers adopted IPM.
1 of 100 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.
1 of 1 gained skill in evaluating their housing options.
31 of 38 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
27 of 39 green industry personnel increased business profitability and sustainability through improved insect, mite and disease control in turfgrass and/or ornamental plants.
37 of 39 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
15 of 25 homeowners increased their knowledge of fire ant management.
36 of 36 identified ways to reduce spending.
12 of 26 landscape and nursery participants increased their knowledge of fire ant management.
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.
36 of 50 learned how to properly maintain and store household financial records.
0 of 0 learned who to pay first if they can't pay everything.
81 of 258 made a change in career or educational goals.
1 of 1 participants analyzed their readiness for home ownership.
36 of 72 participants ate more whole grains.
52 of 72 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.
388 of 688 participants better understood their parent's concerns about money.
74 of 172 participants communicated with other family members about financial matters.
38 of 72 participants decreased consumption of high-sugar foods.
1 of 1 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.
12 of 36 participants eat fewer high-fat foods.
19 of 36 participants eat more fat-free or low-fat dairy products.
34 of 36 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
25 of 36 participants felt more confident that they could build wealth.
656 of 602 participants felt more strongly that they needed to get a good education.
426 of 516 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.
4 of 36 participants followed a spending plan.
1 of 1 participants gained better understanding of the mortgage process.
0 of 0 participants gained skill in determining their net worth.
31 of 36 participants gained skill in making a spending plan.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
14 of 36 participants increased physical activity.
476 of 588 participants increased their financial management skills.
14 of 36 participants kept a record of spending.
624 of 688 participants learned better how to plan their spending.
631 of 724 participants learned how education will affect the kind of job they can get.
600 of 688 participants learned how having a family can affect their lifestyle.
608 of 688 participants learned how much money it takes to get by.
552 of 688 participants learned how occupation and income will affect their lifestyle.
368 of 688 participants learned how payroll deductions are taken from gross pay.
584 of 688 participants learned how to keep a checkbook register.
568 of 688 participants learned how to write a check.
5 of 5 participants learned the difference between wants and needs.
0 of 0 participants lost weight: 0 total pounds lost.
2 of 36 participants made a change in financial behavior.
31 of 36 participants made a spending plan.
162 of 516 participants made changes to their future plans.
24 of 36 participants now eat more vegetables.
3 of 5 participants now understand the difference between a need and a want.
15 of 25 participants plan to use the two-step method around the home for managing fire ants.
216 of 688 participants planned to change their career goals.
656 of 688 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.
5 of 36 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
0 of 1 participants successfully completed homebuyer education requirements.
12 of 84 participants surveyed canned pickles following a tested recipe. (TNCEP)
76 of 84 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
46 of 84 participants surveyed canned vegetables following a tested recipe. (TNCEP)
8 of 12 participants surveyed processed pickles in a water-bath canner. (TNCEP)
80 of 84 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
84 of 84 participants surveyed processed vegetables in a pressure canner. (TNCEP)
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.
74 of 172 participants talked about financial goals with their parents or others.
55 of 72 participants understood the dangers of using too much credit.
16 of 36 participants use labels to make healthier choices.
19 of 36 participants who increased their intake of dairy foods.
12 of 36 participants who now select foods and beverages that promote healthy weight.
5 of 36 participants worked toward new savings or investment goals.
55 of 72 participants understood the dangers of using too much credit.
14 of 36 students increased amount of time in physical activity.
18 of 36 students who increased their intake of whole grains.
3 of 5 teachers reported preschool children in their classes were more actively engaged in physical activity.
4 of 5 teachers reported preschool children in their classes were more willing to taste fruit.
3 of 5 teachers reported preschool children in their classes were more willing to taste vegetables.
1 of 5 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
0 of 5 teachers reported using physical activities from Healthy Steps at least three times per week.
14 of 36 tracked their spending.
7 of 36 worked toward new savings, investment or retirement goals.
112 of 160 youth now wash hands more often.
40 participants now correctly deworm 90 horses, saving $24750 this year.
20 participants process high-acid foods in a water bath canner.
200 producers planted 7400 acres with clover for an increased production valued at $222000.
40 producers planted 1200 acres with warm-season grasses for an added value of $24000.
150 producers sprayed 7500 acres for broadleaf weed control for an increased production valued at $300000.
120 producers stockpiled 6000 acres of tall fescue, reducing feeding cost by $240000.
18 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.
22 professionals added additional services and/or marketing practices.
22 professionals developed or made adjustment to their business plans.
44 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
49 professionals implemented recommended management practices for pest control.
22 professionals increased their knowledge of components of business plans.
57 professionals increased their knowledge of green industry services and marketing practices.
42 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
37 professionals increased their knowledge of plant pests and pest control measures.
59 professionals increased their knowledge of proper plant selection.
42 professionals practiced proper plant selection and installation practices.
3 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.
268 soil samples from commercial turf submitted for testing.
348 youth are better able to understand and follow directions.
258 youth break goals down into steps so they can check their progress.
30 youth can analyze the results of a scientific investigation.
32 youth can ask a question that can be answered by collecting data.
266 youth can deal with their nervousness when giving a speech or talk.
38 youth can design a scientific procedure to answer a question.
312 youth can explain an idea to others.
344 youth can express ideas with a poster, exhibit or other display.
244 youth can give an informative speech or presentation.
512 youth can now share their ideas through writing.
42 youth can record data accurately.
318 youth can select a topic for a speech or talk.
242 youth can show enthusiasm when giving a speech or presentation.
354 youth can speak loudly enough to be heard when giving a speech or talk.
36 youth can use specific scientific knowledge to form a question.
284 youth can use technology to help themselves express ideas.
182 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
268 youth give a 2-3 minute speech or presentation.
256 youth have learned at least five jobs in which communication skills are important.
272 youth know how to organize the parts of a speech or presentation.
74 youth now get information about a problem.
74 youth now report that they make a decision by thinking about what a person of good character would do.
86 youth now report that they use more than one source of information in making choices.
58 youth now report that they use standards in making choices.
74 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.
548 youth now work to achieve their goals.
396 youth put their goals in writing.
238 youth report that they have developed confidence to speak in front of groups.
430 youth set high goals.
98 youth who report that they have learned that some choices are better than others.
100 youth who report they can make a decision.
92 youth who report they now listen to people with more experience than themselves.
72 youth who report they now try to identify what causes a problem.

**Lewis County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>3657</td>
</tr>
</tbody>
</table>
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>91</td>
<td>366</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>166</td>
<td>8003</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1049</td>
<td>22610</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>79</td>
<td>209</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1385</strong></td>
<td><strong>31188</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>41</td>
<td>15515</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>43</td>
<td>141000</td>
</tr>
<tr>
<td>Other</td>
<td>67</td>
<td>3878</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>357</td>
<td>53252</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>3</td>
<td>200</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>511</strong></td>
<td><strong>213845</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic</th>
<th>Black/Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Origin</td>
<td>Origin</td>
<td>Native</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---------------</td>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>6376</td>
<td>227</td>
<td>164</td>
<td>1</td>
<td>0</td>
<td>6768</td>
</tr>
<tr>
<td>Female Youth</td>
<td>10634</td>
<td>361</td>
<td>233</td>
<td>122</td>
<td>1</td>
<td>11351</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1801</td>
<td>47</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>1858</td>
</tr>
<tr>
<td>Male Youth</td>
<td>10599</td>
<td>351</td>
<td>180</td>
<td>81</td>
<td>0</td>
<td>11211</td>
</tr>
<tr>
<td>Total</td>
<td>29410</td>
<td>986</td>
<td>587</td>
<td>204</td>
<td>1</td>
<td>31188</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

**Hours Spend**

- 2043

### Indirect Methods for Volunteers

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

### Contacts for Volunteers

<table>
<thead>
<tr>
<th></th>
<th>White/</th>
<th>Black/</th>
<th>Hispanic</th>
<th>Asian/</th>
<th>American</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not of Hispanic Origin</td>
<td>Not of Hispanic Origin</td>
<td>Pacific Islander</td>
<td>Indian/Alaskan Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-----------------------------</td>
<td>------------------------</td>
<td>------------------------</td>
<td>------------------</td>
<td>-----------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>349</td>
<td>3</td>
<td>12</td>
<td>0</td>
<td>365</td>
<td></td>
</tr>
<tr>
<td>Female Youth</td>
<td>4748</td>
<td>148</td>
<td>118</td>
<td>37</td>
<td>5051</td>
<td></td>
</tr>
<tr>
<td>Male Adult</td>
<td>66</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>67</td>
<td></td>
</tr>
<tr>
<td>Male Youth</td>
<td>5226</td>
<td>171</td>
<td>96</td>
<td>37</td>
<td>5530</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>10389</td>
<td>323</td>
<td>226</td>
<td>75</td>
<td>11013</td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

86 are concerned about problems in their community.
14 classrooms adopted this program.
94 now feel a sense of responsibility toward their school and community.
96 now have a sense of pride about their school and community.
196 of 200 adults wash hands more often.
260 of 320 participants ate more whole grains.
240 of 320 participants decreased consumption of high-sugar foods.
80 of 120 participants eat at least six meals together as a family each week.
160 of 200 participants eat fewer high-fat foods.
178 of 200 participants eat more fat-free or low-fat dairy products.
92 of 120 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
42 of 120 participants improved their blood pressure.
36 of 120 participants improved their blood sugar.
52 of 120 participants improved their cholesterol levels.
52 of 120 participants improved their triglyceride levels.
176 of 200 participants increased physical activity.
24 of 120 participants lost weight: 230 total pounds lost.
164 of 200 participants now eat more vegetables.
174 of 200 participants refrigerate perishable foods within two hours.
174 of 200 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
160 of 200 participants surveyed used a thermometer to check the internal temperature of food.
158 of 200 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
98 of 120 participants use labels to make healthier choices.
156 of 200 participants who increased their intake of dairy foods.
162 of 200 participants who now select foods and beverages that promote healthy weight.
178 of 200 students increased amount of time in physical activity.
158 of 200 students who increased their intake of whole grains.
12 of 12 teachers reported preschool children in their classes were more actively engaged in physical activity.
12 of 12 teachers reported preschool children in their classes were more willing to taste fruit.
12 of 12 teachers reported preschool children in their classes were more willing to taste vegetables.
12 of 12 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
12 of 12 teachers reported using physical activities from Healthy Steps at least three times per week.
190 of 200 youth now wash hands more often.
80 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.
176 report that because of their 4-H service projects, they know about resources in their community.
60 report that they will volunteer and help others.
2 schools adopted this program.
78 would assist with or participate in elections, voting and campaigns.
90 youth believe that people working together can help others less fortunate.
84 youth can conduct a meeting.
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. 
88 youth now report that they use more than one source of information in making choices. 
88 youth now report that they use standards in making choices. 
86 youth now report they are concerned about the well-being of others. 
88 youth now report they consider the risks of their choices. 
88 youth now report they think about the truthfulness of sources of information when making choices. 
90 youth report being able to break tough jobs down into simpler tasks. 
90 youth report being able to resolve problems without losing control of their emotions. 
88 youth report being sensitive to the feelings of others when discussing and solving problems. 
88 youth report that they are comfortable being responsible for a group. 
80 youth report that they are now comfortable being a group leader. 
94 youth report that they can now cooperate and work in a group. 
88 youth report that they can now give clear directions. 
92 youth report that they know how to set goals and they use that ability when leading a group. 
92 youth report that they learned about important leaders who contributed to our nation. 
90 youth report that they make sure everyone gets an opportunity to say what they think. 
90 youth report that they now like to work with others and help them reach their goals. 
90 youth report that they take their jobs seriously as members of a committee. 
90 youth report that when in charge of a group, they treat everyone fairly and equally. 
92 youth report using enthusiasm to get a group working. 
82 youth seek out others who can help them become a better leader. 
92 youth think they can make a big difference in their community by helping others. 
82 youth understand how community leaders are elected to office. 
90 youth who report that they have learned that some choices are better than others. 
94 youth who report they can make a decision. 
88 youth who report they now listen to people with more experience than themselves. 
92 youth who report they now try to identify what causes a problem.

Lincoln County

Hours for Extension Personnel

| Hours Spend |
## Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>475</td>
<td>1090</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1333</td>
<td>13506</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>888</td>
<td>35897</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>166</td>
<td>951</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>2862</strong></td>
<td><strong>51444</strong></td>
</tr>
</tbody>
</table>

## Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>3</td>
<td>90040</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>24</td>
<td>207000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>115</td>
<td>2952</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>19</td>
<td>60000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>161</strong></td>
<td><strong>359992</strong></td>
</tr>
</tbody>
</table>

## Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of</th>
<th>Black/ Not of</th>
<th>Hispanic</th>
<th>Asian/ Pacific</th>
<th>American Indian/</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hispanic Origin</td>
<td>Hispanic Origin</td>
<td>Islander</td>
<td>Alaskan Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>-----------------</td>
<td>----------------</td>
<td>----------</td>
<td>----------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>6898</td>
<td>1176</td>
<td>197</td>
<td>18</td>
<td>10</td>
<td>8299</td>
</tr>
<tr>
<td>Female Youth</td>
<td>9980</td>
<td>1227</td>
<td>547</td>
<td>53</td>
<td>45</td>
<td>11852</td>
</tr>
<tr>
<td>Male Adult</td>
<td>19406</td>
<td>609</td>
<td>87</td>
<td>12</td>
<td>10</td>
<td>20124</td>
</tr>
<tr>
<td>Male Youth</td>
<td>9388</td>
<td>1338</td>
<td>333</td>
<td>57</td>
<td>53</td>
<td>11169</td>
</tr>
<tr>
<td>Total</td>
<td>45672</td>
<td>4350</td>
<td>1164</td>
<td>140</td>
<td>118</td>
<td>51444</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

3190

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>56</td>
<td>1205</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>58</td>
<td>1205</td>
</tr>
</tbody>
</table>

**Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1573</td>
<td>371</td>
<td>171</td>
<td>2</td>
<td>0</td>
<td>2117</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4902</td>
<td>761</td>
<td>289</td>
<td>28</td>
<td>22</td>
<td>6002</td>
</tr>
<tr>
<td>Male Adult</td>
<td>912</td>
<td>91</td>
<td>13</td>
<td>0</td>
<td>0</td>
<td>1016</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4718</td>
<td>765</td>
<td>206</td>
<td>33</td>
<td>26</td>
<td>5748</td>
</tr>
<tr>
<td>Total</td>
<td>12105</td>
<td>1988</td>
<td>679</td>
<td>63</td>
<td>48</td>
<td>14883</td>
</tr>
</tbody>
</table>

**Outcomes**

Producers increased yield by 0 pounds by selecting top yielding varieties on 0 acres of cotton, earning an extra $FRM.

0 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.

64 are concerned about problems in their community.

178 beef producers sold 5340 calves managed according to BQA guidelines to increase returns by $42720.

50 beef producers stored 10000 large, round bales under some type of cover to increase returns by $60000.

62 beef producers utilized bulls with greater genetic potential to produce 1800 head of calves to increase returns by $48600.

80 beef producers utilized hay feeding rings to feed 16000 bales and improved feeding methods to reduce wastage/spoilage, saving $80000.

60 beef producers utilized improved marketing methods to market 1800 head of calves to increase returns by $9000.

0 classrooms adopted this program.

60 corn producers increased their knowledge of recommended agronomic practices and
understanding of their benefits and use.
40 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
44 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
0 cotton producers report a $0 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
44 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
70 now feel a sense of responsibility toward their school and community.
76 now have a sense of pride about their school and community.
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.
40 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 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 about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
60 of 60 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
60 of 60 parents/caregivers learned about issues related to stages of child development.
80 of 100 parents/caregivers report an increase in use of appropriate child guidance techniques.
80 of 100 parents/caregivers report an increase in use of positive communication techniques with their children.
60 of 60 parents/caregivers report feeling better about their abilities as parents.
40 of 60 parents/caregivers report feeling less stressed as parents.
60 of 60 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
40 of 60 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.
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.

24 of 24 participants ate more whole grains.

0 of 0 participants chose fast foods or take-out foods less often.

24 of 24 participants decreased consumption of high-sugar foods.

20 of 24 participants eat at least six meals together as a family each week.

50 of 50 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

60 of 60 participants feel more confident when taking care of young children.

60 of 60 participants feel more equipped to facilitate activities with the children they babysit.

0 of 0 participants improved their blood pressure.

0 of 0 participants improved their blood sugar.

0 of 0 participants improved their cholesterol levels.

0 of 0 participants improved their triglyceride levels.

60 of 60 participants increased their knowledge on health and safety topics when babysitting young children.

70 of 70 participants learned culinary skills.

24 of 24 participants lost weight: 360 total pounds lost.

100 of 100 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)

60 of 60 participants report they feel more prepared to handle emergencies while babysitting.

0 of 0 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)

70 of 70 participants use healthy food preparation techniques.

24 of 24 participants use labels to make healthier choices.
60 of 60 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.
40 of 40 teachers reported preschool children in their classes were more actively engaged in physical activity.
30 of 40 teachers reported preschool children in their classes were more willing to taste fruit.
30 of 40 teachers reported preschool children in their classes were more willing to taste vegetables.
30 of 40 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
40 of 40 teachers reported using physical activities from Healthy Steps at least three times per week.
292 parents/caregivers learned effective communication techniques to use with their children.
292 parents/caregivers learned strategies for dealing with parenting stress.
0 producers planted 0 acres with clover for an increased production valued at $FRM.
4 producers planted 80 acres with warm-season grasses for an added value of $1600.
200 producers sprayed 20000 acres for broadleaf weed control for an increased production valued at $800000.
40 producers stockpiled 2000 acres of tall fescue, reducing feeding cost by $80000.
0 schools adopted this program.
66 would assist with or participate in elections, voting and campaigns.
74 youth are better able to understand and follow directions.
48 youth are now better listeners.
76 youth believe that a team can accomplish more than an individual.
74 youth believe that people working together can help others less fortunate.
30 youth break goals down into steps so they can check their progress.
124 youth can assist a group in deciding on team plans for reaching goals.
72 youth can conduct a meeting.
56 youth can deal with their nervousness when giving a speech or talk.
60 youth can explain an idea to others.
76 youth can express ideas with a poster, exhibit or other display.
42 youth can give an informative speech or presentation.
136 youth can now share their ideas through writing.
58 youth can select a topic for a speech or talk.
42 youth can show enthusiasm when giving a speech or presentation.
62 youth can speak loudly enough to be heard when giving a speech or talk.
72 youth can use technology to help themselves express ideas.
68 youth enjoy working with others toward a common goal.
38 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
42 youth give a 2-3 minute speech or presentation.
46 youth have a goal set for their job or career.
32 youth have explored careers in communications.
70 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.
58 youth have set a goal for their job or career.
40 youth know how to organize the parts of a speech or presentation.
284 youth now encourage other team members to give their best effort.
120 youth now get information about a problem.
92 youth now report that they can justify their decision.
96 youth now report that they have confidence making their own decisions.
52 youth now report that they make a decision by thinking about what a person of good character would do.
80 youth now report that they think about past choices when making new decisions.
80 youth now report that they use more than one source of information in making choices.
44 youth now report that they use standards in making choices.
76 youth now report that when making a decision, they think about what does the most good for the most people.
68 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.
92 youth now report they consider the risks of their choices.
96 youth now report they think about the truthfulness of sources of information when making choices.
60 youth now set high goals that require work to achieve them.
150 youth now think it’s important to listen to all group members before making a decision.
104 youth now want to see other team members succeed even if they achieve more than themselves.
70 youth now work to achieve their goals.
48 youth put their goals in writing.
70 youth report being able to break tough jobs down into simpler tasks.
54 youth report being able to resolve problems without losing control of their emotions.
34 youth report being sensitive to the feelings of others when discussing and solving problems.
44 youth report that they are comfortable being responsible for a group.
64 youth report that they are now comfortable being a group leader.
82 youth report that they can now cooperate and work in a group.
68 youth report that they can now give clear directions.
32 youth report that they have developed confidence to speak in front of groups.
64 youth report that they know how to set goals and they use that ability when leading a group.
72 youth report that they learned about important leaders who contributed to our nation.
54 youth report that they make sure everyone gets an opportunity to say what they think.
66 youth report that they now achieve goals they set for themselves.
58 youth report that they now like to work with others and help them reach their goals.
50 youth report that they take their jobs seriously as members of a committee.
74 youth report that when in charge of a group, they treat everyone fairly and equally.
46 youth report they can now keep records.
24 youth report they have improved photography skills.
34 youth report they have learned skills in visual communications.
72 youth report using enthusiasm to get a group working.
52 youth seek out others who can help them become a better leader.
48 youth set deadlines to achieve their goals.
52 youth set high goals.
78 youth think that everyone on the team is important.
72 youth think they can make a big difference in their community by helping others.
74 youth think they have something to contribute to the worth of the team.
120 youth try to get as much assistance as they can when working toward their goal.
72 youth understand how community leaders are elected to office.
80 youth understand that other ideas may be just as important as their own.
100 youth who are now making plans to achieve their goals.
18 youth who have put their goal(s) in writing.
64 youth who keep trying if they do not achieve their goal the first time.
148 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.
96 youth who report they now try to identify what causes a problem.
26 youth who work out the details when others set goals for them.

Loudon County

Hours for Extension Personnel

| Hours Spend | 4878 |

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>104</td>
<td>3449</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>449</td>
<td>3874</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>477</td>
<td>10529</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>66</td>
<td>538</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1096</strong></td>
<td><strong>18390</strong></td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>32</td>
<td>1107</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>29</td>
<td>1250000</td>
</tr>
<tr>
<td>Other</td>
<td>10</td>
<td>1150</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>9</td>
<td>7529</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>5</td>
<td>1000000</td>
</tr>
</tbody>
</table>
### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female Adult</strong></td>
<td>4404</td>
<td>307</td>
<td>303</td>
<td>51</td>
<td>57</td>
<td>5122</td>
</tr>
<tr>
<td><strong>Female Youth</strong></td>
<td>4014</td>
<td>307</td>
<td>366</td>
<td>67</td>
<td>60</td>
<td>4814</td>
</tr>
<tr>
<td><strong>Male Adult</strong></td>
<td>2967</td>
<td>245</td>
<td>226</td>
<td>68</td>
<td>67</td>
<td>3573</td>
</tr>
<tr>
<td><strong>Male Youth</strong></td>
<td>4185</td>
<td>291</td>
<td>269</td>
<td>82</td>
<td>54</td>
<td>4881</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>15570</td>
<td>1150</td>
<td>1164</td>
<td>268</td>
<td>238</td>
<td>18390</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

**Hours Spend**

1336

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>6</td>
<td>645000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
### Radio Program(s)

<table>
<thead>
<tr>
<th>Radio Program(s)</th>
<th>0</th>
<th>0</th>
</tr>
</thead>
</table>

### Social Media

<table>
<thead>
<tr>
<th>Social Media</th>
<th>0</th>
<th>0</th>
</tr>
</thead>
</table>

### TV Program(s)

<table>
<thead>
<tr>
<th>TV Program(s)</th>
<th>1</th>
<th>10000</th>
</tr>
</thead>
</table>

### Total

<table>
<thead>
<tr>
<th>Total</th>
<th>7</th>
<th>655000</th>
</tr>
</thead>
</table>

---

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>695</td>
<td>68</td>
<td>121</td>
<td>16</td>
<td>17</td>
<td>917</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1827</td>
<td>195</td>
<td>166</td>
<td>33</td>
<td>33</td>
<td>2254</td>
</tr>
<tr>
<td>Male Adult</td>
<td>411</td>
<td>59</td>
<td>74</td>
<td>12</td>
<td>23</td>
<td>579</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1815</td>
<td>83</td>
<td>121</td>
<td>30</td>
<td>29</td>
<td>2078</td>
</tr>
<tr>
<td>Total</td>
<td>4748</td>
<td>405</td>
<td>482</td>
<td>91</td>
<td>102</td>
<td>5828</td>
</tr>
</tbody>
</table>

---

### Outcomes

The economic impact of Extension leadership programs was $140,000 in increased revenue, one-time capital improvements and secured resources.

144 beef producers sold 4383 calves managed according to BQA guidelines to increase returns by $35,064.

105 beef producers stored 15,780 large, round bales under some type of cover to increase returns by $94,680.

69 beef producers utilized bulls with greater genetic potential to produce 2415 head of calves to increase returns by $65,205.

336 beef producers utilized hay feeding rings to feed 50,150 bales and improved feeding methods to reduce wastage/spoilage, saving $250,750.
144 beef producers utilized improved marketing methods to market 4383 head of calves to increase returns by $21915.
8 of 21 adults wash hands more often.
268 of 490 better understood their parents' concerns about money.
112 of 342 checked their credit report.
342 of 342 gained skill in evaluating their housing options.
116 of 490 made a change in career or educational goals.
342 of 342 participants analyzed their readiness for home ownership.
12 of 44 participants are better able to manage their living environments.
36 of 44 participants are better able to store and prepare foods to keep them safe to consume.
38 of 44 participants are more confident in relationships with family and friends.
24 of 65 participants ate more whole grains.
148 of 832 participants began or increased savings an average of $134 per month.
268 of 490 participants better understood their parent's concerns about money.
0 of 0 participants chose fast foods or take-out foods less often.
120 of 490 participants communicated with other family members about financial matters.
36 of 44 participants decreased consumption of high-sugar foods.
216 of 342 participants determined how much they could pay for a home.
36 of 342 participants determined how to better balance their investments among pre-tax and after-tax options.
44 of 44 participants eat at least six meals together as a family each week.
12 of 21 participants eat more fat-free or low-fat dairy products.
24 of 44 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
292 of 490 participants felt more strongly that they needed to get a good education.
224 of 490 participants felt more strongly that they needed to pay attention to their financial future.
36 of 342 participants felt that they were taking better advantage of the investment options offered by their employer.
226 of 832 participants followed a spending plan.
290 of 342 participants gained better understanding of the mortgage process.
3 of 21 participants increased physical activity.
252 of 490 participants increased their financial management skills.
236 of 342 participants kept a record of spending.
0 of 44 participants know better how to manage and protect their assets for a secure
356 of 490 participants learned better how to plan their spending.
0 of 0 participants learned culinary skills.
330 of 490 participants learned how education will affect the kind of job they can get.
350 of 490 participants learned how having a family can affect their lifestyle.
360 of 490 participants learned how much money it takes to get by.
366 of 490 participants learned how occupation and income will affect their lifestyle.
368 of 490 participants learned how payroll deductions are taken from gross pay.
400 of 490 participants learned how to keep a checkbook register.
454 of 490 participants learned how to write a check.
0 of 44 participants lost weight: 0 total pounds lost.
128 of 490 participants made a change in financial behavior.
402 of 832 participants made a spending plan.
140 of 490 participants made changes to their future plans.
12 of 21 participants now eat more vegetables.
114 of 490 participants planned to change their career goals.
408 of 490 participants planned to get more education after high school.
250 of 342 participants purchased a home.
36 of 342 participants reduced debt an average of $40 per month.
18 of 21 participants refrigerate perishable foods within two hours.
18 of 21 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
342 of 342 participants successfully completed homebuyer education requirements.
125 of 150 participants surveyed increased personal involvement in community activities.
135 of 150 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
140 of 150 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
3 of 21 participants surveyed used a thermometer to check the internal temperature of food.
2 of 21 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
124 of 490 participants talked about financial goals with their parents or others.
40 of 44 participants understand the special nutritional needs of the elderly.
0 of 0 participants use healthy food preparation techniques.
36 of 44 participants use labels to make healthier choices.
20 of 21 participants who now select foods and beverages that promote healthy weight.
174 of 832 participants worked toward new savings or investment goals.
16 of 20 teachers reported preschool children in their classes were more actively engaged in physical activity.
20 of 20 teachers reported preschool children in their classes were more willing to taste fruit.
14 of 20 teachers reported preschool children in their classes were more willing to taste vegetables.
20 of 20 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
20 of 20 teachers reported using physical activities from Healthy Steps at least three times per week.
332 of 342 tracked their spending.
36 of 342 worked toward new savings, investment or retirement goals.
0 of 0 youth now wash hands more often.
172 youth are better able to understand and follow directions.
134 youth can analyze the results of a scientific investigation.
146 youth can ask a question that can be answered by collecting data.
94 youth can design a scientific procedure to answer a question.
198 youth can express ideas with a poster, exhibit or other display.
244 youth can now share their ideas through writing.
148 youth can record data accurately.
164 youth can use specific scientific knowledge to form a question.
158 youth can use technology to help themselves express ideas.
152 youth have learned at least five jobs in which communication skills are important.
124 youth have set a goal for their job or career.
156 youth now set high goals that require work to achieve them.
192 youth report that they now achieve goals they set for themselves.
226 youth who are now making plans to achieve their goals.
246 youth who have put their goal(s) in writing.

**Macon County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>5452</td>
</tr>
</tbody>
</table>
## Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>731</td>
<td>1927</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>711</td>
<td>4515</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>476</td>
<td>15556</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>905</td>
<td>2419</td>
</tr>
<tr>
<td>Total</td>
<td>2823</td>
<td>24417</td>
</tr>
</tbody>
</table>

## Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>54</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>169</td>
<td>24000</td>
</tr>
<tr>
<td>Other</td>
<td>107</td>
<td>5</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>17</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>69</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>416</td>
<td>24005</td>
</tr>
</tbody>
</table>

## Contacts for Extension Employees

<table>
<thead>
<tr>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>Age</td>
<td>Number</td>
<td>Methods</td>
<td>Contacts Reached</td>
<td>Total</td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td>---------</td>
<td>------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Female</td>
<td>Adult</td>
<td>3690</td>
<td>0</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td>Female</td>
<td>Youth</td>
<td>7053</td>
<td>6</td>
<td>41</td>
<td>1</td>
</tr>
<tr>
<td>Male</td>
<td>Adult</td>
<td>7275</td>
<td>13</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Male</td>
<td>Youth</td>
<td>6279</td>
<td>6</td>
<td>42</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>24297</td>
<td>25</td>
<td>94</td>
<td>1</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

348

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>19</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>73</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>51</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>35</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>178</td>
<td>0</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of</th>
<th>Black/Not of</th>
<th>Hispanic</th>
<th>Asian/Pacific</th>
<th>American Indian/</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hispanic Origin</td>
<td>Hispanic Origin</td>
<td>Islander</td>
<td>Alaskan Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>-----------------</td>
<td>-----------------</td>
<td>----------</td>
<td>----------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>112</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>112</td>
<td></td>
</tr>
<tr>
<td>Female Youth</td>
<td>361</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>361</td>
<td></td>
</tr>
<tr>
<td>Male Adult</td>
<td>75</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>75</td>
<td></td>
</tr>
<tr>
<td>Male Youth</td>
<td>348</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>348</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>896</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>896</td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

2 4-H clubs were met by volunteers.
0 4-H judging teams were coached by volunteers.
3 4-H project groups were met by volunteers.
6 4-H volunteers utilized volunteer position descriptions.
6000 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 registered pesticides at appropriate application rates and timings.
6000 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).
12000 acres were planted with university-tested varieties.
8000 acres with field rouged, plowed or destroyed within 30 days after harvest.
92 are concerned about problems in their community.
70 beef producers sold 1600 calves managed according to BQA guidelines to increase returns by $12800.
70 beef producers stored 10000 large, round bales under some type of cover to increase returns by $60000.
70 beef producers utilized bulls with greater genetic potential to produce 1600 head of calves to increase returns by $43200.
70 beef producers utilized hay feeding rings to feed 10000 bales and improved feeding methods to reduce wastage/spoilage, saving $50000.
70 beef producers utilized improved marketing methods to market 1600 head of calves to increase returns by $8000.
5 new 4-H volunteers were recruited this year.
96 now feel a sense of responsibility toward their school and community.
94 now have a sense of pride about their school and community.
100 of 1200 made a change in career or educational goals.
10 of 10 parents of teens learned how to generate a healthy discussion within their family about sexuality, values, feelings and decision making.
10 of 10 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building.
10 of 10 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)
10 of 10 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
10 of 10 parents/caregivers learned about issues related to stages of child development.
8 of 10 parents/caregivers report an increase in use of appropriate child guidance techniques.
9 of 10 parents/caregivers report an increase in use of positive communication techniques with their children.
8 of 10 parents/caregivers report feeling better about their abilities as parents.
9 of 10 parents/caregivers report feeling less stressed as parents.
10 of 10 parents/caregivers report showing increased affection toward their children.
0 of 0 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
5 of 10 parents/caregivers report talking, singing, and playing more with their children than before the program.
0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
7 of 10 parents/caregivers reported reading at least three times per week to their children.
0 of 0 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)

4 of 10 parents/caregivers reported visiting the library more than before the program.

0 of 0 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)

120 of 167 participants are applying health eating principles when making food decisions six months after completing the program.

105 of 167 participants are better self-managers of their chronic condition six months after completing the program.

105 of 167 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

105 of 167 participants are physically active six months after completing the program.

167 of 167 participants are using the UT Med Minder card to keep a record of their medications.

1160 of 1200 participants became more aware of the importance of starting to save and invest early in life.

400 of 1200 participants began or increased savings an average of $10 per month.

155 of 167 participants can apply health eating principles when making daily food decisions.

446 of 446 participants can apply joint protection techniques.

150 of 167 participants can better control their chronic condition with self-management techniques.

440 of 446 participants can use relaxation techniques to better manage their arthritis symptoms.

600 of 1200 participants communicated with other family members about financial matters.

130 of 167 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

400 of 446 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.

100 of 150 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

95 of 167 participants feel confident using the Take PART technique when talking to their health care provider.

1000 of 1200 participants felt more confident that they could build wealth.

155 of 167 participants have fewer visits to the emergency room six months after completing the program.

400 of 446 participants have improved their arthritis symptoms as a result of participating in
this program.
350 of 446 participants have less arthritis symptoms from their arthritis six months after completing the program.
140 of 167 participants have less pain from their chronic condition six months after completing the program.
85 of 167 participants have used the Take PART technique when talking to their health care provider.
300 of 446 participants improved their balance six months after completing the program.
200 of 446 participants improved their flexibility six months after completing the program.
300 of 446 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
350 of 446 participants improved their range of motion in their joints six months after completing the program.
600 of 1200 participants increased their financial management skills.
120 of 150 participants know what cancer screenings they need according to their age and gender.
800 of 1200 participants learned how education will affect the kind of job they can get.
1200 of 1200 participants learned the difference between wants and needs.
700 of 1200 participants made a change in financial behavior.
1160 of 1200 participants now understand the difference between a need and a want.
135 of 167 participants plan to exercise more often to help manage their chronic condition.
150 of 150 participants plan to get age and gender appropriate cancer screenings.
167 of 167 participants plan to use the UT Med Minder card to keep a record of their medications.
800 of 1200 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
150 of 446 participants take fewer medications for arthritis symptoms six months after completing the program.
400 of 1200 participants talked about financial goals with their parents or others.
150 of 150 participants understand that cancer screening and early detection can save their life.
155 of 167 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.
440 of 446 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
150 of 150 participants understand women age 40 and older should have a mammogram.
150 of 150 participants understand women of all ages need a Pap test.
900 of 1200 participants understood the dangers of using too much credit.
95 of 167 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
300 of 1200 participants worked toward new savings or investment goals.
900 of 1200 participants understood the dangers of using too much credit.
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.
10 parents/caregivers learned effective communication techniques to use with their children.
10 parents/caregivers learned strategies for dealing with parenting stress.
8000000 pounds of burley marketed in large bale packages.
0 pounds of burley stripped properly according to buyer specifications.
10 producers planted 1600 acres with clover for an increased production valued at $48000.
6 producers planted 100 acres with warm-season grasses for an added value of $2000.
70 producers sprayed 1600 acres for broadleaf weed control for an increased production valued at $64000.
4 producers stockpiled 100 acres of tall fescue, reducing feeding cost by $4000.
22 times TEAM UP exchanged ideas or shared information.
12 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).
120 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
120 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
120 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
120 tobacco producers increased their knowledge of training workers and pesticide handlers
including the areas of pre-harvest intervals, restricted entry intervals and worker protection standards.

6 volunteer leaders increased their knowledge of positive youth development.

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

120 youth are better able to understand and follow directions.

60 youth are now better listeners.

56 youth are willing to try new things.

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

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

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

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

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

0 youth can combine and build on the ideas of others when making decisions that affect the team.

15 youth can conduct a meeting.

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

0 youth can effectively encourage team members to achieve long-range goals.

6 youth can explain an idea to others.

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

15 youth can give an informative speech or presentation.

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

240 youth can now share their ideas through writing.

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

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

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

0 youth can use compromise as a way to overcome conflict with other team members.

0 youth can use effective communication as a way to overcome conflict with team members.

132 youth can use technology to help themselves express ideas.

44 youth consider themselves to be a person of character.

0 youth effectively encourage others to stay on task in a team.

48 youth encourage others to be honest and trustworthy.

184 youth enjoy working with others toward a common goal.

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

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

20 youth have a goal set for their job or career.
12 youth have explored careers in communications.
100 youth have learned at least five jobs in which communication skills are important.
204 youth have learned new skills and ways of doing things by participating in groups.
32 youth have set goals for their long-term future.
13 youth know how to organize the parts of a speech or presentation.
360 youth now encourage other team members to give their best effort.
68 youth now get information about a problem.
22 youth now report that they can justify their decision.
28 youth now report that they have confidence making their own decisions.
24 youth now report that they think about past choices when making new decisions.
38 youth now report that when making a decision, they think about what does the most good for the most people.
40 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.
210 youth now think it's important to listen to all group members before making a decision.
174 youth now want to see other team members succeed even if they achieve more than themselves.
80 youth now work to achieve their goals.
104 youth put their goals in writing.
8 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.
6 youth report being sensitive to the feelings of others when discussing and solving problems.
52 youth report helping others in need.
72 youth report telling the difference between right and wrong.
72 youth report that now they try to do the right thing.
4 youth report that they are comfortable being responsible for a group.
20 youth report that they are now comfortable being a group leader.
50 youth report that they can now cooperate and work in a group.
18 youth report that they can now give clear directions.
48 youth report that they consider others when making decisions.
15 youth report that they have developed confidence to speak in front of groups.
48 youth report that they know how to make good decisions.
25 youth report that they know how to set goals and they use that ability when leading a group.
114 youth report that they learned about important leaders who contributed to our nation.
64 youth report that they like to accomplish things on their own.
20 youth report that they make sure everyone gets an opportunity to say what they think.
48 youth report that they now consider the possible consequences before making decisions.
104 youth report that they now continue to work toward their goals, even if they do not at first succeed.
16 youth report that they now like to work with others and help them reach their goals.
64 youth report that they now set high expectations for their own behavior.
10 youth report that they take their jobs seriously as members of a committee.
12 youth report that when in charge of a group, they treat everyone fairly and equally.
4 youth report they are now "accomplished public speakers."
4 youth report they can give an impromptu speech.
6 youth report they can now express their opinions in speeches or presentations.
60 youth report they can now keep records.
60 youth report they have improved photography skills.
44 youth report they have learned skills in visual communications.
96 youth report they now take responsibility for the decisions they make.
12 youth report using enthusiasm to get a group working.
4 youth seek out others who can help them become a better leader.
40 youth set deadlines to achieve their goals.
76 youth set high goals.
194 youth think that everyone on the team is important.
116 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
80 youth try to get as much assistance as they can when working toward their goal.
120 youth understand how community leaders are elected to office.
184 youth understand that other ideas may be just as important as their own.
44 youth who keep trying if they do not achieve their goal the first time.
78 youth who report that they have learned that some choices are better than others.
82 youth who report they can make a decision.
88 youth who report they now listen to people with more experience than themselves.
64 youth who report they now try to identify what causes a problem.
28 youth who work out the details when others set goals for them.

Madison County
### Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1985</td>
<td>4323</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>3693</td>
<td>14121</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>4846</td>
<td>59067</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>7771</td>
<td>40289</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>18295</strong></td>
<td><strong>117800</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>107</td>
<td>30471</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>42034</td>
<td>918631</td>
</tr>
<tr>
<td>Other</td>
<td>851</td>
<td>224535</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>6484</td>
<td>14042</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>30</td>
<td>535644</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>100037</td>
<td>1339000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>149543</strong></td>
<td><strong>3062323</strong></td>
</tr>
</tbody>
</table>
## Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>8641</td>
<td>4564</td>
<td>42</td>
<td>15</td>
<td>3</td>
<td>13265</td>
</tr>
<tr>
<td>Female Youth</td>
<td>24741</td>
<td>21999</td>
<td>595</td>
<td>168</td>
<td>0</td>
<td>47503</td>
</tr>
<tr>
<td>Male Adult</td>
<td>6309</td>
<td>2084</td>
<td>47</td>
<td>2</td>
<td>1</td>
<td>8443</td>
</tr>
<tr>
<td>Male Youth</td>
<td>24426</td>
<td>23227</td>
<td>691</td>
<td>244</td>
<td>1</td>
<td>48589</td>
</tr>
<tr>
<td>Total</td>
<td>64117</td>
<td>51874</td>
<td>1375</td>
<td>429</td>
<td>5</td>
<td>117800</td>
</tr>
</tbody>
</table>

## Hours for Volunteers

| Hours Spend | 2702 |

## Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>65</td>
<td>17139</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>13</td>
<td>3000</td>
</tr>
<tr>
<td>Other</td>
<td>109</td>
<td>243</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>1000</td>
</tr>
</tbody>
</table>
TV Program(s) 5 5000
Total 194 26382

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>874</td>
<td>459</td>
<td>22</td>
<td>11</td>
<td>0</td>
<td>1366</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5580</td>
<td>4774</td>
<td>114</td>
<td>23</td>
<td>42</td>
<td>10533</td>
</tr>
<tr>
<td>Male Adult</td>
<td>659</td>
<td>276</td>
<td>5</td>
<td>5</td>
<td>0</td>
<td>945</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4840</td>
<td>4701</td>
<td>76</td>
<td>20</td>
<td>69</td>
<td>9706</td>
</tr>
<tr>
<td>Total</td>
<td>11953</td>
<td>10210</td>
<td>217</td>
<td>59</td>
<td>111</td>
<td>22550</td>
</tr>
</tbody>
</table>

**Outcomes**

Producers increased corn yield by 17 bushels/acre by selecting top yielding varieties on 20284 acres of corn increasing their income by 51.
Producers increased yield by 1 bushels by selecting top yielding varieties on 22540 acres of soybeans, earning an extra $7.
Producers increased yield by 1 bushels by selecting top yielding varieties on 8200 acres of wheat, earning an extra $5.
Producers increased yield by 122 pounds by selecting top yielding varieties on 34960 acres of cotton, earning an extra $FRM.
14600 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
6884 acres of corn scouted by a UT-trained scout to help make crop management decisions.
24000 acres of cotton scouted by a producer or independent crop consultant to help make crop
management decisions.
10960 acres of cotton scouted by a UT-trained scout to help make crop management decisions.
13000 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
9540 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
81984 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
146 are concerned about problems in their community.
100 beef producers sold 5000 calves managed according to BQA guidelines to increase returns by $40000.
120 beef producers stored 48000 large, round bales under some type of cover to increase returns by $288000.
100 beef producers utilized bulls with greater genetic potential to produce 5000 head of calves to increase returns by $135000.
120 beef producers utilized hay feeding rings to feed 24000 bales and improved feeding methods to reduce wastage/spoilage, saving $120000.
50 beef producers utilized improved marketing methods to market 2500 head of calves to increase returns by $12500.
60 consumers learned about plant selection and proper planting to save money and time in the landscape.
61 consumers learned how to apply landscape fertilizers and pesticides safely.
54 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.
109 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.
109 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
45 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
45 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.  
45 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.  
8 dial-gauge lids were tested.  
75 home lawn insect, disease and weed samples submitted for identification and control recommendations.  
75 home lawn soil samples submitted for testing.  
75 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.  
19 homeowners established new turfgrass species and varieties.  
75 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.  
15 Master Gardeners have used the knowledge and skills they learned in this program to assist 25 people in turf selection or management.  
55 Master Gardeners have used the knowledge and skills they learned in this program to assist 94 people to control pests through integrated pest management.  
54 Master Gardeners have used the knowledge and skills they learned in this program to assist 103 people to identify pests and/or the damage they cause.  
47 Master Gardeners have used the knowledge and skills they learned in this program to assist 70 people to identify symptoms of plant disease.  
66 Master Gardeners have used the knowledge and skills they learned in this program to assist 124 people to improve soil through soil test results.  
174 now feel a sense of responsibility toward their school and community.  
146 now have a sense of pride about their school and community.  
0 of 0 better understood basic insurance needs.  
920 of 929 better understood credit reporting and scoring.  
22 of 30 better understood their parents' concerns about money.  
0 of 0 checked their credit report.  
50 of 64 homeowners increased their knowledge of fire ant management.  
923 of 929 identified ways to reduce spending.  
0 of 0 learned better how to communicate with creditors.  
0 of 0 learned how to better manage stress caused by financial issues.  
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.  
0 of 0 learned how to properly maintain and store household financial records.  
0 of 0 learned who to pay first if they can't pay everything.  
0 of 0 participants ate more whole grains.
0 of 0 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 $286 per month.

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

26 of 30 participants better understood their parent’s concerns about money.

12 of 17 participants chose fast foods or take-out foods less often.

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

26 of 30 participants felt more strongly that they needed to get a good education.

25 of 30 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.

919 of 929 participants gained skill in making a spending plan.

0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.

941 of 966 participants increased their financial management skills.

0 of 0 participants kept a record of spending.

25 of 30 participants learned better how to plan their spending.

135 of 140 participants learned culinary skills.

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

23 of 30 participants learned how having a family can affect their lifestyle.

26 of 30 participants learned how much money it takes to get by.

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

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

16 of 30 participants learned how to keep a checkbook register.

27 of 30 participants learned how to write a check.

13 of 21 participants lost weight: 190 total pounds lost.

0 of 0 participants made a spending plan.

27 of 30 participants made changes to their future plans.
15 of 30 participants planned to change their career goals.
28 of 30 participants planned to get more education after high school.
3 of 3 participants reduced debt an average of $310 per month.
896 of 929 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
929 of 929 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 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 understood the dangers of using too much credit.
50 of 50 participants use healthy food preparation techniques.
22 of 23 participants use labels to make healthier choices.
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 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
0 participants process high-acid foods in a water bath canner.
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.
100 producers planted 6000 acres with clover for an increased production valued at $180000.
12 producers planted 600 acres with warm-season grasses for an added value of $12000.
0 producers report a 0% increase in wheat yield by using recommended crop management strategies for insects, weeds or plant diseases.
120 producers sprayed 12000 acres for broadleaf weed control for an increased production valued at $480000.
100 producers stockpiled 10000 acres of tall fescue, reducing feeding cost by $400000.
101 producers utilized UT fertility recommendations.
62 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.
101 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
40 wheat producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
50 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.
50 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
148 would assist with or participate in elections, voting and campaigns.
244 youth believe that people working together can help others less fortunate.
910 youth can conduct a meeting.
300 youth can correctly classify most foods using the MyPyramid guidelines.
1134 youth can deal with their nervousness when giving a speech or talk.
906 youth can explain an idea to others.
300 youth can now read and compare the nutrition labels of snack foods they like to eat.
1354 youth can select a topic for a speech or talk.
1354 youth can speak loudly enough to be heard when giving a speech or talk.
466 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1536 youth now get information about a problem.
284 youth now realize they need to eat breakfast everyday.
244 youth now report they are concerned about the well-being of others.
275 youth now think about their food choices and how those choices affect their health.
300 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.
644 youth report that they are now comfortable being a group leader.
506 youth report that they can now cooperate and work in a group.
244 youth report that they can now give clear directions.
505 youth report that they know how to set goals and they use that ability when leading a group.
148 youth report that they learned about important leaders who contributed to our nation.
330 youth report that they make sure everyone gets an opportunity to say what they think.
244 youth report that they now like to work with others and help them reach their goals.
1216 youth report that they take their jobs seriously as members of a committee.
727 youth report that when in charge of a group, they treat everyone fairly and equally.
244 youth report using enthusiasm to get a group working.
244 youth think they can make a big difference in their community by helping others.
244 youth understand how community leaders are elected to office.
466 youth who report that they have learned that some choices are better than others.
490 youth who report they can make a decision.
424 youth who report they now listen to people with more experience than themselves.
246 youth who report they now try to identify what causes a problem.

Marion County

Hours for Extension Personnel

**Hours Spend**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>2805</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>319</td>
<td>325</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>806</td>
<td>1672</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>513</td>
<td>10744</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>140</td>
<td>142</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1778</strong></td>
<td><strong>12883</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>30</td>
<td>3152</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>29</td>
<td>42000</td>
</tr>
<tr>
<td>Other</td>
<td>8</td>
<td>1275</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>13</td>
<td>31</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>3</td>
<td>3000</td>
</tr>
<tr>
<td>Total</td>
<td>83</td>
<td>49458</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2281</td>
<td>110</td>
<td>10</td>
<td>2</td>
<td>0</td>
<td>2403</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4279</td>
<td>299</td>
<td>67</td>
<td>31</td>
<td>0</td>
<td>4676</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1648</td>
<td>61</td>
<td>6</td>
<td>4</td>
<td>0</td>
<td>1719</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3739</td>
<td>234</td>
<td>58</td>
<td>54</td>
<td>0</td>
<td>4085</td>
</tr>
<tr>
<td>Total</td>
<td>11947</td>
<td>704</td>
<td>141</td>
<td>91</td>
<td>0</td>
<td>12883</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>240</td>
</tr>
</tbody>
</table>
**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Youth</td>
<td>189</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>0</td>
<td>198</td>
</tr>
<tr>
<td>Male Youth</td>
<td>115</td>
<td>5</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>123</td>
</tr>
<tr>
<td>Total</td>
<td>304</td>
<td>10</td>
<td>2</td>
<td>5</td>
<td>0</td>
<td>321</td>
</tr>
</tbody>
</table>

**Outcomes**

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

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)

8 of 8 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)
120 of 132 parents/caregivers increased knowledge of age and situation appropriate child
guidance strategies
124 of 132 parents/caregivers learned about issues related to stages of child development.
20 of 20 parents/caregivers report an increase in use of appropriate child guidance techniques.
20 of 20 parents/caregivers report an increase in use of positive communication techniques with
their children.
20 of 20 parents/caregivers report feeling better about their abilities as parents.
20 of 20 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)
236 of 240 participants feel more confident when taking care of young children.
236 of 240 participants feel more equipped to facilitate activities with the children they babysit.
240 of 240 participants increased their knowledge on health and safety topics when babysitting
young children.
240 of 240 participants report they feel more prepared to handle emergencies while babysitting.
120 of 123 participants surveyed increased personal involvement in community activities.
123 of 123 participants surveyed increased their awareness of economic, social and
environmental issues impacting their communities.
123 of 123 participants surveyed increased their knowledge of community assets, development
opportunities and/or programs available to their community.
150 of 150 respondents plan to decrease exposure of their children to parental conflict.
150 of 150 respondents report understanding the importance of working together for the sakes
of their children.
150 parents/caregivers learned effective communication techniques to use with their children.
150 parents/caregivers learned strategies for dealing with parenting stress.
196 youth are confident they can work through a disagreement without using violence.
90 youth believe that a team can accomplish more than an individual.
96 youth believe that people working together can help others less fortunate.
96 youth can assist a group in deciding on team plans for reaching goals.
200 youth can complete projects they are proud of.
90 youth can conduct a meeting.
96 youth enjoy working with others toward a common goal.
200 youth feel comfortable asking others to help on a project.
96 youth have learned new skills and ways of doing things by participating in groups.
200 youth like to work with others to complete projects.
192 youth now encourage other team members to give their best effort.
200 youth now get information about a problem.
180 youth now report that they can justify their decision.
190 youth now report that they have confidence making their own decisions.
200 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.
200 youth now report that they use more than one source of information in making choices.
180 youth now report that they use standards in making choices.
200 youth now report that when making a decision, they think about what does the most good for the most people.
196 youth now report that when they make a decision, they think about what a person of character would do.
200 youth now report they consider the risks of their choices.
200 youth now report they think about the truthfulness of sources of information when making choices.
96 youth now think it's important to listen to all group members before making a decision.
96 youth now want to see other team members succeed even if they achieve more than themselves.
90 youth report being able to break tough jobs down into simpler tasks.
84 youth report being able to resolve problems without losing control of their emotions.
96 youth report being sensitive to the feelings of others when discussing and solving problems.
196 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
90 youth report that they are comfortable being responsible for a group.
90 youth report that they are now comfortable being a group leader.
96 youth report that they can now cooperate and work in a group.
90 youth report that they can now give clear directions.
200 youth report that they can now identify their personal interests and strengths.
190 youth report that they have learned to win and lose gracefully when participating in competitive events.
96 youth report that they know how to set goals and they use that ability when leading a group.
72 youth report that they learned about important leaders who contributed to our nation.
96 youth report that they make sure everyone gets an opportunity to say what they think.
90 youth report that they now like to work with others and help them reach their goals.
96 youth report that they take their jobs seriously as members of a committee.
96 youth report that when in charge of a group, they treat everyone fairly and equally.
200 youth report that when they disagree with someone, they can stand up for themselves without using violence.
90 youth report using enthusiasm to get a group working.
90 youth seek out others who can help them become a better leader.
96 youth think that everyone on the team is important.
96 youth think they can make a big difference in their community by helping others.
96 youth think they have something to contribute to the worth of the team
78 youth understand how community leaders are elected to office.
96 youth understand that other ideas may be just as important as their own.
200 youth understand that they cannot always be "the best" in everything.
200 youth who report that they have learned that some choices are better than others.
200 youth who report they can make a decision.
200 youth who report they now listen to people with more experience than themselves.
200 youth who report they now try to identify what causes a problem.

---

**Marshall County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>2843</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Methods Reached

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>333</td>
<td>1710</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2618</td>
<td>27610</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>351</td>
<td>18352</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>321</td>
<td>2897</td>
</tr>
<tr>
<td>Total</td>
<td>3623</td>
<td>50569</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>6</td>
<td>541</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>9</td>
<td>60000</td>
</tr>
<tr>
<td>Other</td>
<td>147</td>
<td>34788</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>88</td>
<td>9901</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>5</td>
<td>37000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>255</td>
<td>142230</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Gender/Age</th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>8947</td>
<td>699</td>
<td>267</td>
<td>12</td>
<td>1</td>
<td>9926</td>
</tr>
<tr>
<td></td>
<td>Female Youth</td>
<td>Male Adult</td>
<td>Male Youth</td>
<td>Total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>--------------</td>
<td>------------</td>
<td>------------</td>
<td>-------</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9119</td>
<td>15295</td>
<td>12062</td>
<td>45423</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>717</td>
<td>747</td>
<td>1082</td>
<td>3245</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>593</td>
<td>345</td>
<td>612</td>
<td>1817</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>35</td>
<td>0</td>
<td>20</td>
<td>67</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>0</td>
<td>8</td>
<td>17</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>50569</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

369.5

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>214</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>5</td>
<td>549</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>2</td>
<td>120</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>9</td>
<td>883</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic</th>
<th>Black/Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Origin</td>
<td>Origin</td>
<td>Native</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>376</td>
<td>61</td>
<td>44</td>
<td>1</td>
<td>0</td>
<td>482</td>
</tr>
<tr>
<td>Female Youth</td>
<td>394</td>
<td>144</td>
<td>52</td>
<td>2</td>
<td>1</td>
<td>593</td>
</tr>
<tr>
<td>Male Adult</td>
<td>556</td>
<td>37</td>
<td>68</td>
<td>0</td>
<td>0</td>
<td>661</td>
</tr>
<tr>
<td>Male Youth</td>
<td>349</td>
<td>134</td>
<td>28</td>
<td>1</td>
<td>1</td>
<td>513</td>
</tr>
<tr>
<td>Total</td>
<td>1675</td>
<td>376</td>
<td>192</td>
<td>4</td>
<td>2</td>
<td>2249</td>
</tr>
</tbody>
</table>

**Outcomes**

0 are concerned about problems in their community.
10 dial-gauge lids were tested.
0 now feel a sense of responsibility toward their school and community.
0 now have a sense of pride about their school and community.
4 of 4 adults wash hands more often.
0 of 0 participants are better able to manage their living environments.
20 of 20 participants are better able to store and prepare foods to keep them safe to consume.
0 of 0 participants are more confident in relationships with family and friends.
0 of 0 participants are using the UT Med Minder card to keep a record of their medications.
0 of 0 participants ate more whole grains.
10 of 10 participants can apply health eating principles when making daily food decisions.
10 of 10 participants can better control their chronic condition with self-management techniques.
0 of 0 participants eat more fat-free or low-fat dairy products.
9 of 10 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.
19 of 19 participants feel more confident when taking care of young children.
19 of 19 participants feel more equipped to facilitate activities with the children they babysit.
0 of 0 participants increased physical activity.
19 of 19 participants increased their knowledge on health and safety topics when babysitting young children.
0 of 0 participants know better how to manage and protect their assets for a secure retirement.
0 of 0 participants now eat more fruit.
0 of 0 participants now eat more vegetables.
9 of 10 participants plan to exercise more often to help manage their chronic condition.
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.
1 of 2 participants report putting some of the money they make into a savings account.
19 of 19 participants report they feel more prepared to handle emergencies while babysitting.
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.
9 of 10 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 understand the special nutritional needs of the elderly.
0 of 0 participants who now select foods and beverages that promote healthy weight.
9 of 10 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
165 of 165 youth now wash hands more often.
0 participants process high-acid foods in a water bath canner.
0 would assist with or participate in elections, voting and campaigns.
746 youth are better able to understand and follow directions.
0 youth are confident they can work through a disagreement without using violence.
0 youth are now better listeners.
20 youth are willing to try new things.
0 youth believe that a team can accomplish more than an individual.
20 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.
0 youth break goals down into steps so they can check their progress.
20 youth can assist a group in deciding on team plans for reaching goals.
7 youth can complete projects they are proud of.
783 youth can deal with their nervousness when giving a speech or talk.
0 youth can explain an idea to others.
746 youth can express ideas with a poster, exhibit or other display.
1566 youth can give an informative speech or presentation.
0 youth can now share their ideas through writing.
1566 youth can select a topic for a speech or talk.
783 youth can show enthusiasm when giving a speech or presentation.
783 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use technology to help themselves express ideas.
0 youth enjoy working with others toward a common goal.
7 youth feel comfortable asking others to help on a project.
0 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
783 youth give a 2-3 minute speech or presentation.
2 youth have a goal set for their job or career.
0 youth have confidence in their ability to make good decisions.
0 youth have explored careers in communications.
0 youth have learned at least five jobs in which communication skills are important.
20 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.
2 youth have set a goal for their job or career.
0 youth know how to organize the parts of a speech or presentation.
7 youth like to work with others to complete projects.
40 youth now encourage other team members to give their best effort.
0 youth now report they are concerned about the well-being of others.
0 youth now set high goals that require work to achieve them.
0 youth now think it's important to listen to all group members before making a decision.
0 youth now want to see other team members succeed even if they achieve more than themselves.
0 youth now work to achieve their goals.
0 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 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.
0 youth report that now they try to do the right thing.
7 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
0 youth report that they can now identify their personal interests and strengths.
0 youth report that they consider others when making decisions.
783 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.
0 youth report that they know how to make good decisions.
0 youth report that they learned about important leaders who contributed to our nation.
0 youth report that they like to accomplish things on their own.
0 youth report that they now achieve goals they set for themselves.
0 youth report that they now continue to work toward their goals, even if they do not at first succeed.
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.
0 youth set deadlines to achieve their goals.
0 youth set high goals.
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 try to get as much assistance as they can when working toward their goal.
0 youth understand how community leaders are elected to office.
0 youth understand that other ideas may be just as important as their own.
7 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.
0 youth who keep trying if they do not achieve their goal the first time.
0 youth who work out the details when others set goals for them.

---

**Maury County**  
**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours Spend</td>
<td>9834</td>
<td></td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>752</td>
<td>1408</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>17007</td>
<td>46483</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>874</td>
<td>27440</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>164</td>
<td>3542</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>18797</strong></td>
<td><strong>78873</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>28</td>
<td>16</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>37</td>
<td>26075</td>
</tr>
<tr>
<td>Other</td>
<td>17</td>
<td>250</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>135</td>
<td>4831</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
## Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>17967</td>
<td>719</td>
<td>247</td>
<td>103</td>
<td>86</td>
<td>19122</td>
</tr>
<tr>
<td>Female Youth</td>
<td>18006</td>
<td>2272</td>
<td>649</td>
<td>155</td>
<td>126</td>
<td>21208</td>
</tr>
<tr>
<td>Male Adult</td>
<td>20516</td>
<td>746</td>
<td>149</td>
<td>10</td>
<td>5</td>
<td>21426</td>
</tr>
<tr>
<td>Male Youth</td>
<td>14558</td>
<td>1848</td>
<td>553</td>
<td>96</td>
<td>62</td>
<td>17117</td>
</tr>
<tr>
<td>Total</td>
<td>71047</td>
<td>5585</td>
<td>1598</td>
<td>364</td>
<td>279</td>
<td>78873</td>
</tr>
</tbody>
</table>

## Hours for Volunteers

| Hours Spend | 5535 |

## Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>8</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>50000</td>
</tr>
<tr>
<td>Other</td>
<td>9</td>
<td>100</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>9</td>
<td>540</td>
</tr>
</tbody>
</table>
Radio Program(s) | 0 | 0
Social Media | 0 | 0
TV Program(s) | 0 | 0
Total | 28 | 50640

Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2605</td>
<td>236</td>
<td>32</td>
<td>12</td>
<td>2</td>
<td>2887</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3345</td>
<td>486</td>
<td>174</td>
<td>56</td>
<td>21</td>
<td>4082</td>
</tr>
<tr>
<td>Male Adult</td>
<td>758</td>
<td>47</td>
<td>11</td>
<td>1</td>
<td>1</td>
<td>818</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3196</td>
<td>400</td>
<td>148</td>
<td>44</td>
<td>15</td>
<td>3803</td>
</tr>
<tr>
<td>Total</td>
<td>9904</td>
<td>1169</td>
<td>365</td>
<td>113</td>
<td>39</td>
<td>11590</td>
</tr>
</tbody>
</table>

Outcomes

46 are concerned about problems in their community.
50 beef producers sold 1000 calves managed according to BQA guidelines to increase returns by $8000.
100 beef producers stored 2000 large, round bales under some type of cover to increase returns by $12000.
100 beef producers utilized bulls with greater genetic potential to produce 2000 head of calves to increase returns by $54000.
100 beef producers utilized hay feeding rings to feed 2000 bales and improved feeding methods to reduce wastage/spoilage, saving $10000.
40 beef producers utilized improved marketing methods to market 4000 head of calves to
increase returns by $20000.
28 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
30 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.
26 consumers learned how to apply landscape fertilizers and pesticides safely.
26 consumers learned how to conserve and protect water quality in the landscape.
26 consumers learned how to properly take a soil test and interpret the results.
30 consumers practiced best management practices relating to proper pruning and tree maintenance.
26 consumers used the results of their soil test to properly amend their soil.
56 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
20 farm families and rural business operators implementing improved record systems.
20 farm families evaluated new farm enterprises and value added activities.
46 farm families used FINPACK for developing and implementing whole farm plans.
118 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
46 farmers developed financial plans for their farms.
374 farmers increased their knowledge and skills in farm and financial planning.
46 farmers increased their potential cash income from their farming operation by $ 414000 by implementing a financial plan.
52 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
52 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
52 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
0 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
68 Master Gardeners gained knowledge and confidence in entomology.
82 Master Gardeners gained knowledge and confidence in integrated pest management.
34 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.
46 Master Gardeners gained knowledge and confidence in turfgrass.
46 now feel a sense of responsibility toward their school and community.
46 now have a sense of pride about their school and community.
360 of 360 adults wash hands more often.
0 of 0 better understood basic insurance needs.
6 of 6 better understood credit reporting and scoring.
226 of 314 better understood their parents' concerns about money.
0 of 0 checked their credit report.
16 of 30 homeowners increased their knowledge of fire ant management.
44 of 44 identified ways to reduce spending.
4 of 5 learned better how to communicate with creditors.
5 of 5 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.
5 of 5 learned who to pay first if they can't pay everything.
92 of 314 made a change in career or educational goals.
800 of 1460 participants ate more whole grains.
83 of 83 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.
2 of 5 participants better understood the difference between pre-tax and after-tax investments.
226 of 314 participants better understood their parent's concerns about money.
0 of 0 participants chose fast foods or take-out foods less often.
0 of 0 participants communicated with other family members about financial matters.
800 of 1354 participants decreased consumption of high-sugar foods.
2 of 4 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.
70 of 106 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.
154 of 314 participants felt more strongly that they needed to get a good education.  
194 of 314 participants felt more strongly that they needed to pay attention to their financial future.  
2 of 4 participants felt that they were taking better advantage of the investment options offered by their employer.  
5 of 5 participants followed a spending plan.  
3 of 4 participants gained skill in determining their net worth.  
44 of 44 participants gained skill in making a spending plan.  
55 of 55 participants identified ways to avoid being victimized by predatory practices or fraud.  
0 of 0 participants improved their blood pressure.  
50 of 106 participants improved their blood sugar.  
0 of 0 participants improved their cholesterol levels.  
0 of 0 participants improved their triglyceride levels.  
20 of 40 participants increased physical activity.  
331 of 397 participants increased their financial management skills.  
5 of 5 participants kept a record of spending.  
226 of 314 participants learned better how to plan their spending.  
215 of 353 participants learned how education will affect the kind of job they can get.  
194 of 314 participants learned how having a family can affect their lifestyle.  
248 of 314 participants learned how much money it takes to get by.  
242 of 314 participants learned how occupation and income will affect their lifestyle.  
114 of 314 participants learned how payroll deductions are taken from gross pay.  
160 of 314 participants learned how to keep a checkbook register.  
160 of 314 participants learned how to write a check.  
39 of 39 participants learned the difference between wants and needs.  
4 of 4 participants lost weight: 150 total pounds lost.  
0 of 0 participants made a change in financial behavior.  
5 of 5 participants made a spending plan.  
66 of 314 participants made changes to their future plans.  
300 of 360 participants now eat more vegetables.  
0 of 0 participants now understand the difference between a need and a want.  
10 of 30 participants plan to use the two-step method around the home for managing fire ants.  
26 of 314 participants planned to change their career goals.  
186 of 314 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.
44 of 44 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
3 of 3 participants surveyed increased their knowledge of the health effects of environmental tobacco smoke on children.
3 of 3 participants surveyed increased their knowledge on how to minimize their child's exposure to environmental tobacco smoke.
200 of 360 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.
83 of 83 participants understood the dangers of using too much credit.
400 of 500 participants use healthy food preparation techniques.
800 of 1354 participants use labels to make healthier choices.
0 of 0 participants who achieved financial goals.
0 of 0 participants who became habitual savers.
300 of 360 participants who now select foods and beverages that promote healthy weight.
5 of 5 participants worked toward new savings or investment goals.
44 of 44 participants understood the dangers of using too much credit.
5 of 5 tracked their spending.
5 of 5 worked toward new savings, investment or retirement goals.
330 of 430 youth now wash hands more often.
100 producers planted 2000 acres with clover for an increased production valued at $60000.
100 producers planted 2000 acres with warm-season grasses for an added value of $40000.
200 producers sprayed 10000 acres for broadleaf weed control for an increased production valued at $400000.
200 producers stockpiled 2000 acres of tall fescue, reducing feeding cost by $80000.
40 would assist with or participate in elections, voting and campaigns.
470 youth are better able to understand and follow directions.
554 youth are willing to try new things.
256 youth can analyze the results of a scientific investigation.
312 youth can ask a question that can be answered by collecting data.
76 youth can combine and build on the ideas of others when making decisions that affect the team.
524 youth can complete projects they are proud of.
0 youth can deal with their nervousness when giving a speech or talk.
248 youth can design a scientific procedure to answer a question.
36 youth can effectively encourage team members to achieve long-range goals.
0 youth can explain an idea to others.
379 youth can express ideas with a poster, exhibit or other display.
42 youth can give an informative speech or presentation.
678 youth can now share their ideas through writing.
328 youth can record data accurately.
0 youth can select a topic for a speech or talk.
42 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.
42 youth can use compromise as a way to overcome conflict with other team members.
88 youth can use effective communication as a way to overcome conflict with team members.
256 youth can use specific scientific knowledge to form a question.
332 youth can use technology to help themselves express ideas.
44 youth effectively encourage others to stay on task in a team.
470 youth feel comfortable asking others to help on a project.
0 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
48 youth give a 2-3 minute speech or presentation.
351 youth have learned at least five jobs in which communication skills are important.
46 youth know how to organize the parts of a speech or presentation.
521 youth like to work with others to complete projects.
50 youth now report they are concerned about the well-being of others.
38 youth report being able to break tough jobs down into simpler tasks.
42 youth report being able to resolve problems without losing control of their emotions.
48 youth report being good listeners.
38 youth report being sensitive to the feelings of others when discussing and solving problems.
52 youth report being sympathetic toward someone else's feelings or views.
30 youth report doing things to discourage prejudice.
577 youth report telling the difference between right and wrong.
572 youth report that now they try to do the right thing.
40 youth report that they are comfortable being responsible for a group.
46 youth report that they can communicate effectively with all ages.
42 youth report that they have developed confidence to speak in front of groups.
479 youth report that they like to accomplish things on their own.
502 youth report that when they disagree with someone, they can stand up for themselves without using violence.
38 youth seek out others who can help them become a better leader.
639 youth understand that they cannot always be "the best" in everything.
42 youth working with others to solve problems in a positive manner.

McMinn County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>502</td>
<td>713</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>7183</td>
<td>7220</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1027</td>
<td>23333</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>299</td>
<td>1011</td>
</tr>
<tr>
<td>Total</td>
<td>9011</td>
<td>32277</td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>5</td>
<td>11247</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>26</td>
<td>171600</td>
</tr>
<tr>
<td>Other</td>
<td>7</td>
<td>16450</td>
</tr>
</tbody>
</table>
### Publication(s)

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Publication(s)</td>
<td>117</td>
<td>10609</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>16</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>172</td>
<td>209906</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th><strong>Total</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female Adult</strong></td>
<td>7359</td>
<td>248</td>
<td>73</td>
<td>33</td>
<td>19</td>
<td>7732</td>
</tr>
<tr>
<td><strong>Female Youth</strong></td>
<td>7640</td>
<td>478</td>
<td>223</td>
<td>35</td>
<td>74</td>
<td>8450</td>
</tr>
<tr>
<td><strong>Male Adult</strong></td>
<td>8039</td>
<td>239</td>
<td>136</td>
<td>33</td>
<td>25</td>
<td>8472</td>
</tr>
<tr>
<td><strong>Male Youth</strong></td>
<td>6805</td>
<td>451</td>
<td>235</td>
<td>58</td>
<td>74</td>
<td>7623</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>29843</td>
<td>1416</td>
<td>667</td>
<td>159</td>
<td>192</td>
<td>32277</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

<table>
<thead>
<tr>
<th><strong>Hours Spend</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>842</td>
</tr>
</tbody>
</table>

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>5000</td>
</tr>
<tr>
<td>-----------</td>
<td>---</td>
<td>------</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>11000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>3</td>
<td>3080</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>5</td>
<td>19080</td>
</tr>
</tbody>
</table>

**Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1658</td>
<td>4</td>
<td>16</td>
<td>2</td>
<td>5</td>
<td>1685</td>
</tr>
<tr>
<td>Female Youth</td>
<td>709</td>
<td>33</td>
<td>16</td>
<td>2</td>
<td>0</td>
<td>760</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3339</td>
<td>61</td>
<td>36</td>
<td>9</td>
<td>7</td>
<td>3452</td>
</tr>
<tr>
<td>Male Youth</td>
<td>555</td>
<td>27</td>
<td>21</td>
<td>6</td>
<td>3</td>
<td>612</td>
</tr>
<tr>
<td>Total</td>
<td>6261</td>
<td>125</td>
<td>89</td>
<td>19</td>
<td>15</td>
<td>6509</td>
</tr>
</tbody>
</table>

**Outcomes**

16 4-H volunteers utilized volunteer position descriptions.
185 beef producers sold 17014 calves managed according to BQA guidelines to increase returns by $136112.
168 beef producers stored 13440 large, round bales under some type of cover to increase
returns by $80640.
72 beef producers utilized bulls with greater genetic potential to produce 1944 head of calves to increase returns by $52488.
112 beef producers utilized hay feeding rings to feed 7840 bales and improved feeding methods to reduce wastage/spoilage, saving $39200.
512 beef producers utilized improved marketing methods to market 32264 head of calves to increase returns by $161320.
54 dial-gauge lids were tested.
176 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and machinery economics).
77 farm families and rural business operators implementing improved record systems.
20 farm families used FINPACK for developing and implementing whole farm plans.
50 farmers developed financial plans for their farms.
184 farmers increased their knowledge and skills in farm and financial planning.
8422 miles were walked in the Walk Across Tennessee Program.
0 new 4-H volunteers were recruited this year.
9 of 9 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)
9 of 9 adolescents learned about the consequences of risky behaviors which could result in being arrested.
9 of 9 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)
7 of 7 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)
65 of 65 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies.
65 of 65 parents/caregivers learned about issues related to stages of child development.
16 of 21 participants are applying health eating principles when making food decisions six months after completing the program.
21 of 21 participants are better self-managers of their chronic condition six months after completing the program.
13 of 15 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
28 of 29 participants are confident they can better manage their diabetes as a result of participating in this program.
21 of 21 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 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 keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
15 of 21 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.
12 of 15 participants are regularly checking their blood sugar six months after completing the program.
13 of 15 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.
18 of 18 participants can apply health eating principles when making daily food decisions.
109 of 111 participants can apply joint protection techniques.
18 of 18 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.
29 of 29 participants can choose foods that do not cause a sharp rise in blood sugar.
83 of 83 participants can use relaxation techniques to better manage their arthritis symptoms.
10 of 10 participants chose fast foods or take-out foods less often.
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.
18 of 18 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
109 of 111 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
920 of 920 participants feel confident they know what to do in case of a poisoning.
18 of 18 participants feel confident using the Take PART technique when talking to their health care provider.
19 of 21 participants have fewer visits to the emergency room six months after completing the program.
109 of 111 participants have improved their arthritis symptoms as a result of participating in this program.
19 of 32 participants have less arthritis symptoms from their arthritis six months after completing the program.
163 of 184 participants have less arthritis symptoms.
14 of 21 participants have less pain from their chronic condition six months after completing the program.
13 of 15 participants have reduced their A1c six months after completing the program.
21 of 21 participants have used the Take PART technique when talking to their health care provider.
169 of 184 participants improved control of their arthritis symptoms.
173 of 184 participants improved performance of daily activities.
18 of 32 participants improved their balance six months after completing the program.
167 of 184 participants improved their balance.
24 of 32 participants improved their flexibility six months after completing the program.
164 of 184 participants improved their flexibility.
28 of 32 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
24 of 32 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.
25 of 25 participants increased their exercise routine during Walk Across Tennessee Program.
179 of 179 participants indicated improvement in feelings of confidence that they know how to pace a growing relationship. (How to Avoid Falling for a Jerk(ette))
179 of 179 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))
10 of 10 participants learned culinary skills.
15 of 18 participants plan to exercise more often to help manage their chronic condition.
27 of 29 participants plan to regularly check their blood sugar as requested by their doctor.
29 of 29 participants plan to use the Healthy Plate Method.
18 of 18 participants plan to use the UT Med Minder card to keep a record of their medications.
17 of 17 participants surveyed canned pickles following a tested recipe. (TNCEP)
17 of 17 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
17 of 17 participants surveyed canned vegetables following a tested recipe. (TNCEP)
17 of 17 participants surveyed processed pickles in a water-bath canner. (TNCEP)
17 of 17 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
17 of 17 participants surveyed processed vegetables in a pressure canner. (TNCEP)
18 of 32 participants take fewer medications for arthritis symptoms six months after completing the program.
29 of 29 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.
111 of 111 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
10 of 10 participants use healthy food preparation techniques.
18 of 18 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
920 of 920 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
25 of 25 participants will continue to exercise after the Walk Across Tennessee Program.
0 of 0 participants will keep medications out of the reach of children.
920 of 920 participants will keep products in their original containers.
920 of 920 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.
65 of 65 respondents plan to decrease exposure of their children to parental conflict.
144 of 144 respondents report understanding the importance of working together for the sakes of their children.
60 parents/caregivers learned effective communication techniques to use with their children.
64 parents/caregivers learned strategies for dealing with parenting stress.
17 participants process high-acid foods in a water bath canner.
55 participants walked in the Walk Across Tennessee Program.
36 producers have gained knowledge on measures of milk quality indicators (including somatic cell count, preliminary incubation count, standard plate counts, lab pasteurized counts, etc.)
36 producers have increased awareness of effective mastitis prevention and control programs.
36 producers have learned the relationship between somatic cell counts and milk production.
206 producers planted 6146 acres with clover for an increased production valued at $184380.
84 producers planted 5244 acres with warm-season grasses for an added value of $104880.
306 producers sprayed 30622 acres for broadleaf weed control for an increased production valued at $1224880.
14 producers stockpiled 280 acres of tall fescue, reducing feeding cost by $11200.
6 teams participated in the Walk Across Tennessee Program.
0 volunteer leaders increased their knowledge of positive youth development.

**McNairy County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>662</td>
<td>679</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>4413</td>
<td>13541</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>801</td>
<td>21332</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>205</td>
<td>1685</td>
</tr>
<tr>
<td>Total</td>
<td>6081</td>
<td>37237</td>
</tr>
</tbody>
</table>
### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>9</td>
<td>921</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>47</td>
<td>975000</td>
</tr>
<tr>
<td>Other</td>
<td>8</td>
<td>4653</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>264</td>
<td>34275</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>329</td>
<td>1014849</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>11418</td>
<td>550</td>
<td>74</td>
<td>28</td>
<td>45</td>
<td>12115</td>
</tr>
<tr>
<td>Female Youth</td>
<td>7809</td>
<td>727</td>
<td>131</td>
<td>31</td>
<td>55</td>
<td>8753</td>
</tr>
<tr>
<td>Male Adult</td>
<td>7180</td>
<td>261</td>
<td>33</td>
<td>25</td>
<td>32</td>
<td>7531</td>
</tr>
<tr>
<td>Male Youth</td>
<td>7933</td>
<td>660</td>
<td>147</td>
<td>30</td>
<td>68</td>
<td>8838</td>
</tr>
<tr>
<td>Total</td>
<td>34340</td>
<td>2198</td>
<td>385</td>
<td>114</td>
<td>200</td>
<td>37237</td>
</tr>
</tbody>
</table>

### Hours for Volunteers
**Hours Spend**

1327

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>24</td>
<td>4032</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>24</strong></td>
<td><strong>4032</strong></td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>6121</td>
<td>121</td>
<td>58</td>
<td>0</td>
<td>0</td>
<td>6300</td>
</tr>
<tr>
<td>Female Youth</td>
<td>9139</td>
<td>566</td>
<td>99</td>
<td>34</td>
<td>10</td>
<td>9848</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3126</td>
<td>128</td>
<td>22</td>
<td>0</td>
<td>0</td>
<td>3276</td>
</tr>
<tr>
<td>Male Youth</td>
<td>6815</td>
<td>400</td>
<td>121</td>
<td>0</td>
<td>60</td>
<td>7396</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>25201</strong></td>
<td><strong>1215</strong></td>
<td><strong>300</strong></td>
<td><strong>34</strong></td>
<td><strong>70</strong></td>
<td><strong>26820</strong></td>
</tr>
</tbody>
</table>

**Outcomes**
Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 5500 acres of corn increasing their income by 30
Producers increased yield by 8 bushels by selecting top yielding varieties on 7500 acres of soybeans, earning an extra $56.
Producers increased yield by 0 pounds by selecting top yielding varieties on 0 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.
0 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.
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.
8 African-American landowners increased their knowledge of property rights and responsibilities.
11 are concerned about problems in their community.
70 beef producers sold 2170 calves managed according to BQA guidelines to increase returns by $17360.
70 beef producers stored 5900 large, round bales under some type of cover to increase returns by $35400.
30 beef producers utilized bulls with greater genetic potential to produce 960 head of calves to increase returns by $25920.
50 beef producers utilized hay feeding rings to feed 5400 bales and improved feeding methods to reduce wastage/spoilage, saving $27000.
20 beef producers utilized improved marketing methods to market 700 head of calves to increase returns by $3500.
18 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.
62 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.
20 consumers learned how to conserve and protect water quality in the landscape.
15 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.
15 consumers used the results of their soil test to properly amend their soil.
15 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
15 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.
25 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
5 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
5 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.
25 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
440 forest landowners are members in a local County Forestry Association representing 110000 forest acres.
360 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
272 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.
200 landowners improved profitability (marketing) of forest ownership.
200 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 63000 forested acres.
13394 miles were walked in the Walk Across Tennessee Program.
12 now feel a sense of responsibility toward their school and community.
7 now have a sense of pride about their school and community.
0 of 0 adolescents learned about the consequences of risky behaviors which could result in damaging their health. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)

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

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

0 of 0 adults wash hands more often.

134 of 248 better understood their parents' concerns about money.

10 of 42 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.

10 of 42 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

20 of 42 fruit and/or vegetable producers adopted IPM.

40 of 42 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

42 of 42 fruit and/or vegetable producers adopted a self-evaluation of Good Agricultural Practices on their farm.

1 of 42 fruit and/or vegetable producers who began the transition to USDA certified organic production.

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

102 of 144 participants ate more whole grains.

134 of 248 participants better understood their parent's concerns about money.

25 of 28 participants can apply health eating principles when making daily food decisions.

18 of 20 participants can apply joint protection techniques.

27 of 28 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.

18 of 20 participants can use relaxation techniques to better manage their arthritis symptoms.

162 of 306 participants decreased consumption of high-sugar foods.

182 of 306 participants eat fewer high-fat foods.

138 of 144 participants eat more fat-free or low-fat dairy products.

21 of 28 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

16 of 20 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
212 of 212 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

24 of 28 participants feel confident using the Take PART technique when talking to their health care provider.

138 of 248 participants felt more strongly that they needed to get a good education.

152 of 248 participants felt more strongly that they needed to pay attention to their financial future.

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

11 of 20 participants have less arthritis symptoms from their arthritis six months after completing the program.

0 of 0 participants have less arthritis symptoms.

0 of 0 participants improved control of their arthritis symptoms.

0 of 0 participants improved performance of daily activities.

16 of 20 participants improved their balance six months after completing the program.

0 of 0 participants improved their balance.

11 of 20 participants improved their flexibility six months after completing the program.

0 of 0 participants improved their flexibility.

8 of 20 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.

11 of 20 participants improved their range of motion in their joints six months after completing the program.

144 of 144 participants increased physical activity.

151 of 156 participants increased their exercise routine during Walk Across Tennessee Program.

0 of 248 participants increased their financial management skills.

210 of 212 participants know what cancer screenings they need according to their age and gender.

178 of 248 participants learned better how to plan their spending.

154 of 248 participants learned how education will affect the kind of job they can get.

136 of 248 participants learned how having a family can affect their lifestyle.

158 of 248 participants learned how much money it takes to get by.

170 of 248 participants learned how occupation and income will affect their lifestyle.

100 of 248 participants learned how payroll deductions are taken from gross pay.

154 of 248 participants learned how to keep a checkbook register.

178 of 248 participants learned how to write a check.
66 of 248 participants made changes to their future plans.
143 of 144 participants now eat more vegetables.
27 of 28 participants plan to exercise more often to help manage their chronic condition.
193 of 212 participants plan to get age and gender appropriate cancer screenings.
25 of 0 participants plan to use the two-step method around the home for managing fire ants.
25 of 28 participants plan to use the UT Med Minder card to keep a record of their medications.
42 of 248 participants planned to change their career goals.
158 of 248 participants planned to get more education after high school.
53 of 54 participants refrigerate perishable foods within two hours.
53 of 54 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
4 of 4 participants surveyed used a thermometer to check the internal temperature of food.
4 of 4 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
5 of 20 participants take fewer medications for arthritis symptoms six months after completing the program.
212 of 212 participants understand that cancer screening and early detection can save their life.
22 of 28 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 20 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
211 of 212 participants understand women age 40 and older should have a mammogram.
210 of 212 participants understand women of all ages need a Pap test.
230 of 306 participants who increased their intake of dairy foods.
140 of 144 participants who now select foods and beverages that promote healthy weight.
26 of 28 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
145 of 156 participants will continue to exercise after the Walk Across Tennessee Program.
302 of 306 students increased amount of time in physical activity.
218 of 306 students who increased their intake of whole grains.
3 of 3 teachers reported preschool children in their classes were more actively engaged in physical activity.
3 of 3 teachers reported preschool children in their classes were more willing to taste fruit.
3 of 3 teachers reported preschool children in their classes were more willing to taste vegetables.
2 of 3 teachers reported preschool children in their classes were more willing to taste whole-
grain foods.

0 of 0 teachers reported using physical activities from Healthy Steps at least three times per week.

402 of 406 youth now wash hands more often.

156 participants walked in the Walk Across Tennessee Program.

50 producers planted 2500 acres with clover for an increased production valued at $75000.

30 producers planted 900 acres with warm-season grasses for an added value of $18000.

20 producers sprayed 1500 acres for broadleaf weed control for an increased production valued at $60000.

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

4 schools adopted this program.

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

32 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.

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

9 teams participated in the Walk Across Tennessee Program.

4 times TEAM UP exchanged ideas or shared information.

4 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.

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

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

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

58 youth can analyze the results of a scientific investigation.

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

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

12 youth can combine and build on the ideas of others when making decisions that affect the team.

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

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

6 youth can effectively encourage team members to achieve long-range goals.

163 youth can explain an idea to others.
101 youth can give an informative speech or presentation.
36 youth can record data accurately.
150 youth can select a topic for a speech or talk.
118 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.
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.
40 youth can use specific scientific knowledge to form a question.
6 youth effectively encourage others to stay on task in a team.
50 youth enjoy working with others toward a common goal.
95 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
142 youth give a 2-3 minute speech or presentation.
7 youth have learned new skills and ways of doing things by participating in groups.
144 youth know how to organize the parts of a speech or presentation.
14 youth now encourage other team members to give their best effort.
16 youth now report they are concerned about the well-being of others.
7 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.
124 youth report that they have developed confidence to speak in front of groups.
139 youth report that they learned about important leaders who contributed to our nation.
50 youth think that everyone on the team is important.
188 youth think they can make a big difference in their community by helping others.
50 youth think they have something to contribute to the worth of the team
118 youth understand how community leaders are elected to office.
50 youth understand that other ideas may be just as important as their own.

Meigs County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>3237</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>274</td>
<td>368</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>197</td>
<td>805</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>757</td>
<td>11819</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>53</td>
<td>60</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1281</strong></td>
<td><strong>13052</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>34</td>
<td>13300</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>9</td>
<td>50500</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>43</strong></td>
<td><strong>63800</strong></td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>554</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>555</td>
</tr>
<tr>
<td></td>
<td>Number Methods</td>
<td>Contacts Reached</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>----------------</td>
<td>------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>11366</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>1</td>
<td>11366</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Female Adult</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>--------------</td>
<td>----------</td>
<td>----------</td>
<td>----------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td></td>
<td>Female Youth</td>
<td>127</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Adult</td>
<td>Male Youth</td>
<td>3208</td>
<td>45</td>
<td>15</td>
<td>9</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>6470</td>
<td>80</td>
<td>29</td>
<td>15</td>
<td>5</td>
</tr>
</tbody>
</table>

**Outcomes**

86 beef producers sold 850 calves managed according to BQA guidelines to increase returns by $6800.
11 beef producers stored 700 large, round bales under some type of cover to increase returns by $4200.
6 beef producers utilized bulls with greater genetic potential to produce 210 head of calves to increase returns by $5670.
5 beef producers utilized hay feeding rings to feed 250 bales and improved feeding methods to reduce wastage/spoilage, saving $1250.
0 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.
16 classrooms adopted this program.
4 dial-gauge lids were tested.
8 of 12 adults wash hands more often.
5 of 5 participants are applying action-planning and problem-solving to better self-manage their chronic condition six months after completing the program.
4 of 5 participants are applying healthy eating principles when making daily food decisions.
5 of 5 participants are confident they can better manage their chronic condition on a day-to-day basis because of participating in this program.
5 of 5 participants are controlling their anger and frustration caused by their condition by using positive thinking techniques.
4 of 5 participants are exercising more often to help manage their chronic condition.
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.
5 of 5 participants can better manage their pain by using the various techniques of distraction, muscle relaxation, breathing and guided imagery.
0 of 0 participants chose fast foods or take-out foods less often.
56 of 106 participants decreased consumption of high-sugar foods.
65 of 106 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
131 of 133 participants increased physical activity.
6 of 6 participants learned culinary skills.
72 of 133 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 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)
4 of 4 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 use healthy food preparation techniques.
84 of 105 participants who increased their intake of dairy foods.
90 of 153 participants who now select foods and beverages that promote healthy weight.
196 of 212 students increased amount of time in physical activity.
72 of 106 students who increased their intake of whole grains.
0 of 0 youth now wash hands more often.
5 participants process high-acid foods in a water bath canner.
0 producers planted 0 acres with clover for an increased production valued at $FRM.
1 producers planted 25 acres with warm-season grasses for an added value of $500.
5 producers sprayed 250 acres for broadleaf weed control for an increased production valued at $10000.
2 producers stockpiled 50 acres of tall fescue, reducing feeding cost by $2000.
4 schools adopted this program.
0 youth are better able to understand and follow directions.
16 youth believe that a team can accomplish more than an individual.
232 youth can analyze the results of a scientific investigation.
328 youth can ask a question that can be answered by collecting data.
0 youth can communicate a scientific procedure to others.
9 youth can conduct a meeting.
0 youth can create a display to communicate scientific data and observations.
692 youth can deal with their nervousness when giving a speech or talk.
216 youth can design a scientific procedure to answer a question.
856 youth can explain an idea to others.
0 youth can express ideas with a poster, exhibit or other display.
788 youth can give an informative speech or presentation.
0 youth can now share their ideas through writing.
368 youth can record data accurately.
1144 youth can select a topic for a speech or talk.
724 youth can show enthusiasm when giving a speech or presentation.
980 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.
348 youth can use specific scientific knowledge to form a question.
0 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.
10 youth enjoy working with others toward a common goal.
692 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1116 youth give a 2-3 minute speech or presentation.
0 youth have learned at least five jobs in which communication skills are important.
988 youth know how to organize the parts of a speech or presentation.
9 youth report being able to break tough jobs down into simpler tasks.
9 youth report being able to resolve problems without losing control of their emotions.
9 youth report being sensitive to the feelings of others when discussing and solving problems.
9 youth report that they are comfortable being responsible for a group.
9 youth report that they are now comfortable being a group leader.
9 youth report that they can now cooperate and work in a group.
9 youth report that they can now give clear directions.
684 youth report that they have developed confidence to speak in front of groups.
9 youth report that they know how to set goals and they use that ability when leading a group.
9 youth report that they make sure everyone gets an opportunity to say what they think.
9 youth report that they now like to work with others and help them reach their goals.
9 youth report that they take their jobs seriously as members of a committee.
9 youth report that when in charge of a group, they treat everyone fairly and equally.
9 youth report using enthusiasm to get a group working.
9 youth seek out others who can help them become a better leader.
16 youth think that everyone on the team is important.
10 youth think they have something to contribute to the worth of the team
10 youth understand that other ideas may be just as important as their own.

Monroe County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>7151.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>522</td>
<td>803</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>3817</td>
<td>6464</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1342</td>
<td>44777</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>920</td>
<td>3490</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>6601</strong></td>
<td><strong>55534</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>White/Not of Hispanic Origin</td>
<td>Black/Not of Hispanic Origin</td>
</tr>
<tr>
<td>----------------------</td>
<td>------------------------------</td>
<td>------------------------------</td>
</tr>
<tr>
<td>Female Adult</td>
<td>8430</td>
<td>201</td>
</tr>
<tr>
<td>Female Youth</td>
<td>18045</td>
<td>816</td>
</tr>
<tr>
<td>Male Adult</td>
<td>6477</td>
<td>46</td>
</tr>
<tr>
<td>Male Youth</td>
<td>18641</td>
<td>760</td>
</tr>
<tr>
<td>Total</td>
<td>51593</td>
<td>1823</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>8430</td>
<td>201</td>
<td>41</td>
<td>12</td>
<td>0</td>
<td>8684</td>
</tr>
<tr>
<td>Female Youth</td>
<td>18045</td>
<td>816</td>
<td>764</td>
<td>222</td>
<td>33</td>
<td>19880</td>
</tr>
<tr>
<td>Male Adult</td>
<td>6477</td>
<td>46</td>
<td>23</td>
<td>1</td>
<td>0</td>
<td>6547</td>
</tr>
<tr>
<td>Male Youth</td>
<td>18641</td>
<td>760</td>
<td>741</td>
<td>247</td>
<td>34</td>
<td>20423</td>
</tr>
<tr>
<td>Total</td>
<td>51593</td>
<td>1823</td>
<td>1569</td>
<td>482</td>
<td>67</td>
<td>55534</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 4024 |
## Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>14</td>
<td>13360</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>14</strong></td>
<td><strong>13360</strong></td>
</tr>
</tbody>
</table>

## Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>310</td>
<td>19</td>
<td>18</td>
<td>1</td>
<td>0</td>
<td>348</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1312</td>
<td>60</td>
<td>52</td>
<td>18</td>
<td>5</td>
<td>1447</td>
</tr>
<tr>
<td>Male Adult</td>
<td>143</td>
<td>3</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>152</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1130</td>
<td>59</td>
<td>62</td>
<td>26</td>
<td>3</td>
<td>1280</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>2895</strong></td>
<td><strong>141</strong></td>
<td><strong>138</strong></td>
<td><strong>45</strong></td>
<td><strong>8</strong></td>
<td><strong>3227</strong></td>
</tr>
</tbody>
</table>

## Outcomes

420 beef producers sold 15528 calves managed according to BQA guidelines to increase returns by $124224.
246 beef producers stored 73940 large, round bales under some type of cover to increase returns by $443640.

44 beef producers utilized bulls with greater genetic potential to produce 1778 head of calves to increase returns by $48006.

468 beef producers utilized hay feeding rings to feed 60244 bales and improved feeding methods to reduce wastage/spoilage, saving $301220.

420 beef producers utilized improved marketing methods to market 15528 head of calves to increase returns by $77640.

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

12 dial-gauge lids were tested.

6 farmers developed financial plans for their farms.

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

6 farmers increased their potential cash income from their farming operation by $10000 by implementing a financial plan.

6 of 6 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.

6 of 6 adolescents learned how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)

0 of 0 adults wash hands more often.

0 of 0 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.

6 of 6 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk Too, Straight Talk for Guys, Fitting It Together)

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

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

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

24 of 31 participants are applying health eating principles when making food decisions six months after completing the program.

62 of 64 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. 
17 of 31 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. 
12 of 31 participants are finding their chronic condition is interfering less with the things they 
like to do six months after completing the program. 
52 of 54 participants are more confident in relationships with family and friends. 
23 of 31 participants are physically active six months after completing the program. 
29 of 31 participants are using the UT Med Minder card to keep a record of their medications. 
72 of 94 participants ate more whole grains. 
30 of 31 participants can apply health eating principles when making daily food decisions. 
31 of 27 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. 
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 decreased consumption of high-sugar foods. 
0 of 0 participants eat at least six meals together as a family each week. 
409 of 498 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. 
25 of 31 participants feel confident they can apply pain management techniques, such as 
distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain. 
27 of 31 participants feel confident using the Take PART technique when talking to their health 
care provider. 
12 of 31 participants have fewer visits to the emergency room six months after completing the 
program. 
14 of 31 participants have less pain from their chronic condition six months after completing the 
program.
18 of 31 participants have used the Take PART technique when talking to their health care provider.
0 of 0 participants improved their scores from pre- to post-test after completing the class.
471 of 498 participants increased physical activity.
5 of 6 participants indicated improvement in feelings of confidence that they know how to pace a growing relationship. (How to Avoid Falling for a Jerk(ette))
6 of 6 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))
46 of 48 participants know better how to manage and protect their assets for a secure retirement.
0 of 0 participants lost weight: 0 total pounds lost.
415 of 498 participants now eat more vegetables.
26 of 31 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.
3 of 5 participants plan to use the Healthy Plate Method.
28 of 31 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.
3 of 3 participants surveyed canned pickles following a tested recipe. (TNCEP)
11 of 12 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
12 of 12 participants surveyed canned vegetables following a tested recipe. (TNCEP)
3 of 3 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 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 5 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
31 of 31 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 understand the special nutritional needs of the elderly.
0 of 0 participants use labels to make healthier choices.
394 of 498 participants who now select foods and beverages that promote healthy weight.
28 of 31 participants will apply positive thinking as a technique for overcoming or avoiding
depression caused from their chronic condition. 
12 of 12 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. 
12 of 12 providers report their children are read to on a daily basis and asking open-ended questions of the children when possible using recommended practices. 
12 of 12 providers report they express warmth through behaviors such as physical affection, eye contact, tone of voice, and smiles toward the children using recommended practices. 
12 of 12 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. 
12 of 12 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. 
184 of 194 respondents plan to decrease exposure of their children to parental conflict. 
184 of 194 respondents report understanding the importance of working together for the sakes of their children. 
846 of 907 youth now wash hands more often. 
184 parents/caregivers learned effective communication techniques to use with their children. 
184 parents/caregivers learned strategies for dealing with parenting stress. 
28 participants process high-acid foods in a water bath canner. 
175 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. 
175 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. 
75 producers learned about the four steps in the process for converting biomass into cellulosic ethanol: preprocessing, pretreatment, hydrolysis, and fermentation and distillation. 
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. 
158 producers sprayed 1380 acres for broadleaf weed control for an increased production valued at $55200. 
224 producers stockpiled 4260 acres of tall fescue, reducing feeding cost by $170400. 
6 soybean producers increased their knowledge of recommended agronomic practices and
understanding of their benefits and use.
70 youth are willing to try new things.
65 youth break goals down into steps so they can check their progress.
8 youth can challenge policies through petitions, presentations or other positive ways.
2140 youth can deal with their nervousness when giving a speech or talk.
584 youth can explain an idea to others.
1742 youth can give an informative speech or presentation.
8 youth can now prepare and deliver a five-minute speech.
2144 youth can select a topic for a speech or talk.
344 youth can show enthusiasm when giving a speech or presentation.
1344 youth can speak loudly enough to be heard when giving a speech or talk.
1134 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
1242 youth give a 2-3 minute speech or presentation.
24 youth have a goal set for their job or career.
0 youth have set a goal for their job or career.
1640 youth know how to organize the parts of a speech or presentation.
87 youth now get information about a problem.
25 youth now report that they can justify their decision.
24 youth now report that they have confidence making their own decisions.
96 youth now report that they make a decision by thinking about what a person of good character would do.
10 youth now report that they think about past choices when making new decisions.
68 youth now report that they use more than one source of information in making choices.
60 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.
8 youth now report that when they make a decision, they think about what a person of character would do.
86 youth now report they consider the risks of their choices.
103 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.
73 youth now work to achieve their goals.
62 youth put their goals in writing.
56 youth report helping others in need.
40 youth report telling the difference between right and wrong.
56 youth report that now they try to do the right thing.
24 youth report that they consider others when making decisions.
442 youth report that they have developed confidence to speak in front of groups.
22 youth report that they know how to make good decisions.
40 youth report that they like to accomplish things on their own.
0 youth report that they now achieve goals they set for themselves.
40 youth report that they now continue to work toward their goals, even if they do not at first succeed.
8 youth report they are now "accomplished public speakers."
8 youth report they can give an impromptu speech.
8 youth report they can now express their opinions in speeches or presentations.
48 youth report they now take responsibility for the decisions they make.
18 youth set deadlines to achieve their goals.
61 youth set high goals.
24 youth try to get as much assistance as they can when working toward their goal.
0 youth who are now making plans to achieve their goals.
0 youth who have put their goal(s) in writing.
23 youth who keep trying if they do not achieve their goal the first time.
78 youth who report that they have learned that some choices are better than others.
81 youth who report they can make a decision.
70 youth who report they now listen to people with more experience than themselves.
87 youth who report they now try to identify what causes a problem.
11 youth who work out the details when others set goals for them.

Montgomery County

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Client Visits to Extension Office</td>
<td>2406</td>
<td>3399</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>------</td>
<td>------</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>20167</td>
<td>19227</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1530</td>
<td>36679</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>1565</td>
<td>8510</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>25668</strong></td>
<td><strong>67815</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Indirect Methods for Extension Personnel</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Method</strong></td>
</tr>
<tr>
<td>Exhibit(s)</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
</tr>
<tr>
<td>Other</td>
</tr>
<tr>
<td>Publication(s)</td>
</tr>
<tr>
<td>Radio Program(s)</td>
</tr>
<tr>
<td>Social Media</td>
</tr>
<tr>
<td>TV Program(s)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Contacts for Extension Employees</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>White/ Not of Hispanic Origin</strong></td>
</tr>
<tr>
<td>Female Adult</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>----------------------</td>
</tr>
<tr>
<td>Hours Spend</td>
</tr>
<tr>
<td><strong>Indirect Methods for Volunteers</strong></td>
</tr>
<tr>
<td>Method</td>
</tr>
<tr>
<td>Exhibit(s)</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
</tr>
<tr>
<td>Other</td>
</tr>
<tr>
<td>Publication(s)</td>
</tr>
<tr>
<td>Radio Program(s)</td>
</tr>
<tr>
<td>TV Program(s)</td>
</tr>
<tr>
<td>Total</td>
</tr>
<tr>
<td><strong>Contacts for Volunteers</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male Adult</td>
<td>Female Adult</td>
<td>Male Youth</td>
<td>Female Youth</td>
<td>Total</td>
</tr>
<tr>
<td>----------------</td>
<td>------------</td>
<td>--------------</td>
<td>------------</td>
<td>--------------</td>
<td>---------</td>
</tr>
<tr>
<td></td>
<td>913</td>
<td>4516</td>
<td>1072</td>
<td>1072</td>
<td>7002</td>
</tr>
<tr>
<td></td>
<td>154</td>
<td>795</td>
<td>233</td>
<td>233</td>
<td>1304</td>
</tr>
<tr>
<td></td>
<td>9</td>
<td>17</td>
<td>13</td>
<td>13</td>
<td>54</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>6</td>
<td>6</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>8</td>
<td>8</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>1076</td>
<td>5328</td>
<td>1332</td>
<td>1332</td>
<td>8385</td>
</tr>
</tbody>
</table>

**Outcomes**

$1400000 in increased revenue, increased savings, and/or one-time capital purchases by 252 small business owners.

Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 10 acres of corn increasing their income by 30

Producers increased yield by 10 bushels by selecting top yielding varieties on 10 acres of soybeans, earning an extra $70.

The economic impact of Extension leadership programs was $40000 in increased revenue, one-time capital improvements and secured resources.

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $114665 in increased savings, increased income, and one-time capital purchases.

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

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

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

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

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

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

74 agritourism entrepreneurs gained knowledge and skills to manage risk (legal, liability,
8 agritourism operators implemented new or improved strategies to manage risk.
38 beef producers sold 2244 calves managed according to BQA guidelines to increase returns by $17952.
134 beef producers stored 29480 large, round bales under some type of cover to increase returns by $176880.
88 beef producers utilized bulls with greater genetic potential to produce 2468 head of calves to increase returns by $66636.
160 beef producers utilized hay feeding rings to feed 4200 bales and improved feeding methods to reduce wastage/spoilage, saving $21000.
46 beef producers utilized improved marketing methods to market 2336 head of calves to increase returns by $11680.
76 communities have undergone entrepreneurial support planning efforts.
10 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.
20 consumers learned about plant selection and proper planting to save money and time in the landscape.
20 consumers learned how to apply landscape fertilizers and pesticides safely.
23 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.
2 consumers practiced best management practices relating to proper pruning and tree maintenance.
2 consumers used the results of their soil test to properly amend their soil.
47 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
22 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
10 corn producers report a $10 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
22 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
0 dial-gauge lids were tested.
268 existing small businesses who are now operating with a business plan.
8 farmers and agricultural entrepreneurs have implemented improved marketing practices to increase the effectiveness of their marketing strategies.
8 farmers evaluated their potential for a new agritourism enterprise or for expanding their existing enterprise.
74 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.
30 forest landowners are members in a local County Forestry Association representing 0 forest acres.
20 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
1536 individual participants, governmental and non-governmental organizations involved in entrepreneurial network meetings.
1100 individuals who increased their entrepreneurial/business skills.
92 individuals who started a small business operation after participating in Extension entrepreneurial/small business programs.
10 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.
8 landowners improved profitability (marketing) of forest ownership.
8 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 4000 forested acres.
20 Master Gardeners gained knowledge and confidence in entomology.
20 Master Gardeners gained knowledge and confidence in integrated pest management.
20 Master Gardeners gained knowledge and confidence in ornamentals.
20 Master Gardeners gained knowledge and confidence in plant diseases.
20 Master Gardeners gained knowledge and confidence in soils.
20 Master Gardeners gained knowledge and confidence in turfgrass.
5 Master Gardeners have used the knowledge and skills they learned in this program to assist 5 people in turf selection or management.
3 Master Gardeners have used the knowledge and skills they learned in this program to assist 3 people to control pests through integrated pest management.
15 Master Gardeners have used the knowledge and skills they learned in this program to assist 15 people to identify pests and/or the damage they cause.
5 Master Gardeners have used the knowledge and skills they learned in this program to assist 5 people to identify symptoms of plant disease.
15 Master Gardeners have used the knowledge and skills they learned in this program to assist 15 people to improve soil through soil test results.

412 new networking, mentoring and coaching outlets available to entrepreneurs.

8 of 18 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.

8 of 18 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

8 of 18 fruit and/or vegetable producers adopted IPM.

8 of 18 fruit and/or vegetable producers completed a food safety plan for their farm.

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

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

2 of 18 fruit and/or vegetable producers who began the transition to USDA certified organic production.

224 of 232 gained skill in evaluating their housing options.

23 of 98 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.

57 of 98 green industry personnel increased business profitability and sustainability through improved insect, mite and disease control in turfgrass and/or ornamental plants.

57 of 98 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.

1 of 1 homeowners increased their knowledge of fire ant management.

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

224 of 232 participants analyzed their readiness for home ownership.

228 of 232 participants determined how much they could pay for a home.

72 of 72 participants developed and implemented a business plan.

220 of 224 participants feel confident they know what to do in case of a poisoning.

224 of 232 participants gained better understanding of the mortgage process.

1 of 1 participants plan to use the two-step method around the home for managing fire ants.

164 of 224 participants purchased a home.

224 of 224 participants successfully completed homebuyer education requirements.

30 of 50 participants surveyed canned pickles following a tested recipe. (TNCEP)

30 of 50 participants surveyed canned tomatoes following a tested recipe. (TNCEP)

30 of 50 participants surveyed canned vegetables following a tested recipe. (TNCEP)

216 of 224 participants surveyed have made repairs and/or improvements to make their
224 of 372 participants surveyed increased personal involvement in community activities.
374 of 384 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
220 of 224 participants surveyed increased their knowledge about radon.
440 of 448 participants surveyed increased their knowledge about the health risk associated with radon.
220 of 224 participants surveyed increased their knowledge concerning radon-resistant new construction techniques.
216 of 224 participants surveyed increased their knowledge of actions that can be taken to improve indoor air quality.
368 of 390 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
220 of 224 participants surveyed increased their knowledge of healthy housing principles.
220 of 224 participants surveyed increased their knowledge of how to implement (design, repair, maintain) healthy housing principles.
216 of 224 participants surveyed increased their knowledge of some of the health effects due to poor indoor air quality.
216 of 224 participants surveyed increased their knowledge of sources of indoor air pollution.
220 of 224 participants surveyed increased their knowledge of the connections between health and housing.
216 of 224 participants surveyed increased their knowledge on how regular cleaning can help reduce environmental health hazards.
220 of 224 participants surveyed increased their knowledge on safer house cleaning techniques.
216 of 224 participants surveyed increased their knowledge on the importance of moisture control in their home.
392 of 412 participants surveyed increased understanding of and level of competency using business management concepts and tools.
796 of 884 participants surveyed indicated a positive change in perceived community/regional support for entrepreneurship.
220 of 224 participants surveyed know how radon enters their home.
440 of 448 participants surveyed know radon can be prevented from entering their home.
220 of 224 participants surveyed know testing is the only way to know if their home has radon.
220 of 224 participants surveyed know year-long testing is recommended over short-term testing in Tennessee.
216 of 224 participants surveyed maintain their home/business/property using healthy housing principles.

30 of 50 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)

220 of 224 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
220 of 224 participants will keep medications out of the reach of children.
220 of 224 participants will keep products in their original containers.
220 of 224 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
220 of 224 participants will read the label before using a product.
216 of 224 units maintained according to healthy housing principles.
0 participants process high-acid foods in a water bath canner.

90 producers planted 10240 acres with clover for an increased production valued at $307200.
18 producers planted 1700 acres with warm-season grasses for an added value of $34000.
74 producers sprayed 8000 acres for broadleaf weed control for an increased production valued at $320000.

20 producers stockpiled 1300 acres of tall fescue, reducing feeding cost by $52000.
98 professionals added additional services and/or marketing practices.
98 professionals developed or made adjustment to their business plans.
94 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
98 professionals implemented recommended management practices for pest control.
114 professionals increased their knowledge of components of business plans.
114 professionals increased their knowledge of green industry services and marketing practices.
118 professionals increased their knowledge of plant culture ( e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
118 professionals increased their knowledge of plant pests and pest control measures.
118 professionals increased their knowledge of proper plant selection.
94 professionals practiced proper plant selection and installation practices.

1012 small business owners who increase income and quality of living.
25 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
25 soybean producers increased their knowledge of recommended agronomic practices and
understanding of their benefits and use.
10 soybean producers report a $10 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
20 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
47 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
47 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
51 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
25 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 underserved landowners are now alley cropping with annual crops and high-value hardwoods.
6 underserved landowners began pursuing forest farming operations of high-value speciality crops such as herbs, medicinal plants or mushrooms.
10 underserved landowners maintained wooded pastures.
0 underserved landowners planted riparian buffer strips along waterways.
6 underserved landowners planted windbreaks in fields.
216 units repaired.
36 visual inspections conducted on housing units.
1280 youth are better able to understand and follow directions.
1364 youth are now better listeners.
1700 youth are willing to try new things.
680 youth break goals down into steps so they can check their progress.
2934 youth can analyze the results of a scientific investigation.
2692 youth can ask a question that can be answered by collecting data.
1768 youth can deal with their nervousness when giving a speech or talk.
2836 youth can design a scientific procedure to answer a question.
1994 youth can explain an idea to others.
1362 youth can express ideas with a poster, exhibit or other display.
1394 youth can give an informative speech or presentation.
2764 youth can now share their ideas through writing.
2562 youth can record data accurately.

3278 youth can select a topic for a speech or talk.

1246 youth can show enthusiasm when giving a speech or presentation.

2750 youth can speak loudly enough to be heard when giving a speech or talk.

2042 youth can use specific scientific knowledge to form a question.

1302 youth can use technology to help themselves express ideas.

3038 youth feel comfortable sharing their thoughts and feelings in a speech or talk.

1396 youth give a 2-3 minute speech or presentation.

1246 youth have explored careers in communications.

1296 youth have learned at least five jobs in which communication skills are important.

1066 youth have set a goal for their job or career.

1376 youth know how to organize the parts of a speech or presentation.

2268 youth now get information about a problem.

1388 youth now report that they make a decision by thinking about what a person of good character would do.

1300 youth now report that they use more than one source of information in making choices.

1246 youth now report that they use standards in making choices.

1224 youth now report they consider the risks of their choices.

1248 youth now report they think about the truthfulness of sources of information when making choices.

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

1100 youth now work to achieve their goals.

1002 youth put their goals in writing.

1664 youth report telling the difference between right and wrong.

1304 youth report that now they try to do the right thing.

1516 youth report that they can now cooperate and work in a group.

1248 youth report that they have developed confidence to speak in front of groups.

1256 youth report that they know how to set goals and they use that ability when leading a group.

1512 youth report that they like to accomplish things on their own.

1664 youth report that they make sure everyone gets an opportunity to say what they think.

1160 youth report that they now achieve goals they set for themselves.

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

1580 youth report that when in charge of a group, they treat everyone fairly and equally.

1396 youth report they can now keep records.
1396 youth report they have improved photography skills.
1248 youth report they have learned skills in visual communications.
1022 youth set high goals.
1140 youth who are now making plans to achieve their goals.
1300 youth who have put their goal(s) in writing.
2074 youth who report that they have learned that some choices are better than others.
2650 youth who report they can make a decision.
1868 youth who report they now listen to people with more experience than themselves.
2328 youth who report they now try to identify what causes a problem.

Moore County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>4372</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>320</td>
<td>482</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>167</td>
<td>177</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1006</td>
<td>23500</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>419</td>
<td>2842</td>
</tr>
<tr>
<td>Total</td>
<td>1912</td>
<td>27001</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>5886</td>
<td>345</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>6235</td>
</tr>
<tr>
<td>Female Youth</td>
<td>8092</td>
<td>301</td>
<td>69</td>
<td>1</td>
<td>29</td>
<td>8492</td>
</tr>
<tr>
<td>Male Adult</td>
<td>4044</td>
<td>187</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>4232</td>
</tr>
<tr>
<td>Male Youth</td>
<td>7630</td>
<td>354</td>
<td>50</td>
<td>8</td>
<td>0</td>
<td>8042</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>25652</strong></td>
<td><strong>1187</strong></td>
<td><strong>122</strong></td>
<td><strong>9</strong></td>
<td><strong>31</strong></td>
<td><strong>27001</strong></td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 101 |

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

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>99</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>117</td>
</tr>
<tr>
<td>Female Youth</td>
<td>198</td>
<td>5</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>206</td>
</tr>
<tr>
<td>Male Adult</td>
<td>131</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>141</td>
</tr>
<tr>
<td>Male Youth</td>
<td>176</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>182</td>
</tr>
<tr>
<td>Total</td>
<td>604</td>
<td>36</td>
<td>4</td>
<td>1</td>
<td>1</td>
<td>646</td>
</tr>
</tbody>
</table>

### Outcomes

50 beef producers sold 8000 calves managed according to BQA guidelines to increase returns by $64000.

100 beef producers stored 20000 large, round bales under some type of cover to increase returns by $120000.
20 beef producers utilized bulls with greater genetic potential to produce 800 head of calves to increase returns by $21600.
100 beef producers utilized hay feeding rings to feed 20000 bales and improved feeding methods to reduce wastage/spoilage, saving $100000.
25 beef producers utilized improved marketing methods to market 4000 head of calves to increase returns by $20000.
0 now can create on-screen (multi-media) presentations.
34 youth are better able to understand and follow directions.
84 youth are now better listeners.
92 youth believe that a team can accomplish more than an individual.
8 youth can assist a group in deciding on team plans for reaching goals.
104 youth can conduct a meeting.
124 youth can express ideas with a poster, exhibit or other display.
16 youth can now share their ideas through writing.
12 youth can use technology to help themselves express ideas.
64 youth enjoy working with others toward a common goal.
4 youth have explored careers in communications.
0 youth have knowledge of careers in the communications field.
166 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.
6 youth now communicate through a website.
4 youth now encourage other team members to give their best effort.
4 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 being able to break tough jobs down into simpler tasks.
0 youth report being able to resolve problems without losing control of their emotions.
14 youth report being sensitive to the feelings of others when discussing and solving problems.
0 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
0 youth report that they are comfortable being responsible for a group.
82 youth report that they are now comfortable being a group leader.
50 youth report that they can now cooperate and work in a group.
28 youth report that they can now give clear directions.
14 youth report that they know how to set goals and they use that ability when leading a
2 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.
68 youth report that they take their jobs seriously as members of a committee.
38 youth report that when in charge of a group, they treat everyone fairly and equally.
16 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 using enthusiasm to get a group working.
72 youth seek out others who can help them become a better leader.
28 youth think that everyone on the team is important.
2 youth think they have something to contribute to the worth of the team.
2 youth understand that other ideas may be just as important as their own.
40 youth use parliamentary procedure to run a meeting.

**Morgan County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>324</td>
<td>487</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1271</td>
<td>1673</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>727</td>
<td>14360</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>307</td>
<td>608</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>2629</strong></td>
<td><strong>17128</strong></td>
</tr>
</tbody>
</table>
## Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>108</td>
<td>13785</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>39</td>
<td>125402</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>452</td>
<td>10351</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>218</td>
<td>2664604</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>817</td>
<td>2814142</td>
</tr>
</tbody>
</table>

## Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3270</td>
<td>12</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>3291</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4931</td>
<td>12</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>4949</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3468</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3477</td>
</tr>
<tr>
<td>Male Youth</td>
<td>5389</td>
<td>10</td>
<td>0</td>
<td>6</td>
<td>6</td>
<td>5411</td>
</tr>
<tr>
<td>Total</td>
<td>17058</td>
<td>43</td>
<td>15</td>
<td>6</td>
<td>6</td>
<td>17128</td>
</tr>
</tbody>
</table>

## Hours for Volunteers
**Hours Spend**

873.06

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>9</td>
<td>542</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>4800</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>14</td>
<td>69</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>20</td>
<td>100000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>45</td>
<td>105411</td>
</tr>
</tbody>
</table>

**Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>370</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>371</td>
</tr>
<tr>
<td>Female Youth</td>
<td>925</td>
<td>1</td>
<td>4</td>
<td>0</td>
<td>2</td>
<td>932</td>
</tr>
<tr>
<td>Male Adult</td>
<td>520</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>523</td>
</tr>
<tr>
<td>Male Youth</td>
<td>983</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>986</td>
</tr>
<tr>
<td>Total</td>
<td>2798</td>
<td>7</td>
<td>5</td>
<td>0</td>
<td>2</td>
<td>2812</td>
</tr>
</tbody>
</table>

**Outcomes**
1 4-H clubs were met by volunteers.
4 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.
65 beef producers sold 871 calves managed according to BQA guidelines to increase returns by $6968.
58 beef producers stored 6305 large, round bales under some type of cover to increase returns by $37830.
33 beef producers utilized bulls with greater genetic potential to produce 0 head of calves to increase returns by $FRM.
52 beef producers utilized hay feeding rings to feed 5362 bales and improved feeding methods to reduce wastage/spoilage, saving $26810.
39 beef producers utilized improved marketing methods to market 1820 head of calves to increase returns by $9100.
10 classrooms adopted this program.
0 dial-gauge lids were tested.
12 horse owners fed 60 horses according to specific nutrient requirements for each class of horse, saving 30000 annually.
4 horse owners managed 10 horses using rotational grazing in their pasture management to increase forage production, saving $5000 annually.
4 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 6 horses, saving $5190 annually.
2 horse owners schedule routine hoof care on 2 horses, saving $1200 annually.
0 miles were walked in the Walk Across Tennessee Program.
4 new 4-H volunteers were recruited this year.
76 of 76 adults wash hands more often.
25 of 31 better understood basic insurance needs.
30 of 31 better understood credit reporting and scoring.
250 of 560 better understood their parents' concerns about money.
31 of 31 identified ways to reduce spending.
24 of 31 learned better how to communicate with creditors.
28 of 31 learned how to better manage stress caused by financial issues.
31 of 31 learned how to prepare a grab and go bag in case of an emergency home evacuation.
31 of 31 learned how to properly maintain and store household financial records.
30 of 31 learned who to pay first if they can't pay everything.
196 of 560 made a change in career or educational goals.
20 of 20 parents of teens learned how to generate a healthy discussion within their family about sexuality, values, feelings and decision making.
20 of 20 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building.
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.
20 of 20 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
20 of 20 parents/caregivers learned about issues related to stages of child development.
20 of 20 participants are confident they can better manage their diabetes as a result of participating in this program.
589 of 632 participants ate more whole grains.
28 of 31 participants became more aware of the importance of starting to save and invest early in life.
46 of 560 participants began or increased savings an average of $40 per month.
21 of 31 participants better understood the difference between pre-tax and after-tax investments.
250 of 560 participants better understood their parent's concerns about money.
0 of 0 participants can better control their chronic disease as a result of participating in the program.
20 of 20 participants can choose foods that do not cause a sharp rise in blood sugar.
200 of 560 participants communicated with other family members about financial matters.
212 of 223 participants decreased consumption of high-sugar foods.
0 of 0 participants decreased their blood pressure six months after completing the program.
0 of 0 participants decreased their cholesterol levels six months after completing the program.
19 of 23 participants eat at least six meals together as a family each week.
187 of 200 participants eat fewer high-fat foods.
485 of 609 participants eat more fat-free or low-fat dairy products.
21 of 23 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.
240 of 560 participants felt more strongly that they needed to get a good education.
246 of 560 participants felt more strongly that they needed to pay attention to their financial
future.
90 of 560 participants followed a spending plan.
29 of 31 participants gained skill in determining their net worth.
31 of 31 participants gained skill in making a spending plan.
31 of 31 participants identified ways to avoid being victimized by predatory practices or fraud.
587 of 609 participants increased physical activity.
0 of 0 participants increased their exercise routine during Walk Across Tennessee Program.
298 of 591 participants increased their financial management skills.
222 of 560 participants learned better how to plan their spending.
280 of 560 participants learned how education will affect the kind of job they can get.
280 of 560 participants learned how having a family can affect their lifestyle.
262 of 560 participants learned how much money it takes to get by.
242 of 560 participants learned how occupation and income will affect their lifestyle.
202 of 560 participants learned how payroll deductions are taken from gross pay.
280 of 560 participants learned how to keep a checkbook register.
280 of 560 participants learned how to write a check.
11 of 23 participants lost weight: 17 total pounds lost.
0 of 0 participants lowered their blood sugar levels six months after completing the program.
204 of 560 participants made a change in financial behavior.
260 of 560 participants made a spending plan.
196 of 560 participants made changes to their future plans.
0 of 0 participants maintained their walking/exercise routine six months after completing the program.
290 of 312 participants now eat more fruit.
578 of 609 participants now eat more vegetables.
20 of 20 participants plan to regularly check their blood sugar as requested by their doctor.
20 of 20 participants plan to use the Healthy Plate Method.
196 of 560 participants planned to change their career goals.
268 of 560 participants planned to get more education after high school.
287 of 309 participants refrigerate perishable foods within two hours.
267 of 309 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
31 of 31 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
24 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)
24 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)
230 of 309 participants surveyed used a thermometer to check the internal temperature of food.
230 of 309 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
92 of 560 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.
30 of 31 participants understood the dangers of using too much credit.
23 of 23 participants use labels to make healthier choices.
191 of 200 participants who increased their intake of dairy foods.
682 of 609 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.
84 of 560 participants worked toward new savings or investment goals.
30 of 31 participants understood the dangers of using too much credit.
20 of 20 respondents plan to decrease exposure of their children to parental conflict.
20 of 20 respondents report understanding the importance of working together for the sakes of their children.
198 of 200 students increased amount of time in physical activity.
176 of 200 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.
481 of 597 youth now wash hands more often.
20 parents/caregivers learned effective communication techniques to use with their children.
20 parents/caregivers learned strategies for dealing with parenting stress.
24 participants now correctly deworm 86 horses, saving $ 23650 this year.
24 participants process high-acid foods in a water bath canner.
0 participants walked in the Walk Across Tennessee Program.
22 producers planted 423 acres with clover for an increased production valued at $12690.
7 producers planted 86 acres with warm-season grasses for an added value of $1720.
18 producers sprayed 390 acres for broadleaf weed control for an increased production valued at $15600.
32 producers stockpiled 1092 acres of tall fescue, reducing feeding cost by $43680.
5 schools adopted this program.
0 teams participated in the Walk Across Tennessee Program.
20 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.
68 youth break goals down into steps so they can check their progress.
426 youth can analyze the results of a scientific investigation.
394 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.
364 youth can design a scientific procedure to answer a question.
86 youth can explain an idea to others.
0 youth can express ideas with a poster, exhibit or other display.
62 youth can give an informative speech or presentation.
0 youth can now share their ideas through writing.
400 youth can record data accurately.
102 youth can select a topic for a speech or talk.
70 youth can show enthusiasm when giving a speech or presentation.
90 youth can speak loudly enough to be heard when giving a speech or talk.
352 youth can use specific scientific knowledge to form a question.
0 youth can use technology to help themselves express ideas.
82 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
66 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.
62 youth have set a goal for their job or career.
70 youth know how to organize the parts of a speech or presentation.
52 youth now report that they make a decision by thinking about what a person of good
character would do.
52 youth now report that they use more than one source of information in making choices.
52 youth now report that they use standards in making choices.
50 youth now report they consider the risks of their choices.
50 youth now report they think about the truthfulness of sources of information when making choices.
64 youth now set high goals that require work to achieve them.
62 youth now work to achieve their goals.
62 youth put their goals in writing.
68 youth report that they have developed confidence to speak in front of groups.
62 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.
0 youth report they have learned skills in visual communications.
68 youth set high goals.
66 youth who are now making plans to achieve their goals.
68 youth who have put their goal(s) in writing.

### Obion County

**Hours for Extension Personnel**

| Hours Spend | 6456.25 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>588</td>
<td>1306</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>7711</td>
<td>9856</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>621</td>
<td>13327</td>
</tr>
</tbody>
</table>
### On-Site Visits (Farm, Home, and Workplace)

<table>
<thead>
<tr>
<th>Method</th>
<th>Number</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>9441</td>
<td>28027</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>14093</td>
<td>46545</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>83</td>
<td>594500</td>
</tr>
<tr>
<td>Other</td>
<td>47</td>
<td>2925</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>646</td>
<td>17150</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>15</td>
<td>99000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>23</td>
<td>217080</td>
</tr>
<tr>
<td>Total</td>
<td>14907</td>
<td>977200</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Gender</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>7935</td>
<td>1927</td>
<td>69</td>
<td>0</td>
<td>3</td>
<td>9934</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5107</td>
<td>317</td>
<td>247</td>
<td>1</td>
<td>29</td>
<td>5701</td>
</tr>
<tr>
<td>Male Adult</td>
<td>7215</td>
<td>519</td>
<td>26</td>
<td>0</td>
<td>0</td>
<td>7760</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4112</td>
<td>316</td>
<td>194</td>
<td>0</td>
<td>10</td>
<td>4632</td>
</tr>
<tr>
<td>Total</td>
<td>24369</td>
<td>3079</td>
<td>536</td>
<td>1</td>
<td>42</td>
<td>28027</td>
</tr>
</tbody>
</table>
Hours for Volunteers

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>1658</td>
</tr>
</tbody>
</table>

Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>1500</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>10</td>
<td>62000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>6</td>
<td>400</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>18</td>
<td>63900</td>
</tr>
</tbody>
</table>

Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1223</td>
<td>162</td>
<td>37</td>
<td>0</td>
<td>4</td>
<td>1426</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4761</td>
<td>485</td>
<td>185</td>
<td>1</td>
<td>26</td>
<td>5458</td>
</tr>
<tr>
<td>Male Adult</td>
<td>592</td>
<td>53</td>
<td>27</td>
<td>0</td>
<td>2</td>
<td>674</td>
</tr>
<tr>
<td>Male</td>
<td>3364</td>
<td>462</td>
<td>170</td>
<td>0</td>
<td>15</td>
<td>4011</td>
</tr>
</tbody>
</table>
Outcomes

Producers increased corn yield by 14 bushels/acre by selecting top yielding varieties on 134000 acres of corn increasing their income by 42 
Producers increased yield by 2 bushels by selecting top yielding varieties on 214000 acres of soybeans, earning an extra $14. 
Producers increased yield by 2 bushels by selecting top yielding varieties on 24800 acres of wheat, earning an extra $10. 
Producers increased yield by 0 pounds by selecting top yielding varieties on 0 acres of cotton, earning an extra $FRM. 
The economic impact of Extension leadership programs was $38257 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. 
0 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. 
140000 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. 
120000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides. 
58 are concerned about problems in their community. 
16 classrooms adopted this program. 
120 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.
90 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.

25615 miles were walked in the Walk Across Tennessee Program.

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

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

88 of 88 adults wash hands more often.

106 of 106 better understood their parents' concerns about money.

109 of 111 participants are applying health eating principles when making food decisions six months after completing the program.

108 of 111 participants are better self-managers of their chronic condition six months after completing the program.

4 of 5 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

5 of 5 participants are confident they can better manage their diabetes as a result of participating in this program.

109 of 111 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

4 of 5 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

5 of 5 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

105 of 111 participants are physically active six months after completing the program.

5 of 5 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.

6 of 6 participants are proud of themselves for taking this positive step (participating in an exercise program) to improve their health.
5 of 5 participants are regularly checking their blood sugar six months after completing the program.

5 of 5 participants are using the Healthy Plate Method six months after completing the program.

110 of 111 participants are using the UT Med Minder card to keep a record of their medications.

166 of 178 participants ate more whole grains.

106 of 106 participants better understood their parent's concerns about money.

111 of 111 participants can apply health eating principles when making daily food decisions.

111 of 111 participants can better control their chronic condition with self-management techniques.

23 of 64 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.

4 of 6 participants continued doing the MYB exercises six months after completing the program.

48 of 90 participants decreased consumption of high-sugar foods.

40 of 90 participants eat at least six meals together as a family each week.

88 of 88 participants eat more fat-free or low-fat dairy products.

22 of 90 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

111 of 111 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

34 of 34 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

6 of 6 participants feel confident they will continue doing the MYB routines after the MYB program ends.

111 of 111 participants feel confident using the Take PART technique when talking to their health care provider.

106 of 106 participants felt more strongly that they needed to get a good education.

106 of 106 participants felt more strongly that they needed to pay attention to their financial future.

44 of 44 participants find the active ingredient on the medication label.

28 of 111 participants have fewer visits to the emergency room six months after completing the program.

6 of 6 participants have improved their balance.

6 of 6 participants have improved their strength.

6 of 6 participants have increased their cardiovascular fitness.
6 of 6 participants have increased their motivation to exercise.
18 of 18 participants have less arthritis symptoms.
100 of 111 participants have less pain from their chronic condition six months after completing the program.
1 of 5 participants have reduced their A1c six months after completing the program.
111 of 111 participants have used the Take PART technique when talking to their health care provider.
18 of 18 participants improved control of their arthritis symptoms.
18 of 18 participants improved performance of daily activities.
18 of 18 participants improved their balance.
6 of 90 participants improved their blood pressure.
10 of 90 participants improved their blood sugar.
20 of 90 participants improved their cholesterol levels.
18 of 18 participants improved their flexibility.
12 of 90 participants improved their triglyceride levels.
30 of 88 participants increased physical activity.
1414 of 1414 participants increased their exercise routine during Walk Across Tennessee Program.
98 of 106 participants increased their financial management skills.
44 of 44 participants keep all of their prescription medications at the same pharmacy.
34 of 34 participants know what cancer screenings they need according to their age and gender.
106 of 106 participants learned better how to plan their spending.
106 of 106 participants learned how education will affect the kind of job they can get.
106 of 106 participants learned how having a family can affect their lifestyle.
106 of 106 participants learned how much money it takes to get by.
106 of 106 participants learned how occupation and income will affect their lifestyle.
102 of 106 participants learned how payroll deductions are taken from gross pay.
6 of 64 participants learned how to keep a checkbook register.
64 of 42 participants learned how to write a check.
6 of 90 participants lost weight: 30 total pounds lost.
42 of 106 participants made changes to their future plans.
5 of 6 participants maintained their motivation to keep exercising six months after completing the program.
32 of 88 participants now eat more vegetables.
109 of 111 participants plan to exercise more often to help manage their chronic condition.
34 of 34 participants plan to get age and gender appropriate cancer screenings.
5 of 5 participants plan to regularly check their blood sugar as requested by their doctor.
5 of 5 participants plan to use the Healthy Plate Method.
111 of 111 participants plan to use the UT Med Minder card to keep a record of their medications.
42 of 106 participants planned to change their career goals.
92 of 106 participants planned to get more education after high school.
44 of 44 participants read the directions before taking a prescription or over-the-counter medications.
88 of 88 participants refrigerate perishable foods within two hours.
44 of 44 participants seek the advice of a pharmacist if they have any questions about a medication.
88 of 88 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
1209 of 1209 participants surveyed increased personal involvement in community activities.
1209 of 1209 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
1209 of 1209 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
44 of 44 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.
42 of 44 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.
44 of 44 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.
44 of 44 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
76 of 88 participants surveyed used a thermometer to check the internal temperature of food.
88 of 88 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
5 of 5 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
34 of 34 participants understand that cancer screening and early detection can save their life.
111 of 111 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.
34 of 34 participants understand women age 40 and older should have a mammogram.
34 of 34 participants understand women of all ages need a Pap test.
90 of 90 participants use labels to make healthier choices.
88 of 88 participants who now select foods and beverages that promote healthy weight.
111 of 111 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
1414 of 1414 participants will continue to exercise after the Walk Across Tennessee Program.
88 of 88 youth now wash hands more often.
1414 participants walked in the Walk Across Tennessee Program.
30 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
20 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
70 producers increased their return on 20000 acres by $1140000 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.
20 producers utilized UT fertility recommendations.
4 schools adopted this program.
100 soybean producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
80 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.
53 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.
126 would assist with or participate in elections, voting and campaigns.
4000 youth can analyze the results of a scientific investigation.
4200 youth can ask a question that can be answered by collecting data.
3200 youth can deal with their nervousness when giving a speech or talk.
2200 youth can design a scientific procedure to answer a question.
3400 youth can explain an idea to others.
3600 youth can give an informative speech or presentation.
3200 youth can record data accurately.
3200 youth can select a topic for a speech or talk.
3000 youth can show enthusiasm when giving a speech or presentation.
2000 youth can speak loudly enough to be heard when giving a speech or talk.
3800 youth can use specific scientific knowledge to form a question.
1400 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
2000 youth give a 2-3 minute speech or presentation.
2200 youth know how to organize the parts of a speech or presentation.
130 youth now report they are concerned about the well-being of others.
1600 youth report that they have developed confidence to speak in front of groups.

Overton County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>1238</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method</td>
<td>Number Methods</td>
<td>Contacts Reached</td>
</tr>
<tr>
<td>---------------------------------------</td>
<td>----------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>61</td>
<td>52800</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>58</td>
<td>10200</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>120</td>
<td>63000</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Gender/Age</th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>650</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>650</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2610</td>
<td>9</td>
<td>3</td>
<td>0</td>
<td>2622</td>
</tr>
</tbody>
</table>
### Hours for Volunteers

**Hours Spend**

<table>
<thead>
<tr>
<th></th>
<th>113</th>
</tr>
</thead>
</table>

### Indirect Methods for Volunteers

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

### Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>66</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>66</td>
</tr>
</tbody>
</table>
## Outcomes

The economic impact of Extension leadership programs was $20000 in increased revenue, one-time capital improvements and secured resources.

- 62 beef producers sold 4500 calves managed according to BQA guidelines to increase returns by $36000.
- 50 beef producers stored 10000 large, round bales under some type of cover to increase returns by $60000.
- 41 beef producers utilized bulls with greater genetic potential to produce 820 head of calves to increase returns by $22140.
- 120 beef producers utilized hay feeding rings to feed 24000 bales and improved feeding methods to reduce wastage/spoilage, saving $120000.
- 20 beef producers utilized improved marketing methods to market 1500 head of calves to increase returns by $7500.

18 of 24 participants surveyed increased personal involvement in community activities.

20 of 24 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.

16 of 24 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.

100 producers planted 5776 acres with clover for an increased production valued at $173280.

10 producers planted 444 acres with warm-season grasses for an added value of $8880.

46 producers sprayed 4581 acres for broadleaf weed control for an increased production valued at $183240.

29 producers stockpiled 1326 acres of tall fescue, reducing feeding cost by $53040.

---

### Perry County

#### Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>1552</td>
</tr>
</tbody>
</table>
**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1</td>
<td>250</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>200</td>
<td>4709</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>203</td>
<td>4964</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>9</td>
<td>400</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>7</td>
<td>22500</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>18</td>
<td>11020</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>34</td>
<td>33920</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
</table>
### Hours for Volunteers

**Hours Spend**

184

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>6</strong></td>
<td><strong>0</strong></td>
</tr>
</tbody>
</table>

### Contacts for Volunteers

<table>
<thead>
<tr>
<th></th>
<th>White/Not of</th>
<th>Black/Not of</th>
<th>Hispanic</th>
<th>Asian/Pacific</th>
<th>American Indian/</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hispanic Origin</td>
<td>Hispanic Origin</td>
<td>Islander</td>
<td>Alaskan Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>-----------------</td>
<td>-----------------</td>
<td>----------</td>
<td>----------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Youth</td>
<td>541</td>
<td>22</td>
<td>9</td>
<td>4</td>
<td>3</td>
<td>579</td>
</tr>
<tr>
<td>Male Youth</td>
<td>411</td>
<td>12</td>
<td>5</td>
<td>2</td>
<td>1</td>
<td>431</td>
</tr>
<tr>
<td>Total</td>
<td>952</td>
<td>34</td>
<td>14</td>
<td>6</td>
<td>4</td>
<td>1010</td>
</tr>
</tbody>
</table>

**Outcomes**

0 of 0 adults wash hands more often.
0 of 0 better understood their parents' concerns about money.
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.
12 of 26 participants are choosing foods that do not cause a sharp rise in blood sugar six months after completing the program.
26 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.
12 of 26 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.
12 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.
11 of 26 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
12 of 26 participants are regularly checking their blood sugar six months after completing the program.
12 of 26 participants are using the Healthy Plate Method six months after completing the program.
27 of 33 participants are using the UT Med Minder card to keep a record of their medications.
148 of 148 participants ate more whole grains.
198 of 416 participants better understood their parent's concerns about money.
32 of 33 participants can apply health eating principles when making daily food decisions.
29 of 33 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.
0 of 0 participants eat more fat-free or low-fat dairy products.
26 of 33 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
250 of 294 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
29 of 33 participants feel confident using the Take PART technique when talking to their health care provider.
278 of 416 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants have 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.
0 of 0 participants increased physical activity.
0 of 0 participants increased their financial management skills.
268 of 294 participants know what cancer screenings they need according to their age and gender.
0 of 0 participants learned better how to plan their spending.
0 of 0 participants learned how education will affect the kind of job they can get.
280 of 416 participants learned how having a family can affect their lifestyle.
276 of 416 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
416 of 416 participants learned how payroll deductions are taken from gross pay.
416 of 416 participants learned how to keep a checkbook register.
416 of 416 participants learned how to write a check.
150 of 416 participants made changes to their future plans.
146 of 148 participants now eat more vegetables.
30 of 33 participants plan to exercise more often to help manage their chronic condition.
270 of 294 participants plan to get age and gender appropriate cancer screenings.
26 of 26 participants plan to regularly check their blood sugar as requested by their doctor.
26 of 26 participants plan to use the Healthy Plate Method.
27 of 33 participants plan to use the UT Med Minder card to keep a record of their medications.
150 of 416 participants planned to change their career goals.
350 of 416 participants planned to get more education after high school.
142 of 148 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
144 of 148 participants surveyed used a thermometer to check the internal temperature of food.
142 of 148 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
26 of 26 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
294 of 294 participants understand that cancer screening and early detection can save their life.
5 of 9 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.
256 of 294 participants understand women age 40 and older should have a mammogram.
248 of 294 participants understand women of all ages need a Pap test.
0 of 0 participants who now select foods and beverages that promote healthy weight.
26 of 33 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
0 of 0 youth now wash hands more often.
24 times TEAM UP exchanged ideas or shared information.
28 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 break goals down into steps so they can check their progress.
0 youth can challenge policies through petitions, presentations or other positive ways.
632 youth can deal with their nervousness when giving a speech or talk.
632 youth can explain an idea to others.
124 youth can express ideas with a poster, exhibit or other display.
632 youth can give an informative speech or presentation.
54 youth can now prepare and deliver a five-minute speech.
1264 youth can now share their ideas through writing.
632 youth can select a topic for a speech or talk.
0 youth can show enthusiasm when giving a speech or presentation.
632 youth can speak loudly enough to be heard when giving a speech or talk.
632 youth can use technology to help themselves express ideas.
632 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
426 youth give a 2-3 minute speech or presentation.
0 youth have learned at least five jobs in which communication skills are important.
210 youth have set a goal for their job or career.
480 youth know how to organize the parts of a speech or presentation.
0 youth now set high goals that require work to achieve them.
0 youth now work to achieve their goals.
204 youth put their goals in writing.
0 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 they are now "accomplished public speakers."
4 youth report they can give an impromptu speech.
0 youth report they can now express their opinions in speeches or presentations.
0 youth set high goals.
0 youth who are now making plans to achieve their goals.
210 youth who have put their goal(s) in writing.

---

**Pickett County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>4199</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Method</td>
<td>Number Methods</td>
<td>Contacts Reached</td>
</tr>
<tr>
<td>---------------------------------------</td>
<td>----------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>53</td>
<td>1223</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>291</td>
<td>139850</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>305</td>
<td>275</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>649</td>
<td>141348</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4936</td>
<td>82</td>
<td>15</td>
<td>0</td>
<td>1</td>
<td>5034</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2403</td>
<td>48</td>
<td>20</td>
<td>2</td>
<td>0</td>
<td>2473</td>
</tr>
</tbody>
</table>
### Male Adult

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Male Adult</td>
<td></td>
<td>2433</td>
<td>23</td>
<td>3</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

### Male Youth

<p>| | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Male Youth</td>
<td></td>
<td>2058</td>
<td>10</td>
<td>5</td>
<td>6</td>
<td>2</td>
<td>2081</td>
</tr>
</tbody>
</table>

### Total

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td>11830</td>
<td>163</td>
<td>43</td>
<td>8</td>
<td>3</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours Spend</td>
<td>1055</td>
</tr>
</tbody>
</table>

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>23</td>
<td>3721</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>7</td>
<td>354</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>4075</td>
</tr>
</tbody>
</table>

### Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1254</td>
<td>10</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>1266</td>
</tr>
<tr>
<td></td>
<td>Female Youth</td>
<td>Male Adult</td>
<td>Male Youth</td>
<td>Total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------</td>
<td>--------------</td>
<td>------------</td>
<td>------------</td>
<td>--------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sample size</td>
<td>960</td>
<td>334</td>
<td>902</td>
<td>3450</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sex</td>
<td>Female</td>
<td>Male</td>
<td>Male</td>
<td>Total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age group</td>
<td>Youth</td>
<td>Adult</td>
<td>Youth</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>19</td>
<td>5</td>
<td>2</td>
<td>36</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>0</td>
<td>1</td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>985</td>
<td>339</td>
<td>908</td>
<td>3498</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

152 are concerned about problems in their community.

110 beef producers sold 3438 calves managed according to BQA guidelines to increase returns by $27504.

92 beef producers stored 62000 large, round bales under some type of cover to increase returns by $372000.

110 beef producers utilized bulls with greater genetic potential to produce 3438 head of calves to increase returns by $92826.

108 beef producers utilized hay feeding rings to feed 18800 bales and improved feeding methods to reduce wastage/spoilage, saving $94000.

72 beef producers utilized improved marketing methods to market 3040 head of calves to increase returns by $15200.

36 dial-gauge lids were tested.

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

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

27 of 46 better understood their parents' concerns about money.

2 of 2 parents of teens learned how to generate a healthy discussion within their family about sexuality, values, feelings and decision making.

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.

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)

2 of 2 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 of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested.
4 of 4 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
4 of 4 parents/caregivers learned about issues related to stages of child development.
6 of 8 participants are applying health eating principles when making food decisions six months after completing the program.
22 of 22 participants are better able to manage their living environments.
21 of 22 participants are better able to store and prepare foods to keep them safe to consume.
6 of 8 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.
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.
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.
22 of 22 participants are more confident in relationships with family and friends.
8 of 8 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.
6 of 16 participants ate more whole grains.
27 of 46 participants better understood their parent's concerns about money.
8 of 8 participants can apply health eating principles when making daily food decisions.
34 of 37 participants can apply joint protection techniques.
7 of 8 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.
33 of 37 participants can use relaxation techniques to better manage their arthritis symptoms.
18 of 37 participants decreased consumption of high-sugar foods.
5 of 16 participants eat at least six meals together as a family each week.
18 of 21 participants eat fewer high-fat foods.
14 of 16 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
8 of 8 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
33 of 37 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
7 of 8 participants feel confident using the Take PART technique when talking to their health care provider.
29 of 46 participants felt more strongly that they needed to get a good education.
36 of 46 participants felt more strongly that they needed to pay attention to their financial future.
8 of 8 participants have fewer visits to the emergency room six months after completing the program.
35 of 37 participants have improved their arthritis symptoms as a result of participating in this program.
31 of 35 participants have less arthritis symptoms from their arthritis six months after completing the program.
3 of 3 participants have less arthritis symptoms.
7 of 8 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.
6 of 8 participants have used the Take PART technique when talking to their health care provider.
3 of 3 participants improved control of their arthritis symptoms.
3 of 3 participants improved performance of daily activities.
26 of 35 participants improved their balance six months after completing the program.
3 of 3 participants improved their balance.
22 of 35 participants improved their flexibility six months after completing the program.
3 of 3 participants improved their flexibility.
30 of 35 participants improved their performance of daily activities by adding exercise to their
27 of 35 participants improved their range of motion in their joints six months after completing the program.

34 of 46 participants increased their financial management skills.

19 of 22 participants know better how to manage and protect their assets for a secure retirement.

38 of 46 participants learned better how to plan their spending.

28 of 46 participants learned how education will affect the kind of job they can get.

38 of 46 participants learned how having a family can affect their lifestyle.

36 of 46 participants learned how much money it takes to get by.

40 of 46 participants learned how occupation and income will affect their lifestyle.

24 of 46 participants learned how payroll deductions are taken from gross pay.

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

32 of 46 participants learned how to write a check.

78 of 91 participants lost weight: 647 total pounds lost.

29 of 46 participants made changes to their future plans.

8 of 8 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.

7 of 8 participants plan to use the UT Med Minder card to keep a record of their medications.

11 of 46 participants planned to change their career goals.

22 of 46 participants planned to get more education after high school.

5 of 5 participants surveyed canned pickles following a tested recipe. (TNCEP)

5 of 5 participants surveyed canned tomatoes following a tested recipe. (TNCEP)

5 of 5 participants surveyed canned vegetables following a tested recipe. (TNCEP)

5 of 5 participants surveyed processed pickles in a water-bath canner. (TNCEP)

5 of 5 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)

4 of 5 participants surveyed processed vegetables in a pressure canner. (TNCEP)

20 of 35 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.

8 of 8 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 37 participants understand the importance of being physically active as a self-
management technique for controlling arthritis symptoms.
20 of 22 participants understand the special nutritional needs of the elderly.
8 of 16 participants use labels to make healthier choices.
12 of 21 participants who increased their intake of dairy foods.
8 of 8 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
4 of 4 respondents plan to decrease exposure of their children to parental conflict.
4 of 4 respondents report understanding the importance of working together for the sakes of their children.
16 of 21 students increased amount of time in physical activity.
17 of 21 students who increased their intake of whole grains.
10 of 8 teachers reported preschool children in their classes were more actively engaged in physical activity.
11 of 8 teachers reported preschool children in their classes were more willing to taste fruit.
10 of 8 teachers reported preschool children in their classes were more willing to taste vegetables.
6 of 0 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
10 of 8 teachers reported using physical activities from Healthy Steps at least three times per week.
4 parents/caregivers learned effective communication techniques to use with their children.
4 parents/caregivers learned strategies for dealing with parenting stress.
5 participants process high-acid foods in a water bath canner.
128 producers planted 5480 acres with clover for an increased production valued at $164400.
112 producers planted 6800 acres with warm-season grasses for an added value of $136000.
170 producers sprayed 5080 acres for broadleaf weed control for an increased production valued at $203200.
18 producers stockpiled 920 acres of tall fescue, reducing feeding cost by $36800.
48 would assist with or participate in elections, voting and campaigns.
550 youth are better able to understand and follow directions.
354 youth are now better listeners.
558 youth are willing to try new things.
438 youth believe that a team can accomplish more than an individual.
290 youth believe that people working together can help others less fortunate.
50 youth break goals down into steps so they can check their progress.
130 youth can assist a group in deciding on team plans for reaching goals.
116 youth can complete projects they are proud of.
108 youth can conduct a meeting.
262 youth can express ideas with a poster, exhibit or other display.
134 youth can identify their skills and talents.
116 youth can now share their ideas through writing.
88 youth can use technology to help themselves express ideas.
156 youth enjoy working with others toward a common goal.
90 youth feel comfortable asking others to help on a project.
88 youth have explored careers in communications.
262 youth have learned at least five jobs in which communication skills are important.
376 youth have learned new skills and ways of doing things by participating in groups.
52 youth have set a goal for their job or career.
474 youth like to work with others to complete projects.
312 youth now encourage other team members to give their best effort.
130 youth now get information about a problem.
376 youth now report they are concerned about the well-being of others.
46 youth now set high goals that require work to achieve them.
128 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.
176 youth now work to achieve their goals.
50 youth put their goals in writing.
756 youth report being able to meet new people and form friendships.
244 youth report helping others in need.
130 youth report standing up for what is right is important.
400 youth report telling the difference between right and wrong.
420 youth report that now they try to do the right thing.
172 youth report that they admire older 4-H'ers who are good role models.
88 youth report that they are now comfortable being a group leader.
262 youth report that they can now cooperate and work in a group.
88 youth report that they can now give clear directions.
156 youth report that they consider others when making decisions.
192 youth report that they know how to make good decisions.
130 youth report that they know how to set goals and they use that ability when leading a
24 youth report that they learned about important leaders who contributed to our nation.
172 youth report that they like to accomplish things on their own.
108 youth report that they make sure everyone gets an opportunity to say what they think.
52 youth report that they now achieve goals they set for themselves.
292 youth report that they now continue to work toward their goals, even if they do not at first succeed.
108 youth report that they now like to work with others and help them reach their goals.
156 youth report that they respect others different from themselves.
108 youth report that they take their jobs seriously as members of a committee.
136 youth report that when in charge of a group, they treat everyone fairly and equally.
134 youth report that when they disagree with someone, they can stand up for themselves without using violence.
74 youth report they can now keep records.
18 youth report they have improved photography skills.
116 youth report they have learned skills in visual communications.
344 youth report they now take responsibility for the decisions they make.
88 youth report using enthusiasm to get a group working.
92 youth set high goals.
134 youth think that everyone on the team is important.
290 youth think they can make a big difference in their community by helping others.
156 youth think they have something to contribute to the worth of the team.
24 youth understand how community leaders are elected to office.
176 youth understand that other ideas may be just as important as their own.
128 youth understand that they cannot always be "the best" in everything.
52 youth who are now making plans to achieve their goals.
52 youth who have put their goal(s) in writing.
136 youth who report that they have learned that some choices are better than others.
130 youth who report they can make a decision.
130 youth who report they now listen to people with more experience than themselves.
120 youth who report they now try to identify what causes a problem.

Plant Sciences

Hours for Extension Personnel
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>12040</td>
<td>12043</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>95835</td>
<td>97992</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>2921</td>
<td>26083</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>406</td>
<td>3859</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>111202</strong></td>
<td><strong>139977</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>34</td>
<td>2876</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>50</td>
<td>3809934</td>
</tr>
<tr>
<td>Other</td>
<td>53</td>
<td>80559</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>57</td>
<td>114610</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>197</strong></td>
<td><strong>4007979</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees
<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>20800</td>
<td>2313</td>
<td>1673</td>
<td>1769</td>
<td>1001</td>
<td>27556</td>
</tr>
<tr>
<td>Female Youth</td>
<td>124</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>124</td>
</tr>
<tr>
<td>Male Adult</td>
<td>101543</td>
<td>4018</td>
<td>2221</td>
<td>2262</td>
<td>1002</td>
<td>111046</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1224</td>
<td>17</td>
<td>2</td>
<td>8</td>
<td>0</td>
<td>1251</td>
</tr>
<tr>
<td>Total</td>
<td>123691</td>
<td>6348</td>
<td>3896</td>
<td>4039</td>
<td>2003</td>
<td>139977</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 208 |

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>20</td>
<td>3000</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>11</td>
<td>1500</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>6</td>
<td>900</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>37</td>
<td>5400</td>
</tr>
</tbody>
</table>
Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>107</td>
<td>5</td>
<td>4</td>
<td>2</td>
<td>1</td>
<td>119</td>
</tr>
<tr>
<td>Male Adult</td>
<td>196</td>
<td>23</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>219</td>
</tr>
<tr>
<td>Total</td>
<td>303</td>
<td>28</td>
<td>4</td>
<td>2</td>
<td>1</td>
<td>338</td>
</tr>
</tbody>
</table>

Outcomes

None Reported

Plant Sciences - Experiment Station

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>66</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>564</td>
<td>534</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Total</td>
<td>570</td>
<td>540</td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>29</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>33</td>
</tr>
<tr>
<td>Female Youth</td>
<td>14</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>14</td>
</tr>
<tr>
<td>Male Adult</td>
<td>485</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>493</td>
</tr>
<tr>
<td>Total</td>
<td>528</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>540</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Indirect Methods for Volunteers**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Outcomes**

None Reported

**Polk County**

**Hours for Extension Personnel**

| Hours Spend | 2795 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>27</td>
<td>238</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>983</td>
<td>6974</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>409</td>
<td>16096</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>21</td>
<td>152</td>
</tr>
<tr>
<td>Total</td>
<td>1440</td>
<td>23460</td>
</tr>
</tbody>
</table>
### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>3</td>
<td>390</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>30</td>
<td>715000</td>
</tr>
<tr>
<td>Other</td>
<td>28</td>
<td>12825</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>231</td>
<td>12953</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>50000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>60000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>294</strong></td>
<td><strong>851168</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1379</td>
<td>13</td>
<td>8</td>
<td>5</td>
<td>4</td>
<td>1409</td>
</tr>
<tr>
<td>Female Youth</td>
<td>10516</td>
<td>65</td>
<td>90</td>
<td>34</td>
<td>14</td>
<td>10719</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1327</td>
<td>8</td>
<td>14</td>
<td>0</td>
<td>3</td>
<td>1352</td>
</tr>
<tr>
<td>Male Youth</td>
<td>9815</td>
<td>68</td>
<td>74</td>
<td>9</td>
<td>14</td>
<td>9980</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>23037</strong></td>
<td><strong>154</strong></td>
<td><strong>186</strong></td>
<td><strong>48</strong></td>
<td><strong>35</strong></td>
<td><strong>23460</strong></td>
</tr>
</tbody>
</table>

### Hours for Volunteers
### Hours Spend

1801

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>10</td>
<td>1847</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>6</td>
<td>5031</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>16</td>
<td>6878</td>
</tr>
</tbody>
</table>

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>689</td>
<td>7</td>
<td>4</td>
<td>2</td>
<td>4</td>
<td>706</td>
</tr>
<tr>
<td>Female Youth</td>
<td>6007</td>
<td>7</td>
<td>43</td>
<td>8</td>
<td>3</td>
<td>6068</td>
</tr>
<tr>
<td>Male Adult</td>
<td>409</td>
<td>0</td>
<td>5</td>
<td>0</td>
<td>2</td>
<td>416</td>
</tr>
<tr>
<td>Male Youth</td>
<td>5809</td>
<td>19</td>
<td>44</td>
<td>6</td>
<td>2</td>
<td>5880</td>
</tr>
<tr>
<td>Total</td>
<td>12914</td>
<td>33</td>
<td>96</td>
<td>16</td>
<td>11</td>
<td>13070</td>
</tr>
</tbody>
</table>

### Outcomes
249 are concerned about problems in their community.
54 beef producers sold 270 calves managed according to BQA guidelines to increase returns by $2160.
20 beef producers stored 5000 large, round bales under some type of cover to increase returns by $30000.
16 beef producers utilized bulls with greater genetic potential to produce 240 head of calves to increase returns by $6480.
20 beef producers utilized hay feeding rings to feed 5000 bales and improved feeding methods to reduce wastage/spoilage, saving $25000.
4 beef producers utilized improved marketing methods to market 20 head of calves to increase returns by $100.
0 dial-gauge lids were tested.
228 now feel a sense of responsibility toward their school and community.
228 now have a sense of pride about their school and community.
8 of 10 adults wash hands more often.
890 of 1016 better understood their parents' concerns about money.
296 of 480 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.
304 of 400 participants ate more whole grains.
234 of 480 participants began or increased savings an average of $20 per month.
918 of 1016 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.
16 of 16 participants chose fast foods or take-out foods less often.
230 of 480 participants communicated with other family members about financial matters.
240 of 400 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.
952 of 1016 participants felt more strongly that they needed to get a good education.
866 of 1016 participants felt more strongly that they needed to pay attention to their financial future.
262 of 480 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.
392 of 400 participants increased physical activity.
800 of 1016 participants increased their financial management skills.
840 of 1016 participants learned better how to plan their spending.
16 of 16 participants learned culinary skills.
892 of 1016 participants learned how education will affect the kind of job they can get.
902 of 1016 participants learned how having a family can affect their lifestyle.
932 of 1016 participants learned how much money it takes to get by.
864 of 1016 participants learned how occupation and income will affect their lifestyle.
774 of 1016 participants learned how payroll deductions are taken from gross pay.
694 of 1016 participants learned how to keep a checkbook register.
784 of 1016 participants learned how to write a check.
10 of 20 participants made a change in financial behavior.
10 of 20 participants made a spending plan.
554 of 1016 participants made changes to their future plans.
288 of 400 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 UT Med Minder card to keep a record of their medications.
582 of 1016 participants planned to change their career goals.
760 of 1016 participants planned to get more education after high school.
288 of 400 participants refrigerate perishable foods within two hours.
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
4 of 16 participants surveyed canned pickles following a tested recipe. (TNCEP)
8 of 16 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
14 of 16 participants surveyed canned vegetables following a tested recipe. (TNCEP)  
4 of 16 participants surveyed processed pickles in a water-bath canner. (TNCEP)  
4 of 4 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)  
8 of 16 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.  
14 of 20 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.  
16 of 16 participants use healthy food preparation techniques.  
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.  
362 of 480 participants worked toward new savings or investment goals.  
0 of 0 youth now wash hands more often.  
14 participants process high-acid foods in a water bath canner.  
20 producers planted 430 acres with clover for an increased production valued at $12900.  
4 producers planted 200 acres with warm-season grasses for an added value of $4000.  
10 producers sprayed 500 acres for broadleaf weed control for an increased production valued at $20000.  
2 producers stockpiled 30 acres of tall fescue, reducing feeding cost by $1200.  
99 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.  
123 report that because of their 4-H service projects, they have learned about causes and issues.  
422 report that because of their 4-H service projects, they know about resources in their community.  
129 report that they will volunteer and help others.  
169 would assist with or participate in elections, voting and campaigns.  
226 youth believe that a team can accomplish more than an individual.  
274 youth believe that people working together can help others less fortunate.  
640 youth break goals down into steps so they can check their progress.
118 youth can analyze the results of a scientific investigation.
186 youth can ask a question that can be answered by collecting data.
207 youth can assist a group in deciding on team plans for reaching goals.
16 youth can challenge policies through petitions, presentations or other positive ways.
100 youth can combine and build on the ideas of others when making decisions that affect the team.
186 youth can communicate a scientific procedure to others.
51 youth can conduct a meeting.
170 youth can create a display to communicate scientific data and observations.
854 youth can deal with their nervousness when giving a speech or talk.
170 youth can design a scientific procedure to answer a question.
52 youth can effectively encourage team members to achieve long-range goals.
888 youth can explain an idea to others.
554 youth can give an informative speech or presentation.
40 youth can now prepare and deliver a five-minute speech.
158 youth can record data accurately.
960 youth can select a topic for a speech or talk.
550 youth can show enthusiasm when giving a speech or presentation.
990 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.
186 youth can use data to create a graph for presentation to others.
104 youth can use effective communication as a way to overcome conflict with team members.
146 youth can use models to explain scientific results.
146 youth can use science terms to share scientific results.
170 youth can use specific scientific knowledge to form a question.
170 youth can use the results of their investigation to answer the question they had asked.
54 youth effectively encourage others to stay on task in a team.
222 youth enjoy working with others toward a common goal.
766 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
560 youth give a 2-3 minute speech or presentation.
226 youth have learned new skills and ways of doing things by participating in groups.
512 youth have set a goal for their job or career.
536 youth know how to organize the parts of a speech or presentation.
448 youth now encourage other team members to give their best effort.
36 youth now get information about a problem.
24 youth now report that they make a decision by thinking about what a person of good character would do.
12 youth now report that they use more than one source of information in making choices.
12 youth now report that they use standards in making choices.
283 youth now report they are concerned about the well-being of others.
24 youth now report they consider the risks of their choices.
8 youth now report they think about the truthfulness of sources of information when making choices.
320 youth now set high goals that require work to achieve them.
226 youth now think it's important to listen to all group members before making a decision.
219 youth now want to see other team members succeed even if they achieve more than themselves.
716 youth now work to achieve their goals.
124 youth put their goals in writing.
57 youth report that they are now comfortable being a group leader.
103 youth report that they can now cooperate and work in a group.
49 youth report that they can now give clear directions.
510 youth report that they have developed confidence to speak in front of groups.
98 youth report that they know how to set goals and they use that ability when leading a group.
219 youth report that they learned about important leaders who contributed to our nation.
96 youth report that they make sure everyone gets an opportunity to say what they think.
776 youth report that they now achieve goals they set for themselves.
52 youth report that they now like to work with others and help them reach their goals.
93 youth report that they take their jobs seriously as members of a committee.
89 youth report that when in charge of a group, they treat everyone fairly and equally.
8 youth report they are now "accomplished public speakers."
14 youth report they can give an impromptu speech.
18 youth report they can now express their opinions in speeches or presentations.
64 youth report using enthusiasm to get a group working.
328 youth set high goals.
231 youth think that everyone on the team is important.
268 youth think they can make a big difference in their community by helping others.
205 youth think they have something to contribute to the worth of the team.
185 youth understand how community leaders are elected to office.
216 youth understand that other ideas may be just as important as their own.
580 youth who are now making plans to achieve their goals.
124 youth who have put their goal(s) in writing.
32 youth who report that they have learned that some choices are better than others.
32 youth who report they can make a decision.
12 youth who report they now listen to people with more experience than themselves.
16 youth who report they now try to identify what causes a problem.

Putnam County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>6808</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>403</td>
<td>646</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2831</td>
<td>5339</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>2767</td>
<td>27771</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>268</td>
<td>1130</td>
</tr>
<tr>
<td>Total</td>
<td>6269</td>
<td>34886</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>25</td>
<td>21947</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>44</td>
<td>395450</td>
</tr>
</tbody>
</table>
### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>6506</td>
<td>141</td>
<td>150</td>
<td>42</td>
<td>0</td>
<td>6839</td>
</tr>
<tr>
<td>Female Youth</td>
<td>8445</td>
<td>375</td>
<td>1372</td>
<td>60</td>
<td>5</td>
<td>10257</td>
</tr>
<tr>
<td>Male Adult</td>
<td>8309</td>
<td>200</td>
<td>100</td>
<td>19</td>
<td>0</td>
<td>8628</td>
</tr>
<tr>
<td>Male Youth</td>
<td>7451</td>
<td>349</td>
<td>1308</td>
<td>42</td>
<td>12</td>
<td>9162</td>
</tr>
<tr>
<td>Total</td>
<td>30711</td>
<td>1065</td>
<td>2930</td>
<td>163</td>
<td>17</td>
<td>34886</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 285 |

### Indirect Methods for Volunteers
### Method Number Methods Contacts Reached

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>3</td>
<td>1060</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>4</td>
<td>47500</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>44</td>
<td>1035</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>51</strong></td>
<td><strong>49595</strong></td>
</tr>
</tbody>
</table>

### Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th><strong>Total</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>538</td>
<td>4</td>
<td>24</td>
<td>4</td>
<td>0</td>
<td>570</td>
</tr>
<tr>
<td>Female Youth</td>
<td>184</td>
<td>9</td>
<td>26</td>
<td>1</td>
<td>0</td>
<td>220</td>
</tr>
<tr>
<td>Male Adult</td>
<td>215</td>
<td>13</td>
<td>22</td>
<td>0</td>
<td>0</td>
<td>250</td>
</tr>
<tr>
<td>Male Youth</td>
<td>145</td>
<td>11</td>
<td>23</td>
<td>0</td>
<td>0</td>
<td>179</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1082</strong></td>
<td><strong>37</strong></td>
<td><strong>95</strong></td>
<td><strong>5</strong></td>
<td><strong>0</strong></td>
<td><strong>1219</strong></td>
</tr>
</tbody>
</table>

### Outcomes

160 beef producers sold 2800 calves managed according to BQA guidelines to increase returns by $22400.

330 beef producers stored 24750 large, round bales under some type of cover to increase
returns by $148500.  
130 beef producers utilized bulls with greater genetic potential to produce 2860 head of calves to increase returns by $77220.  
110 beef producers utilized hay feeding rings to feed 3300 bales and improved feeding methods to reduce wastage/spoilage, saving $16500.  
34 beef producers utilized improved marketing methods to market 1200 head of calves to increase returns by $6000.  
60 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.  
30 consumers implemented water-wise gardening practices to conserve and protect water quality.  
174 consumers learned about plant selection and proper planting to save money and time in the landscape.  
102 consumers learned how to apply landscape fertilizers and pesticides safely.  
94 consumers learned how to conserve and protect water quality in the landscape.  
37270 consumers learned how to properly take a soil test and interpret the results.  
90 consumers practiced best management practices relating to proper pruning and tree maintenance.  
150 consumers used the results of their soil test to properly amend their soil.  
12 dial-gauge lids were tested.  
20 home lawn insect, disease and weed samples submitted for identification and control recommendations.  
290 home lawn soil samples submitted for testing.  
100 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.  
150 homeowners established new turfgrass species and varieties.  
200 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.  
120 Master Gardeners gained knowledge and confidence in entomology.  
70 Master Gardeners gained knowledge and confidence in integrated pest management.  
60 Master Gardeners gained knowledge and confidence in ornamentals.  
110 Master Gardeners gained knowledge and confidence in plant diseases.  
80 Master Gardeners gained knowledge and confidence in soils.  
90 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 50 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.

20 Master Gardeners have used the knowledge and skills they learned in this program to assist 130 people to identify symptoms of plant disease.

40 Master Gardeners have used the knowledge and skills they learned in this program to assist 150 people to improve soil through soil test results.

126 miles were walked in the Walk Across Tennessee Program.

153 of 159 adults wash hands more often.

44 of 52 better understood basic insurance needs.

20 of 20 better understood credit reporting and scoring.

0 of 0 checked their credit report.

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

32 of 32 gained skill in evaluating their housing options.

4 of 4 homeowners increased their knowledge of fire ant management.

19 of 20 identified ways to reduce spending.

20 of 20 learned better how to communicate with creditors.

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

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

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

18 of 20 learned who to pay first if they can't pay everything.

32 of 32 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.

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

12 of 12 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 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 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 reading the label of medications before they use them 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.
59 of 59 participants are using the UT Med Minder card to keep a record of their medications.
667 of 1007 participants ate more whole grains.
47 of 52 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.
55 of 59 participants can apply health eating principles when making daily food decisions.
59 of 59 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.
11 of 11 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.
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.
32 of 32 participants determined how much they could pay for a home.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
671 of 1007 participants eat more fat-free or low-fat dairy products.
59 of 59 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
46 of 59 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.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
110 of 120 participants find the active ingredient on the medication label.
0 of 0 participants followed a spending plan.
32 of 32 participants gained better understanding of the mortgage process.
20 of 20 participants gained skill in determining their net worth.
48 of 52 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.
6 of 6 participants have less arthritis symptoms.
12 of 12 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.
49 of 52 participants identified ways to avoid being victimized by predatory practices or fraud.
6 of 6 participants improved control of their arthritis symptoms.
6 of 6 participants improved performance of daily activities.
6 of 6 participants improved their balance.
6 of 6 participants improved their flexibility.
823 of 1007 participants increased physical activity.
7 of 7 participants increased their exercise routine during Walk Across Tennessee Program.
44 of 52 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
120 of 120 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 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.
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 made a change in financial behavior.
14 of 32 participants made a spending plan.
0 of 0 participants maintained their walking/exercise routine six months after completing the program.
777 of 1007 participants now eat more fruit.
762 of 1007 participants now eat more vegetables.
59 of 59 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.
10 of 11 participants plan to use the Healthy Plate Method.
4 of 4 participants plan to use the two-step method around the home for managing fire ants.
59 of 59 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.
20 of 32 participants purchased a home.
120 of 120 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.
150 of 159 participants refrigerate perishable foods within two hours.
114 of 120 participants seek the advice of a pharmacist if they have any questions about a medication.
150 of 159 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
20 of 20 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
32 of 32 participants successfully completed homebuyer education requirements.
18 of 18 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)
58 of 70 participants surveyed increased their awareness of economic, social and environmental
issues impacting their communities.

65 of 70 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.

96 of 120 participants surveyed know not to combine pain relievers, prescription or multi-symptom medications with the same active ingredient.

120 of 120 participants surveyed know to give infants and children over-the-counter medicines that are formulated for their age and body weight.

18 of 18 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)

18 of 18 participants surveyed processed vegetables in a pressure canner. (TNCEP)

120 of 120 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.

100 of 120 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.

145 of 159 participants surveyed used a thermometer to check the internal temperature of food.

150 of 159 participants surveyed used a thermometer to check the internal temperature of their refrigerator.

0 of 0 participants understand how to reconcile a checking account.

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

50 of 59 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 52 participants understood the dangers of using too much credit.

26 of 32 participants were better able to identify appropriate savings and investment options for different financial goals.

0 of 0 participants who achieved financial goals.

772 of 1007 participants who now select foods and beverages that promote healthy weight.

49 of 59 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.

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

32 of 32 participants understood the dangers of using too much credit.

0 of 0 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
743 of 908 youth now wash hands more often.
18 participants process high-acid foods in a water bath canner.
7 participants walked in the Walk Across Tennessee Program.
70 producers planted 850 acres with clover for an increased production valued at $25500.
14 producers planted 130 acres with warm-season grasses for an added value of $2600.
310 producers sprayed 3720 acres for broadleaf weed control for an increased production valued at $148800.
60 producers stockpiled 720 acres of tall fescue, reducing feeding cost by $28800.
0 teams participated in the Walk Across Tennessee Program.
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.
4000 youth can express ideas with a poster, exhibit or other display.
3000 youth can give an informative speech or presentation.
3400 youth can now share their ideas through writing.
0 youth can record data accurately.
1500 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.
2400 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.
0 youth have set a goal for their job or career.
2000 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. 
18 youth now set high goals that require work to achieve them. 
1400 youth report that they have developed confidence to speak in front of groups. 
18 youth report that they now achieve goals they set for themselves. 
18 youth report they can now keep records. 
0 youth report they have improved photography skills. 
850 youth report they have learned skills in visual communications. 
0 youth set deadlines to achieve their goals. 
0 youth try to get as much assistance as they can when working toward their goal. 
18 youth who are now making plans to achieve their goals. 
18 youth who have put their goal(s) in writing. 
18 youth who keep trying if they do not achieve their goal the first time. 
100 youth who report that they have learned that some choices are better than others. 
100 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.

Rhea County

**Hours for Extension Personnel**

| Hours Spend | 4401 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>387</td>
<td>636</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>973</td>
<td>3229</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>458</td>
<td>10505</td>
</tr>
<tr>
<td>Method</td>
<td>Number Methods</td>
<td>Contacts Reached</td>
</tr>
<tr>
<td>---------------------</td>
<td>----------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>22</td>
<td>175000</td>
</tr>
<tr>
<td>Other</td>
<td>5</td>
<td>3118</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>3</td>
<td>500</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>3</td>
<td>22000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>33</td>
<td>200618</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3440</td>
<td>45</td>
<td>34</td>
<td>9</td>
<td>48</td>
<td>3576</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3397</td>
<td>108</td>
<td>218</td>
<td>22</td>
<td>26</td>
<td>3771</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3569</td>
<td>37</td>
<td>66</td>
<td>14</td>
<td>14</td>
<td>3700</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3355</td>
<td>110</td>
<td>221</td>
<td>25</td>
<td>21</td>
<td>3732</td>
</tr>
<tr>
<td>Total</td>
<td>13761</td>
<td>300</td>
<td>539</td>
<td>70</td>
<td>109</td>
<td>14779</td>
</tr>
</tbody>
</table>
### Hours for Volunteers

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>608</td>
</tr>
</tbody>
</table>

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>700</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1</strong></td>
<td><strong>700</strong></td>
</tr>
</tbody>
</table>

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female Adult</strong></td>
<td>136</td>
<td>5</td>
<td>5</td>
<td>0</td>
<td>5</td>
<td>151</td>
</tr>
<tr>
<td><strong>Female Youth</strong></td>
<td>119</td>
<td>8</td>
<td>10</td>
<td>6</td>
<td>6</td>
<td>149</td>
</tr>
<tr>
<td><strong>Male Adult</strong></td>
<td>73</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>85</td>
</tr>
<tr>
<td><strong>Male</strong></td>
<td>127</td>
<td>8</td>
<td>10</td>
<td>6</td>
<td>6</td>
<td>157</td>
</tr>
</tbody>
</table>
Youth

| Total | 455 | 24  | 28  | 15  | 20  | 542 |

Outcomes

30 beef producers sold 648 calves managed according to BQA guidelines to increase returns by $5184.
80 beef producers stored 8000 large, round bales under some type of cover to increase returns by $48000.
54 beef producers utilized bulls with greater genetic potential to produce 734 head of calves to increase returns by $19818.
92 beef producers utilized hay feeding rings to feed 1960 bales and improved feeding methods to reduce wastage/spoilage, saving $9800.
12 beef producers utilized improved marketing methods to market 43 head of calves to increase returns by $215.
80 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
120 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
90 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
1 Master Gardeners gained knowledge and confidence in entomology.
4 Master Gardeners gained knowledge and confidence in integrated pest management.
3 Master Gardeners gained knowledge and confidence in ornamentals.
7 Master Gardeners gained knowledge and confidence in plant diseases.
7 Master Gardeners gained knowledge and confidence in soils.
2 Master Gardeners gained knowledge and confidence in turfgrass.
2 Master Gardeners have used the knowledge and skills they learned in this program to assist 3 people in turf selection or management.
1 Master Gardeners have used the knowledge and skills they learned in this program to assist 2 people to control pests through integrated pest management.
3 Master Gardeners have used the knowledge and skills they learned in this program to assist 4 people to identify pests and/or the damage they cause.
4 Master Gardeners have used the knowledge and skills they learned in this program to assist 6 people to identify symptoms of plant disease.
7 Master Gardeners have used the knowledge and skills they learned in this program to assist 10 people to improve soil through soil test results.

11000 miles were walked in the Walk Across Tennessee Program.

8 of 8 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)

8 of 8 adolescents learned about the consequences of risky behaviors which could result in being arrested.

8 of 8 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)

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)

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.

2 of 2 parents/caregivers report an increase in use of appropriate child guidance techniques.

2 of 2 parents/caregivers report an increase in use of positive communication techniques with their children.

2 of 2 parents/caregivers report feeling better about their abilities as parents.

2 of 2 parents/caregivers report feeling less stressed as parents.

2 of 2 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)

2 of 2 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)

2 of 2 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)

2 of 2 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)

20 of 20 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

20 of 20 participants are confident they can better manage their diabetes as a result of participating in this program.

20 of 20 participants are getting necessary health screenings such as eye, foot and dental
exams six months after completing the program.
20 of 20 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.
20 of 20 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing the program.
20 of 20 participants are regularly checking their blood sugar six months after completing the program.
20 of 20 participants are using the Healthy Plate Method six months after completing the program.
20 of 90 participants called the TN Poison Center because they suspected a poisoning or had a question about a product six months after completing the program.
60 of 60 participants can better control their chronic disease as a result of participating in the program.
20 of 20 participants can choose foods that do not cause a sharp rise in blood sugar.
90 of 90 participants conducted a poison safety audit six months after completing the program.
30 of 60 participants decreased their blood pressure six months after completing the program.
30 of 60 participants decreased their cholesterol levels six months after completing the program.
90 of 90 participants feel confident they know what to do in case of a poisoning.
30 of 60 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
20 of 20 participants have reduced their A1c six months after completing the program.
60 of 60 participants increased their exercise routine during Walk Across Tennessee Program.
10 of 60 participants lost weight: 40 total pounds lost.
30 of 60 participants lowered their blood sugar levels six months after completing the program.
30 of 60 participants maintained their walking/exercise routine six months after completing the program.
20 of 20 participants plan to regularly check their blood sugar as requested by their doctor.
20 of 20 participants plan to use the Healthy Plate Method.
90 of 90 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.
90 of 90 participants stored food and household products in separate areas six months after completing the program.
90 of 90 participants stored medications out of the reach of children six months after
completing the program.
90 of 90 participants taught their children to always ask first before eating or drinking anything suspicious or questionable six months after completing the program.
20 of 20 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
90 of 90 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
60 of 60 participants will continue to exercise after the Walk Across Tennessee Program.
90 of 90 participants will keep medications out of the reach of children.
90 of 90 participants will keep products in their original containers.
90 of 90 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
90 of 90 participants will read the label before using a product.
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.
2 parents/caregivers learned effective communication techniques to use with their children.
2 parents/caregivers learned strategies for dealing with parenting stress.
60 participants walked in the Walk Across Tennessee Program.
60 teams participated in the Walk Across Tennessee Program.
30 youth can conduct a meeting.
59 youth can deal with their nervousness when giving a speech or talk.
57 youth can explain an idea to others.
70 youth can select a topic for a speech or talk.
72 youth can speak loudly enough to be heard when giving a speech or talk.
44 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
30 youth report that they are now comfortable being a group leader.
5 youth report that they can now give clear directions.
30 youth report that they now like to work with others and help them reach their goals.
30 youth report using enthusiasm to get a group working.

Ridley 4-H Center

Hours for Extension Personnel

| Hours Spend |
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>5000</td>
<td>5000</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>43</td>
<td>3224</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>1</td>
<td>120</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>5044</strong></td>
<td><strong>8344</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

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

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>White/ Not of Hispanic</th>
<th>Black/ Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan</th>
<th>Total</th>
</tr>
</thead>
</table>
### Hours for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Contacts for Volunteers

<table>
<thead>
<tr>
<th>Origin</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4126</td>
<td>998</td>
<td>3</td>
<td>6</td>
<td>0</td>
<td>5133</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1082</td>
<td>152</td>
<td>42</td>
<td>63</td>
<td>0</td>
<td>1339</td>
</tr>
<tr>
<td>Male Adult</td>
<td>541</td>
<td>61</td>
<td>1</td>
<td>3</td>
<td>0</td>
<td>606</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1036</td>
<td>137</td>
<td>36</td>
<td>52</td>
<td>5</td>
<td>1266</td>
</tr>
<tr>
<td>Total</td>
<td>6785</td>
<td>1348</td>
<td>82</td>
<td>124</td>
<td>5</td>
<td>8344</td>
</tr>
</tbody>
</table>

### Outcomes

None Reported
Roane County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>7381</td>
</tr>
</tbody>
</table>

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>99</td>
<td>849</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2047</td>
<td>1991</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1075</td>
<td>48436</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>214</td>
<td>3082</td>
</tr>
<tr>
<td>Total</td>
<td>3435</td>
<td>54358</td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>120</td>
<td>20011</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>8</td>
<td>320000</td>
</tr>
<tr>
<td>Other</td>
<td>34</td>
<td>10762</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>245</td>
<td>38709</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>407</td>
<td>389482</td>
</tr>
</tbody>
</table>
### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>7761</td>
<td>524</td>
<td>116</td>
<td>61</td>
<td>25</td>
<td>8487</td>
</tr>
<tr>
<td>Female Youth</td>
<td>18260</td>
<td>1271</td>
<td>409</td>
<td>137</td>
<td>164</td>
<td>20241</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5649</td>
<td>326</td>
<td>72</td>
<td>26</td>
<td>18</td>
<td>6091</td>
</tr>
<tr>
<td>Male Youth</td>
<td>17609</td>
<td>1291</td>
<td>354</td>
<td>120</td>
<td>165</td>
<td>19539</td>
</tr>
<tr>
<td>Total</td>
<td>49279</td>
<td>3412</td>
<td>951</td>
<td>344</td>
<td>372</td>
<td>54358</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 7737 |

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>43</td>
<td>1841</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>108000</td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
<td>850</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>46</td>
<td>6212</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>103</strong></td>
<td><strong>116903</strong></td>
</tr>
</tbody>
</table>

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4709</td>
<td>279</td>
<td>90</td>
<td>53</td>
<td>19</td>
<td>5150</td>
</tr>
<tr>
<td>Female Youth</td>
<td>17456</td>
<td>1250</td>
<td>407</td>
<td>146</td>
<td>176</td>
<td>19435</td>
</tr>
<tr>
<td>Male Adult</td>
<td>2769</td>
<td>172</td>
<td>51</td>
<td>25</td>
<td>12</td>
<td>3029</td>
</tr>
<tr>
<td>Male Youth</td>
<td>17001</td>
<td>1195</td>
<td>336</td>
<td>130</td>
<td>176</td>
<td>18838</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>41935</strong></td>
<td><strong>2896</strong></td>
<td><strong>884</strong></td>
<td><strong>354</strong></td>
<td><strong>383</strong></td>
<td><strong>46452</strong></td>
</tr>
</tbody>
</table>

### Outcomes

70 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.

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

25 beef producers utilized hay feeding rings to feed 260 bales and improved feeding methods to reduce wastage/spoilage, saving $1300.

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

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.
160 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.
0 consumers learned how to conserve and protect water quality in the landscape.
148 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.
0 consumers used the results of their soil test to properly amend their soil.
0 disease, insect and weed samples form commercial turf submitted for identification and control recommendations.
0 golf course superintendents adopted UT’s recommended practices for crabgrass control.
4 high school coaches have adopted UT’s athletic field management recommendations.
160 home lawn insect, disease and weed samples submitted for identification and control recommendations.
80 home lawn soil samples submitted for testing.
8 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
12 homeowners established new turfgrass species and varieties.
0 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
2 horse owners fed 4 horses according to specific nutrient requirements for each class of horse, saving 2000 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 industry professionals (e.g., landcapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) dethatching, aerifying and controlling turfgrass pests according to UT Extension recommendations.
0 industry professionals (e.g., landcapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
0 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) mowed, fertilized or irrigated turf according to Extension guidelines.

120 Master Gardeners gained knowledge and confidence in entomology.
30 Master Gardeners gained knowledge and confidence in integrated pest management.
16 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.
20 Master Gardeners gained knowledge and confidence in turfgrass.
8 Master Gardeners have used the knowledge and skills they learned in this program to assist 12 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.
8 Master Gardeners have used the knowledge and skills they learned in this program to assist 20 people to identify pests and/or the damage they cause.
12 Master Gardeners have used the knowledge and skills they learned in this program to assist 28 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.
0 of 0 adults wash hands more often.
0 of 0 better understood their parents' concerns about money.
9 of 9 gained skill in evaluating their housing options.
0 of 0 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
0 of 0 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
52 of 52 homeowners increased their knowledge of fire ant management.
0 of 0 landscape and nursery participants increased their knowledge of fire ant management.
9 of 9 participants analyzed their readiness for home ownership.
0 of 0 participants ate more whole grains.
34 of 56 participants better understood their parent's concerns about money.
25 of 28 participants can apply health eating principles when making daily food decisions.
23 of 28 participants can better control their chronic condition with self-management techniques.
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.
9 of 9 participants determined how much they could pay for a home.
8 of 9 participants eat more fat-free or low-fat dairy products.
21 of 28 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
25 of 28 participants feel confident using the Take PART technique when talking to their health care provider.
25 of 56 participants felt more strongly that they needed to get a good education.
40 of 56 participants felt more strongly that they needed to pay attention to their financial future.
9 of 9 participants gained better understanding of the mortgage process.
0 of 0 participants improved their scores from pre- to post-test after completing the class.
0 of 0 participants increased physical activity.
0 of 0 participants increased their financial management skills.
46 of 63 participants indicated improvement in feelings of confidence that they know how to pace a growing relationship. (How to Avoid Falling for a Jerk(ette))
46 of 63 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))
42 of 56 participants learned better how to plan their spending.
26 of 56 participants learned how education will affect the kind of job they can get.
43 of 56 participants learned how having a family can affect their lifestyle.
44 of 56 participants learned how much money it takes to get by.
43 of 56 participants learned how occupation and income will affect their lifestyle.
21 of 56 participants learned how payroll deductions are taken from gross pay.
29 of 56 participants learned how to keep a checkbook register.
32 of 56 participants learned how to write a check.
25 of 56 participants made changes to their future plans.
1620 of 2315 participants now eat more fruit.
1620 of 2315 participants now eat more vegetables.
27 of 28 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.
18 of 28 participants plan to use the UT Med Minder card to keep a record of their medications.
8 of 56 participants planned to change their career goals.
24 of 56 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
7 of 9 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
9 of 9 participants successfully completed homebuyer education requirements.
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
28 of 28 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 17 participants who now select foods and beverages that promote healthy weight.
24 of 28 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
150 of 212 youth now wash hands more often.
0 participants now correctly deworm 0 horses, saving $ FRM this year.
0 producers planted 1200 acres with clover for an increased production valued at $36000.
0 producers planted 500 acres with warm-season grasses for an added value of $10000.
0 producers sprayed 1000 acres for broadleaf weed control for an increased production valued at $40000.
0 producers stockpiled 1600 acres of tall fescue, reducing feeding cost by $64000.
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.

Robertson County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>8056.5</td>
</tr>
</tbody>
</table>
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1209</td>
<td>1827</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>4391</td>
<td>10127</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1247</td>
<td>31971</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>323</td>
<td>2276</td>
</tr>
<tr>
<td>Total</td>
<td>7170</td>
<td>46201</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>60</td>
<td>4736</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>75</td>
<td>22401</td>
</tr>
<tr>
<td>Other</td>
<td>1443</td>
<td>5988</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>2133</td>
<td>10600</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>22</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>3734</td>
<td>43725</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th>White/Not of Hispanic</th>
<th>Black/Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Origin</td>
<td>Origin</td>
<td>Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------</td>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>7455</td>
<td>1878</td>
<td>574</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9908</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Youth</td>
<td>11385</td>
<td>2591</td>
<td>1727</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>68</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>56</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>15827</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male Adult</td>
<td>4736</td>
<td>716</td>
<td>307</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5759</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male Youth</td>
<td>10988</td>
<td>2009</td>
<td>1567</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>93</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>50</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>14707</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>34564</td>
<td>7194</td>
<td>4175</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>162</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>106</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>46201</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

2987

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>20000</td>
</tr>
<tr>
<td>Other</td>
<td>51</td>
<td>1148</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>53</td>
<td>21148</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**
### Demographic Data

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>95</td>
<td>40</td>
<td>20</td>
<td>0</td>
<td>0</td>
<td>155</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2073</td>
<td>744</td>
<td>385</td>
<td>12</td>
<td>11</td>
<td>3225</td>
</tr>
<tr>
<td>Male Adult</td>
<td>55</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>58</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1701</td>
<td>505</td>
<td>174</td>
<td>55</td>
<td>17</td>
<td>2452</td>
</tr>
<tr>
<td>Total</td>
<td>3924</td>
<td>1292</td>
<td>579</td>
<td>67</td>
<td>28</td>
<td>5890</td>
</tr>
</tbody>
</table>

### Outcomes

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 leadership programs was $0 in increased revenue, one-time capital improvements and secured resources.

- 24 4-H clubs were met by volunteers.
- 10 4-H judging teams were coached by volunteers.
- 8 4-H project groups were met by volunteers.
- 24 4-H volunteers utilized volunteer position descriptions.
- 1600 acres of burley achieving yields greater than 2,300 pounds per acre.
- 0 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
- 0 acres of corn scouted by a UT-trained scout to help make crop management decisions.
- 6400 acres of dark tobacco achieving yields greater than 3,000 pounds per acre.
- 7000 acres of tobacco produced using recommended fertility practices indicated in soil test results.
- 3800 acres soil tested no more than one year before planting.
5800 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).
7600 acres were planted with university-tested varieties.
0 acres with field rouged, plowed or destroyed within 30 days after harvest.
12 are concerned about problems in their community.
0 classrooms adopted this program.
90 corn producers adopted UT recommended resistance management strategies to control pests (weeds, insects, diseases).
114 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.
130 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
20 dial-gauge lids were tested.
6 fruit and/or vegetable producers realized an economic impact of $9000 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.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 36 people in turf selection or management.
10 Master Gardeners have used the knowledge and skills they learned in this program to assist 46 people to control pests through integrated pest management.
10 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 42 people to identify symptoms of plant disease.
22 Master Gardeners have used the knowledge and skills they learned in this program to assist
112 people to improve soil through soil test results.
10 new 4-H volunteers were recruited this year.
6 now can create on-screen (multi-media) presentations.
12 now feel a sense of responsibility toward their school and community.
12 now have a sense of pride about their school and community.
16 of 16 adults wash hands more often.
8 of 70 farm families successfully diversified into fruit and vegetable production and marketing.
4 of 30 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
0 of 0 made a change in career or educational goals.
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)
24 of 24 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)
50 of 50 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
50 of 50 parents/caregivers learned about issues related to stages of child development.
40 of 50 parents/caregivers report an increase in use of appropriate child guidance techniques.
40 of 50 parents/caregivers report an increase in use of positive communication techniques with their children.
50 of 50 parents/caregivers report feeling better about their abilities as parents.
44 of 50 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)
40 of 50 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)
16 of 16 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.
16 of 16 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.
32 of 32 participants are better able to manage their living environments.
40 of 40 participants are better able to store and prepare foods to keep them safe to consume.
24 of 24 participants are more confident in relationships with family and friends.
16 of 16 participants ate more whole grains.
25 of 30 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 0 participants communicated with other family members about financial matters.
0 of 0 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
0 of 0 participants eat fewer high-fat foods.
16 of 16 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.
14 of 14 participants feel more confident when taking care of young children.
14 of 14 participants feel more equipped to facilitate activities with the children they babysit.
28 of 30 participants felt more confident that they could build wealth.
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.
8 of 16 participants increased physical activity.
0 of 0 participants increased their financial management skills.
14 of 14 participants increased their knowledge on health and safety topics when babysitting young children.
0 of 0 participants know better how to manage and protect their assets for a secure retirement.
0 of 0 participants learned culinary skills.
0 of 0 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned 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.
16 of 16 participants now eat more vegetables.
0 of 0 participants now understand the difference between a need and a want.
24 of 24 participants refrigerate perishable foods within two hours.
0 of 0 participants report being more aware of what activities their children are involved in
8 of 14 participants report putting some of the money they make into a savings account.
16 of 16 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)
14 of 14 participants report they feel more prepared to handle emergencies while babysitting.
16 of 16 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.
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)
30 of 30 participants surveyed increased personal involvement in community activities.
30 of 30 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
30 of 30 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
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.
0 of 0 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
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.
16 of 16 participants understand the special nutritional needs of the elderly.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants use labels to make healthier choices.
0 of 0 participants who increased their intake of dairy foods.
0 of 0 participants who now select foods and beverages that promote healthy weight.
0 of 0 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
50 of 50 respondents plan to decrease exposure of their children to parental conflict.
24 of 50 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 increased their attendance since the beginning of the school year.
0 of 0 students increased their overall GPA since the beginning of the school year.
0 of 0 students who increased their intake of whole grains.
32 of 32 youth now wash hands more often.
36 of 36 youth/children are able to communicate their understanding of science/math concepts through their involvement with activities.
0 of 0 youth/children are able to create, present, or use new technologies they didn’t utilize before.
0 of 0 youth/children have increased their knowledge base in the areas of technology, science, reading, health and relationships.
0 of 0 youth/children read books or other print at least three times per week in their afterschool or home setting.
36 of 36 youth/children report feeling better and eating better than before.
50 parents/caregivers learned effective communication techniques to use with their children.
50 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.
11800000 pounds of total tobacco produced.
12 report that because of their 4-H experiences, they have encouraged others to appreciate diversity.
18 report that because of their 4-H experiences, they will register to vote when they are eligible.
18 report that because of their 4-H service projects, they have learned about causes and issues.
24 report that because of their 4-H service projects, they know about resources in their community.
12 report that they will volunteer and help others.
0 schools adopted this program.
370 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.
190 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).

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

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

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

450 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.

24 volunteer leaders increased their knowledge of positive youth development.

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

639 youth are better able to understand and follow directions.

549 youth are now better listeners.

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

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

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

250 youth can analyze the results of a scientific investigation.

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

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

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

0 youth can combine and build on the ideas of others when making decisions that affect the team.

158 youth can conduct a meeting.

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

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

0 youth can effectively encourage team members to achieve long-range goals.

1204 youth can explain an idea to others.

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

594 youth can give an informative speech or presentation.

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

960 youth can now share their ideas through writing.
260 youth can record data accurately.
857 youth can select a topic for a speech or talk.
469 youth can show enthusiasm when giving a speech or presentation.
837 youth can speak loudly enough to be heard when giving a speech or talk.
0 youth can use compromise as a way to overcome conflict with other team members.
0 youth can use effective communication as a way to overcome conflict with team members.
90 youth can use specific scientific knowledge to form a question.
453 youth can use technology to help themselves express ideas.
0 youth effectively encourage others to stay on task in a team.
353 youth enjoy working with others toward a common goal.
634 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
640 youth give a 2-3 minute speech or presentation.
243 youth have explored careers in communications.
6 youth have knowledge of careers in the communications field.
366 youth have learned at least five jobs in which communication skills are important.
24 youth have learned new skills and ways of doing things by participating in groups.
412 youth have set a goal for their job or career.
657 youth know how to organize the parts of a speech or presentation.
6 youth now communicate through a website.
86 youth now encourage other team members to give their best effort.
71 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.
71 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.
67 youth now report that they use more than one source of information in making choices.
70 youth now report that they use standards in making choices.
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.
12 youth now report they are concerned about the well-being of others.
66 youth now report they consider the risks of their choices.
95 youth now report they think about the truthfulness of sources of information when making
choices.
583 youth now set high goals that require work to achieve them.
44 youth now think it's important to listen to all group members before making a decision.
44 youth now want to see other team members succeed even if they achieve more than themselves.
1537 youth now work to achieve their goals.
1118 youth put their goals in writing.
25 youth report being able to break tough jobs down into simpler tasks.
27 youth report being able to resolve problems without losing control of their emotions.
24 youth report being sensitive to the feelings of others when discussing and solving problems.
0 youth report that it is now easier to express their opinions to someone with a different opinion than their own.
3 youth report that they are comfortable being responsible for a group.
158 youth report that they are now comfortable being a group leader.
172 youth report that they can now cooperate and work in a group.
164 youth report that they can now give clear directions.
595 youth report that they have developed confidence to speak in front of groups.
156 youth report that they know how to set goals and they use that ability when leading a group.
134 youth report that they learned about important leaders who contributed to our nation.
160 youth report that they make sure everyone gets an opportunity to say what they think.
412 youth report that they now achieve goals they set for themselves.
164 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.
178 youth report that when in charge of a group, they treat everyone fairly and equally.
0 youth report they are now "accomplished public speakers."
8 youth report they can give an impromptu speech.
98 youth report they can now express their opinions in speeches or presentations.
426 youth report they can now keep records.
513 youth report they have improved photography skills.
381 youth report they have learned skills in visual communications.
136 youth report using enthusiasm to get a group working.
27 youth seek out others who can help them become a better leader.
1124 youth set high goals.
403 youth think that everyone on the team is important.
170 youth think they can make a big difference in their community by helping others.
360 youth think they have something to contribute to the worth of the team
156 youth understand how community leaders are elected to office.
410 youth understand that other ideas may be just as important as their own.
150 youth use parliamentary procedure to run a meeting.
729 youth who are now making plans to achieve their goals.
367 youth who have put their goal(s) in writing.
106 youth who report that they have learned that some choices are better than others.
97 youth who report they can make a decision.
85 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.

---

**Rutherford County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>17288.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1051</td>
<td>5120</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>26495</td>
<td>36835</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>2419</td>
<td>74110</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>594</td>
<td>2498</td>
</tr>
<tr>
<td>Total</td>
<td>30559</td>
<td>118563</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**
### Method Number Methods Contacts Reached

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>143</td>
<td>10114</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>56</td>
<td>203001</td>
</tr>
<tr>
<td>Other</td>
<td>391</td>
<td>26053</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>570</td>
<td>4845</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>147</td>
<td>145000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>4</td>
<td>15</td>
</tr>
<tr>
<td>Total</td>
<td>1311</td>
<td>389028</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>34516</td>
<td>4854</td>
<td>1596</td>
<td>565</td>
<td>64</td>
<td>41595</td>
</tr>
<tr>
<td>Female Youth</td>
<td>21018</td>
<td>3681</td>
<td>2092</td>
<td>777</td>
<td>158</td>
<td>27726</td>
</tr>
<tr>
<td>Male Adult</td>
<td>24505</td>
<td>2127</td>
<td>387</td>
<td>296</td>
<td>18</td>
<td>27333</td>
</tr>
<tr>
<td>Male Youth</td>
<td>16643</td>
<td>2800</td>
<td>1591</td>
<td>751</td>
<td>124</td>
<td>21909</td>
</tr>
<tr>
<td>Total</td>
<td>96682</td>
<td>13462</td>
<td>5666</td>
<td>2389</td>
<td>364</td>
<td>118563</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend |
Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>500</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>62</td>
<td>2828</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>11</td>
<td>80</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>76</td>
<td>3408</td>
</tr>
</tbody>
</table>

Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2886</td>
<td>267</td>
<td>138</td>
<td>108</td>
<td>0</td>
<td>3399</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2436</td>
<td>342</td>
<td>97</td>
<td>28</td>
<td>0</td>
<td>2903</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1189</td>
<td>102</td>
<td>16</td>
<td>17</td>
<td>0</td>
<td>1324</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1939</td>
<td>229</td>
<td>61</td>
<td>46</td>
<td>0</td>
<td>2275</td>
</tr>
<tr>
<td>Total</td>
<td>8450</td>
<td>940</td>
<td>312</td>
<td>199</td>
<td>0</td>
<td>9901</td>
</tr>
</tbody>
</table>

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

0 4-H clubs were met by volunteers.
2 4-H judging teams were coached by volunteers.
8 4-H project groups were met by volunteers.
16 4-H volunteers utilized volunteer position descriptions.
15 are concerned about problems in their community.
686 beef producers sold 0 calves managed according to BQA guidelines to increase returns by $FRM.
144 beef producers stored 0 large, round bales under some type of cover to increase returns by $FRM.
354 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 434 head of calves to increase returns by $2170.
0 classrooms adopted this program.
198 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
154 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.
380 consumers learned how to apply landscape fertilizers and pesticides safely.
236 consumers learned how to conserve and protect water quality in the landscape.
334 consumers learned how to properly take a soil test and interpret the results.
116 consumers practiced best management practices relating to proper pruning and tree maintenance.
140 consumers used the results of their soil test to properly amend their soil.
10 dial-gauge lids were tested.
476 disease, insect and weed samples from commercial turf submitted for identification and control recommendations.
250 farm families and rural business operators implemented partial budgeting decisions (examples include sell calves now or later, evaluating equitable leasing arrangements and
machinery economics).
200 farm families and rural business operators implementing improved record systems.
110 farm families evaluated new farm enterprises and value added activities.
24 farm families used FINPACK for developing and implementing whole farm plans.
70 farmers and rural business operators participated in Quickbooks, fIRM and other record keeping workshops.
24 farmers developed financial plans for their farms.
170 farmers increased their knowledge and skills in farm and financial planning.
0 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 golf course superintendents adopted UT’s recommended practices for crabgrass control.
6 high school coaches have adopted UT’s athletic field management recommendations.
702 home lawn insect, disease and weed samples submitted for identification and control recommendations.
306 home lawn soil samples submitted for testing.
910 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
272 homeowners established new turfgrass species and varieties.
910 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
24 horse owners fed 0 horses according to specific nutrient requirements for each class of horse, saving FRM annually.
14 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 0 horses, saving $FRM annually.
0 horse owners schedule routine hoof care on 0 horses, saving $FRM annually.
708 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.
260 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
960 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.

138 Master Gardeners gained knowledge and confidence in entomology.
126 Master Gardeners gained knowledge and confidence in integrated pest management.
148 Master Gardeners gained knowledge and confidence in ornamentals.
140 Master Gardeners gained knowledge and confidence in plant diseases.
142 Master Gardeners gained knowledge and confidence in soils.
316 Master Gardeners gained knowledge and confidence in turfgrass.

44 Master Gardeners have used the knowledge and skills they learned in this program to assist 46 people in turf selection or management.
47 Master Gardeners have used the knowledge and skills they learned in this program to assist 61 people to control pests through integrated pest management.
36 Master Gardeners have used the knowledge and skills they learned in this program to assist 46 people to identify pests and/or the damage they cause.
42 Master Gardeners have used the knowledge and skills they learned in this program to assist 46 people to identify symptoms of plant disease.
44 Master Gardeners have used the knowledge and skills they learned in this program to assist 46 people to improve soil through soil test results.
48590 miles were walked in the Walk Across Tennessee Program.

6 new 4-H volunteers were recruited this year.
294 now can create on-screen (multi-media) presentations.
14 now feel a sense of responsibility toward their school and community.
12 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.
0 of 0 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.

86 of 88 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
0 of 0 fruit and/or vegetable producers adopted IPM.
0 of 0 fruit and/or vegetable producers completed a food safety plan for their farm.
0 of 0 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
4 of 4 fruit and/or vegetable producers who began the transition to USDA certified organic production.
708 of 876 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.

788 of 876 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 parents/caregivers report an increase in use of appropriate child guidance techniques.

0 of 0 parents/caregivers report an increase in use of positive communication techniques with their children.

0 of 0 parents/caregivers report feeling better about their abilities as parents.

0 of 0 parents/caregivers report feeling less stressed as parents.

0 of 0 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)

0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)

0 of 0 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)

0 of 0 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)

0 of 0 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.

0 of 0 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.

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 a sharp rise in blood sugar six months after completing the program.

32 of 32 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.

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.

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

32 of 32 participants can choose foods that do not cause a sharp rise in blood sugar.

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

0 of 0 participants 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 fewer high-fat foods.

0 of 0 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.

90 of 186 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
0 of 0 participants feel more confident when taking care of young children.
0 of 0 participants feel more equipped to facilitate activities with the children they babysit.
7 of 8 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.

36 of 44 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.

36 of 44 participants improved control of their arthritis symptoms.
44 of 44 participants improved performance of daily activities.
44 of 44 participants improved their balance.
0 of 0 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
0 of 0 participants improved their cholesterol levels.
40 of 44 participants improved their flexibility.
0 of 0 participants improved their triglyceride levels.

31 of 40 participants increased their exercise routine during Walk Across Tennessee Program.
0 of 0 participants increased their knowledge on health and safety topics when babysitting young children.
0 of 0 participants lost weight: 17 total pounds lost.
0 of 0 participants lowered their blood sugar levels six months after completing the program.
6 of 8 participants maintained their walking/exercise routine six months after completing the program.

32 of 32 participants plan to exercise more often to help manage their chronic condition.
32 of 32 participants plan to regularly check their blood sugar as requested by their doctor.
32 of 32 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.
0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.
0 of 0 participants report being more aware of what activities their children are involved in
0 of 0 participants report putting some of the money they make into a savings account.
0 of 0 participants report reading more to their children than before. (Preparing Your Child for Kindergarten)

0 of 0 participants report that they have selected at least three Safe Side Adults with their children.

0 of 0 participants report their child as exhibiting decreased anxiety about the first day of school. (Preparing Your Child for Kindergarten)

0 of 0 participants report they feel more prepared to handle emergencies while babysitting.

32 of 44 participants surveyed canned pickles following a tested recipe. (TNCEP)

24 of 44 participants surveyed canned tomatoes following a tested recipe. (TNCEP)

24 of 44 participants surveyed canned vegetables following a tested recipe. (TNCEP)

0 of 0 participants surveyed increased personal involvement in community activities.

0 of 0 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.

0 of 0 participants surveyed increased their knowledge about radon.

0 of 0 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.

0 of 0 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.

0 of 0 participants surveyed know how radon enters their home.

0 of 0 participants surveyed know radon can be prevented from entering their home.

0 of 0 participants surveyed know testing is the only way to know if their home has radon.

0 of 0 participants surveyed know year-long testing is recommended over short-term testing in Tennessee.

26 of 44 participants surveyed processed pickles in a water-bath canner. (TNCEP)

24 of 44 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)

32 of 44 participants surveyed processed vegetables in a pressure canner. (TNCEP)

0 of 0 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)

0 of 0 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.

32 of 32 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 use labels to make healthier choices.
0 of 0 participants who increased their intake of dairy foods.
0 of 0 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
180 of 186 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
38 of 40 participants will continue to exercise after the Walk Across Tennessee Program.
186 of 186 participants will keep medications out of the reach of children.
180 of 186 participants will keep products in their original containers.
180 of 186 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.
8 of 8 respondents plan to decrease exposure of their children to parental conflict.
8 of 8 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.
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 parents/caregivers learned effective communication techniques to use with their children.
8 parents/caregivers learned strategies for dealing with parenting stress.
12 participants now correctly deworm 0 horses, saving $ FRM this year.
26 participants process high-acid foods in a water bath canner.
240 participants walked in the Walk Across Tennessee Program.
482 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.
628 professionals added additional services and/or marketing practices.
0 professionals developed or made adjustment to their business plans.
464 professionals implemented recommended cultural practices: fertilization, soil sampling,
propagation, irrigation, etc.
612 professionals implemented recommended management practices for pest control.
0 professionals increased their knowledge of components of business plans.
648 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).
822 professionals increased their knowledge of plant pests and pest control measures.
724 professionals increased their knowledge of proper plant selection.
518 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 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 report that they will volunteer and help others.
0 schools adopted this program.
0 sod farms adopted UT's recommended practices for weed control at seeding.
536 soil samples from commercial turf submitted for testing.
30 teams participated in the Walk Across Tennessee Program.
24 volunteer leaders increased their knowledge of positive youth development.
14 would assist with or participate in elections, voting and campaigns.
1102 youth are better able to understand and follow directions.
50 youth are now better listeners.
278 youth believe that a team can accomplish more than an individual.
268 youth believe they have the motivation, skills and perseverance to reach their life goals.
1276 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.
1248 youth can complete projects they are proud of.
0 youth can conduct a meeting.
608 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
724 youth can explain an idea to others.
1176 youth can express ideas with a poster, exhibit or other display.
312 youth can give an informative speech or presentation.
2324 youth can now share their ideas through writing.
50 youth can record data accurately.
1044 youth can select a topic for a speech or talk.
86 youth can show enthusiasm when giving a speech or presentation.
1030 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.
1182 youth can use technology to help themselves express ideas.
276 youth enjoy working with others toward a common goal.
1260 youth feel comfortable asking others to help on a project.
846 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
93 youth give a 2-3 minute speech or presentation.
5 youth have a goal set for their job or career.
274 youth have confidence in their ability to make good decisions.
11 youth have explored careers in communications.
270 youth have knowledge of careers in the communications field.
978 youth have learned at least five jobs in which communication skills are important.
268 youth have made a plan for their future based on their talents, strengths, and skills.
15 youth have set a goal for their job or career.
216 youth know how to organize the parts of a speech or presentation.
1100 youth like to work with others to complete projects.
276 youth now communicate through a website.
0 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.
514 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.
1042 youth now report that they use more than one source of information in making choices.
480 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.
15 youth now report they are concerned about the well-being of others.
502 youth now report they consider the risks of their choices.
536 youth now report they think about the truthfulness of sources of information when making choices.
168 youth now set high goals that require work to achieve them.
1418 youth now work to achieve their goals.
940 youth put their goals in writing.
266 youth report that because of 4-H they seek new and challenging life experiences.
260 youth report that because of their 4-H experiences, they are viewed as a leader.
552 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.
15 youth report that they can now cooperate and work in a group.
0 youth report that they can now give clear directions.
42 youth report that they have developed confidence to speak in front of groups.
14 youth report that they know how to set goals and they use that ability when leading a group.
13 youth report that they make sure everyone gets an opportunity to say what they think.
185 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.
15 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.
1132 youth report that when they disagree with someone, they can stand up for themselves without using violence.
168 youth report they can now keep records.
2 youth report they have improved photography skills.
29 youth report they have learned skills in visual communications.
0 youth report using enthusiasm to get a group working.
3 youth set deadlines to achieve their goals.
1374 youth set high goals.
274 youth think that everyone on the team is important.
280 youth think they have something to contribute to the worth of the team.
8 youth try to get as much assistance as they can when working toward their goal.
280 youth understand that other ideas may be just as important as their own.
1212 youth understand that they cannot always be "the best" in everything.
664 youth use parliamentary procedure to run a meeting.
177 youth who are now making plans to achieve their goals.
160 youth who have put their goal(s) in writing.
5 youth who keep trying if they do not achieve their goal the first time.
0 youth who report that they have learned that some choices are better than others.
0 youth who report they can make a decision.
0 youth who report they now listen to people with more experience than themselves.
0 youth who report they now try to identify what causes a problem.
2 youth who work out the details when others set goals for them.

Scott County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>2825</td>
</tr>
</tbody>
</table>

### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>42</td>
<td>2758</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>85</td>
<td>1952</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>211</td>
<td>10821</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>28</td>
<td>628</td>
</tr>
<tr>
<td>Total</td>
<td>366</td>
<td>16159</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
</table>
Exhibit(s) 0 0
Newspaper Article(s) 19 34050
Other 3 750
Publication(s) 0 0
Radio Program(s) 5 11600
Social Media 0 0
TV Program(s) 0 0
Total 27 46400

Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3305</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>3311</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4160</td>
<td>6</td>
<td>6</td>
<td>9</td>
<td>0</td>
<td>4181</td>
</tr>
<tr>
<td>Male Adult</td>
<td>4741</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4741</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3896</td>
<td>12</td>
<td>12</td>
<td>6</td>
<td>0</td>
<td>3926</td>
</tr>
<tr>
<td>Total</td>
<td>16102</td>
<td>18</td>
<td>24</td>
<td>15</td>
<td>0</td>
<td>16159</td>
</tr>
</tbody>
</table>

Hours for Volunteers

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>832</td>
</tr>
</tbody>
</table>
### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female Adult</strong></td>
<td>748</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>748</td>
</tr>
<tr>
<td><strong>Female Youth</strong></td>
<td>855</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>0</td>
<td>862</td>
</tr>
<tr>
<td><strong>Male Adult</strong></td>
<td>889</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>889</td>
</tr>
<tr>
<td><strong>Male Youth</strong></td>
<td>851</td>
<td>4</td>
<td>4</td>
<td>2</td>
<td>0</td>
<td>861</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>3343</td>
<td>6</td>
<td>6</td>
<td>5</td>
<td>0</td>
<td>3360</td>
</tr>
</tbody>
</table>

### Outcomes
0 beef producers sold 0 calves managed according to BQA guidelines to increase returns by $FRM.
48 beef producers stored 1868 large, round bales under some type of cover to increase returns by $11208.
16 beef producers utilized bulls with greater genetic potential to produce 180 head of calves to increase returns by $4860.
24 beef producers utilized hay feeding rings to feed 560 bales and improved feeding methods to reduce wastage/spoilage, saving $2800.
0 beef producers utilized improved marketing methods to market 0 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.
14 producers planted 136 acres with clover for an increased production valued at $4080.
18 producers planted 84 acres with warm-season grasses for an added value of $1680.
26 producers sprayed 384 acres for broadleaf weed control for an increased production valued at $15360.
28 producers stockpiled 134 acres of tall fescue, reducing feeding cost by $5360.
64 youth are willing to try new things.
44 youth now get information about a problem.
62 youth now report that they make a decision by thinking about what a person of good character would do.
48 youth now report that they use more than one source of information in making choices.
52 youth now report that they use standards in making choices.
64 youth now report they consider the risks of their choices.
56 youth now report they think about the truthfulness of sources of information when making choices.
72 youth report telling the difference between right and wrong.
70 youth report that now they try to do the right thing.
68 youth report that they like to accomplish things on their own.
46 youth who report that they have learned that some choices are better than others.
42 youth who report they can make a decision.
62 youth who report they now listen to people with more experience than themselves.
38 youth who report they now try to identify what causes a problem.
## Sequatchie County

### Hours for Extension Personnel

#### Hours Spend

<table>
<thead>
<tr>
<th>Method</th>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3223</td>
</tr>
</tbody>
</table>

### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>80</td>
<td>121</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>414</td>
<td>1913</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>470</td>
<td>11883</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>45</td>
<td>213</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1009</strong></td>
<td><strong>14130</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>500</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>20</td>
<td>87900</td>
</tr>
<tr>
<td>Other</td>
<td>53</td>
<td>13195</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>43</td>
<td>2408</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>28000</td>
</tr>
<tr>
<td>Social Media</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
## Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2538</td>
<td>7</td>
<td>17</td>
<td>2</td>
<td>0</td>
<td>2564</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5710</td>
<td>30</td>
<td>74</td>
<td>10</td>
<td>10</td>
<td>5834</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1252</td>
<td>0</td>
<td>3</td>
<td>2</td>
<td>10</td>
<td>1267</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4302</td>
<td>23</td>
<td>119</td>
<td>12</td>
<td>9</td>
<td>4465</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>13802</strong></td>
<td><strong>60</strong></td>
<td><strong>213</strong></td>
<td><strong>26</strong></td>
<td><strong>29</strong></td>
<td><strong>14130</strong></td>
</tr>
</tbody>
</table>

## Hours for Volunteers

| Hours Spend | 3463 |

## Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>49</td>
<td>14</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Radio Program(s) | 0 | 0  
Social Media | 0 | 0  
TV Program(s) | 0 | 0  
Total | 53 | 14  

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>941</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>941</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2568</td>
<td>24</td>
<td>62</td>
<td>9</td>
<td>3</td>
<td>2666</td>
</tr>
<tr>
<td>Male Adult</td>
<td>214</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>215</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1711</td>
<td>27</td>
<td>74</td>
<td>5</td>
<td>4</td>
<td>1821</td>
</tr>
<tr>
<td>Total</td>
<td>5434</td>
<td>51</td>
<td>137</td>
<td>14</td>
<td>7</td>
<td>5643</td>
</tr>
</tbody>
</table>

**Outcomes**

6 4-H clubs were met by volunteers.
9 4-H judging teams were coached by volunteers.
3 4-H project groups were met by volunteers.
9 4-H volunteers utilized volunteer position descriptions.
0 beef producers sold 0 calves managed according to BQA guidelines to increase returns by $FRM.
2 beef producers stored 0 large, round bales under some type of cover to increase returns by $FRM.
2 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.
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 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.
21 Master Gardeners have used the knowledge and skills they learned in this program to assist 120 people in turf selection or management.
33 Master Gardeners have used the knowledge and skills they learned in this program to assist 201 people to control pests through integrated pest management.
135 Master Gardeners have used the knowledge and skills they learned in this program to assist 30 people to identify pests and/or the damage they cause.
42 Master Gardeners have used the knowledge and skills they learned in this program to assist 243 people to identify symptoms of plant disease.
42 Master Gardeners have used the knowledge and skills they learned in this program to assist 384 people to improve soil through soil test results.
9 new 4-H volunteers were recruited this year.
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.
1 producers sprayed 45 acres for broadleaf weed control for an increased production valued at $1800.
0 producers stockpiled 0 acres of tall fescue, reducing feeding cost by $FRM.
6 volunteer leaders increased their knowledge of positive youth development.
90 youth can conduct a meeting.
108 youth report being able to break tough jobs down into simpler tasks.
96 youth report being able to resolve problems without losing control of their emotions.
102 youth report being sensitive to the feelings of others when discussing and solving problems.
105 youth report that they are comfortable being responsible for a group.
105 youth report that they are now comfortable being a group leader.
111 youth report that they can now give clear directions.
120 youth report that they now like to work with others and help them reach their goals.
114 youth report using enthusiasm to get a group working.
78 youth seek out others who can help them become a better leader.

---

Sevier County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>6461.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>361</td>
<td>964</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1881</td>
<td>5319</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>893</td>
<td>20336</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>454</td>
<td>1434</td>
</tr>
<tr>
<td>Total</td>
<td>3589</td>
<td>28053</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>34</td>
<td>2770</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>74</td>
<td>117300</td>
</tr>
<tr>
<td>Other</td>
<td>244</td>
<td>117</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>647</td>
<td>6856</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>999</td>
<td>127043</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>5470</td>
<td>57</td>
<td>147</td>
<td>11</td>
<td>0</td>
<td>5685</td>
</tr>
<tr>
<td>Female Youth</td>
<td>8740</td>
<td>81</td>
<td>305</td>
<td>109</td>
<td>10</td>
<td>9245</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5041</td>
<td>19</td>
<td>28</td>
<td>0</td>
<td>0</td>
<td>5088</td>
</tr>
<tr>
<td>Male Youth</td>
<td>7639</td>
<td>86</td>
<td>300</td>
<td>10</td>
<td>0</td>
<td>8035</td>
</tr>
<tr>
<td>Total</td>
<td>26890</td>
<td>243</td>
<td>780</td>
<td>130</td>
<td>10</td>
<td>28053</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>1408</td>
</tr>
</tbody>
</table>
**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>10</td>
<td>526</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>11</td>
<td>526</td>
</tr>
</tbody>
</table>

**Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1315</td>
<td>1</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>1321</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1927</td>
<td>16</td>
<td>28</td>
<td>18</td>
<td>0</td>
<td>1989</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1623</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1624</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1659</td>
<td>11</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>1688</td>
</tr>
<tr>
<td>Total</td>
<td>6524</td>
<td>29</td>
<td>51</td>
<td>18</td>
<td>0</td>
<td>6622</td>
</tr>
</tbody>
</table>

**Outcomes**

1260 are concerned about problems in their community.
24 beef producers sold 4730 calves managed according to BQA guidelines to increase returns
by $37840.
42 beef producers stored 1360 large, round bales under some type of cover to increase returns by $8160.
100 beef producers utilized bulls with greater genetic potential to produce 376 head of calves to increase returns by $10152.
38 beef producers utilized hay feeding rings to feed 886 bales and improved feeding methods to reduce wastage/spoilage, saving $4430.
18 beef producers utilized improved marketing methods to market 622 head of calves to increase returns by $3110.
3 classrooms adopted this program.
44 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
20 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.
58 consumers learned how to apply landscape fertilizers and pesticides safely.
28 consumers learned how to conserve and protect water quality in the landscape.
68 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.
66 consumers used the results of their soil test to properly amend their soil.
17 dial-gauge lids were tested.
580 home lawn insect, disease and weed samples submitted for identification and control recommendations.
88 home lawn soil samples submitted for testing.
212 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
42 homeowners established new turfgrass species and varieties.
86 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
5 horse owners fed 11 horses according to specific nutrient requirements for each class of horse, saving 5500 annually.
3 horse owners managed 7 horses using rotational grazing in their pasture management to increase forage production, saving $3500 annually.
8 horse owners schedule routine annual health exams by a veterinarian including vaccinations.
and dental care for 14 horses, saving $12110 annually.
6 horse owners schedule routine hoof care on 13 horses, saving $7800 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.
82 Master Gardeners have used the knowledge and skills they learned in this program to assist
426 people in turf selection or management.
22 Master Gardeners have used the knowledge and skills they learned in this program to assist
420 people to control pests through integrated pest management.
64 Master Gardeners have used the knowledge and skills they learned in this program to assist
402 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
622 people to identify symptoms of plant disease.
38 Master Gardeners have used the knowledge and skills they learned in this program to assist
374 people to improve soil through soil test results.
676 now feel a sense of responsibility toward their school and community.
750 now have a sense of pride about their school and community.
0 of 0 adults wash hands more often.
2752 of 3988 better understood their parents' concerns about money.
30 of 30 homeowners increased their knowledge of fire ant management.
836 of 3988 made a change in career or educational goals.
16 of 16 participants are applying health eating principles when making food decisions six
months after completing the program.
16 of 16 participants are better self-managers of their chronic condition 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.
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 16 participants are physically active six months after completing the program.
61 of 77 participants are using the UT Med Minder card to keep a record of their medications.
0 of 0 participants ate more whole grains.
0 of 0 participants began or increased savings an average of $0 per month.
2752 of 3988 participants better understood their parent's concerns about money.
67 of 77 participants can apply health eating principles when making daily food decisions.
4 of 13 participants can apply joint protection techniques.
77 of 77 participants can better control their chronic condition with self-management techniques.
7 of 11 participants can choose foods that do not cause a sharp rise in blood sugar.
11 of 13 participants can use relaxation techniques to better manage their arthritis symptoms.
1196 of 3988 participants communicated with other family members about financial matters.
50 of 59 participants decreased consumption of high-sugar foods.
52 of 59 participants eat fewer high-fat foods.
0 of 0 participants eat more fat-free or low-fat dairy products.
42 of 77 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
13 of 13 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
55 of 77 participants feel confident using the Take PART technique when talking to their health care provider.
2872 of 3988 participants felt more strongly that they needed to get a good education.
3192 of 3988 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants find the active ingredient on the medication label.
0 of 0 participants followed a spending plan.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
11 of 13 participants have improved their arthritis symptoms as a result of participating in this program.
14 of 16 participants have less pain from their chronic condition six months after completing the program.
11 of 16 participants have used the Take PART technique when talking to their health care provider.
0 of 0 participants increased physical activity.
2596 of 3988 participants increased their financial management skills.
0 of 0 participants keep all of their prescription medications at the same pharmacy.
2640 of 3988 participants learned better how to plan their spending.
3232 of 3988 participants learned how education will affect the kind of job they can get.
3588 of 3988 participants learned how having a family can affect their lifestyle.
1796 of 3988 participants learned how much money it takes to get by.
3112 of 3988 participants learned how occupation and income will affect their lifestyle.
392 of 3988 participants learned how payroll deductions are taken from gross pay.
2952 of 3988 participants learned how to keep a checkbook register.
2872 of 3988 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.
1712 of 3988 participants made changes to their future plans.
16 of 16 participants now eat more vegetables.
60 of 77 participants plan to exercise more often to help manage their chronic condition.
8 of 11 participants plan to regularly check their blood sugar as requested by their doctor.
8 of 11 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.
55 of 77 participants plan to use the UT Med Minder card to keep a record of their medications.
836 of 3988 participants planned to change their career goals.
1632 of 3988 participants planned to get more education after high school.
0 of 0 participants read the directions before taking a prescription or over-the-counter medications.
15 of 16 participants refrigerate perishable foods within two hours.
0 of 0 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.
11 of 13 participants surveyed canned pickles following a tested recipe. (TNCEP)
11 of 13 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
11 of 13 participants surveyed canned vegetables following a tested recipe. (TNCEP)
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.
11 of 13 participants surveyed processed pickles in a water-bath canner. (TNCEP)
10 of 13 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
11 of 13 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.

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.

600 of 3988 participants talked about financial goals with their parents or others.

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

59 of 77 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.

13 of 13 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.

46 of 59 participants who increased their intake of dairy foods.

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

41 of 77 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.

664 of 3988 participants worked toward new savings or investment goals.

57 of 59 students increased amount of time in physical activity.

47 of 59 students who increased their intake of whole grains.

10 of 12 teachers reported preschool children in their classes were more actively engaged in physical activity.

10 of 12 teachers reported preschool children in their classes were more willing to taste fruit.

10 of 12 teachers reported preschool children in their classes were more willing to taste vegetables.

6 of 12 teachers reported preschool children in their classes were more willing to taste whole-grain foods.

10 of 12 teachers reported using physical activities from Healthy Steps at least three times per week.

35 of 35 youth now wash hands more often.

14 participants now correctly deworm 21 horses, saving $5775 this year.

11 participants process high-acid foods in a water bath canner.

44 producers planted 380 acres with clover for an increased production valued at $11400.

6 producers planted 50 acres with warm-season grasses for an added value of $1000.
60 producers sprayed 1080 acres for broadleaf weed control for an increased production valued at $43200.

140 producers stockpiled 668 acres of tall fescue, reducing feeding cost by $26720.

2 schools adopted this program.

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

1350 youth believe that people working together can help others less fortunate.

1336 youth can conduct a meeting.

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

4176 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.

3620 youth can show enthusiasm when giving a speech or presentation.

5568 youth give a 2-3 minute speech or presentation.

4454 youth know how to organize the parts of a speech or presentation.

1692 youth now realize they need to eat breakfast everyday.

1156 youth now report they are concerned about the well-being of others.

1680 youth now think about their food choices and how those choices affect their health.

2004 youth now wash their hands in hot water and soap for 20 seconds before eating or preparing food.

1170 youth report that they are now comfortable being a group leader.

1440 youth report that they can now cooperate and work in a group.

1156 youth report that they can now give clear directions.

4176 youth report that they have developed confidence to speak in front of groups.

1276 youth report that they know how to set goals and they use that ability when leading a group.

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

1380 youth report that they make sure everyone gets an opportunity to say what they think.

1126 youth report that they now like to work with others and help them reach their goals.

1350 youth report that they take their jobs seriously as members of a committee.

1456 youth report that when in charge of a group, they treat everyone fairly and equally.

1110 youth report using enthusiasm to get a group working.

1380 youth think they can make a big difference in their community by helping others.

480 youth understand how community leaders are elected to office.

---

**Shelby County**

**Hours for Extension Personnel**
**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>2271</td>
<td>2418</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>8399</td>
<td>10927</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>9402</td>
<td>67008</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>3913</td>
<td>5422</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>23985</strong></td>
<td><strong>85775</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>114</td>
<td>4352</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>34</td>
<td>401000</td>
</tr>
<tr>
<td>Other</td>
<td>943</td>
<td>60163</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>2091</td>
<td>45846</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>11</td>
<td>4000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>23</td>
<td>1350000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3216</strong></td>
<td><strong>1865361</strong></td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**
<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>15630</td>
<td>12994</td>
<td>712</td>
<td>111</td>
<td>25</td>
<td>29472</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4293</td>
<td>18957</td>
<td>818</td>
<td>98</td>
<td>10</td>
<td>24176</td>
</tr>
<tr>
<td>Male Adult</td>
<td>7854</td>
<td>4961</td>
<td>181</td>
<td>58</td>
<td>22</td>
<td>13076</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4417</td>
<td>13781</td>
<td>716</td>
<td>105</td>
<td>32</td>
<td>19051</td>
</tr>
<tr>
<td>Total</td>
<td>32194</td>
<td>50693</td>
<td>2427</td>
<td>372</td>
<td>89</td>
<td>85775</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

12128

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>2</td>
<td>86</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>2</td>
<td>86</td>
</tr>
</tbody>
</table>
Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>10345</td>
<td>1293</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>11640</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1922</td>
<td>999</td>
<td>107</td>
<td>28</td>
<td>5</td>
<td>3061</td>
</tr>
<tr>
<td>Male Adult</td>
<td>14</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>29</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2202</td>
<td>841</td>
<td>141</td>
<td>41</td>
<td>21</td>
<td>3246</td>
</tr>
<tr>
<td>Total</td>
<td>14483</td>
<td>3148</td>
<td>250</td>
<td>69</td>
<td>26</td>
<td>17976</td>
</tr>
</tbody>
</table>

Outcomes

Producers increased yield by 22 bushels by selecting top yielding varieties on 5800 acres of soybeans, earning an extra $154.
Producers increased yield by 180 pounds by selecting top yielding varieties on 6030 acres of cotton, earning an extra $FRM.
5400 acres of cotton scouted by a producer or independent crop consultant to help make crop management decisions.
3530 acres of cotton scouted by a UT-trained scout to help make crop management decisions.
4600 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
1000 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
63600 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
34 beef producers sold 2642 calves managed according to BQA guidelines to increase returns by $21136.
24 beef producers stored 5030 large, round bales under some type of cover to increase returns by $30180.
36 beef producers utilized bulls with greater genetic potential to produce 1776 head of calves to increase returns by $47952.
38 beef producers utilized hay feeding rings to feed 11650 bales and improved feeding methods to reduce wastage/spoilage, saving $58250.
20 beef producers utilized improved marketing methods to market 964 head of calves to increase returns by $4820.
34 classrooms adopted this program.
100 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
90 consumers implemented water-wise gardening practices to conserve and protect water quality.
180 consumers learned about plant selection and proper planting to save money and time in the landscape.
310 consumers learned how to apply landscape fertilizers and pesticides safely.
100 consumers learned how to conserve and protect water quality in the landscape.
400 consumers learned how to properly take a soil test and interpret the results.
90 consumers practiced best management practices relating to proper pruning and tree maintenance.
110 consumers used the results of their soil test to properly amend their soil.
22 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
20 cotton producers adopted UT recommended resistance management strategies to control pests (weeds, insects and diseases).
20 cotton producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
18 cotton producers report a $70 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
20 cotton producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
6 dial-gauge lids were tested.
10 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.
2 high school coaches have adopted UT's athletic field management recommendations.
80 home lawn insect, disease and weed samples submitted for identification and control recommendations.
100 home lawn soil samples submitted for testing.
10 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
12 homeowners established new turfgrass species and varieties.
80 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
28 horse owners fed 84 horses according to specific nutrient requirements for each class of horse, saving 42000 annually.
52 horse owners managed 620 horses using rotational grazing in their pasture management to increase forage production, saving $310000 annually.
86 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 250 horses, saving $216250 annually.
70 horse owners schedule routine hoof care on 758 horses, saving $454800 annually.
2 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.
2 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
2 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.
5 landowners expanded an existing aquaculture industry.
15 landowners properly fertilized their pond, followed stocking/harvesting recommendations, or controlled weeds/algae.
90 Master Gardeners gained knowledge and confidence in entomology.
90 Master Gardeners gained knowledge and confidence in integrated pest management.
90 Master Gardeners gained knowledge and confidence in ornamentals.
90 Master Gardeners gained knowledge and confidence in plant diseases.
90 Master Gardeners gained knowledge and confidence in soils.
90 Master Gardeners gained knowledge and confidence in turfgrass.
30 Master Gardeners have used the knowledge and skills they learned in this program to assist 50 people in turf selection or management.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 40 people to control pests through integrated pest management.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 40 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 50 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.
100 of 200 adults wash hands more often.
2600 of 2740 better understood basic insurance needs.
2580 of 2740 better understood credit reporting and scoring.
0 of 0 better understood their parents' concerns about money.
0 of 0 checked their credit report.
40 of 40 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
40 of 40 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
80 of 80 homeowners increased their knowledge of fire ant management.
2740 of 2740 identified ways to reduce spending.
20 of 20 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.
50 of 200 participants are better able to manage their living environments.
50 of 200 participants are better able to store and prepare foods to keep them safe to consume.
50 of 200 participants are more confident in relationships with family and friends.
150 of 400 participants ate more whole grains.
2740 of 2740 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 $100 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.
345 of 689 participants compared prices to help manage their dollars.
150 of 400 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.
100 of 200 participants eat fewer high-fat foods.
100 of 200 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.
516 of 532 participants feel confident they know what to do in case of a poisoning.
0 of 0 participants felt more strongly that they needed to get a good education.
0 of 0 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
1050 of 2740 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.
50 of 200 participants improved their blood pressure.
50 of 200 participants improved their blood sugar.
50 of 200 participants improved their cholesterol levels.
50 of 200 participants improved their triglyceride levels.
100 of 200 participants increased physical activity.
3640 of 3740 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
1050 of 2740 participants kept a record of spending.
50 of 200 participants know better how to manage and protect their assets for a secure retirement.
0 of 0 participants learned better how to plan their spending.
10286 of 10286 participants learned how education will affect the kind of job they can get.
10286 of 10286 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.
800 of 1000 participants learned how to write a check.
0 of 0 participants learned the difference between wants and needs.
20 of 200 participants lost weight: 20 total pounds lost.
1050 of 2740 participants made a spending plan.
0 of 0 participants made changes to their future plans.
295 of 689 participants more often followed the recommended practice of not thawing foods at room temperature.
100 of 200 participants now eat more vegetables.
80 of 80 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.
347 of 686 participants prepared foods without adding salt.
1050 of 2740 participants reduced debt an average of $100 per month.
358 of 886 participants refrigerate perishable foods within two hours.
339 of 684 participants reported their children ate breakfast more often.
340 of 688 participants run out of food before the end of the month less often.
100 of 200 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.
40 of 160 participants surveyed canned pickles following a tested recipe. (TNCEP)
80 of 160 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
80 of 160 participants surveyed canned vegetables following a tested recipe. (TNCEP)
40 of 160 participants surveyed processed pickles in a water-bath canner. (TNCEP)
80 of 160 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
80 of 160 participants surveyed processed vegetables in a pressure canner. (TNCEP)
50 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.
361 of 686 participants thought about healthy food choices when deciding what to feed their family.
0 of 0 participants understand how to reconcile a checking account.
50 of 200 participants understand the special nutritional needs of the elderly.
2740 of 2740 participants understood the dangers of using too much credit.
50 of 200 participants use labels to make healthier choices.
370 of 689 participants used a list for grocery shopping.
379 of 689 participants used the food label to make healthier choices.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
100 of 200 participants who increased their intake of dairy foods.
50 of 200 participants who now select foods and beverages that promote healthy weight.
370 of 689 participants who plan meals ahead of time.
0 of 0 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
532 of 532 participants will keep medications out of the reach of children.
532 of 532 participants will keep products in their original containers.
500 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 read the label before using a product.
1050 of 2740 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
100 of 200 students increased amount of time in physical activity.
100 of 200 students who increased their intake of whole grains.
1050 of 2740 tracked their spending.
1050 of 2740 worked toward new savings, investment or retirement goals.
50 of 200 youth now wash hands more often.
46 participants now correctly deworm 200 horses, saving $ 55000 this year.
120 participants process high-acid foods in a water bath canner.
24 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
42 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
12 producers increased their return on 2600 acres by $148200 by utilizing irrigation instead of
dry land production.
40 producers increased their return on 8800 acres by $237600 due to utilizing forward pricing market opportunities as compared to selling at harvest.
12 producers planted 1820 acres with clover for an increased production valued at $54600.
10 producers planted 330 acres with warm-season grasses for an added value of $6600.
24 producers sprayed 2898 acres for broadleaf weed control for an increased production valued at $115920.
16 producers stockpiled 1804 acres of tall fescue, reducing feeding cost by $72160.
36 producers utilized UT fertility recommendations.
2 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.
4 professionals added additional services and/or marketing practices.
4 professionals developed or made adjustment to their business plans.
10 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
10 professionals implemented recommended management practices for pest control.
4 professionals increased their knowledge of components of business plans.
4 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.
8 professionals increased their knowledge of proper plant selection.
8 professionals practiced proper plant selection and installation practices.
4 public utility managers who have adopted UT’s weed management recommendations in rough turf.
6 schools adopted this program.
2 sod farms adopted UT’s recommended practices for weed control at seeding.
6 soil samples from commercial turf submitted for testing.
12 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.
8 soybean producers report a $40 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.
10 soybean producers used data provided by UT publications or UT Internet resources and
made changes in their production practices.

128 youth are better able to understand and follow directions.

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

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

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

0 youth can explain an idea to others.

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

0 youth can now share their ideas through writing.

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

560 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.

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

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

128 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.

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

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

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

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.

240 youth understand how community leaders are elected to office.

0 youth understand that other ideas may be just as important as their own.

---

**Smith County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>4802</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>458</td>
<td>791</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2298</td>
<td>2547</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>732</td>
<td>18184</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>118</td>
<td>286</td>
</tr>
<tr>
<td>Total</td>
<td>3606</td>
<td>21808</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>27</td>
<td>9260</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>72</td>
<td>213500</td>
</tr>
<tr>
<td>Other</td>
<td>7</td>
<td>4175</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>76</td>
<td>36689</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>77</td>
<td>181500</td>
</tr>
<tr>
<td>Social Media</td>
<td>1</td>
<td>2000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>6</td>
<td>60500</td>
</tr>
<tr>
<td>Total</td>
<td>266</td>
<td>507624</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>5588</td>
<td>332</td>
<td>77</td>
<td>0</td>
<td>0</td>
<td>5997</td>
</tr>
<tr>
<td></td>
<td>Number Methods</td>
<td>Contacts Reached</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>----------------</td>
<td>------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
<td>2000</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Publication(s)</td>
<td>2</td>
<td>1008</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>4</td>
<td>3008</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th>White/Not of Hispanic</th>
<th>Black/Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Origin</td>
<td>Origin</td>
<td>Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------</td>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>661</td>
<td>95</td>
<td>21</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Female Youth</td>
<td>203</td>
<td>24</td>
<td>23</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Adult</td>
<td>199</td>
<td>52</td>
<td>13</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
<td>209</td>
<td>28</td>
<td>34</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>1272</td>
<td>199</td>
<td>91</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Outcomes**

The economic impact of Extension leadership programs was $24000 in increased revenue, one-time capital improvements and secured resources.

- 10 4-H clubs were met by volunteers.
- 2 4-H judging teams were coached by volunteers.
- 2 4-H project groups were met by volunteers.
- 20 4-H volunteers utilized volunteer position descriptions.
- 6 beef producers sold 70 calves managed according to BQA guidelines to increase returns by $560.
- 42 beef producers stored 2500 large, round bales under some type of cover to increase returns by $15000.
- 34 beef producers utilized bulls with greater genetic potential to produce 505 head of calves to increase returns by $13635.
- 58 beef producers utilized hay feeding rings to feed 7550 bales and improved feeding methods to reduce wastage/spoilage, saving $37750.
- 6 beef producers utilized improved marketing methods to market 72 head of calves to increase returns by $360.
- 19 forest landowners are members in a local County Forestry Association representing 285 forest acres.
- 2 forest landowners indicated a willingness to adopt recommended practices presented from the CFA educational programs.
- 1 landowners became aware of the educational modules available from the National Learning
Center for Private Forest and Rangeland Owners.

5 landowners improved profitability (marketing) of forest ownership.

3 landowners now understand the ecology of forest development process (planning) by contacting a professional forester or developing a forest management plan for 85 forested acres.

20 new 4-H volunteers were recruited this year.

0 of 0 adults wash hands more often.

0 of 0 better understood basic insurance needs.

0 of 0 better understood credit reporting and scoring.

0 of 0 checked their credit report.

22 of 20 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.

6 of 40 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

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

2 of 40 fruit and/or vegetable producers completed a food safety plan for their farm.

2 of 40 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.

3 of 40 fruit and/or vegetable producers who began the transition to USDA certified organic production.

0 of 0 identified ways to reduce spending.

0 of 0 learned better how to communicate with creditors.

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

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

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

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

0 of 0 participants are 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.

8 of 8 participants are more confident in relationships with family and friends.

228 of 379 participants ate more whole grains.

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

30 of 30 participants began or increased savings an average of $20 per month.

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

29 of 32 participants can apply joint protection techniques.
17 of 23 participants can use relaxation techniques to better manage their arthritis symptoms.
22 of 26 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.
219 of 353 participants eat more fat-free or low-fat dairy products.
23 of 27 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.
18 of 32 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
0 of 0 participants felt 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.
23 of 32 participants have improved their arthritis symptoms as a result of participating in this program.
19 of 32 participants have less arthritis symptoms from their arthritis six months after completing the program.
4 of 6 participants have less arthritis symptoms.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
18 of 24 participants improved control of their arthritis symptoms.
6 of 6 participants improved performance of daily activities.
26 of 32 participants improved their balance six months after completing the program.
6 of 6 participants improved their balance.
20 of 27 participants improved their blood pressure.
18 of 27 participants improved their blood sugar.
15 of 27 participants improved their cholesterol levels.
26 of 32 participants improved their flexibility six months after completing the program.
6 of 6 participants improved their flexibility.
30 of 37 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
26 of 32 participants improved their range of motion in their joints six months after completing the program.
0 of 0 participants improved their triglyceride levels.
477 of 569 participants increased physical activity.
900 of 950 participants increased their financial management skills.
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.
27 of 27 participants lost weight: 226 total pounds lost.
0 of 0 participants made a spending plan.
274 of 353 participants now eat more vegetables.
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.
30 of 30 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.
18 of 18 participants successfully completed educational requirements for pre-filing bankruptcy counseling.
680 of 700 participants surveyed have implemented at least one waste reduction strategy to preserve open spaces, sustain environmental quality, and improve health benefits.
370 of 372 participants surveyed increased personal involvement in community activities.
728 of 728 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.
796 of 796 participants surveyed increased their knowledge of environmental problems associated with "not-smart" growth.
912 of 1000 participants surveyed increased their knowledge of health problems associated with "not-smart" growth.
842 of 1200 participants surveyed increased their knowledge of how to become involved with public officials and other decision makers concerning Smart Growth principles.
796 of 796 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.
576 of 1000 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.
1830 of 1832 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 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.
13 of 14 participants take fewer medications for arthritis symptoms six months after completing the program.
32 of 37 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.
0 of 0 participants understood the dangers of using too much credit.
22 of 26 participants use labels to make healthier choices.
0 of 0 participants who now select foods and beverages that promote healthy weight.
30 of 30 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 tracked their spending.
30 of 30 worked toward new savings, investment or retirement goals.
0 of 0 youth now wash hands more often.
14 producers planted 170 acres with clover for an increased production valued at $5100.
4 producers planted 50 acres with warm-season grasses for an added value of $1000.
72 producers sprayed 1800 acres for broadleaf weed control for an increased production valued at $72000.
10 producers stockpiled 250 acres of tall fescue, reducing feeding cost by $10000.
32 projects were implemented in the community incorporating Smart Growth principles.
0 schools adopted the Smart Growth curriculum.
20 volunteer leaders increased their knowledge of positive youth development.
890 youth are better able to understand and follow directions.
884 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.
0 youth can create a display to communicate scientific data and observations.
890 youth can deal with their nervousness when giving a speech or talk.
0 youth can design a scientific procedure to answer a question.
890 youth can explain an idea to others.
890 youth can express ideas with a poster, exhibit or other display.
880 youth can give an informative speech or presentation.
1780 youth can now share their ideas through writing.
0 youth can record data accurately.
890 youth can select a topic for a speech or talk.
880 youth can show enthusiasm when giving a speech or presentation.
890 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.
0 youth can use specific scientific knowledge to form a question.
890 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.
890 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
880 youth give a 2-3 minute speech or presentation.
880 youth have explored careers in communications.
890 youth have learned at least five jobs in which communication skills are important.
880 youth know how to organize the parts of a speech or presentation.
340 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.
340 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.
340 youth now report that they use more than one source of information in making choices.
340 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.
340 youth now report they consider the risks of their choices.
340 youth now report they think about the truthfulness of sources of information when making choices.
0 youth now work to achieve their goals.
0 youth put their goals in writing.
880 youth report that they have developed confidence to speak in front of groups.
880 youth report they can now keep records.
880 youth report they have improved photography skills.
880 youth report they have learned skills in visual communications.
0 youth set high goals.
340 youth who report that they have learned that some choices are better than others.
340 youth who report they can make a decision.
340 youth who report they now listen to people with more experience than themselves.
340 youth who report they now try to identify what causes a problem.

**Soil, Plant and Pest Center**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>1890.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>7249</td>
<td>7849</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>69</td>
<td>897</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>2</td>
<td>43</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>7321</td>
<td>8795</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>7</td>
<td>519</td>
</tr>
</tbody>
</table>
### Newspaper Article(s)

<table>
<thead>
<tr>
<th></th>
<th>Number</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other</td>
<td>693</td>
<td>134888</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>704</td>
<td>135422</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th><strong>Total</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>232</td>
<td>11</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>244</td>
</tr>
<tr>
<td>Male Adult</td>
<td>8528</td>
<td>16</td>
<td>7</td>
<td>0</td>
<td>0</td>
<td>8551</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>8760</td>
<td>27</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>8795</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

#### Hours Spend

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Contacts for Volunteers
### Outcomes

None Reported

### Stewart County

#### Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>221</td>
<td>269</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>983</td>
<td>1369</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>476</td>
<td>9385</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>76</td>
<td>1157</td>
</tr>
<tr>
<td>Total</td>
<td>1756</td>
<td>12180</td>
</tr>
</tbody>
</table>

#### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>White/ Not of Hispanic Origin</td>
<td>Black/ Not of Hispanic Origin</td>
</tr>
<tr>
<td>------------------</td>
<td>--------------------------------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td>Female Adult</td>
<td>1633</td>
<td>35</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4280</td>
<td>127</td>
</tr>
<tr>
<td>Male Adult</td>
<td>837</td>
<td>5</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4905</td>
<td>114</td>
</tr>
<tr>
<td>Total</td>
<td>11655</td>
<td>281</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

**Hours for Volunteers**

| Hours Spend | 1815 |
Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>64</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>2</td>
<td>64</td>
</tr>
</tbody>
</table>

Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>136</td>
<td>4</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>142</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3554</td>
<td>93</td>
<td>48</td>
<td>7</td>
<td>11</td>
<td>3713</td>
</tr>
<tr>
<td>Male Adult</td>
<td>20</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>23</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3628</td>
<td>90</td>
<td>44</td>
<td>3</td>
<td>11</td>
<td>3776</td>
</tr>
<tr>
<td>Total</td>
<td>7338</td>
<td>190</td>
<td>94</td>
<td>10</td>
<td>22</td>
<td>7654</td>
</tr>
</tbody>
</table>

Outcomes

2 acres of burley achieving yields greater than 2,300 pounds per acre.
465 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.
0 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.
285 acres with field rouged, plowed or destroyed within 30 days after harvest.
216 are concerned about problems in their community.
31 beef producers sold 525 calves managed according to BQA guidelines to increase returns by $4200.
23 beef producers stored 5000 large, round bales under some type of cover to increase returns by $30000.
31 beef producers utilized bulls with greater genetic potential to produce 525 head of calves to increase returns by $14175.
29 beef producers utilized hay feeding rings to feed 4700 bales and improved feeding methods to reduce wastage/spoilage, saving $23500.
11 beef producers utilized improved marketing methods to market 330 head of calves to increase returns by $1650.
2 dial-gauge lids were tested.
38 fruit and/or vegetable producers realized an economic impact of $31350 in savings, increased revenue and one-time capital purchases by adopting season extension or organic production practices.
4 fruit and/or vegetable producers who increased business profitability by becoming USDA certified organic.
0 miles were walked in the Walk Across Tennessee Program.
222 now feel a sense of responsibility toward their school and community.
230 now have a sense of pride about their school and community.
10 of 10 adults wash hands more often.
24 of 38 farm families successfully diversified into fruit and vegetable production and marketing.
14 of 38 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
14 of 38 fruit and/or vegetable producers adopted a season extension practice: row covers,
high tunnels, greenhouses and/or colored plastic mulches.
18 of 38 fruit and/or vegetable producers adopted IPM.
14 of 38 fruit and/or vegetable producers completed a food safety plan for their farm.
76 of 76 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
4 of 38 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)
6 of 10 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies
17 of 21 parents/caregivers learned about issues related to stages of child development.
36 of 39 parents/caregivers report an increase in use of appropriate child guidance techniques.
25 of 39 parents/caregivers report an increase in use of positive communication techniques with their children.
39 of 39 parents/caregivers report feeling better about their abilities as parents.
20 of 28 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)
6 of 10 participants ate more whole grains.
4 of 24 participants can apply health eating principles when making daily food decisions.
4 of 24 participants can better control their chronic condition with self-management techniques.
4 of 24 participants can better control their chronic disease as a result of participating in the program.
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.
4 of 10 participants eat more fat-free or low-fat dairy products.
4 of 24 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
2 of 24 participants feel confident using the Take PART technique when talking to their health care provider.
4 of 24 participants feel their overall health has improved by maintaining an exercise program six months after completing the program.
2 of 10 participants increased physical activity.
4 of 24 participants increased their exercise routine during Walk Across Tennessee Program.
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.
4 of 24 participants maintained their walking/exercise routine six months after completing the program.
8 of 10 participants now eat more vegetables.
2 of 24 participants plan to exercise more often to help manage their chronic condition.
4 of 24 participants plan to use the UT Med Minder card to keep a record of their medications.
10 of 10 participants refrigerate perishable foods within two hours.
10 of 10 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)
16 of 16 participants surveyed canned vegetables following a tested recipe. (TNCEP)
66 of 66 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
66 of 66 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
0 of 0 participants surveyed processed pickles in a water-bath canner. (TNCEP)
0 of 0 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
10 of 16 participants surveyed processed vegetables in a pressure canner. (TNCEP)
4 of 10 participants surveyed used a thermometer to check the internal temperature of food.
10 of 10 participants surveyed used a thermometer to check the internal temperature of their refrigerator.
4 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.
6 of 10 participants who now select foods and beverages that promote healthy weight.
2 of 24 participants will apply positive thinking as a technique for overcoming or avoiding
depression caused from their chronic condition.
4 of 24 participants will continue to exercise after the Walk Across Tennessee Program.
35 of 39 respondents plan to decrease exposure of their children to parental conflict.
37 of 39 respondents report understanding the importance of working together for the sakes of their children.
20 of 20 youth now wash hands more often.
34 parents/caregivers learned effective communication techniques to use with their children.
39 parents/caregivers learned strategies for dealing with parenting stress.
16 participants process high-acid foods in a water bath canner.
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.
1624000 pounds of total tobacco produced.
0 teams participated in the Walk Across Tennessee Program.
23 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.
23 tobacco producers adopted an integrated pest management approach to insect control (scouting, economic thresholds, conservation of beneficial insects, and/or recommended pesticides).
23 tobacco producers increased their knowledge of best management practices including crop rotation, variety selection, transplant production, sucker control, curing principles and efficient market preparation.
23 tobacco producers increased their knowledge of new high-yielding, disease-resistance varieties through university information.
23 tobacco producers increased their knowledge of pest management, economic thresholds and proper use of pesticides (insecticides, herbicides and fungicides).
23 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.
228 would assist with or participate in elections, voting and campaigns.
40 youth are willing to try new things.
116 youth believe that a team can accomplish more than an individual.
256 youth believe that people working together can help others less fortunate.
150 youth break goals down into steps so they can check their progress. 
306 youth can analyze the results of a scientific investigation. 
374 youth can ask a question that can be answered by collecting data. 
104 youth can assist a group in deciding on team plans for reaching goals. 
312 youth can conduct a meeting. 
330 youth can design a scientific procedure to answer a question. 
262 youth can record data accurately. 
332 youth can use specific scientific knowledge to form a question. 
116 youth enjoy working with others toward a common goal. 
110 youth have learned new skills and ways of doing things by participating in groups. 
220 youth now encourage other team members to give their best effort. 
174 youth now get information about a problem. 
148 youth now report that they make a decision by thinking about what a person of good character would do. 
176 youth now report that they use more than one source of information in making choices. 
174 youth now report that they use standards in making choices. 
206 youth now report they are concerned about the well-being of others. 
152 youth now report they consider the risks of their choices. 
194 youth now report they think about the truthfulness of sources of information when making choices. 
114 youth now think it's important to listen to all group members before making a decision. 
112 youth now want to see other team members succeed even if they achieve more than themselves. 
215 youth now work to achieve their goals. 
89 youth put their goals in writing. 
43 youth report telling the difference between right and wrong. 
42 youth report that now they try to do the right thing. 
204 youth report that they are now comfortable being a group leader. 
174 youth report that they can now cooperate and work in a group. 
306 youth report that they can now give clear directions. 
232 youth report that they know how to set goals and they use that ability when leading a group. 
250 youth report that they learned about important leaders who contributed to our nation. 
42 youth report that they like to accomplish things on their own. 
294 youth report that they make sure everyone gets an opportunity to say what they think.
232 youth report that they now like to work with others and help them reach their goals.
250 youth report that they take their jobs seriously as members of a committee.
310 youth report that when in charge of a group, they treat everyone fairly and equally.
234 youth report using enthusiasm to get a group working.
41 youth set high goals.
104 youth think that everyone on the team is important.
226 youth think they can make a big difference in their community by helping others.
106 youth think they have something to contribute to the worth of the team
236 youth understand how community leaders are elected to office.
108 youth understand that other ideas may be just as important as their own.
160 youth who report that they have learned that some choices are better than others.
168 youth who report they can make a decision.
164 youth who report they now listen to people with more experience than themselves.
154 youth who report they now try to identify what causes a problem.

### Sullivan County

#### Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>5860.75</td>
</tr>
</tbody>
</table>

#### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>708</td>
<td>722</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>4711</td>
<td>5813</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1292</td>
<td>37659</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>354</td>
<td>2246</td>
</tr>
<tr>
<td>Total</td>
<td>7065</td>
<td>46440</td>
</tr>
</tbody>
</table>
### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>130</td>
<td>1035667</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>37</td>
<td>673211</td>
</tr>
<tr>
<td>Other</td>
<td>23</td>
<td>76764</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>110</td>
<td>74429</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>35</td>
<td>2529000</td>
</tr>
<tr>
<td>Social Media</td>
<td>3</td>
<td>660</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>9</td>
<td>2250000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>347</strong></td>
<td><strong>4363631</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>6872</td>
<td>193</td>
<td>26</td>
<td>59</td>
<td>10</td>
<td>7160</td>
</tr>
<tr>
<td>Female Youth</td>
<td>16495</td>
<td>292</td>
<td>217</td>
<td>205</td>
<td>92</td>
<td>17301</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5725</td>
<td>66</td>
<td>23</td>
<td>26</td>
<td>8</td>
<td>5848</td>
</tr>
<tr>
<td>Male Youth</td>
<td>15245</td>
<td>346</td>
<td>196</td>
<td>248</td>
<td>96</td>
<td>16131</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>44337</strong></td>
<td><strong>897</strong></td>
<td><strong>462</strong></td>
<td><strong>538</strong></td>
<td><strong>206</strong></td>
<td><strong>46440</strong></td>
</tr>
</tbody>
</table>
# Hours for Volunteers

**Hours Spend**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20747</td>
</tr>
</tbody>
</table>

# Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>5</td>
<td>9614</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>2</td>
<td>17777</td>
</tr>
<tr>
<td>Other</td>
<td>19</td>
<td>67418</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>26</td>
<td>62213</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>3</td>
<td>2200</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>55</strong></td>
<td><strong>159222</strong></td>
</tr>
</tbody>
</table>

# Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td>1964</td>
<td>54</td>
<td>35</td>
<td>45</td>
<td>0</td>
<td>2098</td>
</tr>
<tr>
<td>Youth</td>
<td>2965</td>
<td>58</td>
<td>48</td>
<td>25</td>
<td>0</td>
<td>3096</td>
</tr>
<tr>
<td><strong>Male</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td>1226</td>
<td>18</td>
<td>10</td>
<td>12</td>
<td>0</td>
<td>1266</td>
</tr>
<tr>
<td>Youth</td>
<td>2918</td>
<td>71</td>
<td>29</td>
<td>28</td>
<td>0</td>
<td>3046</td>
</tr>
</tbody>
</table>
### Outcomes

18 dial-gauge lids were tested.
34 Master Gardeners gained knowledge and confidence in entomology.
36 Master Gardeners gained knowledge and confidence in integrated pest management.
34 Master Gardeners gained knowledge and confidence in ornamentals.
34 Master Gardeners gained knowledge and confidence in plant diseases.
34 Master Gardeners gained knowledge and confidence in soils.
34 Master Gardeners gained knowledge and confidence in turfgrass.
74 Master Gardeners have used the knowledge and skills they learned in this program to assist 592 people in turf selection or management.
110 Master Gardeners have used the knowledge and skills they learned in this program to assist 550 people to control pests through integrated pest management.
96 Master Gardeners have used the knowledge and skills they learned in this program to assist 384 people to identify pests and/or the damage they cause.
124 Master Gardeners have used the knowledge and skills they learned in this program to assist 496 people to identify symptoms of plant disease.
140 Master Gardeners have used the knowledge and skills they learned in this program to assist 700 people to improve soil through soil test results.
0 of 0 adults wash hands more often.
284 of 544 better understood their parents' concerns about money.
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.
14 of 44 participants are applying health eating principles when making food decisions six months after completing the program.
9 of 44 participants are better self-managers of their chronic condition six months after completing the program.
15 of 44 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
16 of 44 participants are physically active six months after completing the program.
13 of 44 participants are using the UT Med Minder card to keep a record of their medications.
145 of 400 participants ate more whole grains.
0 of 0 participants began or increased savings an average of $0 per month.
284 of 544 participants better understood their parent's concerns about money.
9 of 11 participants can apply health eating principles when making daily food decisions.
9 of 11 participants can better control their chronic condition with self-management techniques.
0 of 0 participants communicated with other family members about financial matters.
97 of 146 participants decreased consumption of high-sugar foods.
0 of 0 participants eat at least six meals together as a family each week.
178 of 400 participants eat more fat-free or low-fat dairy products.
14 of 22 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.
200 of 281 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.
9 of 11 participants feel confident using the Take PART technique when talking to their health care provider.
0 of 0 participants feel more confident when taking care of young children.
0 of 0 participants feel more equipped to facilitate activities with the children they babysit.
268 of 544 participants felt more strongly that they needed to get a good education.
330 of 544 participants felt more strongly that they needed to pay attention to their financial future.
0 of 0 participants followed a spending plan.
15 of 44 participants have fewer visits to the emergency room six months after completing the program.
11 of 44 participants have less pain from their chronic condition six months after completing the program.
13 of 44 participants have used the Take PART technique when talking to their health care provider.
0 of 0 participants increased physical activity.
390 of 544 participants increased their financial management skills.
0 of 0 participants increased their knowledge on health and safety topics when babysitting young children.
220 of 281 participants know what cancer screenings they need according to their age and gender.
380 of 544 participants learned better how to plan their spending.
272 of 544 participants learned how education will affect the kind of job they can get.
394 of 544 participants learned how having a family can affect their lifestyle.
382 of 544 participants learned how much money it takes to get by.
432 of 544 participants learned how occupation and income will affect their lifestyle.
174 of 544 participants learned how payroll deductions are taken from gross pay.
206 of 544 participants learned how to keep a checkbook register.
198 of 544 participants learned how to write a check.
15 of 22 participants lost weight: 108 total pounds lost.
0 of 0 participants made a change in financial behavior.
0 of 0 participants made a spending plan.
234 of 544 participants made changes to their future plans.
275 of 400 participants now eat more vegetables.
10 of 11 participants plan to exercise more often to help manage their chronic condition.
201 of 281 participants plan to get age and gender appropriate cancer screenings.
9 of 11 participants plan to use the UT Med Minder card to keep a record of their medications.
100 of 544 participants planned to change their career goals.
246 of 544 participants planned to get more education after high school.
58 of 64 participants refrigerate perishable foods within two hours.
0 of 0 participants report putting some of the money they make into a savings account.
0 of 0 participants report they feel more prepared to handle emergencies while babysitting.
50 of 64 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
11 of 18 participants surveyed canned pickles following a tested recipe. (TNCEP)
15 of 18 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
14 of 18 participants surveyed canned vegetables following a tested recipe. (TNCEP)
9 of 18 participants surveyed processed pickles in a water-bath canner. (TNCEP)
13 of 18 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
18 of 18 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants surveyed used a thermometer to check the internal temperature of food.
10 of 64 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.

270 of 281 participants understand that cancer screening and early detection can save their life.

8 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.

162 of 281 participants understand women age 40 and older should have a mammogram.

176 of 281 participants understand women of all ages need a Pap test.

0 of 0 participants use labels to make healthier choices.

15 of 22 participants who now select foods and beverages that promote healthy weight.

9 of 11 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.

89 of 102 respondents plan to decrease exposure of their children to parental conflict.

88 of 102 respondents report understanding the importance of working together for the sake of their children.

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.

4 of 8 teachers reported using physical activities from Healthy Steps at least three times per week.

90 of 115 youth now wash hands more often.

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

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

15 participants process high-acid foods in a water bath canner.

6 times TEAM UP exchanged ideas or shared information.

3 times TEAM UP jointly, planned, coordinated or implemented an activity, training, event or program.

460 youth are better able to understand and follow directions.

0 youth are confident they can work through a disagreement without using violence.

16 youth are now better listeners.
30 youth are willing to try new things.
0 youth believe that a team can accomplish more than an individual.
116 youth break goals down into steps so they can check their progress.
110 youth can analyze the results of a scientific investigation.
132 youth can ask a question that can be answered by collecting data.
128 youth can complete projects they are proud of.
9 youth can conduct a meeting.
120 youth can design a scientific procedure to answer a question.
242 youth can express ideas with a poster, exhibit or other display.
95 youth can identify their skills and talents.
316 youth can now share their ideas through writing.
122 youth can record data accurately.
100 youth can use specific scientific knowledge to form a question.
168 youth can use technology to help themselves express ideas.
0 youth enjoy working with others toward a common goal.
111 youth feel comfortable asking others to help on a project.
18 youth have explored careers in communications.
34 youth have learned at least five jobs in which communication skills are important.
70 youth have set a goal for their job or career.
109 youth like to work with others to complete projects.
17 youth now get information about a problem.
118 youth now set high goals that require work to achieve them.
306 youth now work to achieve their goals.
82 youth put their goals in writing.
192 youth report being able to meet new people and form friendships.
100 youth report standing up for what is right is important.
31 youth report telling the difference between right and wrong.
32 youth report that now they try to do the right thing.
92 youth report that their 4-H experiences have helped them gain the self-confidence to try new things.
190 youth report that they admire older 4-H'ers who are good role models.
9 youth report that they are now comfortable being a group leader.
9 youth report that they can now cooperate and work in a group.
9 youth report that they can now give clear directions.
91 youth report that they can now identify their personal interests and strengths.
0 youth report that they have learned to win and lose gracefully when participating in competitive events.
8 youth report that they know how to set goals and they use that ability when leading a group.
29 youth report that they like to accomplish things on their own.
9 youth report that they make sure everyone gets an opportunity to say what they think.
190 youth report that they now achieve goals they set for themselves.
10 youth report that they now like to work with others and help them reach their goals.
102 youth report that they respect others different from themselves.
10 youth report that they take their jobs seriously as members of a committee.
10 youth report that when in charge of a group, they treat everyone fairly and equally.
113 youth report that when they disagree with someone, they can stand up for themselves without using violence.
20 youth report they can now keep records.
16 youth report they have improved photography skills.
18 youth report they have learned skills in visual communications.
8 youth report using enthusiasm to get a group working.
190 youth set high goals.
0 youth think that everyone on the team is important.
0 youth think they have something to contribute to the worth of the team.
0 youth understand that other ideas may be just as important as their own.
131 youth understand that they cannot always be "the best" in everything.
130 youth who are now making plans to achieve their goals.
0 youth who have put their goal(s) in writing.
22 youth who report that they have learned that some choices are better than others.
19 youth who report they can make a decision.
20 youth who report they now listen to people with more experience than themselves.
18 youth who report they now try to identify what causes a problem.

Sumner County

Hours for Extension Personnel

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>9474.5</td>
</tr>
</tbody>
</table>
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1128</td>
<td>2277</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>4918</td>
<td>9145</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>1578</td>
<td>46909</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>376</td>
<td>7837</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>8000</strong></td>
<td><strong>66168</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>174</td>
<td>81279</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>392</td>
<td>813175</td>
</tr>
<tr>
<td>Other</td>
<td>112</td>
<td>184186</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>208</td>
<td>134971</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>4</td>
<td>86000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>2</td>
<td>200000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>892</strong></td>
<td><strong>1499611</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic</th>
<th>Black/Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan</th>
<th>Total</th>
</tr>
</thead>
</table>
### Hours for Volunteers

#### Hours Spend

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>13</td>
<td>1882</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>130</td>
<td>5000</td>
</tr>
<tr>
<td>Other</td>
<td>33</td>
<td>81</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>28</td>
<td>2672</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>1</td>
<td>20000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>205</strong></td>
<td><strong>29635</strong></td>
</tr>
</tbody>
</table>

### Contacts for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>White/</th>
<th>Black/</th>
<th>Hispanic</th>
<th>Asian/</th>
<th>American</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not of Hispanic Origin</td>
<td>Not of Hispanic Origin</td>
<td>Pacific Islander</td>
<td>Indian/Alaskan Native</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>------------------------</td>
<td>------------------------</td>
<td>------------------</td>
<td>-----------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>2040</td>
<td>995</td>
<td>298</td>
<td>0</td>
<td>3333</td>
<td></td>
</tr>
<tr>
<td>Female Youth</td>
<td>8455</td>
<td>893</td>
<td>386</td>
<td>126</td>
<td>34</td>
<td>9894</td>
</tr>
<tr>
<td>Male Adult</td>
<td>900</td>
<td>636</td>
<td>175</td>
<td>0</td>
<td>0</td>
<td>1711</td>
</tr>
<tr>
<td>Male Youth</td>
<td>7525</td>
<td>961</td>
<td>506</td>
<td>92</td>
<td>19</td>
<td>9103</td>
</tr>
<tr>
<td>Total</td>
<td>18920</td>
<td>3485</td>
<td>1365</td>
<td>218</td>
<td>53</td>
<td>24041</td>
</tr>
</tbody>
</table>

**Outcomes**

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

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $ 221,000 in increased savings, increased income, and one-time capital purchases.

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

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

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

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

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

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

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

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

36 dial-gauge lids were tested.

62 disease, insect and weed samples form commercial turf submitted for identification and
control recommendations.
0 golf course superintendents adopted UT’s recommended practices for crabgrass control.
0 high school coaches have adopted UT’s athletic field management recommendations.
24 home lawn insect, disease and weed samples submitted for identification and control recommendations.
74 home lawn soil samples submitted for testing.
14 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
22 homeowners established new turfgrass species and varieties.
48 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.
20 industry professionals (e.g., landscapers, golf course superintendents, sports turf managers, recreation and parks department directors, etc.) established new turfgrass species and varieties.
0 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.
56 Master Gardeners gained knowledge and confidence in entomology.
56 Master Gardeners gained knowledge and confidence in integrated pest management.
56 Master Gardeners gained knowledge and confidence in ornamentals.
56 Master Gardeners gained knowledge and confidence in plant diseases.
56 Master Gardeners gained knowledge and confidence in soils.
56 Master Gardeners gained knowledge and confidence in turfgrass.
48 Master Gardeners have used the knowledge and skills they learned in this program to assist 250 people in turf selection or management.
64 Master Gardeners have used the knowledge and skills they learned in this program to assist 398 people to control pests through integrated pest management.
52 Master Gardeners have used the knowledge and skills they learned in this program to assist 290 people to identify pests and/or the damage they cause.
62 Master Gardeners have used the knowledge and skills they learned in this program to assist 434 people to identify symptoms of plant disease.
54 Master Gardeners have used the knowledge and skills they learned in this program to assist 362 people to improve soil through soil test results.
74 of 82 better understood basic insurance needs.
80 of 82 better understood credit reporting and scoring.
0 of 0 better understood their parents' concerns about money.
78 of 78 checked their credit report.
2 of 16 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.
2 of 16 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.
6 of 16 fruit and/or vegetable producers adopted IPM.
6 of 16 fruit and/or vegetable producers completed a food safety plan for their farm.
16 of 16 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.
2 of 16 fruit and/or vegetable producers who began the transition to USDA certified organic production.
78 of 78 gained skill in evaluating their housing options.
62 of 76 green industry personnel adopted an integrated pest management approach to insect, mite, and disease control in turfgrass and/or ornamental plants.
54 of 78 green industry personnel increased business profitability and sustainability through improved insect, mite and disease control in turfgrass and/or ornamental plants.
74 of 78 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.
82 of 82 identified ways to reduce spending.
0 of 0 landscape and nursery participants increased their knowledge of fire ant management.
78 of 82 learned better how to communicate with creditors.
70 of 82 learned how to better manage stress caused by financial issues.
28 of 30 learned how to prepare a grab and go bag in case of an emergency home evacuation.
30 of 30 learned how to properly maintain and store household financial records.
80 of 82 learned who to pay first if they can't pay everything.
0 of 0 made a change in career or educational goals.
78 of 78 participants analyzed their readiness for home ownership.
138 of 174 participants are better able to manage their living environments.
160 of 174 participants are better able to store and prepare foods to keep them safe to consume.
174 of 174 participants are more confident in relationships with family and friends.
30 of 40 participants ate more whole grains.
74 of 82 participants became more aware of the importance of starting to save and invest early in life.
10 of 12 participants began or increased savings an average of $60 per month.
10 of 12 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 chose fast foods or take-out foods less often.
0 of 0 participants communicated with other family members about financial matters.
0 of 0 participants compared prices to help manage their dollars.
40 of 40 participants decreased consumption of high-sugar foods.
78 of 78 participants determined how much they could pay for a home.
12 of 12 participants determined how to better balance their investments among pre-tax and after-tax options.
20 of 40 participants eat at least six meals together as a family each week.
26 of 40 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.
12 of 12 participants felt that they were taking better advantage of the investment options offered by their employer.
12 of 12 participants followed a spending plan.
78 of 78 participants gained better understanding of the mortgage process.
78 of 78 participants gained skill in determining their net worth.
78 of 78 participants gained skill in making a spending plan.
70 of 78 participants identified ways to avoid being victimized by predatory practices or fraud.
14 of 30 participants improved their blood pressure.
18 of 30 participants improved their blood sugar.
14 of 30 participants improved their cholesterol levels.
0 of 30 participants improved their triglyceride levels.
78 of 78 participants increased their financial management skills.
12 of 12 participants kept a record of spending.
80 of 174 participants know better how to manage and protect their assets for a secure retirement.
0 of 0 participants learned better how to plan their spending.
0 of 0 participants learned culinary skills.
0 of 0 participants learned how education will affect the kind of job they can get.
0 of 0 participants learned how having a family can affect their lifestyle.
0 of 0 participants learned how much money it takes to get by.
0 of 0 participants learned how occupation and income will affect their lifestyle.
0 of 0 participants learned how payroll deductions are taken from gross pay.
0 of 0 participants learned how to keep a checkbook register.
0 of 0 participants learned how to write a check.
0 of 0 participants learned the difference between wants and needs.
10 of 40 participants lost weight: 8 total pounds lost.
0 of 0 participants made a change in financial behavior.
78 of 78 participants made a spending plan.
0 of 0 participants made changes to their future plans.
0 of 0 participants more often followed the recommended practice of not thawing foods at room temperature.
0 of 0 participants now understand the difference between a need and a want.
0 of 0 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.
0 of 0 participants prepared foods without adding salt.
39 of 78 participants purchased a home.
8 of 12 participants reduced debt an average of $ 60 per month.
0 of 0 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.
10 of 12 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.
78 of 78 participants successfully completed homebuyer education requirements.
50 of 66 participants surveyed canned pickles following a tested recipe. (TNCEP)
58 of 66 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
58 of 66 participants surveyed canned vegetables following a tested recipe. (TNCEP)
8 of 10 participants surveyed increased personal involvement in community activities.
68 of 68 participants surveyed increased their awareness of economic, social and environmental issues impacting their communities.
68 of 68 participants surveyed increased their knowledge of community assets, development opportunities and/or programs available to their community.
28 of 66 participants surveyed processed pickles in a water-bath canner. (TNCEP)
24 of 66 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
44 of 66 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants talked about financial goals with their parents or others.
0 of 0 participants thought about healthy food choices when deciding what to feed their family.
174 of 174 participants understand the special nutritional needs of the elderly.
10 of 12 participants understood the dangers of using too much credit.
0 of 0 participants use healthy food preparation techniques.
40 of 40 participants use labels to make healthier choices.
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 achieved financial goals.
0 of 0 participants who became habitual savers.
0 of 0 participants who plan meals ahead of time.
12 of 12 participants worked toward new savings or investment goals.
10 of 12 participants understood the dangers of using too much credit.
83 of 85 providers had increased knowledge of the workshop(s) topics.
12 of 21 students increased their attendance since the beginning of the school year.
4 of 21 students increased their overall GPA since the beginning of the school year.
12 of 12 tracked their spending.
12 of 12 worked toward new savings, investment or retirement goals.
21 of 21 youth/children have increased their knowledge base in the areas of technology, science, reading, health and relationships.
66 participants process high-acid foods in a water bath canner.
36 professional turfgrass managers who begin using new, more environmentally-friendly pesticides over older pesticides chemistries.
44 professionals added additional services and/or marketing practices.
0 professionals developed or made adjustment to their business plans.
88 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
62 professionals implemented recommended management practices for pest control.
78 professionals increased their knowledge of components of business plans.
138 professionals increased their knowledge of green industry services and marketing practices.
168 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
74 professionals increased their knowledge of plant pests and pest control measures.
192 professionals increased their knowledge of proper plant selection.
84 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.
536 soil samples from commercial turf submitted for testing.
201 youth are better able to understand and follow directions.
66 youth break goals down into steps so they can check their progress.
30 youth can analyze the results of a scientific investigation.
18 youth can ask a question that can be answered by collecting data.
126 youth can deal with their nervousness when giving a speech or talk.
28 youth can design a scientific procedure to answer a question.
151 youth can explain an idea to others.
159 youth can express ideas with a poster, exhibit or other display.
318 youth can now share their ideas through writing.
32 youth can record data accurately.
134 youth can select a topic for a speech or talk.
143 youth can speak loudly enough to be heard when giving a speech or talk.
24 youth can use specific scientific knowledge to form a question.
159 youth can use technology to help themselves express ideas.
94 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
138 youth have learned at least five jobs in which communication skills are important.
98 youth now get information about a problem.
78 youth now report that they can justify their decision.
90 youth now report that they have confidence making their own decisions.
106 youth now report that they make a decision by thinking about what a person of good character would do.
78 youth now report that they think about past choices when making new decisions.
104 youth now report that they use more than one source of information in making choices.
122 youth now report that they use standards in making choices.
76 youth now report that when making a decision, they think about what does the most good for the most people.
64 youth now report that when they make a decision, they think about what a person of character would do.
110 youth now report they consider the risks of their choices.
124 youth now report they think about the truthfulness of sources of information when making choices.
100 youth now work to achieve their goals.
76 youth put their goals in writing.
196 youth report that they can now cooperate and work in a group.
183 youth report that they know how to set goals and they use that ability when leading a group.
189 youth report that they make sure everyone gets an opportunity to say what they think.
190 youth report that they take their jobs seriously as members of a committee.
201 youth report that when in charge of a group, they treat everyone fairly and equally.
88 youth set high goals.
150 youth who report that they have learned that some choices are better than others.
162 youth who report they can make a decision.
148 youth who report they now listen to people with more experience than themselves.
122 youth who report they now try to identify what causes a problem.

Tennessee State University

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>837</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>3</td>
<td>8</td>
</tr>
</tbody>
</table>
## Direct Mail / Telephone Calls (this will include electronic mail)

<table>
<thead>
<tr>
<th></th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Mail</td>
<td>6482</td>
<td>18170</td>
</tr>
<tr>
<td>Group Meetings</td>
<td>2370</td>
<td>4594</td>
</tr>
<tr>
<td>On-Site Visits</td>
<td>4</td>
<td>11</td>
</tr>
<tr>
<td>Total</td>
<td>8859</td>
<td>22783</td>
</tr>
</tbody>
</table>

## Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>46</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>8</td>
<td>26000</td>
</tr>
<tr>
<td>Other</td>
<td>77</td>
<td>11891</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1872</td>
<td>2457</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>5001</td>
<td>18000</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>7005</td>
<td>58348</td>
</tr>
</tbody>
</table>

## Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>6273</td>
<td>2254</td>
<td>215</td>
<td>50</td>
<td>15</td>
<td>8807</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5072</td>
<td>769</td>
<td>7</td>
<td>4</td>
<td>30</td>
<td>5882</td>
</tr>
<tr>
<td></td>
<td>Male Adult</td>
<td>Male Youth</td>
<td>Total</td>
<td>Hours Spend</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>------------</td>
<td>------------</td>
<td>-------</td>
<td>-------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6019</td>
<td>1719</td>
<td>25</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>30</td>
<td>7797</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>55</td>
<td>234</td>
<td>5</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>297</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

180

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>200</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>5</td>
<td>204</td>
</tr>
</tbody>
</table>

**Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>30</td>
<td>101</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>131</td>
</tr>
<tr>
<td></td>
<td>Female Youth</td>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>32</td>
</tr>
<tr>
<td>----------------</td>
<td>--------------</td>
<td>------</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td>Male Adult</td>
<td>20</td>
<td>76</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>96</td>
</tr>
<tr>
<td>Male Youth</td>
<td>32</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>32</td>
</tr>
<tr>
<td>Total</td>
<td>114</td>
<td>177</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>291</td>
</tr>
</tbody>
</table>

**Outcomes**

None Reported

**Tipton County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>4209.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>374</td>
<td>458</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1514</td>
<td>1532</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>490</td>
<td>10171</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>109</td>
<td>1262</td>
</tr>
<tr>
<td>Total</td>
<td>2487</td>
<td>13423</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>74</td>
<td>929</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>70</td>
<td>1759800</td>
</tr>
<tr>
<td>Other</td>
<td>984</td>
<td>5802</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1213</td>
<td>1440</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>45</td>
<td>375005</td>
</tr>
<tr>
<td>Total</td>
<td>2386</td>
<td>2142976</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2858</td>
<td>695</td>
<td>1</td>
<td>2</td>
<td>9</td>
<td>3565</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3003</td>
<td>1059</td>
<td>45</td>
<td>27</td>
<td>32</td>
<td>4166</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1691</td>
<td>308</td>
<td>1</td>
<td>3</td>
<td>6</td>
<td>2009</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2743</td>
<td>826</td>
<td>67</td>
<td>34</td>
<td>13</td>
<td>3683</td>
</tr>
<tr>
<td>Total</td>
<td>10295</td>
<td>2888</td>
<td>114</td>
<td>66</td>
<td>60</td>
<td>13423</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 602 |
### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>15</td>
<td>248</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>202</td>
<td>397</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>647</td>
<td>1125</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>864</strong></td>
<td><strong>1770</strong></td>
</tr>
</tbody>
</table>

### Contacts for Volunteers

<table>
<thead>
<tr>
<th>Gender</th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>818</td>
<td>93</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>914</td>
</tr>
<tr>
<td>Adult</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth</td>
<td>518</td>
<td>338</td>
<td>7</td>
<td>3</td>
<td>11</td>
<td>877</td>
</tr>
<tr>
<td>Male</td>
<td>540</td>
<td>29</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>571</td>
</tr>
<tr>
<td>Adult</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth</td>
<td>517</td>
<td>260</td>
<td>7</td>
<td>14</td>
<td>1</td>
<td>799</td>
</tr>
<tr>
<td>Total</td>
<td>2393</td>
<td>720</td>
<td>16</td>
<td>18</td>
<td>14</td>
<td>3161</td>
</tr>
</tbody>
</table>

### Outcomes

Producers increased corn yield by 10 bushels/acre by selecting top yielding varieties on 20 acres of corn increasing their income by 30
Producers increased yield by 4 pounds by selecting top yielding varieties on 40 acres of cotton, earning an extra $FRM.

200 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.

200 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.

96 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.

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

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

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

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

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

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

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

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

4 corn producers report a $10 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

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

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

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

10 cotton producers report a $400 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

6 cotton producers used data provided by UT publications or UT Internet resources and made
changes in their production practices.
10 home lawn insect, disease and weed samples submitted for identification and control recommendations.
24 home lawn soil samples submitted for testing.
2 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
2 homeowners established new turfgrass species and varieties.
84 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
24 Master Gardeners gained knowledge and confidence in entomology.
20 Master Gardeners gained knowledge and confidence in integrated pest management.
70 Master Gardeners gained knowledge and confidence in ornamentals.
50 Master Gardeners gained knowledge and confidence in plant diseases.
44 Master Gardeners gained knowledge and confidence in soils.
60 Master Gardeners gained knowledge and confidence in turfgrass.
24 Master Gardeners have used the knowledge and skills they learned in this program to assist 16 people in turf selection or management.
44 Master Gardeners have used the knowledge and skills they learned in this program to assist 10 people to control pests through integrated pest management.
20 Master Gardeners have used the knowledge and skills they learned in this program to assist 16 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 60 people to identify symptoms of plant disease.
56 Master Gardeners have used the knowledge and skills they learned in this program to assist 80 people to improve soil through soil test results.
7500 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 how to generate healthy discussion within their family about sexuality, values, feelings and decision making. (Girl Talk, Girl Talk Too, Straight Talk for Guys)
41 of 379 better understood their parents’ concerns about money.
6 of 20 green industry personnel learned to correctly identify pest insects, mites and diseases of turfgrass and/or ornamental plants.
4 of 30 homeowners increased their knowledge of fire ant management.
4 of 20 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)

62 of 62 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies

47 of 47 parents/caregivers learned about issues related to stages of child development.

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

41 of 379 participants better understood their parent's concerns about money.

36 of 37 participants can apply health eating principles when making daily food decisions.

0 of 0 participants can apply joint protection techniques.

36 of 37 participants can better control their chronic condition with self-management techniques.

95 of 95 participants can better control their chronic disease as a result of participating in the program.

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

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

36 of 37 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.

32 of 38 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

100 of 100 participants feel confident they know what to do in case of a poisoning.

36 of 37 participants feel confident using the Take PART technique when talking to their health care provider.

58 of 379 participants felt more strongly that they needed to get a good education.

48 of 379 participants felt more strongly that they needed to pay attention to their financial future.

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

9 of 10 participants have less arthritis symptoms.
9 of 10 participants improved control of their arthritis symptoms.
9 of 10 participants improved performance of daily activities.
9 of 10 participants improved their balance.
9 of 10 participants improved their flexibility.
318 of 318 participants increased their exercise routine during Walk Across Tennessee Program.
59 of 379 participants increased their financial management skills.
33 of 38 participants know what cancer screenings they need according to their age and gender.
59 of 379 participants learned better how to plan their spending.
59 of 379 participants learned how education will affect the kind of job they can get.
70 of 379 participants learned how having a family can affect their lifestyle.
44 of 379 participants learned how much money it takes to get by.
58 of 379 participants learned how occupation and income will affect their lifestyle.
47 of 379 participants learned how payroll deductions are taken from gross pay.
39 of 379 participants learned how to keep a checkbook register.
60 of 379 participants learned how to write a check.
50 of 379 participants made changes to their future plans.
36 of 37 participants plan to exercise more often to help manage their chronic condition.
34 of 38 participants plan to get age and gender appropriate cancer screenings.
10 of 12 participants plan to regularly check their blood sugar as requested by their doctor.
10 of 12 participants plan to use the Healthy Plate Method.
4 of 30 participants plan to use the two-step method around the home for managing fire ants.
36 of 37 participants plan to use the UT Med Minder card to keep a record of their medications.
45 of 379 participants planned to change their career goals.
90 of 379 participants planned to get more education after high school.
10 of 12 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
34 of 38 participants understand that cancer screening and early detection can save their life.
36 of 37 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 understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
34 of 38 participants understand women age 40 and older should have a mammogram.
34 of 38 participants understand women of all ages need a Pap test.
36 of 37 participants will apply positive thinking as a technique for overcoming or avoiding
depression caused from their chronic condition.
100 of 100 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
256 of 318 participants will continue to exercise after the Walk Across Tennessee Program.
100 of 100 participants will keep medications out of the reach of children.
100 of 100 participants will keep products in their original containers.
100 of 100 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
100 of 100 participants will read the label before using a product.
24 of 24 providers had increased knowledge of the workshop(s) topics.
16 of 16 respondents plan to decrease exposure of their children to parental conflict.
16 of 16 respondents report understanding the importance of working together for the sakes of their children.
50 parents/caregivers learned effective communication techniques to use with their children.
50 parents/caregivers learned strategies for dealing with parenting stress.
40 participants increased awareness of the levels of caregiving.
40 participants learned coping skills as a caregiver through experiences shared by others.
50 participants now know various issues associated with caregiving.
0 participants report that partnerships have been strengthened with public agencies.
318 participants walked in the Walk Across Tennessee Program.
0 report that community support has been enhanced by interacting with care providers, educators, students, and family caregivers.
10 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
32 teams participated in the Walk Across Tennessee Program.
132 youth are better able to understand and follow directions.
0 youth break goals down into steps so they can check their progress.
24 youth can analyze the results of a scientific investigation.
42 youth can ask a question that can be answered by collecting data.
0 youth can communicate a scientific procedure to others.
0 youth can create a display to communicate scientific data and observations.
28 youth can design a scientific procedure to answer a question.
122 youth can express ideas with a poster, exhibit or other display.
256 youth can now share their ideas through writing.
58 youth can record data accurately.
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.
54 youth can use specific scientific knowledge to form a question.
102 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.
138 youth have learned at least five jobs in which communication skills are important.
0 youth now work to achieve their goals.
0 youth put their goals in writing.
0 youth set high goals.

**Trousdale County**

**Hours for Extension Personnel**

| Hours Spend | 2782 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>70</td>
<td>109</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>254</td>
<td>4417</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>787</td>
<td>10113</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>192</td>
<td>404</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1303</strong></td>
<td><strong>15043</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3304</td>
<td>375</td>
<td>24</td>
<td>14</td>
<td>0</td>
<td>3717</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3602</td>
<td>419</td>
<td>80</td>
<td>0</td>
<td>0</td>
<td>4101</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3123</td>
<td>302</td>
<td>7</td>
<td>5</td>
<td>0</td>
<td>3437</td>
</tr>
<tr>
<td>Male Youth</td>
<td>3314</td>
<td>418</td>
<td>56</td>
<td>0</td>
<td>0</td>
<td>3788</td>
</tr>
<tr>
<td>Total</td>
<td>13343</td>
<td>1514</td>
<td>167</td>
<td>19</td>
<td>0</td>
<td>15043</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

| Hours Spend | 375 |
Indirect Methods for Volunteers

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

Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>95</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>98</td>
</tr>
<tr>
<td>Female Youth</td>
<td>471</td>
<td>50</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>527</td>
</tr>
<tr>
<td>Male Adult</td>
<td>259</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>267</td>
</tr>
<tr>
<td>Male Youth</td>
<td>469</td>
<td>66</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>540</td>
</tr>
<tr>
<td>Total</td>
<td>1294</td>
<td>127</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>1432</td>
</tr>
</tbody>
</table>

Outcomes

58 beef producers sold 2770 calves managed according to BQA guidelines to increase returns by $22160.
40 beef producers stored 5890 large, round bales under some type of cover to increase returns by $35340.
58 beef producers utilized bulls with greater genetic potential to produce 2780 head of calves to increase returns by $75060.
40 beef producers utilized hay feeding rings to feed 8070 bales and improved feeding methods to reduce wastage/spoilage, saving $40350.
14 beef producers utilized improved marketing methods to market 848 head of calves to increase returns by $4240.
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.
44 of 52 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.
30 of 30 identified ways to reduce spending.
0 of 0 learned better how to communicate with creditors.
12 of 12 learned how to better manage stress caused by financial issues.
0 of 0 learned how to prepare a grab and go bag in case of an emergency home evacuation.
0 of 0 learned how to properly maintain and store household financial records.
0 of 0 learned who to pay first if they can't pay everything.
0 of 0 made a change in career or educational goals.
0 of 0 participants ate more whole grains.
18 of 18 participants became more aware of the importance of starting to save and invest early in life.
8 of 12 participants began or increased savings an average of $ 20 per month.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
63 of 64 participants better understood their parent's concerns about money.
0 of 0 participants communicated with other family members about financial matters.
0 of 0 participants determined how to better balance their investments among pre-tax and after-tax options.
0 of 0 participants eat more fat-free or low-fat dairy products.
63 of 64 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.
12 of 12 participants followed a spending plan.
0 of 0 participants gained skill in determining their net worth.
18 of 18 participants gained skill in making a spending plan.
28 of 28 participants have less arthritis symptoms.
0 of 0 participants identified ways to avoid being victimized by predatory practices or fraud.
24 of 28 participants improved control of their arthritis symptoms.
20 of 28 participants improved performance of daily activities.
28 of 28 participants improved their balance.
28 of 28 participants improved their flexibility.
0 of 0 participants increased physical activity.
90 of 94 participants increased their financial management skills.
10 of 12 participants kept a record of spending.
63 of 64 participants learned better how to plan their spending.
61 of 64 participants learned how education will affect the kind of job they can get.
62 of 64 participants learned how having a family can affect their lifestyle.
62 of 64 participants learned how much money it takes to get by.
63 of 64 participants learned how occupation and income will affect their lifestyle.
59 of 64 participants learned how payroll deductions are taken from gross pay.
63 of 64 participants learned how to keep a checkbook register.
63 of 64 participants learned how to write a check.
0 of 0 participants made a change in financial behavior.
20 of 20 participants made a spending plan.
0 of 0 participants made changes to their future plans.
40 of 52 participants now eat more vegetables.
0 of 0 participants planned to change their career goals.
60 of 64 participants planned to get more education after high school.
0 of 0 participants reduced debt an average of $0 per month.
44 of 52 participants refrigerate perishable foods within two hours.
44 of 52 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
18 of 18 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
36 of 52 participants surveyed used a thermometer to check the internal temperature of food.
44 of 52 participants surveyed used a thermometer to check the internal temperature of their
refrigerator.
0 of 0 participants talked about financial goals with their parents or others.
18 of 18 participants understood the dangers of using too much credit.
0 of 0 participants who now select foods and beverages that promote healthy weight.
10 of 12 participants worked toward new savings or investment goals.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
0 of 0 youth now wash hands more often.
32 producers planted 1480 acres with clover for an increased production valued at $44400.
4 producers planted 120 acres with warm-season grasses for an added value of $2400.
44 producers sprayed 5900 acres for broadleaf weed control for an increased production valued at $236000.
28 producers stockpiled 1760 acres of tall fescue, reducing feeding cost by $70400.
52 youth are now better listeners.
64 youth can assist a group in deciding on team plans for reaching goals.
0 youth can communicate a scientific procedure to others.
0 youth can create a display to communicate scientific data and observations.
34 youth can give an informative speech or presentation.
30 youth can show enthusiasm when giving a speech or presentation.
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.
0 youth can use the results of their investigation to answer the question they had asked.
54 youth give a 2-3 minute speech or presentation.
34 youth have explored careers in communications.
48 youth have learned new skills and ways of doing things by participating in groups.
28 youth know how to organize the parts of a speech or presentation.
96 youth now encourage other team members to give their best effort.
12 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.
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 consider the risks of their choices.
0 youth now report they think about the truthfulness of sources of information when making choices.
64 youth now think it's important to listen to all group members before making a decision.
56 youth now want to see other team members succeed even if they achieve more than themselves.
78 youth report helping others in need.
64 youth report that they consider others when making decisions.
36 youth report that they have developed confidence to speak in front of groups.
76 youth report that they know how to make good decisions.
168 youth report that they now continue to work toward their goals, even if they do not at first succeed.
42 youth report they can now keep records.
56 youth report they have improved photography skills.
44 youth report they have learned skills in visual communications.
168 youth report they now take responsibility for the decisions they make.
14 youth who report that they have learned that some choices are better than others.
14 youth who report they can make a decision.
10 youth who report they now listen to people with more experience than themselves.
10 youth who report they now try to identify what causes a problem.

Unicoi County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>2806</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>99</td>
<td>193</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>499</td>
<td>3434</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>383</td>
<td>10093</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>112</td>
<td>227</td>
</tr>
<tr>
<td>Total</td>
<td>1093</td>
<td>13947</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>19</td>
<td>11940</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>24</td>
<td>416000</td>
</tr>
<tr>
<td>Other</td>
<td>8</td>
<td>231</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>36</td>
<td>454940</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>39</td>
<td>234000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>100000</td>
</tr>
<tr>
<td>Total</td>
<td>127</td>
<td>1217111</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2475</td>
<td>64</td>
<td>126</td>
<td>20</td>
<td>9</td>
<td>2694</td>
</tr>
<tr>
<td></td>
<td>Female Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>--------------</td>
<td>----------</td>
<td>----------</td>
<td>----------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4388</td>
<td>50</td>
<td>242</td>
<td>29</td>
<td>4</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1854</td>
<td>27</td>
<td>58</td>
<td>16</td>
<td>3</td>
<td>1958</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4247</td>
<td>60</td>
<td>249</td>
<td>12</td>
<td>14</td>
<td>4582</td>
</tr>
<tr>
<td>Total</td>
<td>12964</td>
<td>201</td>
<td>675</td>
<td>77</td>
<td>30</td>
<td>13947</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 610 |

**Indirect Methods for Volunteers**

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

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>65</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>--------------</td>
<td>----</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Female Youth</td>
<td>726</td>
<td>18</td>
<td>44</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Male Adult</td>
<td>48</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
<td>660</td>
<td>10</td>
<td>46</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>1499</td>
<td>28</td>
<td>90</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

**Outcomes**

280 are concerned about problems in their community.
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.
30 consumers learned how to conserve and protect water quality in the landscape.
144 consumers learned how to properly take a soil test and interpret the results.
10 dial-gauge lids were tested.
30 home lawn insect, disease and weed samples submitted for identification and control recommendations.
60 home lawn soil samples submitted for testing.
40 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
20 homeowners established new turfgrass species and varieties.
80 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
320 now feel a sense of responsibility toward their school and community.
296 now have a sense of pride about their school and community.
14 of 16 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 a healthy discussion within their family about sexuality, values, feelings and decision making.
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.

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)

28 of 28 parents/caregivers increased knowledge of age and situation appropriate child guidance strategies

28 of 28 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.

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

12 of 22 participants can apply joint protection techniques.

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

22 of 22 participants can use relaxation techniques to better manage their arthritis symptoms.

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 22 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.

32 of 32 participants feel more confident when taking care of young children.

32 of 32 participants feel more equipped to facilitate activities with the children they babysit.

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

12 of 22 participants have improved their arthritis symptoms as a result of participating in this program.
10 of 12 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.
0 of 0 participants have used the Take PART technique when talking to their health care provider.
10 of 12 participants improved their balance six months after completing the program.
10 of 12 participants improved their flexibility six months after completing the program.
10 of 12 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
10 of 12 participants improved their range of motion in their joints six months after completing the program.
32 of 32 participants increased their knowledge on health and safety topics when babysitting young children.
0 of 0 participants plan to exercise more often to help manage their chronic condition.
0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.
32 of 32 participants report they feel more prepared to handle emergencies while babysitting.
14 of 20 participants surveyed canned pickles following a tested recipe. (TNCEP)
18 of 20 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
16 of 20 participants surveyed canned vegetables following a tested recipe. (TNCEP)
14 of 20 participants surveyed processed pickles in a water-bath canner. (TNCEP)
18 of 20 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
16 of 20 participants surveyed processed vegetables in a pressure canner. (TNCEP)
4 of 12 participants take fewer medications for arthritis symptoms six months after completing the program.
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.
22 of 22 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
0 of 0 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
26 of 28 respondents plan to decrease exposure of their children to parental conflict.
26 of 28 respondents report understanding the importance of working together for the sakes of their children.
26 parents/caregivers learned effective communication techniques to use with their children.
26 parents/caregivers learned strategies for dealing with parenting stress.
20 participants process high-acid foods in a water bath canner.
208 would assist with or participate in elections, voting and campaigns.
175 youth are better able to understand and follow directions.
272 youth believe that people working together can help others less fortunate.
180 youth can analyze the results of a scientific investigation.
175 youth can ask a question that can be answered by collecting data.
176 youth can conduct a meeting.
312 youth can deal with their nervousness when giving a speech or talk.
150 youth can design a scientific procedure to answer a question.
312 youth can explain an idea to others.
68 youth can express ideas with a poster, exhibit or other display.
828 youth can now share their ideas through writing.
150 youth can record data accurately.
296 youth can select a topic for a speech or talk.
320 youth can speak loudly enough to be heard when giving a speech or talk.
180 youth can use specific scientific knowledge to form a question.
25 youth can use technology to help themselves express ideas.
248 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
170 youth have learned at least five jobs in which communication skills are important.
175 youth now get information about a problem.
336 youth now report they are concerned about the well-being of others.
216 youth report that they are now comfortable being a group leader.
280 youth report that they can now cooperate and work in a group.
264 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.
296 youth report that they learned about important leaders who contributed to our nation.
304 youth report that they make sure everyone gets an opportunity to say what they think.
296 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.
328 youth report that when in charge of a group, they treat everyone fairly and equally.
264 youth report using enthusiasm to get a group working.
336 youth think they can make a big difference in their community by helping others.
288 youth understand how community leaders are elected to office.
180 youth who report that they have learned that some choices are better than others.
190 youth who report they can make a decision.
170 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.

---

**Union County**

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>1665</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>280</td>
<td>507</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>1502</td>
<td>1876</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>349</td>
<td>14458</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>27</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>2158</td>
<td>16891</td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>19034</td>
<td>363000</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>2</td>
<td>136</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>-----------------</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>19036</td>
<td>363136</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th><strong>Total</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female Adult</strong></td>
<td>3432</td>
<td>2</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>3452</td>
</tr>
<tr>
<td><strong>Female Youth</strong></td>
<td>5612</td>
<td>1</td>
<td>20</td>
<td>0</td>
<td>2</td>
<td>5635</td>
</tr>
<tr>
<td><strong>Male Adult</strong></td>
<td>3004</td>
<td>1</td>
<td>17</td>
<td>0</td>
<td>0</td>
<td>3022</td>
</tr>
<tr>
<td><strong>Male Youth</strong></td>
<td>4757</td>
<td>4</td>
<td>21</td>
<td>0</td>
<td>0</td>
<td>4782</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>16805</td>
<td>8</td>
<td>76</td>
<td>0</td>
<td>2</td>
<td>16891</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

<table>
<thead>
<tr>
<th><strong>Hours Spend</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1258.5</td>
</tr>
</tbody>
</table>

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>11</td>
<td>95000</td>
</tr>
</tbody>
</table>
Other | 0 | 0
Publication(s) | 0 | 0
Radio Program(s) | 0 | 0
TV Program(s) | 0 | 0
Total | 11 | 95000

Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3307</td>
<td>13</td>
<td>42</td>
<td>0</td>
<td>0</td>
<td>3362</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3036</td>
<td>1</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>3043</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3991</td>
<td>15</td>
<td>34</td>
<td>0</td>
<td>0</td>
<td>4040</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2534</td>
<td>0</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>2543</td>
</tr>
<tr>
<td>Total</td>
<td>12868</td>
<td>29</td>
<td>91</td>
<td>0</td>
<td>0</td>
<td>12988</td>
</tr>
</tbody>
</table>

Outcomes

44 beef producers sold 0 calves managed according to BQA guidelines to increase returns by $FRM.
11 beef producers stored 0 large, round bales under some type of cover to increase returns by $FRM.
4 beef producers utilized bulls with greater genetic potential to produce 0 head of calves to increase returns by $FRM.
6 beef producers utilized hay feeding rings to feed 0 bales and improved feeding methods to reduce wastage/spoilage, saving $FRM.
0 beef producers utilized improved marketing methods to market 0 head of calves to increase returns by $FRM.

8 of 20 fruit and vegetable producers adopted organic and/or sustainable production practices on their farm.

2 of 20 fruit and/or vegetable producers adopted a season extension practice: row covers, high tunnels, greenhouses and/or colored plastic mulches.

0 of 20 fruit and/or vegetable producers adopted IPM.

4 of 20 fruit and/or vegetable producers completed a food safety plan for their farm.

2 of 20 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.

0 of 20 fruit and/or vegetable producers who began the transition to USDA certified organic production.

50 youth can analyze the results of a scientific investigation.

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

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

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

280 youth can explain an idea to others.

286 youth can give an informative speech or presentation.

58 youth can record data accurately.

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

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

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

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

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

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

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

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

### UTIA Gardens

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>378.5</td>
</tr>
</tbody>
</table>
## Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>12</td>
<td>156</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>150</td>
<td>2765</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>2</td>
<td>122</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>166</strong></td>
<td><strong>3045</strong></td>
</tr>
</tbody>
</table>

## Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>3</td>
<td>19200</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>50000</td>
</tr>
<tr>
<td>Other</td>
<td>31</td>
<td>6474</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>8</td>
<td>9000</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>43</strong></td>
<td><strong>84674</strong></td>
</tr>
</tbody>
</table>

## Contacts for Extension Employees

<table>
<thead>
<tr>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>White/Not of Hispanic Origin</td>
<td>Black/Not of Hispanic Origin</td>
<td>Hispanic</td>
<td>Asian/Pacific Islander</td>
<td>American Indian/Alaskan Native</td>
<td>Total</td>
</tr>
<tr>
<td></td>
<td>Female Adult</td>
<td>Female Youth</td>
<td>Male Adult</td>
<td>Male Youth</td>
<td>Total</td>
</tr>
<tr>
<td>----------------</td>
<td>--------------</td>
<td>--------------</td>
<td>------------</td>
<td>------------</td>
<td>-------</td>
</tr>
<tr>
<td>Hours for Volunteers</td>
<td>2791</td>
<td>477</td>
<td>583</td>
<td>461</td>
<td>2791</td>
</tr>
<tr>
<td>Hours Spend</td>
<td>168</td>
<td>55</td>
<td>8</td>
<td>50</td>
<td>168</td>
</tr>
<tr>
<td>Indirect Methods for Volunteers</td>
<td>31</td>
<td>13</td>
<td>7</td>
<td>6</td>
<td>31</td>
</tr>
<tr>
<td>Contacts Reached</td>
<td>55</td>
<td>15</td>
<td>6</td>
<td>14</td>
<td>55</td>
</tr>
<tr>
<td>Contacts for Volunteers</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>3045</td>
<td>560</td>
<td>604</td>
<td>531</td>
<td>3045</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

1845.5

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>3</td>
<td>19200</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>8</td>
<td>2325</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>11</td>
<td>21525</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th>White/Not of</th>
<th>Black/Not of</th>
<th>Hispanic</th>
<th>Asian/Pacific</th>
<th>American Indian/</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hispanic Origin</td>
<td>Hispanic Origin</td>
<td>Islander</td>
<td>Alaskan Native</td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>-----------------</td>
<td>-----------------</td>
<td>----------</td>
<td>----------------</td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>769</td>
<td>46</td>
<td>6</td>
<td>24</td>
<td>0</td>
</tr>
<tr>
<td>Female Youth</td>
<td>414</td>
<td>48</td>
<td>11</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>Male Adult</td>
<td>399</td>
<td>22</td>
<td>1</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
<td>409</td>
<td>43</td>
<td>5</td>
<td>14</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>1991</td>
<td>159</td>
<td>23</td>
<td>62</td>
<td>0</td>
</tr>
</tbody>
</table>

**Outcomes**

None Reported

**Van Buren County**

**Hours for Extension Personnel**

| Hours Spend | 2551 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>220</td>
<td>380</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>598</td>
<td>3603</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>424</td>
<td>13180</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>100</td>
<td>215</td>
</tr>
</tbody>
</table>
## Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>15</td>
<td>1348</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>69</td>
<td>88800</td>
</tr>
<tr>
<td>Other</td>
<td>35</td>
<td>2150</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>41</td>
<td>1358</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>160</td>
<td>93656</td>
</tr>
</tbody>
</table>

## Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>3370</td>
<td>20</td>
<td>1</td>
<td>5</td>
<td>4</td>
<td>3400</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5502</td>
<td>3</td>
<td>7</td>
<td>25</td>
<td>6</td>
<td>5543</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3175</td>
<td>19</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>3200</td>
</tr>
<tr>
<td>Male Youth</td>
<td>5209</td>
<td>0</td>
<td>24</td>
<td>1</td>
<td>1</td>
<td>5235</td>
</tr>
<tr>
<td>Total</td>
<td>17256</td>
<td>42</td>
<td>33</td>
<td>33</td>
<td>14</td>
<td>17378</td>
</tr>
</tbody>
</table>
## Hours for Volunteers

| Hours Spend | 943 |

## Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>75</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1</strong></td>
<td><strong>75</strong></td>
</tr>
</tbody>
</table>

## Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>717</td>
<td>4</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>723</td>
</tr>
<tr>
<td>Female Youth</td>
<td>834</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>2</td>
<td>838</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1000</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1004</td>
</tr>
<tr>
<td>Male Youth</td>
<td>852</td>
<td>0</td>
<td>7</td>
<td>0</td>
<td>0</td>
<td>859</td>
</tr>
</tbody>
</table>
Outcomes

3 4-H volunteers utilized volunteer position descriptions.
100 beef producers sold 5000 calves managed according to BQA guidelines to increase returns by $40000.
104 beef producers stored 19700 large, round bales under some type of cover to increase returns by $118200.
92 beef producers utilized bulls with greater genetic potential to produce 4500 head of calves to increase returns by $121500.
78 beef producers utilized hay feeding rings to feed 13800 bales and improved feeding methods to reduce wastage/spoilage, saving $69000.
74 beef producers utilized improved marketing methods to market 3700 head of calves to increase returns by $18500.
32 corn producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
34 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.
30 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
6 new 4-H volunteers were recruited this year.
3 of 8 participants are applying action-planning and problem-solving to better self-manage their chronic condition six months after completing the program.
5 of 8 participants are applying healthy eating principles when making daily food decisions.
2 of 3 participants are communicating better their needs and concerns with their healthcare providers six months after completing the program.
3 of 8 participants are confident they can better manage their chronic condition on a day-to-day basis because of participating in this program.
0 of 3 participants are controlling their anger and frustration caused by their condition by using positive thinking techniques six months after completing the program.
5 of 8 participants are controlling their anger and frustration caused by their condition by using positive thinking techniques.
3 of 8 participants are exercising more often to help manage their chronic condition.
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 making healthy food decisions six months after completing the program.
0 of 8 participants are using the UT Med Minder card to keep a record of their medications.
5 of 8 participants can better manage their pain by using the various techniques of distraction, muscle relaxation, breathing and guided imagery.
0 of 3 participants continue to using action-planning and problem-solving to better manage their condition six months after completing the program.
2 of 3 participants have had fewer doctor visits and/or emergency room visits six months after completing the program.
3 of 3 participants have less pain from their chronic condition six months after completing the program.
2 of 3 participants have maintained an exercise routine six months after completing the program.
44 producers planted 2100 acres with clover for an increased production valued at $63000.
20 producers planted 600 acres with warm-season grasses for an added value of $12000.
86 producers sprayed 2400 acres for broadleaf weed control for an increased production valued at $96000.
16 producers stockpiled 380 acres of tall fescue, reducing feeding cost by $15200.
30 soybean producers increased their knowledge of recommended agronomic practices and understanding of their benefits and use.
10 volunteer leaders increased their knowledge of positive youth development.
316 youth are better able to understand and follow directions.
276 youth are now better listeners.
166 youth break goals down into steps so they can check their progress.
186 youth can analyze the results of a scientific investigation.
164 youth can ask a question that can be answered by collecting data.
132 youth can deal with their nervousness when giving a speech or talk.
164 youth can design a scientific procedure to answer a question.
140 youth can explain an idea to others.
306 youth can express ideas with a poster, exhibit or other display.
168 youth can give an informative speech or presentation.
612 youth can now share their ideas through writing.
158 youth can record data accurately.
138 youth can select a topic for a speech or talk.
162 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.
150 youth can use specific scientific knowledge to form a question.
288 youth can use technology to help themselves express ideas.
110 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
160 youth give a 2-3 minute speech or presentation.
240 youth have a goal set for their job or career.
260 youth have explored careers in communications.
294 youth have learned at least five jobs in which communication skills are important.
182 youth have set a goal for their job or career.
68 youth know how good hygiene is important for good health.
158 youth know how to organize the parts of a speech or presentation.
0 youth now know how to calculate their target heart rate.
190 youth now set high goals that require work to achieve them.
56 youth now think water is the best fluid replacement drink.
182 youth now work to achieve their goals.
196 youth put their goals in writing.
140 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.
70 youth report that they now know that being physically active helps them control their weight.
276 youth report they can now keep records.
224 youth report they have improved photography skills.
238 youth report they have learned skills in visual communications.
66 youth report they will avoid substances that could harm their body.
218 youth set deadlines to achieve their goals.
200 youth set high goals.
456 youth try to get as much assistance as they can when working toward their goal.
206 youth who are now making plans to achieve their goals.
164 youth who have put their goal(s) in writing.
222 youth who keep trying if they do not achieve their goal the first time.
216 youth who work out the details when others set goals for them.

Warren County
Hours for Extension Personnel

**Hours Spend**

3401.9

Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>294</td>
<td>578</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>500</td>
<td>618</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>609</td>
<td>15021</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>101</td>
<td>1138</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1504</strong></td>
<td><strong>17355</strong></td>
</tr>
</tbody>
</table>

Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>113</td>
<td>4807</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>6</td>
<td>169000</td>
</tr>
<tr>
<td>Other</td>
<td>12</td>
<td>3957</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>86</td>
<td>9189</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>320000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>218</strong></td>
<td><strong>506953</strong></td>
</tr>
</tbody>
</table>

Contacts for Extension Employees
<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2490</td>
<td>72</td>
<td>42</td>
<td>1</td>
<td>0</td>
<td>2605</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5199</td>
<td>521</td>
<td>692</td>
<td>28</td>
<td>29</td>
<td>6469</td>
</tr>
<tr>
<td>Male Adult</td>
<td>641</td>
<td>34</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>681</td>
</tr>
<tr>
<td>Male Youth</td>
<td>6309</td>
<td>529</td>
<td>697</td>
<td>27</td>
<td>38</td>
<td>7600</td>
</tr>
<tr>
<td>Total</td>
<td>14639</td>
<td>1156</td>
<td>1437</td>
<td>56</td>
<td>67</td>
<td>17355</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 1284.5 |

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>50</td>
<td>1290</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>1</td>
<td>137</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>51</td>
<td>1427</td>
</tr>
</tbody>
</table>
Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>182</td>
<td>0</td>
<td>3</td>
<td>2</td>
<td>0</td>
<td>187</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1273</td>
<td>107</td>
<td>191</td>
<td>5</td>
<td>3</td>
<td>1579</td>
</tr>
<tr>
<td>Male Adult</td>
<td>147</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>147</td>
</tr>
<tr>
<td>Male Youth</td>
<td>1196</td>
<td>102</td>
<td>204</td>
<td>6</td>
<td>4</td>
<td>1512</td>
</tr>
<tr>
<td>Total</td>
<td>2798</td>
<td>209</td>
<td>398</td>
<td>13</td>
<td>7</td>
<td>3425</td>
</tr>
</tbody>
</table>

Outcomes

24 dial-gauge lids were tested.
0 of 0 adults wash hands more often.
6 of 6 parents of teens learned how to generate discussion within their family about skills related to communication, anger management, conflict resolution, and relationship building. (Girl Talk, Girl Talk, Too, Straight Talk for Guys, Fitting It Together)
0 of 0 parents of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested. (Fitting It Together)
49 of 54 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.
7 of 9 participants are applying health eating principles when making food decisions six months after completing the program.
8 of 9 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.
5 of 9 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.
0 of 0 participants ate more whole grains.
5 of 6 participants can apply health eating principles when making daily food decisions.
13 of 13 participants can apply joint protection techniques.
5 of 6 participants can better control their chronic condition with self-management techniques.
12 of 13 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.
1120 of 1120 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.
6 of 6 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
13 of 13 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
4 of 6 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.
11 of 13 participants have improved their arthritis symptoms as a result of participating in this program.
4 of 6 participants have less arthritis symptoms from their arthritis six months after completing the program.
8 of 16 participants have less arthritis symptoms.
6 of 9 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 16 participants improved control of their arthritis symptoms.
13 of 16 participants improved performance of daily activities.
5 of 6 participants improved their balance six months after completing the program.
14 of 16 participants improved their balance.
0 of 0 participants improved their blood pressure.
0 of 0 participants improved their blood sugar.
0 of 0 participants improved their cholesterol levels.
0 of 0 participants improved their flexibility six months after completing the program.
14 of 16 participants improved their flexibility.
4 of 6 participants improved their performance of daily activities by adding exercise to their daily routine six months after completing the program.
6 of 6 participants improved their range of motion in their joints six months after completing the program.
0 of 0 participants improved their triglyceride levels.
504 of 560 participants increased physical activity.
0 of 0 participants lost weight: 0 total pounds lost.
560 of 560 participants now eat more fruit.
1120 of 1120 participants now eat more vegetables.
6 of 6 participants plan to exercise more often to help manage their chronic condition.
4 of 6 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.
22 of 30 participants surveyed canned pickles following a tested recipe. (TNCEP)
0 of 0 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
20 of 30 participants surveyed canned vegetables following a tested recipe. (TNCEP)
16 of 30 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)
16 of 24 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.
6 of 6 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.
13 of 13 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
24 of 30 participants use labels to make healthier choices.
896 of 1120 participants who now select foods and beverages that promote healthy weight.
6 of 6 participants will apply positive thinking as a technique for overcoming or avoiding
depression caused from their chronic condition.
52 of 54 respondents plan to decrease exposure of their children to parental conflict.
48 of 54 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.
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.
0 of 0 teachers reported using physical activities from Healthy Steps at least three times per week.
0 of 0 youth now wash hands more often.
50 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
30 participants process high-acid foods in a water bath canner.

Washington County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>12541</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>1659</td>
<td>1814</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>9324</td>
<td>13560</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>6734</td>
<td>64728</td>
</tr>
</tbody>
</table>
### On-Site Visits (Farm, Home, and Workplace)

<table>
<thead>
<tr>
<th>Method</th>
<th>Number</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>19845</td>
<td>88722</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>7</td>
<td>215000</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>44</td>
<td>1102250</td>
</tr>
<tr>
<td>Other</td>
<td>357</td>
<td>76200</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>382</td>
<td>47904</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>3</td>
<td>45000</td>
</tr>
<tr>
<td>Social Media</td>
<td>5</td>
<td>82</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>4</td>
<td>310000</td>
</tr>
<tr>
<td>Total</td>
<td>802</td>
<td>1796436</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female Adult</strong></td>
<td>14944</td>
<td>829</td>
<td>523</td>
<td>271</td>
<td>76</td>
<td>16643</td>
</tr>
<tr>
<td><strong>Female Youth</strong></td>
<td>24821</td>
<td>2689</td>
<td>1281</td>
<td>313</td>
<td>133</td>
<td>29237</td>
</tr>
<tr>
<td><strong>Male Adult</strong></td>
<td>15403</td>
<td>339</td>
<td>286</td>
<td>109</td>
<td>24</td>
<td>16161</td>
</tr>
<tr>
<td><strong>Male Youth</strong></td>
<td>23202</td>
<td>2113</td>
<td>918</td>
<td>260</td>
<td>188</td>
<td>26681</td>
</tr>
<tr>
<td></td>
<td>Number Methods</td>
<td>Contacts Reached</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------</td>
<td>----------------</td>
<td>------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exhibit(s)</td>
<td>8</td>
<td>6593</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>5</td>
<td>100000</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>11</td>
<td>23851</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Publication(s)</td>
<td>3</td>
<td>1014</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Media</td>
<td>2</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>29</td>
<td>131486</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>477</td>
<td>2</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>482</td>
</tr>
<tr>
<td>Female Youth</td>
<td>1843</td>
<td>40</td>
<td>83</td>
<td>8</td>
<td>1</td>
<td>1975</td>
</tr>
<tr>
<td>Male</td>
<td>964</td>
<td>1</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>975</td>
</tr>
</tbody>
</table>
Outcomes

104 beef producers sold 1688 calves managed according to BQA guidelines to increase returns by $13504.
156 beef producers stored 16400 large, round bales under some type of cover to increase returns by $98400.
64 beef producers utilized bulls with greater genetic potential to produce 3200 head of calves to increase returns by $86400.
104 beef producers utilized hay feeding rings to feed 6304 bales and improved feeding methods to reduce wastage/spoilage, saving $31520.
204 beef producers utilized improved marketing methods to market 5712 head of calves to increase returns by $28560.
60 dial-gauge lids were tested.
62 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
96 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.
0 of 0 adults wash hands more often.
9 of 10 better understood basic insurance needs.
1020 of 1444 better understood their parents' concerns about money.
0 of 0 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.
696 of 1124 made a change in career or educational goals.
4 of 4 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 parents/caregivers report an increase in use of appropriate child guidance techniques.
0 of 0 parents/caregivers report an increase in use of positive communication techniques with their children.
0 of 0 parents/caregivers report feeling better about their abilities as parents.
0 of 0 parents/caregivers report feeling less stressed as parents.
0 of 0 parents/caregivers report showing increased affection toward their children. (Windows Love At First Sight)
0 of 0 parents/caregivers report talking, singing, and playing more with their children than before the program. (Windows Love At First Sight)
0 of 0 parents/caregivers reported reading at least three times per week to their children. (Windows Book By Book)
0 of 0 parents/caregivers reported visiting the library more than before the program. (Windows Book By Book)
2 of 2 participants (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.
4 of 4 participants are applying action-planning and problem-solving to better self-manage their chronic condition six months after completing the program.
4 of 4 participants are applying healthy eating principles when making daily food decisions.
4 of 4 participants are communicating better their needs and concerns with their healthcare providers six months after completing the program.
4 of 4 participants are confident they can better manage their chronic condition on a day-to-day basis because of participating in this program.
4 of 4 participants are controlling their anger and frustration caused by their condition by using positive thinking techniques six months after completing the program.
4 of 4 participants are controlling their anger and frustration caused by their condition by using positive thinking techniques.
4 of 4 participants are exercising more often to help manage their chronic condition.
1 of 1 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.
1 of 1 participants are making healthy food decisions six months after completing the program.
4 of 4 participants are using the UT Med Minder card to keep a record of their medications.
0 of 0 participants ate more whole grains.
10 of 10 participants became more aware of the importance of starting to save and invest early in life.

700 of 1124 participants began or increased savings an average of $10 per month.

1020 of 1444 participants better understood their parent's concerns about money.

4 of 4 participants can better manage their pain by using the various techniques of distraction, muscle relaxation, breathing and guided imagery.

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.

928 of 1124 participants communicated with other family members about financial matters.

1 of 1 participants continue to using action-planning and problem-solving to better manage their condition six months after completing the program.

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.

944 of 1124 participants felt more strongly that they needed to get a good education.

1084 of 1124 participants felt more strongly that they needed to pay attention to their financial future.

628 of 1124 participants followed a spending plan.

10 of 10 participants gained skill in making a spending plan.

1 of 1 participants have had fewer doctor visits and/or emergency room visits six months after completing the program.

1 of 1 participants have less pain from their chronic condition six months after completing the program.

1 of 1 participants have maintained an exercise routine six months after completing the program.

10 of 10 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.

0 of 0 participants increased physical activity.
1017 of 1134 participants increased their financial management skills.
0 of 0 participants increased their understanding of the impact education can have on future earnings.
10 of 12 participants indicated improvement in feelings of confidence that they know how to pace a growing relationship. (How to Avoid Falling for a Jerk(ette))
6 of 12 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))
1048 of 1124 participants learned better how to plan their spending.
100 of 100 participants learned culinary skills.
1036 of 1124 participants learned how education will affect the kind of job they can get.
1076 of 1124 participants learned how having a family can affect their lifestyle.
1068 of 1124 participants learned how much money it takes to get by.
872 of 1124 participants learned how occupation and income will affect their lifestyle.
1044 of 1124 participants learned how payroll deductions are taken from gross pay.
956 of 1124 participants learned how to keep a checkbook register.
964 of 1124 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.
236 of 1124 participants made a change in financial behavior.
592 of 1124 participants made a spending plan.
756 of 1124 participants made changes to their future plans.
150 of 300 participants now eat more vegetables.
676 of 1124 participants planned to change their career goals.
944 of 1124 participants planned to get more education after high school.
0 of 0 participants refrigerate perishable foods within two hours.
0 of 0 participants report being more aware of what activities their children are involved in.
0 of 0 participants report reading more to their children than before. (Preparing Your Child for Kindergarten)
0 of 0 participants report that they have selected at least three Safe Side Adults with their children.
0 of 0 participants report their child as exhibiting decreased anxiety about the first day of school. (Preparing Your Child for Kindergarten)
0 of 0 participants separate raw, cooked and ready-to-eat foods while storing and preparing.
6 of 6 participants surveyed canned pickles following a tested recipe. (TNCEP)
6 of 6 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
6 of 6 participants surveyed canned vegetables following a tested recipe. (TNCEP)
6 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.
0 of 0 participants talk to their children on a periodic basis about personal safety practices. (The Safe Side)
1036 of 1124 participants talked about financial goals with their parents or others.
0 of 0 participants understand how to reconcile a checking account.
10 of 10 participants understood the dangers of using too much credit.
0 of 0 participants use labels to make healthier choices.
10 of 10 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.
304 of 1124 participants worked toward new savings or investment goals.
10 of 10 participants understood the dangers of using too much credit.
17 of 17 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.
724 of 749 respondents plan to decrease exposure of their children to parental conflict.
702 of 751 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.
200 of 300 youth now wash hands more often.
692 parents/caregivers learned effective communication techniques to use with their children.
2 parents/caregivers learned strategies for dealing with parenting stress.
6 participants process high-acid foods in a water bath canner.
116 producers planted 1856 acres with clover for an increased production valued at $55680.
44 producers planted 1054 acres with warm-season grasses for an added value of $21080.
128 producers sprayed 3584 acres for broadleaf weed control for an increased production valued at $143360.
104 producers stockpiled 1500 acres of tall fescue, reducing feeding cost by $60000.
460 youth are willing to try new things.
150 youth can analyze the results of a scientific investigation.
204 youth can ask a question that can be answered by collecting data.
430 youth can deal with their nervousness when giving a speech or talk.
282 youth can design a scientific procedure to answer a question.
540 youth can explain an idea to others.
544 youth can give an informative speech or presentation.
254 youth can record data accurately.
562 youth can select a topic for a speech or talk.
624 youth can show enthusiasm when giving a speech or presentation.
602 youth can speak loudly enough to be heard when giving a speech or talk.
222 youth can use specific scientific knowledge to form a question.
434 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
576 youth give a 2-3 minute speech or presentation.
626 youth know how to organize the parts of a speech or presentation.
180 youth report helping others in need.
328 youth report telling the difference between right and wrong.
228 youth report that now they try to do the right thing.
188 youth report that they consider others when making decisions. 
534 youth report that they have developed confidence to speak in front of groups. 
240 youth report that they know how to make good decisions. 
440 youth report that they like to accomplish things on their own. 
592 youth report that they now continue to work toward their goals, even if they do not at first succeed. 
256 youth report they now take responsibility for the decisions they make.

---

**Wayne County**

**Hours for Extension Personnel**

| Hours Spend | 3343 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>166</td>
<td>199</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>4721</td>
<td>5589</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>464</td>
<td>8406</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>75</td>
<td>632</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>5426</strong></td>
<td><strong>14826</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>2</td>
<td>15</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>143</td>
<td>700000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>Other</td>
<td>214</td>
<td>16086</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>2</td>
<td>58</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>363</td>
<td>716159</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4502</td>
<td>59</td>
<td>61</td>
<td>1</td>
<td>3</td>
<td>4626</td>
</tr>
<tr>
<td>Female Youth</td>
<td>3101</td>
<td>86</td>
<td>56</td>
<td>7</td>
<td>14</td>
<td>3264</td>
</tr>
<tr>
<td>Male Adult</td>
<td>3989</td>
<td>62</td>
<td>62</td>
<td>0</td>
<td>2</td>
<td>4115</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2698</td>
<td>40</td>
<td>39</td>
<td>7</td>
<td>37</td>
<td>2821</td>
</tr>
<tr>
<td>Total</td>
<td>14290</td>
<td>247</td>
<td>218</td>
<td>15</td>
<td>56</td>
<td>14826</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend | 940 |

**Indirect Methods for Volunteers**
<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>1</td>
<td>5000</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>5600</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Social Media</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>6</td>
<td>10600</td>
</tr>
</tbody>
</table>

Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1262</td>
<td>2</td>
<td>3</td>
<td>5</td>
<td>0</td>
<td>1272</td>
</tr>
<tr>
<td>Female Youth</td>
<td>2607</td>
<td>58</td>
<td>80</td>
<td>5</td>
<td>10</td>
<td>2760</td>
</tr>
<tr>
<td>Male Adult</td>
<td>184</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>186</td>
</tr>
<tr>
<td>Male Youth</td>
<td>2532</td>
<td>35</td>
<td>30</td>
<td>5</td>
<td>21</td>
<td>2623</td>
</tr>
<tr>
<td>Total</td>
<td>6585</td>
<td>97</td>
<td>113</td>
<td>15</td>
<td>31</td>
<td>6841</td>
</tr>
</tbody>
</table>

Outcomes

0 4-H volunteers utilized volunteer position descriptions.
140 beef producers sold 2912 calves managed according to BQA guidelines to increase returns by $23296.
84 beef producers stored 6720 large, round bales under some type of cover to increase returns by $40320.
48 beef producers utilized bulls with greater genetic potential to produce 996 head of calves to increase returns by $26892.
100 beef producers utilized hay feeding rings to feed 8320 bales and improved feeding methods to reduce wastage/spoilage, saving $41600.
32 beef producers utilized improved marketing methods to market 256 head of calves to increase returns by $1280.
208 consumers learned about plant selection and proper planting to save money and time in the landscape.
96 consumers learned how to apply landscape fertilizers and pesticides safely.
0 consumers learned how to conserve and protect water quality in the landscape.
176 consumers learned how to properly take a soil test and interpret the results.
0 dial-gauge lids were tested.
100 forest landowners are members in a local County Forestry Association representing 5620 forest acres.
0 landowners became aware of the educational modules available from the National Learning Center for Private Forest and Rangeland Owners.
0 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.
12324 miles were walked in the Walk Across Tennessee Program.
21 new 4-H volunteers were recruited this year.
0 of 0 better understood basic insurance needs.
368 of 368 fruit and/or vegetable producers learned to identify pest insects, mites and diseases.
64 of 64 homeowners increased their knowledge of fire ant management.
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.
0 of 0 participants ate more whole grains.
45 of 45 participants became more aware of the importance of starting to save and invest early
in life.
14 of 14 participants can apply health eating principles when making daily food decisions.
0 of 0 participants can apply joint protection techniques.
14 of 14 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.
20 of 20 participants can use relaxation techniques to better manage their arthritis symptoms.
30 of 30 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 engaged in physical activity for at least 30 minutes five or more days during most weeks.
10 of 14 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
16 of 20 participants feel confident they can better manage their arthritis by continuing to do the program exercises after this program ends.
8 of 14 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.
0 of 0 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.
16 of 20 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.
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 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 increased their exercise routine during Walk Across Tennessee Program.
42 of 45 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 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.
44 of 45 participants learned the difference between wants and needs.
12 of 30 participants lost weight: 46 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.
14 of 14 participants plan to exercise more often to help manage their chronic condition.
8 of 14 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.
9 of 9 participants surveyed canned pickles following a tested recipe. (TNCEP)
9 of 9 participants surveyed canned tomatoes following a tested recipe. (TNCEP)
9 of 9 participants surveyed canned vegetables following a tested recipe. (TNCEP)
9 of 9 participants surveyed processed pickles in a water-bath canner. (TNCEP)
9 of 9 participants surveyed processed tomatoes in a water-bath or pressure canner. (TNCEP)
9 of 9 participants surveyed processed vegetables in a pressure canner. (TNCEP)
0 of 0 participants take fewer medications for arthritis symptoms six months after completing the program.
0 of 0 participants understand how to reconcile a checking account.
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.
20 of 20 participants understand the importance of being physically active as a self-management technique for controlling arthritis symptoms.
0 of 0 participants understood the dangers of using too much credit.
0 of 0 participants use labels to make healthier choices.
0 of 0 participants were better able to identify appropriate savings and investment options for different financial goals.
12 of 14 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.
0 of 0 participants understood the dangers of using too much credit.
0 participants process high-acid foods in a water bath canner.
156 participants walked in the Walk Across Tennessee Program.
68 producers planted 1564 acres with clover for an increased production valued at $46920.
20 producers planted 248 acres with warm-season grasses for an added value of $4960.
104 producers sprayed 3952 acres for broadleaf weed control for an increased production valued at $158080.
32 producers stockpiled 368 acres of tall fescue, reducing feeding cost by $14720.
40 teams participated in the Walk Across Tennessee Program.
0 volunteer leaders increased their knowledge of positive youth development.
864 youth believe that a team can accomplish more than an individual.
0 youth believe that people working together can help others less fortunate.
292 youth break goals down into steps so they can check their progress.
224 youth can analyze the results of a scientific investigation.
208 youth can ask a question that can be answered by collecting data.
252 youth can assist a group in deciding on team plans for reaching goals.
0 youth can conduct a meeting.
208 youth can design a scientific procedure to answer a question.
212 youth can record data accurately.
208 youth can use specific scientific knowledge to form a question.
840 youth enjoy working with others toward a common goal.
220 youth have learned new skills and ways of doing things by participating in groups.
488 youth now encourage other team members to give their best effort.
332 youth now get information about a problem.
248 youth now report that they make a decision by thinking about what a person of good character would do.
212 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.
312 youth now report they consider the risks of their choices.
264 youth now report they think about the truthfulness of sources of information when making choices.
272 youth now think it's important to listen to all group members before making a decision.
268 youth now want to see other team members succeed even if they achieve more than themselves.
224 youth now work to achieve their goals.
152 youth put their goals in writing.
0 youth report that they are now comfortable being a group leader.
228 youth report that they can now cooperate and work in a group.
0 youth report that they can now give clear directions.
192 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.
220 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.
212 youth report that they take their jobs seriously as members of a committee.
224 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.
176 youth set high goals.
924 youth think that everyone on the team is important.
0 youth think they can make a big difference in their community by helping others.
788 youth think they have something to contribute to the worth of the team
0 youth understand how community leaders are elected to office.
804 youth understand that other ideas may be just as important as their own.
324 youth who report that they have learned that some choices are better than others.
356 youth who report they can make a decision.
308 youth who report they now listen to people with more experience than themselves.
264 youth who report they now try to identify what causes a problem.

Weakley County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>5238</td>
</tr>
</tbody>
</table>
### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>277</td>
<td>426</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>2961</td>
<td>3079</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>771</td>
<td>12569</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>614</td>
<td>1760</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>4623</strong></td>
<td><strong>17834</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>17</td>
<td>71000</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
<td>500</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>220</td>
<td>58890000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>238</strong></td>
<td><strong>58961500</strong></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic</th>
<th>Black/ Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan</th>
<th>Total</th>
</tr>
</thead>
</table>
### Hours for Volunteers

**Hours Spend**

| Hours Spend | 198 |

### Indirect Methods for Volunteers

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

### Contacts for Volunteers

<table>
<thead>
<tr>
<th>White/</th>
<th>Black/</th>
<th>Hispanic</th>
<th>Asian/</th>
<th>American</th>
<th>Total</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Female Adult</th>
<th>Origin</th>
<th>Native</th>
</tr>
</thead>
<tbody>
<tr>
<td>3336</td>
<td>271</td>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Female Youth</th>
<th>Origin</th>
<th>Native</th>
</tr>
</thead>
<tbody>
<tr>
<td>2922</td>
<td>277</td>
<td>38</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Male Adult</th>
<th>Origin</th>
<th>Native</th>
</tr>
</thead>
<tbody>
<tr>
<td>7589</td>
<td>115</td>
<td>34</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Male Youth</th>
<th>Origin</th>
<th>Native</th>
</tr>
</thead>
<tbody>
<tr>
<td>2844</td>
<td>280</td>
<td>39</td>
</tr>
</tbody>
</table>

Total: 16691 | 943    | 121    | 79     | 0        | 17834
<table>
<thead>
<tr>
<th></th>
<th>Not of Hispanic Origin</th>
<th>Not of Hispanic Origin</th>
<th>Pacific Islander</th>
<th>Indian/Alaskan Native</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>35</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Female Youth</td>
<td>57</td>
<td>3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Adult</td>
<td>336</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Male Youth</td>
<td>61</td>
<td>3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>489</td>
<td>6</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Outcomes**

Producers increased corn yield by 14 bushels/acre by selecting top yielding varieties on 130000 acres of corn increasing their income by 42.
Producers increased yield by 2 bushels by selecting top yielding varieties on 158000 acres of soybeans, earning an extra $14.
Producers increased yield by 2 bushels by selecting top yielding varieties on 42000 acres of wheat, earning an extra $10.
52750 acres of corn scouted by a producer or independent crop consultant to help make crop management decisions.
52750 acres of corn scouted by a UT-trained scout to help make crop management decisions.
44240 acres of soybeans scouted by a producer or independent crop consultant to help make crop management decisions.
44240 acres of soybeans scouted by a UT-trained scout to help make crop management decisions.
118000 acres were planted and managed using gps technology, seeding rates, applications of fertilizer and lime, plant growth regulators, defoliants or pesticides.
120 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.
110 corn producers used data provided by UT publications or UT Internet resources and made changes in their production practices.

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)

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

12 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)

0 of 0 adults wash hands more often.

14 of 16 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)

7 of 8 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.

23 of 29 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 29 participants can apply health eating principles when making daily food decisions.

20 of 29 participants can better control their chronic condition with self-management techniques.

80 of 248 participants eat more fat-free or low-fat dairy products.

14 of 29 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

19 of 29 participants feel confident using the Take PART technique when talking to their health care provider.

0 of 0 participants feel more confident when taking care of young children.
0 of 0 participants feel more equipped to facilitate activities with the children they babysit.
0 of 0 participants have fewer visits to the emergency room six months after completing the program.
3 of 6 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.
3 of 6 participants improved control of their arthritis symptoms.
6 of 6 participants improved performance of daily activities.
6 of 6 participants improved their balance.
3 of 6 participants improved their flexibility.
208 of 248 participants increased physical activity.
0 of 0 participants increased their knowledge on health and safety topics when babysitting young children.
106 of 248 participants now eat more vegetables.
21 of 29 participants plan to exercise more often to help manage their chronic condition.
23 of 29 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 report putting some of the money they make into a savings account.
0 of 0 participants report they feel more prepared to handle emergencies while babysitting.
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.
24 of 29 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.
200 of 248 participants who now select foods and beverages that promote healthy weight.
21 of 29 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
95 of 99 respondents plan to decrease exposure of their children to parental conflict.
98 of 99 respondents report understanding the importance of working together for the sakes of their children.
168 of 248 youth now wash hands more often.
97 parents/caregivers learned effective communication techniques to use with their children.
97 parents/caregivers learned strategies for dealing with parenting stress.
15 producers increased their knowledge of irrigation by learning about the latest in irrigation practices, principles, and benefits.
72 producers increased their marketing knowledge by learning about the current market situation and alternative marketing tools.
10 producers increased their return on 1952 acres by $111264 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.
0 producers utilized UT fertility recommendations.
120 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.
110 soybean producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
60 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.
60 wheat producers used data provided by UT publications or UT Internet resources and made changes in their production practices.
1330 youth are better able to understand and follow directions.
0 youth are now better listeners.
910 youth break goals down into steps so they can check their progress.
70 youth can conduct a meeting.
420 youth can deal with their nervousness when giving a speech or talk.
700 youth can explain an idea to others.
500 youth can express ideas with a poster, exhibit or other display.
900 youth can give an informative speech or presentation.
1000 youth can now share their ideas through writing.
1300 youth can select a topic for a speech or talk.
500 youth can show enthusiasm when giving a speech or presentation.
500 youth can speak loudly enough to be heard when giving a speech or talk.
1050 youth can use technology to help themselves express ideas.
240 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
940 youth give a 2-3 minute speech or presentation.
0 youth have explored careers in communications.
840 youth have learned at least five jobs in which communication skills are important.
0 youth have set a goal for their job or career.
650 youth know how to organize the parts of a speech or presentation.
0 youth now set high goals that require work to achieve them.
1400 youth now work to achieve their goals.
420 youth put their goals in writing.
240 youth report helping others in need.
56 youth report that they are now comfortable being a group leader.
50 youth report that they can now cooperate and work in a group.
90 youth report that they can now give clear directions.
200 youth report that they consider others when making decisions.
800 youth report that they have developed confidence to speak in front of groups.
140 youth report that they can now give clear directions.
40 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.
1260 youth report that they now achieve goals they set for themselves.
220 youth report that they now continue to work toward their goals, even if they do not at first succeed.
100 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.
36 youth report they can now keep records.
0 youth report they have improved photography skills.
320 youth report they have learned skills in visual communications.
240 youth report they now take responsibility for the decisions they make.
60 youth report using enthusiasm to get a group working.
1330 youth set high goals.
0 youth who are now making plans to achieve their goals.
420 youth who have put their goal(s) in writing.

**Western Region**  
**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>2854</td>
</tr>
</tbody>
</table>

### Direct Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>221</td>
<td>177</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>5160</td>
<td>2101</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>348</td>
<td>3691</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>160</td>
<td>192</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>5889</strong></td>
<td><strong>6161</strong></td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>104</td>
<td>5600000</td>
</tr>
<tr>
<td>Other</td>
<td>63</td>
<td>3703585</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>4</td>
<td>5500</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>34</td>
<td>148000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>12</td>
<td>60000</td>
</tr>
<tr>
<td>--------------</td>
<td>----</td>
<td>-------</td>
</tr>
<tr>
<td>Total</td>
<td>217</td>
<td>9517085</td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>1300</td>
<td>22</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1323</td>
</tr>
<tr>
<td>Female Youth</td>
<td>326</td>
<td>67</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>393</td>
</tr>
<tr>
<td>Male Adult</td>
<td>4120</td>
<td>65</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4185</td>
</tr>
<tr>
<td>Male Youth</td>
<td>211</td>
<td>48</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>260</td>
</tr>
<tr>
<td>Total</td>
<td>5957</td>
<td>202</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>6161</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

**Hours Spend**

54

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Outcomes

Producers increased corn yield by 14 bushels/acre by selecting top yielding varieties on 548800 acres of corn increasing their income by 42.

Producers increased yield by 2 bushels by selecting top yielding varieties on 980000 acres of soybeans, earning an extra $14.

Producers increased yield by 2 bushels by selecting top yielding varieties on 211000 acres of wheat, earning an extra $10.

The economic impact of Extension's commercial ornamental and landscape horticulture programs was $480000 in increased savings, increased income, and one-time capital purchases.

33100 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.

75060 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).

44 corn producers report a $26 reduction in pest control costs by following recommended
control strategies for insects, weeds or plant diseases.

2224 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.

80 professionals added additional services and/or marketing practices.

0 professionals developed or made adjustment to their business plans.

420 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.

540 professionals implemented recommended management practices for pest control.

0 professionals increased their knowledge of components of business plans.

80 professionals increased their knowledge of green industry services and marketing practices.

420 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).

540 professionals increased their knowledge of plant pests and pest control measures.

660 professionals increased their knowledge of proper plant selection.

660 professionals practiced proper plant selection and installation practices.

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

44 soybean producers report a $26 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

3434 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).

44 wheat producers report a $26 reduction in pest control costs by following recommended control strategies for insects, weeds or plant diseases.

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

---

White County

**Hours for Extension Personnel**
# Hours Spent

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>766</td>
<td>825</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>5467</td>
<td>5774</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>589</td>
<td>14597</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>187</td>
<td>419</td>
</tr>
<tr>
<td>Total</td>
<td>7009</td>
<td>21615</td>
</tr>
</tbody>
</table>

## Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>11</td>
<td>2715</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>33</td>
<td>411100</td>
</tr>
<tr>
<td>Other</td>
<td>65</td>
<td>5452</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>49</td>
<td>12126</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>1</td>
<td>25000</td>
</tr>
<tr>
<td>Total</td>
<td>159</td>
<td>456393</td>
</tr>
</tbody>
</table>

## Contacts for Extension Employees

<table>
<thead>
<tr>
<th>Method</th>
<th>White/</th>
<th>Black/</th>
<th>Hispanic</th>
<th>Asian/</th>
<th>American</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Not of Hispanic Origin

<table>
<thead>
<tr>
<th></th>
<th>Not of Hispanic Origin</th>
<th>Pacific Islander</th>
<th>Indian/Alaskan Native</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>4682</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>154</td>
<td>24</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4867</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4768</td>
<td>63</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>212</td>
<td>38</td>
<td>5092</td>
</tr>
<tr>
<td>Male Adult</td>
<td>6575</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>171</td>
<td>2</td>
<td>6750</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4677</td>
<td>38</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>162</td>
<td>21</td>
<td>4906</td>
</tr>
<tr>
<td>Total</td>
<td>20702</td>
<td>110</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>699</td>
<td>85</td>
<td>21615</td>
</tr>
</tbody>
</table>

### Hours for Volunteers

**Hours Spend**

| Hours Spend | 449 |

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>5</td>
<td>350</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>5</td>
<td>350</td>
</tr>
</tbody>
</table>

### Contacts for 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/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>896</td>
<td>13</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>911</td>
</tr>
<tr>
<td>Female Youth</td>
<td>419</td>
<td>9</td>
<td>1</td>
<td>5</td>
<td>0</td>
<td>434</td>
</tr>
<tr>
<td>Male Adult</td>
<td>968</td>
<td>14</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>982</td>
</tr>
<tr>
<td>Male Youth</td>
<td>382</td>
<td>8</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>392</td>
</tr>
<tr>
<td>Total</td>
<td>2665</td>
<td>44</td>
<td>2</td>
<td>8</td>
<td>0</td>
<td>2719</td>
</tr>
</tbody>
</table>

**Outcomes**

286 beef producers sold 8866 calves managed according to BQA guidelines to increase returns by $70928.

712 beef producers stored 90200 large, round bales under some type of cover to increase returns by $541200.

188 beef producers utilized bulls with greater genetic potential to produce 5270 head of calves to increase returns by $142290.

490 beef producers utilized hay feeding rings to feed 61256 bales and improved feeding methods to reduce wastage/spoilage, saving $306280.

286 beef producers utilized improved marketing methods to market 8866 head of calves to increase returns by $44330.

30 farmers developed financial plans for their farms.

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

30 farmers increased their potential cash income from their farming operation by $ 150000 by implementing a financial plan.

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

328 of 360 better understood basic insurance needs.

88 of 88 better understood credit reporting and scoring.

260 of 272 better understood their parents' concerns about money.
88 of 88 checked their credit report.
80 of 88 gained skill in evaluating their housing options.
84 of 88 identified ways to reduce spending.
88 of 88 learned better how to communicate with creditors.
78 of 88 learned how to better manage stress caused by financial issues.
88 of 88 learned how to prepare a grab and go bag in case of an emergency home evacuation.
88 of 88 learned how to properly maintain and store household financial records.
88 of 88 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 a healthy discussion within their family about sexuality, values, feelings and decision making.
21 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.
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 of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested.
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.
88 of 88 participants analyzed their readiness for home ownership.
36 of 96 participants are applying health eating principles when making food decisions six months after completing the program.
32 of 96 participants are better self-managers of their chronic condition six months after completing the program.
12 of 64 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.
20 of 64 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.
16 of 64 participants are getting necessary health screenings such as eye, foot and dental
exam six months after completing the program.

4 of 64 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

40 of 96 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.

44 of 64 participants are regularly checking their blood sugar six months after completing the program.

12 of 64 participants are using the Healthy Plate Method six months after completing the program.

176 of 180 participants are using the UT Med Minder card to keep a record of their medications.

312 of 360 participants became more aware of the importance of starting to save and invest early in life.

4 of 88 participants began or increased savings an average of $100 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.

180 of 180 participants can apply health eating principles when making daily food decisions.

140 of 180 participants can better control their chronic condition with self-management techniques.

36 of 64 participants can choose foods that do not cause a sharp rise in blood sugar.

64 of 544 participants communicated with other family members about financial matters.

88 of 88 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.

108 of 180 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.

44 of 52 participants feel confident they can reduce their personal risk factors that increase their chances of developing a specific cancer.

96 of 180 participants feel confident using the Take PART technique when talking to their health care provider.

202 of 272 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.
196 of 280 participants find the active ingredient on the medication label.
32 of 360 participants followed a spending plan.
78 of 88 participants gained better understanding of the mortgage process.
88 of 88 participants gained skill in determining their net worth.
360 of 360 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.
4 of 96 participants have less pain from their chronic condition six months after completing the program.
4 of 64 participants have reduced their A1c six months after completing the program.
12 of 96 participants have used the Take PART technique when talking to their health care provider.
286 of 360 participants identified ways to avoid being victimized by predatory practices or fraud.
606 of 632 participants increased their financial management skills.
272 of 272 participants increased their understanding of the impact education can have on future earnings.
84 of 280 participants keep all of their prescription medications at the same pharmacy.
88 of 88 participants kept a record of spending.
52 of 52 participants know what cancer screenings they need according to their age and gender.
272 of 272 participants learned better how to plan their spending.
512 of 544 participants learned how education will affect the kind of job they can get.
272 of 272 participants learned how having a family can affect their lifestyle.
272 of 272 participants learned how much money it takes to get by.
468 of 544 participants learned how occupation and income will affect their lifestyle.
544 of 544 participants learned how payroll deductions are taken from gross pay.
544 of 544 participants learned how to keep a checkbook register.
544 of 544 participants learned how to write a check.
256 of 272 participants learned the difference between wants and needs.
40 of 272 participants made a change in financial behavior.
632 of 632 participants made a spending plan.
272 of 272 participants made changes to their future plans.
140 of 180 participants plan to exercise more often to help manage their chronic condition.
52 of 52 participants plan to get age and gender appropriate cancer screenings.
64 of 64 participants plan to regularly check their blood sugar as requested by their doctor.
56 of 64 participants plan to use the Healthy Plate Method.
180 of 180 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.
200 of 272 participants planned to get more education after high school.
24 of 88 participants purchased a home.
244 of 280 participants read the directions before taking a prescription or over-the-counter medications.
0 of 0 participants planned to reduce debt an average of $0 per month.
240 of 280 participants seek the advice of a pharmacist if they have any questions about a medication.
56 of 88 participants set savings or investment goals and/or enrolled as a Tennessee Saver.
88 of 88 participants successfully completed homebuyer education requirements.
168 of 280 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.
280 of 280 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.
268 of 280 participants surveyed understand the importance of taking their prescription medications exactly as prescribed by their doctor.
8 of 272 participants talked about financial goals with their parents or others.
272 of 272 participants understand how to reconcile a checking account.
40 of 64 participants understand proper cooking techniques for such products as artificial sweeteners, reduced fat replacers, and herbs and spices.
52 of 52 participants understand that cancer screening and early detection can save their life.
160 of 180 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.
52 of 52 participants understand women age 40 and older should have a mammogram.
52 of 52 participants understand women of all ages need a Pap test.
360 of 360 participants understood the dangers of using too much credit.
182 of 272 participants were better able to identify appropriate savings and investment options for different financial goals.
112 of 180 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
18 of 88 participants worked toward new savings or investment goals.
240 of 272 participants understood the dangers of using too much credit.
24 of 24 respondents plan to decrease exposure of their children to parental conflict.
24 of 24 respondents report understanding the importance of working together for the sakes of their children.
12 of 88 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
0 parents/caregivers learned effective communication techniques to use with their children.
20 parents/caregivers learned strategies for dealing with parenting stress.
12 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.
12 producers have gained knowledge about certified organic dairy production, other niche marketing opportunities and the Tennessee Agricultural Enhancement program.
12 producers have gained knowledge about the benefits of pasture and grazing for dairy cattle.
12 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.
12 producers have gained knowledge on measures of milk quality indicators (including somatic cell count, preliminary incubation count, standard plate counts, lab pasteurized counts, etc.)
10 producers have implemented testing protocols to identify mastitis-causing bacteria within their herd or have implemented mastitis prevention and control programs.
12 producers have improved herd management to improve milk quality, reduced clinical mastitis cases and decreased herd somatic cell count.
12 producers have improved herd management to improve milk quality, reduced clinical mastitis cases and decreased somatic cell count.
12 producers have improved herds due to more AI and the use of better bulls and/or more structured crossbreeding in their herds.
12 producers have increased awareness of effective mastitis prevention and control programs.
1 producers have increased profits due to certified organic dairy production or some form of niche marketing.
12 producers have learned the relationship between somatic cell counts and milk production.
8 producers have received cost share from the Tennessee Agricultural Enhancement program including the livestock improvement program.

10 producers have submitted bulk tank samples or individual cow samples for somatic cell counts, milk quality analysis or bacterial cultures.

18 producers planted 420 acres with clover for an increased production valued at $12600.

3 producers planted 19 acres with warm-season grasses for an added value of $380.

218 producers sprayed 7800 acres for broadleaf weed control for an increased production valued at $312000.

47 producers stockpiled 985 acres of tall fescue, reducing feeding cost by $39400.

12 producers that have increased profits due to better utilization of forages or grazing.

1200 youth are better able to understand and follow directions.

2794 youth are now better listeners.

797 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 challenge policies through petitions, presentations or other positive ways.

2794 youth can deal with their nervousness when giving a speech or talk.

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

1790 youth can explain an idea to others.

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

1056 youth can give an informative speech or presentation.

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

2400 youth can now share their ideas through writing.

400 youth can record data accurately.

2794 youth can select a topic for a speech or talk.

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

1200 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.

1200 youth feel comfortable sharing their thoughts and feelings in a speech or talk.

1056 youth give a 2-3 minute speech or presentation.

81 youth have explored careers in communications.

81 youth have knowledge of careers in the communications field.

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

1594 youth have set a goal for their job or career.
1056 youth know how to organize the parts of a speech or presentation.
0 youth now communicate through a website.
0 youth now get information about a problem.
528 youth now set high goals that require work to achieve them.
528 youth now work to achieve their goals.
1594 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.
1056 youth report that they have developed confidence to speak in front of groups.
325 youth report that they now achieve goals they set for themselves.
65 youth report they are now "accomplished public speakers."
81 youth report they can give an impromptu speech.
1056 youth report they can now express their opinions in speeches or presentations.
12 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.
797 youth set high goals.
408 youth use parliamentary procedure to run a meeting.
1594 youth who are now making plans to achieve their goals.
1594 youth who have put their goal(s) in writing.
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 idnetify what causes a problem.

Williamson County

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td>6042.5</td>
</tr>
</tbody>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Methods Reached

<table>
<thead>
<tr>
<th>Method</th>
<th>Methods</th>
<th>Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>979</td>
<td>1882</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>4805</td>
<td>9299</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>993</td>
<td>38967</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>332</td>
<td>820</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>7109</td>
<td>50968</td>
</tr>
</tbody>
</table>

### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>45</td>
<td>53865</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>36</td>
<td>77325</td>
</tr>
<tr>
<td>Other</td>
<td>144</td>
<td>32706</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>256</td>
<td>1525</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>13</td>
<td>36000</td>
</tr>
<tr>
<td>Social Media</td>
<td>370</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>9</td>
<td>40000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>873</td>
<td>241421</td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic Origin</th>
<th>Black/ Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>14850</td>
<td>438</td>
<td>98</td>
<td>119</td>
<td>7</td>
<td>15512</td>
</tr>
<tr>
<td></td>
<td>Female Youth</td>
<td>11167</td>
<td>598</td>
<td>211</td>
<td>292</td>
<td>53</td>
</tr>
<tr>
<td>---------------</td>
<td>--------------</td>
<td>-------</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>----</td>
</tr>
<tr>
<td>Male Adult</td>
<td>12834</td>
<td>416</td>
<td>67</td>
<td>28</td>
<td>4</td>
<td>13349</td>
</tr>
<tr>
<td>Male Youth</td>
<td>8877</td>
<td>449</td>
<td>191</td>
<td>220</td>
<td>49</td>
<td>9786</td>
</tr>
<tr>
<td>Total</td>
<td>47728</td>
<td>1901</td>
<td>567</td>
<td>659</td>
<td>113</td>
<td>50968</td>
</tr>
</tbody>
</table>

**Hours for Volunteers**

| Hours Spend   | 15882 |

**Indirect Methods for Volunteers**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>8</td>
<td>15000</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>6</td>
<td>10000</td>
</tr>
<tr>
<td>Other</td>
<td>353</td>
<td>12375</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>251</td>
<td>250</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>6</td>
<td>3000</td>
</tr>
<tr>
<td>Social Media</td>
<td>200</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>5</td>
<td>50000</td>
</tr>
<tr>
<td>Total</td>
<td>829</td>
<td>90625</td>
</tr>
</tbody>
</table>

**Contacts for Volunteers**

<table>
<thead>
<tr>
<th></th>
<th>White/ Not of Hispanic</th>
<th>Black/ Not of Hispanic</th>
<th>Hispanic</th>
<th>Asian/ Pacific Islander</th>
<th>American Indian/ Alaskan</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Origin</td>
<td>Origin</td>
<td>Native</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Adult</td>
<td>9119</td>
<td>447</td>
<td>119</td>
<td>33</td>
<td>3</td>
<td>9721</td>
</tr>
<tr>
<td>Female Youth</td>
<td>5717</td>
<td>283</td>
<td>50</td>
<td>127</td>
<td>12</td>
<td>6189</td>
</tr>
<tr>
<td>Male Adult</td>
<td>5976</td>
<td>434</td>
<td>112</td>
<td>19</td>
<td>4</td>
<td>6545</td>
</tr>
<tr>
<td>Male Youth</td>
<td>4672</td>
<td>251</td>
<td>50</td>
<td>60</td>
<td>10</td>
<td>5043</td>
</tr>
<tr>
<td>Total</td>
<td>25484</td>
<td>1415</td>
<td>331</td>
<td>239</td>
<td>29</td>
<td>27498</td>
</tr>
</tbody>
</table>

**Outcomes**

122 4-H volunteers utilized volunteer position descriptions.
52 are concerned about problems in their community.
400 beef producers sold 6000 calves managed according to BQA guidelines to increase returns by $48000.
400 beef producers stored 28000 large, round bales under some type of cover to increase returns by $168000.
400 beef producers utilized bulls with greater genetic potential to produce 6000 head of calves to increase returns by $162000.
400 beef producers utilized hay feeding rings to feed 28000 bales and improved feeding methods to reduce wastage/spoilage, saving $140000.
100 beef producers utilized improved marketing methods to market 1500 head of calves to increase returns by $7500.
0 new 4-H volunteers were recruited this year.
50 now feel a sense of responsibility toward their school and community.
48 now have a sense of pride about their school and community.
10 of 12 participants are exercising to control their diabetes.
0 of 0 parents of teens learned how to generate a healthy discussion within their family about sexuality, values, feelings and decision making.
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.
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 of teens learned how to generate discussion within their family about the consequences of risky behavior which could result in being arrested.

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 action-planning and problem-solving to better self-manage their chronic condition six months after completing the program.

3 of 9 participants are applying healthy eating principles when making daily food decisions.

0 of 0 participants are applying positive thinking techniques as a way to manage emotions of anger and frustration.

0 of 0 participants are choosing foods that do not cause a sharp rise in blood sugar.

4 of 9 participants are confident they can better manage their chronic condition on a day-to-day basis because of participating in this program.

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

3 of 9 participants are controlling their anger and frustration caused by their condition by using positive thinking techniques.

4 of 9 participants are exercising more often to help manage their chronic condition.

0 of 0 participants are monitoring and logging the results of their blood sugar.

11 of 12 participants are reading the label to find out the grams of carbohydrate in a food product.

10 of 21 participants are using the UT Med Minder card to keep a record of their medications.

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

4 of 4 participants can better manage their pain by using the various techniques of distraction, muscle relaxation, breathing and guided imagery.

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

8 of 12 participants feel confident using the Take PART technique when talking to their health care provider.

0 of 0 participants plan to check feet, eyes and A1c.
10 of 12 participants plan to exercise more often to help manage their chronic condition.
0 of 0 participants plan to use the UT Med Minder card to keep a record of their medications.
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.
7 of 12 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
41 of 43 respondents plan to decrease exposure of their children to parental conflict.
37 of 43 respondents report understanding the importance of working together for the sakes of their children.
38 parents/caregivers learned effective communication techniques to use with their children.
0 parents/caregivers learned strategies for dealing with parenting stress.
60 producers planted 6000 acres with clover for an increased production valued at $180000.
4 producers planted 60 acres with warm-season grasses for an added value of $1200.
200 producers sprayed 10000 acres for broadleaf weed control for an increased production valued at $400000.
100 producers stockpiled 10000 acres of tall fescue, reducing feeding cost by $400000.
0 volunteer leaders increased their knowledge of positive youth development.
38 would assist with or participate in elections, voting and campaigns.
100 youth are willing to try new things.
32 youth believe that a team can accomplish more than an individual.
60 youth believe that people working together can help others less fortunate.
24 youth can assist a group in deciding on team plans for reaching goals.
48 youth can conduct a meeting.
92 youth can deal with their nervousness when giving a speech or talk.
80 youth can explain an idea to others.
124 youth can give an informative speech or presentation.
130 youth can select a topic for a speech or talk.
92 youth can show enthusiasm when giving a speech or presentation.
86 youth can speak loudly enough to be heard when giving a speech or talk.
34 youth enjoy working with others toward a common goal.
70 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
118 youth give a 2-3 minute speech or presentation.
25 youth have learned new skills and ways of doing things by participating in groups.
130 youth know how to organize the parts of a speech or presentation.
44 youth now encourage other team members to give their best effort.
115 youth now get information about a problem.
160 youth now report that they can justify their decision.
160 youth now report that they have confidence making their own decisions.
182 youth now report that they make a decision by thinking about what a person of good character would do.
166 youth now report that they think about past choices when making new decisions.
188 youth now report that they use more than one source of information in making choices.
170 youth now report that they use standards in making choices.
138 youth now report that when making a decision, they think about what does the most good for the most people.
126 youth now report that when they make a decision, they think about what a person of character would do.
56 youth now report they are concerned about the well-being of others.
198 youth now report they consider the risks of their choices.
188 youth now report they think about the truthfulness of sources of information when making choices.
24 youth now think it's important to listen to all group members before making a decision.
21 youth now want to see other team members succeed even if they achieve more than themselves.
36 youth report being able to break tough jobs down into simpler tasks.
34 youth report being able to resolve problems without losing control of their emotions.
30 youth report being sensitive to the feelings of others when discussing and solving problems.
100 youth report helping others in need.
122 youth report telling the difference between right and wrong.
110 youth report that now they try to do the right thing.
38 youth report that they are comfortable being responsible for a group.
42 youth report that they are now comfortable being a group leader.
46 youth report that they can now cooperate and work in a group.
44 youth report that they can now give clear directions.
88 youth report that they consider others when making decisions.
82 youth report that they have developed confidence to speak in front of groups.
102 youth report that they know how to make good decisions.
50 youth report that they know how to set goals and they use that ability when leading a group.
20 youth report that they learned about important leaders who contributed to our nation.
82 youth report that they like to accomplish things on their own.
42 youth report that they make sure everyone gets an opportunity to say what they think.
188 youth report that they now continue to work toward their goals, even if they do not at first succeed.
52 youth report that they now like to work with others and help them reach their goals.
44 youth report that they take their jobs seriously as members of a committee.
42 youth report that when in charge of a group, they treat everyone fairly and equally.
208 youth report they now take responsibility for the decisions they make.
46 youth report using enthusiasm to get a group working.
30 youth seek out others who can help them become a better leader.
40 youth think that everyone on the team is important.
60 youth think they can make a big difference in their community by helping others.
30 youth think they have something to contribute to the worth of the team.
30 youth understand how community leaders are elected to office.
29 youth understand that other ideas may be just as important as their own.
108 youth who report that they have learned that some choices are better than others.
146 youth who report they can make a decision.
87 youth who report they now listen to people with more experience than themselves.
105 youth who report they now try to identify what causes a problem.

---

**Wilson County**

**Hours for Extension Personnel**

| Hours Spend | 11003.6 |

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Visits to Extension Office</td>
<td>551</td>
<td>965</td>
</tr>
<tr>
<td>Direct Mail / Telephone Calls (this will include electronic mail)</td>
<td>7979</td>
<td>65487</td>
</tr>
<tr>
<td>Group Meetings / Demonstrations</td>
<td>3203</td>
<td>36897</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>------</td>
<td>------</td>
</tr>
<tr>
<td>On-Site Visits (Farm, Home, and Workplace)</td>
<td>410</td>
<td>770</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>12143</strong></td>
<td><strong>104119</strong></td>
</tr>
</tbody>
</table>

**Indirect Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>9</td>
<td>505000</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>160</td>
<td>850000</td>
</tr>
<tr>
<td>Other</td>
<td>90</td>
<td>2225</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>449</td>
<td>6084</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>15</td>
<td>160000</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>7</td>
<td>235600</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>730</strong></td>
<td><strong>1758909</strong></td>
</tr>
</tbody>
</table>

**Contacts for Extension Employees**

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>18699</td>
<td>7723</td>
<td>5472</td>
<td>1042</td>
<td>73</td>
<td>33009</td>
</tr>
<tr>
<td>Female Youth</td>
<td>15548</td>
<td>4741</td>
<td>3702</td>
<td>110</td>
<td>88</td>
<td>24189</td>
</tr>
<tr>
<td>Male Adult</td>
<td>12727</td>
<td>6460</td>
<td>5265</td>
<td>526</td>
<td>77</td>
<td>25055</td>
</tr>
<tr>
<td>Male Youth</td>
<td>13683</td>
<td>4497</td>
<td>3522</td>
<td>48</td>
<td>116</td>
<td>21866</td>
</tr>
</tbody>
</table>
### Hours for Volunteers

**Hours Spend**

| Total | 60657 | 23421 | 17961 | 1726 | 354 | 104119 |

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit(s)</td>
<td>8</td>
<td>505000</td>
</tr>
<tr>
<td>Newspaper Article(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Publication(s)</td>
<td>112</td>
<td>14</td>
</tr>
<tr>
<td>Radio Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>TV Program(s)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>120</td>
<td>505014</td>
</tr>
</tbody>
</table>

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Adult</td>
<td>2721</td>
<td>561</td>
<td>128</td>
<td>25</td>
<td>25</td>
<td>3460</td>
</tr>
<tr>
<td>Female Youth</td>
<td>4232</td>
<td>1152</td>
<td>462</td>
<td>46</td>
<td>58</td>
<td>5950</td>
</tr>
<tr>
<td>Male Adult</td>
<td>1338</td>
<td>308</td>
<td>63</td>
<td>15</td>
<td>15</td>
<td>1739</td>
</tr>
</tbody>
</table>
200 beef producers sold 4000 calves managed according to BQA guidelines to increase returns by $32000.
200 beef producers stored 20000 large, round bales under some type of cover to increase returns by $120000.
200 beef producers utilized bulls with greater genetic potential to produce 4000 head of calves to increase returns by $108000.
200 beef producers utilized hay feeding rings to feed 4000 bales and improved feeding methods to reduce wastage/spoilage, saving $20000.
200 beef producers utilized improved marketing methods to market 22000 head of calves to increase returns by $110000.
16 classrooms adopted this program.
300 consumers applied fewer fertilizers and pesticides due to a better understanding of landscape best management practices.
500 consumers implemented water-wise gardening practices to conserve and protect water quality.
2000 consumers learned about plant selection and proper planting to save money and time in the landscape.
1000 consumers learned how to apply landscape fertilizers and pesticides safely.
1000 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.
1000 consumers practiced best management practices relating to proper pruning and tree maintenance.
300 consumers used the results of their soil test to properly amend their soil.
14 dial-gauge lids were tested.
110 goat producers have implemented practices related to genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
110 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
110 goat producers report improved production efficiency due to practices implemented from
their Master Goat Program participation.
100 home lawn insect, disease and weed samples submitted for identification and control recommendations.
400 home lawn soil samples submitted for testing.
550 homeowners dethatching, aerating or applying a pesticide to the home lawn as recommended by county Extension professional.
100 homeowners established new turfgrass species and varieties.
400 homeowners mowed, fertilized or irrigated their lawn according to Extension guidelines.
28 horse owners fed 56 horses according to specific nutrient requirements for each class of horse, saving 28000 annually.
18 horse owners managed 72 horses using rotational grazing in their pasture management to increase forage production, saving $36000 annually.
52 horse owners schedule routine annual health exams by a veterinarian including vaccinations and dental care for 84 horses, saving $72660 annually.
52 horse owners schedule routine hoof care on 84 horses, saving $50400 annually.
150 Master Gardeners gained knowledge and confidence in entomology.
150 Master Gardeners gained knowledge and confidence in integrated pest management.
150 Master Gardeners gained knowledge and confidence in ornamentals.
150 Master Gardeners gained knowledge and confidence in plant diseases.
150 Master Gardeners gained knowledge and confidence in soils.
150 Master Gardeners gained knowledge and confidence in turfgrass.
50 Master Gardeners have used the knowledge and skills they learned in this program to assist 200 people in turf selection or management.
100 Master Gardeners have used the knowledge and skills they learned in this program to assist 400 people to control pests through integrated pest management.
100 Master Gardeners have used the knowledge and skills they learned in this program to assist 400 people to identify pests and/or the damage they cause.
50 Master Gardeners have used the knowledge and skills they learned in this program to assist 200 people to identify symptoms of plant disease.
50 Master Gardeners have used the knowledge and skills they learned in this program to assist 100 people to improve soil through soil test results.
65 of 87 adults wash hands more often.
24 of 24 better understood basic insurance needs.
24 of 24 better understood credit reporting and scoring.
17 of 24 checked their credit report.
20 of 20 directors report they manage staff relationships, finances and other programmatic issues using recommended practices.

0 of 0 fruit and/or vegetable producers completed a self-evaluation of Good Agricultural Practices on their farm.

100 of 100 homeowners increased their knowledge of fire ant management.

24 of 24 identified ways to reduce spending.

24 of 24 learned better how to communicate with creditors.

24 of 24 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.

2 of 2 participants (based on pre/post tests) gained knowledge on the topic of kindergarten preparation.

60 of 60 participants (based on pre/post tests) gained knowledge on the topic of stranger and/or internet safety.

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

51 of 51 participants are better able to manage their living environments.

51 of 51 participants are better able to store and prepare foods to keep them safe to consume.

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

17 of 28 participants are choosing foods that do not cause sharp a rise in blood sugar six months after completing the program.

28 of 28 participants are confident they can better manage their diabetes as a result of participating in this program.

27 of 27 participants are finding their chronic condition is interfering less with the things they like to do six months after completing the program.

27 of 28 participants are getting necessary health screenings such as eye, foot and dental exams six months after completing the program.

28 of 28 participants are keeping up-to-date with immunizations such as flu and pneumococcal shots six months after completing the program.

51 of 51 participants are more confident in relationships with family and friends.

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

28 of 28 participants are preventing or treating other health conditions such as heart and blood vessel problems, kidney disease, nerve damage and foot problems six months after completing
the program.
28 of 28 participants are regularly checking their blood sugar six months after completing the program.
28 of 28 participants are using the Healthy Plate Method six months after completing the program.
65 of 67 participants are using the UT Med Minder card to keep a record of their medications.
53 of 57 participants ate more whole grains.
0 of 0 participants became more aware of the importance of starting to save and invest early in life.
0 of 0 participants began or increased savings an average of $0 per month.
0 of 0 participants better understood the difference between pre-tax and after-tax investments.
20 of 65 participants called the TN Poison Center because they suspected a poisoning or had a question about a product six months after completing the program.
83 of 83 participants can apply health eating principles when making daily food decisions.
83 of 83 participants can better control their chronic condition with self-management techniques.
28 of 28 participants can choose foods that do not cause a sharp rise in blood sugar.
65 of 65 participants conducted a poison safety audit six months after completing the program.
262 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.
294 of 320 participants eat fewer high-fat foods.
21 of 27 participants eat more fat-free or low-fat dairy products.
77 of 83 participants feel confident they can apply pain management techniques, such as distraction, muscle relaxation, breathing, and guided imagery, for overcoming pain.
65 of 65 participants feel confident they know what to do in case of a poisoning.
79 of 83 participants feel confident using the Take PART technique when talking to their health care provider.
22 of 22 participants feel more confident when taking care of young children.
22 of 22 participants feel more equipped to facilitate activities with the children they babysit.
0 of 0 participants felt that they were taking better advantage of the investment options offered by their employer.
7 of 24 participants followed a spending plan.
24 of 24 participants gained skill in determining their net worth.
24 of 24 participants gained skill in making a spending plan.
14 of 14 participants have fewer visits to the emergency room six months after completing the program.
27 of 27 participants have less pain from their chronic condition six months after completing the program.
19 of 28 participants have reduced their A1c six months after completing the program.
10 of 14 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.
47 of 57 participants increased physical activity.
244 of 24 participants increased their financial management skills.
22 of 22 participants increased their knowledge on health and safety topics when babysitting young children.
23 of 24 participants kept a record of spending.
51 of 51 participants know better how to manage and protect their assets for a secure retirement.
24 of 24 participants made a spending plan.
12 of 30 participants now eat more fruit.
27 of 27 participants now eat more vegetables.
83 of 83 participants plan to exercise more often to help manage their chronic condition.
28 of 28 participants plan to regularly check their blood sugar as requested by their doctor.
28 of 28 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.
81 of 83 participants plan to use the UT Med Minder card to keep a record of their medications.
65 of 65 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.
0 of 0 participants reduced debt an average of $ 0 per month.
0 of 0 participants refrigerate perishable foods within two hours.
10 of 10 participants report being more aware of what activities their children are involved in
15 of 22 participants report putting some of the money they make into a savings account.
10 of 10 participants report reading more to their children than before. (Preparing Your Child for Kindergarten)
43 of 60 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)
20 of 22 participants report they feel more prepared to handle emergencies while babysitting. 
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. 
65 of 65 participants stored food and household products in separate areas six months after 
completing the program. 
65 of 65 participants stored medications out of the reach of children six months after 
completing the program. 
60 of 60 participants surveyed can differentiate between SIDS and sleep-related deaths. 
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) 
60 of 60 participants surveyed do not cushion their baby's sleep surface with pillows, bumper 
spads, comforters, or stuffed animals. 
60 of 60 participants surveyed do not overheat the room in which their baby sleeps. 
60 of 60 participants surveyed do not share—or allow others to share—sleep surfaces with their 
baby. 
60 of 60 participants surveyed have communicated safe sleep principles to others who may care 
for their baby. 
60 of 60 participants surveyed increased their knowledge of a safe sleeping environment. 
60 of 60 participants surveyed place babies to sleep on their backs. 
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) 
60 of 60 participants surveyed understand the difference between co-sleeping and room 
sharing. 
60 of 60 participants surveyed understand the safest sleep position for infants. 
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. 
45 of 60 participants talk to their children on a periodic basis about personal safety practices. 
(The Safe Side) 
65 of 65 participants taught their children to always ask first before eating or drinking anything 
suspicious or questionable six months after completing the program. 
28 of 28 participants understand proper cooking techniques for such products as artificial 
sweeteners, reduced fat replacers, and herbs and spices.
83 of 83 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.
51 of 51 participants understand the special nutritional needs of the elderly.
0 of 0 participants understood the dangers of using too much credit.
226 of 320 participants who increased their intake of dairy foods.
27 of 27 participants who now select foods and beverages that promote healthy weight.
82 of 83 participants will apply positive thinking as a technique for overcoming or avoiding depression caused from their chronic condition.
65 of 65 participants will contact the TN Poison Center if they suspect a poisoning or have a question about a product.
65 of 65 participants will keep medications out of the reach of children.
65 of 65 participants will keep products in their original containers.
65 of 65 participants will post the TN Poison Center toll free number by a phone and in their cell phone address book.
65 of 65 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.
84 of 84 providers had increased knowledge of the workshop(s) topics.
84 of 84 providers report their children are provided with varied opportunities and materials that support fine and large motor development using recommended practices.
84 of 84 providers report their children are read to on a daily basis and asking open-ended questions of the children when possible using recommended practices.
84 of 84 providers report they express warmth through behaviors such as physical affection, eye contact, tone of voice, and smiles toward the children using recommended practices.
84 of 84 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.
84 of 84 providers report they work in partnership with families, establishing and maintaining regular, ongoing, two-way communication using recommended practices.
84 of 84 providers report they work to prevent challenging or disruptive behaviors using recommended guidance practices.
314 of 320 students increased amount of time in physical activity.
206 of 320 students who increased their intake of whole grains.
34 of 34 teachers reported preschool children in their classes were more actively engaged in physical activity.
34 of 34 teachers reported preschool children in their classes were more willing to taste fruit.
34 of 34 teachers reported preschool children in their classes were more willing to taste vegetables.
34 of 34 teachers reported preschool children in their classes were more willing to taste whole-grain foods.
34 of 34 teachers reported using physical activities from Healthy Steps at least three times per week.
24 of 24 tracked their spending.
0 of 0 worked toward new savings, investment or retirement goals.
180 of 180 youth now wash hands more often.
52 participants now correctly deworm 84 horses, saving $23100 this year.
39 participants process high-acid foods in a water bath canner.
124 producers planted 6000 acres with clover for an increased production valued at $180000.
0 producers planted 0 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 $800000.
200 producers stockpiled 10000 acres of tall fescue, reducing feeding cost by $400000.
30 professionals added additional services and/or marketing practices.
10 professionals developed or made adjustment to their business plans.
100 professionals implemented recommended cultural practices: fertilization, soil sampling, propagation, irrigation, etc.
100 professionals implemented recommended management practices for pest control.
50 professionals increased their knowledge of components of business plans.
100 professionals increased their knowledge of green industry services and marketing practices.
100 professionals increased their knowledge of plant culture (e.g. fertilization, soil mixing and/or sampling, propagation, irrigation, transplanting and installation).
100 professionals increased their knowledge of plant pests and pest control measures.
100 professionals increased their knowledge of proper plant selection.
100 professionals practiced proper plant selection and installation practices.
4 schools adopted this program.
360 youth are better able to understand and follow directions.
36 youth are now better listeners.
32 youth believe that people working together can help others less fortunate.
18 youth break goals down into steps so they can check their progress.
72 youth can deal with their nervousness when giving a speech or talk.
164 youth can explain an idea to others.
359 youth can express ideas with a poster, exhibit or other display.
160 youth can give an informative speech or presentation.
684 youth can now share their ideas through writing.
96 youth can select a topic for a speech or talk.
98 youth can show enthusiasm when giving a speech or presentation.
102 youth can speak loudly enough to be heard when giving a speech or talk.
162 youth can use technology to help themselves express ideas.
80 youth feel comfortable sharing their thoughts and feelings in a speech or talk.
160 youth give a 2-3 minute speech or presentation.
42 youth have a goal set for their job or career.
33 youth have explored careers in communications.
316 youth have learned at least five jobs in which communication skills are important.
38 youth have set a goal for their job or career.
164 youth know how to organize the parts of a speech or presentation.
19 youth now get information about a problem.
30 youth now report that they can justify their decision.
30 youth now report that they have confidence making their own decisions.
13 youth now report that they make a decision by thinking about what a person of good character would do.
27 youth now report that they think about past choices when making new decisions.
11 youth now report that they use more than one source of information in making choices.
15 youth now report that they use standards in making choices.
26 youth now report that when making a decision, they think about what does the most good for the most people.
20 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.
12 youth now report they think about the truthfulness of sources of information when making choices.
46 youth now set high goals that require work to achieve them.
20 youth now work to achieve their goals.
20 youth put their goals in writing.
32 youth report that they can now cooperate and work in a group.
84 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.
30 youth report that they learned about important leaders who contributed to our nation.
30 youth report that they make sure everyone gets an opportunity to say what they think.
52 youth report that they now achieve goals they set for themselves.
28 youth report that they take their jobs seriously as members of a committee.
31 youth report that when in charge of a group, they treat everyone fairly and equally.
21 youth report they can now keep records.
0 youth report they have improved photography skills.
27 youth report they have learned skills in visual communications.
64 youth set deadlines to achieve their goals.
16 youth set high goals.
32 youth think they can make a big difference in their community by helping others.
108 youth try to get as much assistance as they can when working toward their goal.
32 youth understand how community leaders are elected to office.
44 youth who are now making plans to achieve their goals.
28 youth who have put their goal(s) in writing.
84 youth who keep trying if they do not achieve their goal the first time.
25 youth who report that they have learned that some choices are better than others.
25 youth who report they can make a decision.
20 youth who report they now listen to people with more experience than themselves.
17 youth who report they now try to identify what causes a problem.
38 youth who work out the details when others set goals for them.

---

York 4-H Center

**Hours for Extension Personnel**

<table>
<thead>
<tr>
<th>Hours Spend</th>
</tr>
</thead>
</table>

**Direct Methods for Extension Personnel**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Indirect Methods for Extension Personnel

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Contacts for Extension Employees

<table>
<thead>
<tr>
<th></th>
<th>White/Not of Hispanic Origin</th>
<th>Black/Not of Hispanic Origin</th>
<th>Hispanic</th>
<th>Asian/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Hours for Volunteers

<table>
<thead>
<tr>
<th></th>
<th>Hours Spend</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Indirect Methods for Volunteers

<table>
<thead>
<tr>
<th>Method</th>
<th>Number Methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Contacts for 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/Pacific Islander</th>
<th>American Indian/Alaskan Native</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Outcomes

None Reported