



Individual/Program POW

Logic Model Template

Name of Program: UNH Cooperative Extension Family Development

Situation Statement: Family and Consumer Sciences Extension programs empower individuals, families, and communities to solve problems and address issues which impact quality of life. These research-based programs help New Hampshire residents gain knowledge and skills that can enhance effective decision making, thereby improving quality of life for themselves and their families. Family and Consumer Science Extension Programs are designed to address the following:

- Research shows poverty is the number one indicator for hunger. Currently more than 22,000 households in NH receive food stamps. These families and others that drop below the poverty level have a critical need to receive essential information and education to help them have a better chance for good health through their choice and use of foods and through skillful use of their food resources.
- Each year foodborne diseases cause a significant number of illnesses, hospitalizations, and even deaths, resulting in severe economic losses due to medical treatment and lost productivity. Public health officials believe the risk of foodborne illness is on the rise. In NH where tourism and eating out is a large proportion of the state's revenues, a foodborne illness outbreak could severely impact the entire industry.
- Strong families raise children to become responsible, productive and caring adults. Many parents lack the knowledge and skills to promote the healthy development of their children. Increasing numbers of crimes in child abuse and neglect indicate the need to initiate prevention programs that will make a long term change.
- Child care needs have increased tremendously over the past decade. In 2000, 65.3% of mothers with children under six were in the labor force (U.S. Department of Labor, Bureau of Labor Statistics). It is well documented that increased education of child care providers significantly improves the care provided to children.
- Individuals and households are saving less and spending more, putting their financial security at risk now and in the future.
- TANF recipients need critical life skills, confidence and healthy support networks as they prepare for their transition from public assistance to employment.

Inputs	Outputs		Outcomes ~ Impact		
	Participants	Activities	Learning Outcomes	Action Outcomes	Impact
Core staffing in each county and in key specialist positions on campus	Program Leader	Educator training to ensure staff remain current in all competencies required of effective professionals in Family and Consumer Sciences	Participants in Extension programs on diet, nutrition and health gain awareness, knowledge and skills related to: - improved attitudes about healthy eating - increased knowledge of healthy food choices - improved skill in selection and preparation of healthy foods - increased knowledge of benefits of physical activity - increased knowledge of healthy weight management practices	Individuals adopt: - healthy food practices - healthy weight management practices - recommended diet related practices for disease prevention and management Individuals: - increase participation in regular physical activity - reduce time spent in sedentary activities Individuals make healthier food preparation and storage choices Individuals increase their physical activity Communities take action to improve community diet quality and encourage physical activity	Reduced rates of nutrition-related health problems and chronic diseases that are affected by diet and physical activity, including reduced rates of obesity
Sustained funding for core staff	UNHCE Director, Associate Director, Assistant Directors	Implement solid evaluation plans resulting in reliable data	Food handlers in Extension food safety programs (SAFE, ServSafe) acquire knowledge and skills related to: - practicing personal	Food handlers increase desirable food handling behaviors to minimize food safety risks to consumers Food handlers incorporate skills and change behaviors	Reduced rates of foodborne illness throughout NH result in significant economic

			<p>hygiene</p> <ul style="list-style-type: none"> - cooking foods adequately - avoiding cross contamination - keeping foods at safe temperatures 	<p>related to:</p> <ul style="list-style-type: none"> - practicing personal hygiene - cooking foods adequately - avoiding cross - contamination - keeping foods at safe temperatures 	<p>savings</p>
<p>External funding through grants, gifts, and public/private partnerships.</p>	<p>UNHCE educators and specialists</p>	<p>Conduct valid needs assessment processes to ensure highest priority areas of need are addressed using all available resources</p>	<p>Individuals gain awareness, knowledge and skills related to knowing what to do when an individual or family has little or no food and is hungry</p> <p>Individuals gain awareness, knowledge and skills related to:</p> <ul style="list-style-type: none"> - identifying personal, family and community resources - determining the best strategies for stretching food resources - planning a healthy diet using low-cost, nutrient dense foods 	<p>Individuals incorporate skills and change behaviors related to increasing availability of food and reducing hunger</p>	<p>Hunger in NH is reduced</p>
<p>Support from UNHCE administration and operations including BSC, ITDE, and Educ. Info./Mktg.</p>	<p>UNH Deans, department chairs, faculty and students</p>	<p>Identify curricula already developed and develop curricula to address high priority needs</p>	<p>Parents participating in Extension parenting education programs learn:</p> <ul style="list-style-type: none"> - how their actions help their children become happy, healthy, fully functioning adults - communication and effective listening skills 	<p>Parents are more effective in caring for themselves</p> <p>Parents show affection and nurturance of their children</p> <p>Parents seek resources to support their parenting tasks</p>	<p>Families are strong and demonstrate healthy interpersonal relationships</p> <p>Parents</p>

			<p>Parents participating in Extension parenting education programs learn:</p> <ul style="list-style-type: none"> - how children grow and develop at different rates - appropriate positive discipline techniques 	<p>Parents encourage their children toward active learning</p> <p>Parents actively respond to different development stages of their children</p> <p>Parents use appropriate positive discipline techniques</p>	<p>provide appropriate nurturance and guidance to their children and youth resulting in positive development and achievement</p>
<p>Solid evaluation data supporting impact reporting to decision makers and funders</p>	<p>Existing and new partners</p>	<p>Develop or adapt curricula for interactive web-based and distance learning</p>	<p>Child care personnel participating in Extension child care programs increase knowledge related to child/youth development and practices of high quality child care programs</p> <p>Parents participating in Extension programs learn to evaluate the quality of child care programs to determine appropriate placement for their children</p> <p>Communities, in collaboration with Extension, learn about critical issues in child care</p>	<p>Child care personnel provide high quality care, education and developmental experiences for children and youth</p> <p>Families support their children in out-of-home child care programs</p> <p>Parents demonstrate good decision making in choosing appropriate out-of-home care for their children</p> <p>There is strong public and private sector support for families using child care.</p> <p>Communities support child care programs, personnel, and families who use child care</p> <p>There are increased numbers of high quality</p>	<p>High quality child care programs and support for families who use child care exists in all NH communities yielding significant economic and social benefits</p>

					child care centers and home-base providers available and accessible to parents who need them.
Enhancement of key partnerships to facilitate development, implementation and evaluation of Family Development programs	Staff representing granting agencies for external funding	Utilize extensive knowledge of social marketing to develop new social marketing campaigns targeting high priority programming areas	<p>Individuals gain awareness, knowledge and skills to:</p> <ul style="list-style-type: none"> - manage resources and pay bills on time - recognize consequences of financial decisions - increase personal savings & investments - reduce excessive debt - determine retirement or future income needs and how to meet them - prepare to manage the risk of changes in health and independence <p>Individuals are motivated to gain skills in money management.</p> <p>Individuals increase their confidence to manage personal finances</p>	Individuals and families utilize recommended financial management practices by:	Individuals and families will have greater capacity to establish and maintain economic security now and in later life.
					<ul style="list-style-type: none"> - setting spending/ savings goals to meet day-to-day financial obligations - developing and following a plan for achieving personal financial goals. - reducing their debt levels and managing their use of credit - increasing rates of savings. - establishing retirement and investment plans to achieve long term financial goals and income needs <p>Communities will have improved economic stability and quality of life for citizens</p>

<p>A core of trained volunteers to extend impact of Family Development staff in program delivery</p>	<p>Community leaders and organizations/agencies representing NH families and communities</p>	<p>Implement effective marketing strategies to achieve full utilization of programs</p>	<p>Participants gain awareness, knowledge and skills in the areas of:</p> <ul style="list-style-type: none"> - Parenting - Nutrition - Money management - Personal development (managing stress, conflict, anger, time, etc.) - Problem solving - Decision making - Healthy support networks 	<p>Participants utilize recommended Family Lifeskills practices in the areas of parenting, food and nutrition, money management and personal development.</p> <p>Participants increase confidence to make the transition from TANF to employment</p> <p>Participants increase their healthy support network.</p>	<p>TANF recipients successfully transition from TANF to employments and eventually gain self sufficiency</p>
<p>Financial resources required for exemplary program development, delivery and evaluation</p>	<p>Legislators, county decision makers, personnel from key departments of the state of NH</p>	<p>Maintain regular communications with existing partners</p>	<p>Participants gain self confidence; identify barriers that may prevent them from finding or keeping a job; and increase self-motivation, self worth and capacity to take responsibility for their lives.</p>		

Professional development for the educators and specialists to keep their knowledge and skills current	Advocates for children, youth and families	Develop new partnerships with agencies/organizations whose missions and goals are consistent with ours
Trained educators conducting education in all programming areas of Family Development.	County Advisory Councils	Develop strong relationships with academic departments and deans in COLSA, SHHS, COLA, WSBE
Trained volunteers, when appropriate, to support educational programming of educators.	Current and potential clientele	Develop proposals and secure grant funding to support base programs and new program development
Adequate print and non-print materials and equipment for all educational programming	Volunteers	Conduct education through intensive workshops using research-based curricula and related print and non-print materials
	Media	Conduct education through workshops, coalitions, distance learning, learn-at-home, and media print and non-print materials.
	Under-represented audiences including ethnic minorities, non-English speakers, people	Social marketing to increase awareness and motivate NH residents to seek education

<p>living in poverty, youth, seniors, persons with disabilities</p>	
<p>Individuals, families, parents, care givers, youth, personnel from educational systems, juvenile justice system</p>	
<p>Food handlers, business owners and managers, food service personnel in schools and institutions, NH Lodging & Restaurant Association, NH Safe Food Alliance, healthcare agencies</p>	
<p>Agencies and organizations that serve limited resource populations</p>	
<p>Youth and adults needing knowledge, confidence and skills to increase their financial security now and in later life</p>	
<p>Volunteers to assist educators in providing financial knowledge and skills</p>	

TANF recipients
involved in the NH
Employment
Program who lack
or need
enhancement of
knowledge,
confidence and
skills to successfully
make the transition
from TANF to
employment

External Factors:

1. A committed and skilled professional staff in Family Development will be retained.
2. Cooperative Extension has the capacity to address the educational needs of the residents of NH.
3. Cooperative Extension is a highly effective educational program development and delivery organization and is a non-biased research-based source of information and education.
4. Educational resources needed to achieve long term outcomes will be supported and developed.
5. Effective collaborations of agencies and organizations, and strategic partnerships will strengthen program development, delivery and evaluation.
6. Funding through CSREES, State of NH, and NH counties remains in place and is enhanced through sustainable grants, contracts and gifts.

Assumptions:

- UNHCE will experience a budget deficit which must be addressed.
- Family and Consumer Sciences needs to be better understood as a discipline.
- Poverty places families and communities under great stress that interferes with their ability to achieve positive outcomes.
- Economic development and stability is a goal for individuals, families, communities and businesses.
- Individuals are challenged to balance personal, family and professional goals and often lack the time to participate in learning opportunities.
- Individuals will choose to make good decisions, be effective parents, choose quality child care, make healthy food choices, handle food safely, and manage their resources with skill if they have the awareness, knowledge, attitudes and skills to do so.

Barriers:

- In the future reduced resources may limit our ability to maintain a full complement of specialists and educators.
- New procedures for external funding, developing grants and contracts will need to be embraced by staff.
- Programs that result in successful behavior change are likely to be a series, or multiple sessions. It is very challenging to attract and retain program participants for these more intensive educational programs.