2013 University of Alaska Combined Research and Extension Plan of Work

V(A). Planned Program (Summary)

Program # 3
1. Name of the Planned Program
Sustainable Individuals, Families and Communities

2. Brief summary about Planned Program

The Sustainable Individuals, Families and Communities Program includes the following five outreach emphases areas: 1) Health, nutrition, exercise and fitness, healthy lifestyle choices, nutrition, and diet and nutrition issues. 2) Human development activities focus on lifespan development, transitions, grief and loss, and caregiver training. 3) Consumer resource management includes estate planning, budgeting, transitions, financial management, time management and stress reduction. 4) Emergency preparedness includes areas such as families and communities responding to natural and man-made disasters. 5) Homes and energy provides education on indoor air quality, home maintenance and repair, building science and energy use. This last area is experiencing a rapid growth in interest and resource allocation.

3. Program existence: Mature (More than five years)
4. Program duration: Long-Term (More than five years)
5. Expending formula funds or state-matching funds: Yes
6. Expending other than formula funds or state-matching funds: Yes

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

<table>
<thead>
<tr>
<th>KA Code</th>
<th>Knowledge Area</th>
<th>%1862 Extension</th>
<th>%1890 Extension</th>
<th>%1862 Research</th>
<th>%1890 Research</th>
</tr>
</thead>
<tbody>
<tr>
<td>502</td>
<td>New and Improved Food Products</td>
<td>5%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>504</td>
<td>Home and Commercial Food Service</td>
<td>20%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>703</td>
<td>Nutrition Education and Behavior</td>
<td>15%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>724</td>
<td>Healthy Lifestyle</td>
<td>20%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>801</td>
<td>Individual and Family Resource Management</td>
<td>10%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>802</td>
<td>Human Development and Family Well-Being</td>
<td>15%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>804</td>
<td>Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures</td>
<td>10%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>805</td>
<td>Community Institutions, Health, and Social Services</td>
<td>5%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>100%</td>
<td></td>
<td></td>
<td>0%</td>
</tr>
</tbody>
</table>

V(C). Planned Program (Situation and Scope)
1. Situation and priorities

One of Alaska's major challenges, given its large geographic area and limited infrastructure, is the rapid growth of the incidence of obesity and associated chronic health-related problems. This can be diminished with better nutritional choices and exercise. Working with individual youth on financial literacy and nutrition leads to training families on relationships, parenting, marriage/divorce, communication, child and elder care, military deployment, health and retirement. Community participation in research is necessary for helping people cope with stress and changing demands on Alaskans.

Cost of living and energy issues, property taxes and rural unemployment place burdens on sustainability at many levels. Families in rural areas of Alaska tend to be larger and younger, with lower incomes than urban counterparts. Population shifts, especially out-migration from villages, impact the changing demographics across the state. Indoor air quality becomes an issue with a higher impact on the lower income earners, as more time is spent inside during the long winter. Natural disasters are exacerbated by the isolation of many Alaskan communities as well.

2. Scope of the Program

- In-State Extension
- In-State Research
- Multistate Extension
- Integrated Research and Extension
- Multistate Integrated Research and Extension

V(D). Planned Program (Assumptions and Goals)

1. Assumptions made for the Program

Alaskans' health can be improved through healthier lifestyle choices related to food, exercise and self or family care. Human development content areas are taught via distance modalities due to the expense of traveling to hundreds of small communities; however, the application of interpersonal skills is still critical to program success. With transportation, food and energy costs becoming prohibitive, especially in rural regions, families require consumer resource management education to avoid bankruptcy and related legal and social issues. These costs will continue to rise. Energy conservation of built stock inventories of buildings requires investment in weatherization, improved construction techniques, and good science for healthy, efficient, and durable housing and commerce. Renewable energy will become a major topic of interest and concern that will drive future outreach education.

2. Ultimate goal(s) of this Program

Education will improve citizens’ lives in making healthier lifestyle choices, strengthen sense of family through individual action, and improve community. With a better understanding of economic and financial issues, citizens have what they need to participate successfully in a complex, global environment, regardless of how rural the setting. Programming will increase access to and sustainability of healthy, affordable housing through renewable energy and conservation. Emergency preparedness will help communities become self-reliant as disaster strikes, allowing for a stronger infrastructure for better response and shorter recovery.

V(E). Planned Program (Inputs)
1. Estimated Number of professional FTE/SYs to be budgeted for this Program

<table>
<thead>
<tr>
<th>Year</th>
<th>Extension</th>
<th>Research</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1862</td>
<td>1890</td>
</tr>
<tr>
<td>2013</td>
<td>6.5</td>
<td>0.0</td>
</tr>
<tr>
<td>2014</td>
<td>6.5</td>
<td>0.0</td>
</tr>
<tr>
<td>2015</td>
<td>6.5</td>
<td>0.0</td>
</tr>
<tr>
<td>2016</td>
<td>6.5</td>
<td>0.0</td>
</tr>
<tr>
<td>2017</td>
<td>6.5</td>
<td>0.0</td>
</tr>
</tbody>
</table>

V(F). Planned Program (Activity)

1. Activity for the Program

Field faculty will conduct workshops and meetings, deliver educational services, provide training, and conduct consultations with clientele. Researchers will develop products, curricula and resources, provide training and conduct consultations with clientele. Educators and researchers will conduct needs assessments, work with the media, partner with other agencies and organizations, write articles, publications and fact sheets, and facilitate events, activities, and teachable moments.

2. Type(s) of methods to be used to reach direct and indirect contacts

<table>
<thead>
<tr>
<th>Extension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Methods</td>
</tr>
<tr>
<td>● Education Class</td>
</tr>
<tr>
<td>● Workshop</td>
</tr>
<tr>
<td>● Group Discussion</td>
</tr>
<tr>
<td>● One-on-One Intervention</td>
</tr>
<tr>
<td>● Demonstrations</td>
</tr>
<tr>
<td>● Other 1 (Distance Delivery)</td>
</tr>
<tr>
<td>● Other 2 (Phone and email)</td>
</tr>
<tr>
<td>Indirect Methods</td>
</tr>
<tr>
<td>● Public Service Announcement</td>
</tr>
<tr>
<td>● Newsletters</td>
</tr>
<tr>
<td>● TV Media Programs</td>
</tr>
<tr>
<td>● Web sites other than eXtension</td>
</tr>
<tr>
<td>● Other 1 (Publications)</td>
</tr>
</tbody>
</table>

3. Description of targeted audience

The Sustainable Individuals, Families and Communities programming involves parents, caregivers of children, school children (public and private), school teachers (public and private), home and building owners, individuals interested in healthy lifestyles, individuals and families needing assistance managing their finances, low-income individuals and families, especially women with young children, individuals interested in a subsistence lifestyle, individuals and professionals interested in emergency preparedness, and human development and social work professionals. Institutional cooperation will include food banks, housing and energy authorities and organizations, and individuals or families experiencing life transitions.
V(G). Planned Program (Outputs)

NIFA no longer requires you to report target numbers for standard output measures in the Plan of Work. However, all institutions will report actual numbers for standard output measures in the Annual Report of Accomplishments and Results. The standard outputs for which you must continue to collect data are:

- Number of contacts
  - Direct Adult Contacts
  - Indirect Adult Contacts
  - Direct Youth Contacts
  - Indirect Youth Contact
- Number of patents submitted
- Number of peer reviewed publications

✓ Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.

V(H). State Defined Outputs

1. Output Measure

- Output 1: Extension faculty will offer workshops in a wide range of home economics and family and consumer science topics.
- Output 2: Extension district offices will update emergency planning for internal operations and constituent communities.
- Output 3: Home energy extension workshops and conferences will provide individuals and families with immediate and long-term actions they can implement for energy conservation.

✓ Clicking this box affirms you will continue to collect data on these items and report the data in the Annual Report of Accomplishments and Results.
V(I). State Defined Outcome

<table>
<thead>
<tr>
<th>O. No</th>
<th>Outcome Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Outcome 1: Participants in healthy lifestyle classes and workshops will adopt knowledge gained to maintain healthy lifestyle practices one year after participation.</td>
</tr>
<tr>
<td>2</td>
<td>Outcome 2: Participants will use knowledge gained in parent education classes to increase their application of developmentally appropriate practices.</td>
</tr>
<tr>
<td>3</td>
<td>Outcome 3: Increase consumer knowledge about energy conservation.</td>
</tr>
<tr>
<td>4</td>
<td>Outcome 4: Energy efficiency awareness will result in an increase in collaborations for energy conservation by 25% per year over five years.</td>
</tr>
</tbody>
</table>
Outcome # 1

1. Outcome Target
Outcome 1: Participants in healthy lifestyle classes and workshops will adopt knowledge gained to maintain healthy lifestyle practices one year after participation.

2. Outcome Type: Change in Action Outcome Measure

3. Associated Knowledge Area(s)
- 703 - Nutrition Education and Behavior
- 724 - Healthy Lifestyle

4. Associated Institute Type(s)
- 1862 Extension

Outcome # 2

1. Outcome Target
Outcome 2: Participants will use knowledge gained in parent education classes to increase their application of developmentally appropriate practices.

2. Outcome Type: Change in Action Outcome Measure

3. Associated Knowledge Area(s)
- 801 - Individual and Family Resource Management
- 802 - Human Development and Family Well-Being

4. Associated Institute Type(s)
- 1862 Extension

Outcome # 3

1. Outcome Target
Outcome 3: Increase consumer knowledge about energy conservation.

2. Outcome Type: Change in Knowledge Outcome Measure

3. Associated Knowledge Area(s)
- 804 - Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures
4. Associated Institute Type(s)
   ● 1862 Extension

**Outcome # 4**

1. Outcome Target
   Outcome 4: Energy efficiency awareness will result in an increase in collaborations for energy conservation by 25% per year over five years.

2. Outcome Type: Change in Action Outcome Measure

3. Associated Knowledge Area(s)
   ● 804 - Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

4. Associated Institute Type(s)
   ● 1862 Extension

V(J). Planned Program (External Factors)

1. External Factors which may affect Outcomes
   ● Natural Disasters (drought, weather extremes, etc.)
   ● Economy
   ● Appropriations changes
   ● Public Policy changes
   ● Government Regulations
   ● Competing Public priorities
   ● Competing Programmatic Challenges

*Description*

Seven agents in district offices must cover a large geographic area and many agents who travel beyond their district offices must travel by air. Though agents have been very successful in partnering with other governmental and private entities to make each travel dollar go farther, they are still are unable to travel as often as requested. A large push towards energy efficiency and related funding from state and federal resources is expected to continue bringing more resources to bear on the energy extension programming. Appropriation changes, policy and regulation and competing public priorities affect program creation and delivery.

V(K). Planned Program - Planned Evaluation Studies

*Description of Planned Evaluation Studies*
Standard operations procedures from published literature will be used. The techniques used will depend on the appropriateness of the data needed and the type of research or outreach project involved.