

Family and Consumer Resources– 2007-2011 POW Worksheet

Logic Model Overview: UNHCE delivers science-based programs through workshops, home-study courses, web-based curricula and other methods to give people the knowledge, skills and motivation to achieve their economic and social goals. The emphasis of Family and Consumer Resources Extension programs is on changing behaviors resulting in effective individuals, strong families and prosperous communities.

Situation:

Diet Quality and Physical Activity

Nutrition plays a vital role in overall health. In fact, research has found that diet is associated with the leading causes of death, many of which are preventable heart disease, diabetes, obesity, and several types of cancer. Cardiovascular disease and cancer together account for almost two thirds of all deaths in the United States. Despite the importance of diet, however, Americans fail to achieve recommendations of the Dietary Guidelines which lower the risk of disease. Of particular interest, are the results of the 2004 New Hampshire Food Stamp Recipient telephone survey conducted with 402 randomly selected recipients.

Overall Health and Nutritional Quality of Food Stamp Recipients' Diet

In the 2004 telephone survey, food stamp recipients were asked to describe the quality of both their general health and the nutritional quality of their diet. Over time, respondents have continually and consistently described their overall health less favorably than the general New Hampshire population. In 2004, 42% of respondents described the overall nutritional quality of their diet as excellent (16%) or very good (26%), an increase of 11 points since the 2003 study. By comparison, according to the 2000 Centers for Disease Control Behavioral Risk Factor Surveillance System Survey, general population residents in New Hampshire (63%) described their health as excellent or very good, and only (10%) described their health as fair or poor.

When Food Stamp recipients were asked to describe how interested they were in improving the nutritional quality of their overall diet, 73% said they were either very (41%) or moderately (32%), an increase of eight-points since the 2003 study.

Adopting a Healthier Diet

Food Stamp recipients were asked, in a series of questions, which of the following factors were a major or minor reason why they do not adopt a healthier diet.

The factors are:

- It is too confusing to figure out what foods are really healthier than others.
- Healthy foods are too difficult to prepare.
- Healthy foods don't taste as good.
- It costs too much to eat healthy food.
- I don't have the time to cook and prepare healthy meals.

Thirty-seven percent of respondents exposed to the social marketing campaign identified costs as a major reason not to adopt a healthier diet, four-points fewer than respondents who were not exposed to the social marketing campaign. Eleven percent of respondents exposed to the campaign identified time as a major reason not to adopt a healthy diet, 10-points fewer than respondents who were not exposed to the campaign.

Food stamp recipients were presented with a list of dietary practices and asked to describe how much they agreed or disagreed with the importance of each practice. No more than four percent of respondents disagreed with the importance of any of the dietary practices. A majority of respondents agreed completely that keeping food safe (67%), eating a healthy diet (57%), maintaining a healthy weight (55%), and eating a variety of fruits and vegetables (53%) are important. A large minority of respondents agreed completely that being active on a regular basis (44%) is important.

Respondents were asked if they read the nutritional labels printed on food packages. Eighty-four percent of respondents said that they read the nutritional labels on food packages. Thirty-seven percent of respondents said that they read 100% of all nutritional labels, and 15 percent mentioned that they read the nutritional labels on 75-to-99% of all labels. Sixteen percent of all respondents said that they do not read nutritional labels on food packages. When asked for their reasons why, respondents said that it took too much time (40%), they don't know how (31%) or it is too difficult (20%).

Healthy Weight

New Hampshire respondents can be classified as underweight, overweight, obese or as having a healthy weight using the National Institutes of Health's Body Mass Index (BMI). The following formula is used:

$$\text{BMI} = [\text{Weight (lbs)} \times 703] \div [\text{Height (in)}^2]$$

Where: < 18.5 is underweight

18.5 - 24.9 is a healthy weight

25 - 30 is overweight

> 30 is obese

Application of this formula to self-reported height and weight data show that only one-third of food stamp recipients (32%) enjoy a healthy weight. Sixty-three percent of food stamp recipients are either overweight (26%) or obese (37%). Only five percent of respondents are underweight according to the Body Mass Index.

As categorized by the Body Mass Index calculations, overweight and obese respondents were asked if they were currently trying to lose weight or trying to maintain a healthy weight. Eighty-nine percent of overweight and obese respondents indicated that they are trying to lose weight or trying to maintain a healthy weight. When asked to list all the methods that they were using, respondents who are trying to lose weight or maintain a healthy weight mentioned exercising regularly (51%), eating better food (38%) and eating less in general (31%) more frequently than specific dietary approaches.

Changing Health Status of New Hampshire Residents

The UNH Cooperative Extension State Advisory Council has requested that obesity prevention be a major focus in the 5 year plan of work. A formal motion was passed on April 5, 2005 to (a) support these programs by making them more clear and evident in the plan of work regardless of client income level, and (b) to continue and enhance the resources dedicated to this critical issue.

More than half of New Hampshire residents describe themselves as overweight or obese. Twenty-two percent of the state's school-age boys and 17 percent of girls are overweight, with another 20 percent at risk for overweight. Since mid-2003, an interdisciplinary team has been meeting and planning a statewide initiative called Lighten Up New Hampshire! that will identify and integrate the vast network of obesity prevention/reduction resources and programs throughout the Granite State.

Shopping Behavior/Food Resource Management

Food resource management applies to the practices related to thrifty shopping for food and management of food dollars. These include such skills as making shopping lists, reading labels for nutritional value, planning menus, and basic cooking. Extremely low incomes can make it difficult for people to buy enough food to meet their minimum nutritional needs, thereby putting them at risk for under nutrition. A consumer's perception of the cost of various foods can also play a role in his or her choices. For example, two barriers that prevent people from adopting healthful eating habits are the beliefs that it would be too expensive and inconvenient. Below is a list of barriers to healthful eating:

- Healthy foods are not always available from fast-food and take-out restaurants.
- It costs more to eat healthy foods
- I'm too busy to take the time to eat healthfully
- There is too much conflicting information about which foods are healthy and which foods are not.
- Healthy foods don't taste as good.
- The people I usually eat with do not eat healthy foods.

In fact, 40 percent of consumers who answered one survey said that fruits, vegetables, seafood, and other elements of a low-fat diet; nutrient-rich diet would strain their budgets. But some research has shown that switching from a high-fat diet to one that is lower in fat can reduce food costs.

Food Safety

Food borne illness is one of the greatest concerns of public health experts and the food industry. Each year, as many as 76 million Americans experience food borne illness, and an estimated 5,000 deaths are linked to tainted foods. Incredible as these figures are, they probably represent only a fraction of the whole picture.

Many mild cases of food borne illness are never reported for a number of reasons: The victims pass off the symptoms as flu and do not seek medical attention, the illness is misdiagnosed as another problem with similar symptoms, the victim fails to recognize food as the source of the illness, or the physician doesn't report the illness to local health agencies. Diarrhea, nausea, abdominal pain, or vomiting without fever or upper respiratory distress is often taken to be flu, but people who experience such symptoms are highly likely to be suffering from food borne illness.

Parenting Education

Strong families raise children to become responsible, productive and caring adults. As a nation we have gradually increased the supports that we offer for families and overall, our knowledge and understanding of children and their developmental needs have greatly improved. However, deficits remain and many families face problems that place their children at risk for a life of adversity. Parents, from diverse backgrounds and with diverse strengths and weaknesses, are in need of education to help them understand how to more effectively parent their children. For example, many parents do not understand that infants begin to "take in" their environment in the first few days of life; and, about the harmful effects of children being exposed to violence or how a parent's state of depression can place his or her children at risk for adjustment problems. Characteristics about children's families can also place them at-risk for future problems. For example, in 2003, 1 in 5 New Hampshire children lived in families that were headed by a single parent and 22% of children lived in families that were considered low-income. In that same year, over 12,000 children lived in extreme poverty and 7,000 children lived in a household where no adult worked in the past 12 months. When these types of risk factors are combined with a lack of knowledge, children can suffer. For example, in the year 2001 1,436 cases of child maltreatment were substantiated in the state of New Hampshire and in that the same year 1,214 children were in state-sponsored placements because of maltreatment. In 2000, 132 New Hampshire youth were committed to a state correctional facility; children from the poorest New Hampshire communities were almost more than twice as likely to be committed to a correctional facility than children from middle income communities. Children from poorer and less educated homes can also suffer academically. In 2001, New Hampshire elementary school children who scored below the state's average on proficiency testing were more likely to be from poorer communities than from middle or high income communities. There is vast evidence to indicate that education and prevention campaigns over the past three decades have helped to reduce the adversity in children's lives, such as lower rates of maltreatment, crime and higher rates of high school completion. However, more education and programming is needed to assist those children who continue to be at-risk for future problems.

Quality Child Care

Quality Child CareIt is not only parents who need assistance in raising and caring for children. Many caregivers outside the home have a significant impact on children's lives. More parents work outside the home today than ever before. This is especially true of parents with young children. Nationwide, 72% percent of women with minor children participate in the work force, and among New Hampshire families with children under the age of six, 61% of those families have both parents in the workforce. Nationally, almost three-quarters of children under the age of 5 whose mothers are employed are in non-relative child care. The demand for necessary child care services was met with a 25% increase in the number of licensed child care facilities in the state of New Hampshire between 1987 and 1997. While many children attend an organized daycare or nursery school center, many others do not. This can lead to great variations in the level of knowledge of caregivers and in the quality of care that children receive. Variations in the quality of care that children and families receive is true just not of childcare providers, but for many different types of family providers. There is evidence which suggests that adults have significant gaps in their knowledge about children and developmental norms, and that general education may be beneficial for providers on many different levels.

Caring for New Hampshire's Aging Population

According to 2005-2025 Population Projections for NH and Counties by Age and Sex, prepared by the State Data Center, New Hampshire's population of elders (65-plus) will grow 150 percent over the next 20 years, as compared with an increase of 21 percent in the overall population. The 25-44 year age group will increase by only 6 percent during the same time. This group traditionally provides the pool of lower-wage workers who serve as hands-on professional healthcare providers. With no end in sight for escalating health care costs, with fewer employers each year offering health insurance, with insured families paying more out of pocket for health care, the additional resources needed to care for the rapidly-

increasing group of elders will likely place tremendous new burdens on families.

Ultimately, it adds up to more stress on families, many of whom have already begun investing more time and more money into family caregiving. Families won't have the discretionary incomes they have now, or the amount of discretionary time they have now for entertainment, travel, eating out, or consumer purchases. That will force changes for many sectors of the local economy.

Family Policy Education

Nationwide, there has been a call to strengthen the relationship between state universities and state legislatures. Recent national research indicates that at least 75% of legislators obtain most of their policy information from special interest groups such as grassroots organizations, lobbyists and groups representing ethnic populations. When asked where else they obtain information, only 5% of state legislators reported that they seek information from universities or think tanks. This represents a significant loss of opportunity for university researchers to help inform state-level policy, especially at a time when researchers are routinely questioned about the practice and policy implications of their research findings. One answer to this problem has been the implementation of Family Policy Impact Seminars-now in existence in 18 different states. Coordinated by Cooperative Extension specialists and staff, Family Impact Seminars provide research-based educational seminars on family policy issues to legislators, and help decision-makers to keep a family-oriented perspective in their policy-making. UNHCE will implement similar educational seminars to help bridge the gap between the university and the New Hampshire General Assembly, and to provide timely research-based information on pertinent family policy issues.

Family Resource Management

Americans are making less and saving less. Personal income declined from 6.1% in 2004 to 4.3% in 2005 (U.S. Department of Commerce, Bureau of Economic Analysis). Personal savings as a percentage of disposable personal income declined from 1.8% in 2004 to -.4% in 2005 (U.S. Department of Commerce, Bureau of Economic Analysis). Consumer credit increased 3% in 2005 (Federal Reserve). There were 6058 bankruptcy filings in NH in 2005 which was a 32% increase from 2004 (United States Bankruptcy Court for the District of New Hampshire). Households are saving less and spending more putting their financial security at risk. Spending habits start early. Comparing 2005 to 2004, teens overall spending level declined 6% but nearly half believe they'll spend more in 2006 than they did in 2005 (Teenage Research Unlimited). The JumpStart Coalition for Personal Financial Literacy 2004 survey found 12th graders' personal finance knowledge level to be 52.3% which is a failing grade based upon the typical grade scale. Many young people could establish bad financial management habits, and stumble through their lives learning by trial and error.

Family Lifeskills Program

Federal law now requires most recipients of Temporary Aid to Needy Families (TANF) to prepare for and find paid work. Many TANF recipients find they need help mastering basic lifeskills to make a successful transition to paid work. Some people have difficulty managing time, conflict, anger and stress. They may fear change or rejection. Some need help building support networks for themselves. Many people do not have successful role models for balancing paid work and family life. Some have family difficulties that undermine their ability to seek and find a job. Many need help with parenting skills and understanding the developmental needs of children. Parents often worry about finding childcare or interacting with childcare providers. Some may be concerned about how employment will affect them and their children. They may need help developing a spending/savings plan or preparing nutritious meals within their budget and time constraints.

Assumptions:

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

External Factors:

- Family and Consumer Sciences will become 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.

Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
Prepare for Eldercare - Cooperative Extension and AARP working together with local partners to develop effective delivery mechanisms to reach out to family caregivers with limited incomes and those whose care recipients may have limited incomes and resources	Adult children gain knowledge and skills to address the needs of aging parents, relatives and friends.	Adult children are better prepared to deal emotionally and financially with the care of aging parents, relatives and friends.	Adult children and others have the knowledge, motivation, skills, and tools to prepare emotionally and financially to address the needs of aging parents, relatives, and friends.
	FCR1 - 35% of program participants report an increased ability to deal emotionally and financially with the care of aging parents, relatives and friends.		
Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
Better Kid Care, Promoting the Social Emotional Competence of Young Children, Collaborations with NH Resource and Referral Agencies.	Child care providers gain knowledge and awareness of research-based best practices in providing positive, stable child care experiences.	Child care providers utilize research-based best practices to provide quality child care experiences. FCR2 - 50% of program participants report utilizing effective practices that lead to quality child care experiences.	Child care providers provide high quality child care.
	FCR2 - 50% of program participants report utilizing effective practices that lead to quality child care experiences. FCR3 - Resource and referral agencies make Better Kid Care training available in ten counties in NH.		

Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
Nutrition Connections - educational courses to income eligible New Hampshire residents' - ability to meet nutritional needs through available resources. Includes EFNEP (Expanded Food and Nutrition Education Program) and FSNEP (Food Stamp Nutrition Education Program.)		Individuals, families, households experience eating nutritious and culturally acceptable foods on a limited budget using food resources appropriately FCR4 - Data shows improvements in food shopping/resource management conditions:300 participants have the ability to have foods readily available for self and family [FR-18]	Increase number of families able to meet their nutritional needs through available resources.
	FCR4 - Data shows improvements in food shopping/resource management conditions:300 participants have the ability to have foods readily available for self and family [FR-18]		

Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
Making Money Work for You, Planning Ahead...Staying Ahead, Credit Check Up, Debt Check Up, Starting Over Bankruptcy Education, Take the Road to Financial Security in Later Life, Investing for Your Future, Legally Secure Your Financial Future, High School Financial Planning	Individuals gain awareness, knowledge and skills to manage resources, recognize consequences of financial decisions, increase personal savings and investments, reduce excessive debt, and determine retirement or future income needs and how to meet them.	Individuals and families utilize recommended financial management practices by managing household spending to meet day-to-day expenses while working to achieve short-term and long-term financial goals, reducing their debt levels, managing their use of credit and increasing rates of savings.	Individuals and families have greater capacity to establish and maintain financial security.
	FCR5 - 85% of program participants document an increase in their financial literacy on evaluation instruments. FCR6 - 75% of money management education participants document their improved money management practices on evaluation instruments.		

Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
Family Impact Seminars for NH legislators and other decision makers	New Hampshire decision makers gain knowledge about child and family issues.	A working relationship is established with the NH General Assembly based on the family policy education needs of those legislators who are specifically working on child and family issues.	New Hampshire decision makers will be more informed on issues affecting children and families.
	FCR7 - Attendance by NH decision makers at UNHCE sponsored Family Policy Impact Seminars increases each year after 2006 when a base line is established.		

Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
Parenting Education such as Strengthening Families 10-14, Dare To Be You, Family Focus, Supportive Connections for Single Parent Families, Stepfamilies, Relatives as Parents; Cradle Crier and Toddler Tales (age paced newsletters); Single topic sessions including Positive Discipline, Raising Your Child's Self- Esteem	Parents gain knowledge and understanding of the general stages and progressions of their child's development	Parents demonstrate increased understanding of general developmental milestones and progressions. Parents demonstrate increased understanding of positive discipline techniques.	Parents demonstrate healthy interpersonal relationships and provide appropriate nurturance and guidance to their children.
	FCR8 - 50% of people who attend the parent education program and complete the pre- and post-survey report they intend to apply their understanding of general developmental milestones and progressions in ways that support their child's progress - socially, emotionally, physically, and intellectually. FCR21 - 50% of people who attend the parent education program and complete the pre- and post-survey report they intend to apply their understanding of positive discipline techniques in ways that support their child's growth and development.		

Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
<p>Nutrition Connections - educational courses to income eligible New Hampshire residents' - ability to meet nutritional needs through available resources. Includes EFNEP (Expanded Food and Nutrition Education Program) and FSNEP (Food Stamp Nutrition Education Program.)</p> <p>Nutrition Activities: Fueling your Active/Busy Lifestyle My Pyramid Nutri-News Nutrition for Children Nutrition for Teens Healthy Eating for Seniors Cooking for One Health & Wellness Fairs & Exhibits</p>	<p>Individuals will gain awareness, knowledge and apply skills demonstrating and increased knowledge of how to choose foods according to the Pyramid and Dietary Guidelines.</p>	<p>Individuals, families, and households apply skills and or change behaviors demonstrating</p> <ul style="list-style-type: none"> • Increased adoption of healthy food practices • Increased adoption of recommended diet-related practices for disease prevention and management 	<p>Reduce incidence of risk factors for chronic disease and other lifestyle-related health problems.</p>
	<p>FCR9 - 1,750 participants increase physical activity. FCR10 - 30% of participants eat nearer to the recommended number of cup equivalents from the Fruits Group [DQ-10] FCR11 - 35% of participants report eating nearer to the recommended number of cup equivalents from the Vegetables Group [DQ-09] FCR12 - 600 participants adopt one or more healthier food/nutrition practices (choose foods according to MyPyramid and the Dietary Guidelines [DQ-05] FCR13 - 85% of participants eat nearer to MyPyramid amounts (unspecified) [DQ-15] FCR14 - 2,200 youth learn how to choose foods according to the Pyramid and Dietary Guidelines. [YDQ-01]</p>		
Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
<p>Lighten Up NH! - a statewide initiative of UNHCE that will identify, organize and integrate the diversity of human, educational, and environmental resources involving obesity prevention and reduction in New Hampshire. Specifically a new website will be developed and marketed.</p>	<p>Health care professionals increase knowledge about resources devoted to addressing obesity in New Hampshire.</p>	<p>NH health professionals use the Lighten Up NH! web site for information on obesity prevention resources.</p>	<p>Reduce rates of obesity in New Hampshire.</p>
	<p>FCR15 - There will be a 5% increase in web site usage per year by professionals and the public as determined by a site counter.</p>		

Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
<p>ServSafe®, SAFE (Safety Awareness in the Food Environment)</p> <p>Food safety programming in Nutrition Connections - educational courses to income eligible New Hampshire residents on how to eat healthier on a limited budget.</p>	<p>Food workers gain knowledge and skills to prevent food borne illness.</p>	<p>Food workers indicate intention to implement at least one recommended practice.</p> <p>Individuals, families, households apply skills and/or change behaviors:</p> <ul style="list-style-type: none"> • Improved personal hygiene such as hand washing • Keeping foods at safe temperatures 	<p>Reduce the incidence of food borne illness in New Hampshire.</p>
	<p>FCR16 - 80% of program participants score 75% or greater on knowledge tests of high risk practices including:</p> <ul style="list-style-type: none"> * Personal hygiene * Holding/time and temperature * Cooking temperatures * Prevention of contamination <p>FCR17 - 50% of participants report keeping food at safe temperatures. [FS-16].</p> <p>FCR18 - 50% of participants practice personal hygiene such as hand washing [FS-13]</p>		
Outputs/Activities	Outcomes/Impact		
	Learning Outcomes	Action Outcomes	Condition Outcomes
<p>Primary focus is LEAP (Lifeskills for Employment, Achievement and Purpose) a three-week, 90-hour job-readiness program offering family lifeskills and personal development education</p>	<p>Participants gain awareness, knowledge, and skills in the areas of parenting, food and nutrition, money management, personal development (managing stress, conflict, anger, time, etc.,) problem solving, decision making and healthy support networks.</p>	<p>Participants gain self confidence, identify barriers that may prevent them from finding or keeping a job, and increase self-motivation and self worth.</p> <p>Participants utilize recommended Family Lifeskills practices in the areas of parenting, food and nutrition, money management, personal development (managing stress, conflict, anger, time, etc.,) problem solving, decision making and healthy support networks.</p>	<p>TANF recipients gain knowledge and skills to transition from TANF to employment and eventually gain self sufficiency.</p>
	<p>FCR19 - 90% of LEAP participants express or demonstrate to the Family Lifeskills Program Coordinators a gain in self confidence and/or a motivation of decreasing barriers preventing future employment.</p> <p>FCR20 - • 95% of LEAP graduates express in their participant reports the knowledge gained in the areas of parenting, food and nutrition, money management, personal development, problem solving, decision making and healthy support networks that had an impact on their personal transition from TANF to employment.</p> <ul style="list-style-type: none"> • 95% of LEAP graduates document, on the applied learning worksheet, practices gained in one or more of the areas of parenting, food and nutrition, money management, personal development, problem solving, decision making and healthy support networks. 		