Health and Wellness across the Life Span

- 1,800 young people across the state were acquainted with techniques for increasing fruit and vegetable consumption through 4-H Body Quest: Food of the Warrior and CHAMPION.
- 93 percent of 1,600 children involved in the Just Move program reported increased physical activity; 78 percent are making healthier food choices.
- More than 7,100 Alabama young people improved eating habits, increased physical activity, and prepared food more effectively following six weeks of EFNEP training.
- 2,481 adults in marriage and relationship training improved conflict management, self-care, and social support seeking skills and reported increased couple quality.
- 3,606 young people increased skills in conflict resolution, date violence awareness, and commitment to healthy relationships in the Relationship Smarts Plus program.
- More than 1,150 child care providers increased healthy provider-child relationships, use of learning activities for children, and professionalism in high-quality child care.
- To combat childhood obesity, 2,477 third graders in a 17-class Body Quest ate more fruits and vegetables, creating a positive dietary habit for body weight management.
- 105 families in the CYFAR/PROSPER programs strengthened family relationships, parenting skills and community support and equipped young people with skills to avoid destructive risk-taking.
- 1,354 seventh graders participated in the All Stars program to prevent, reduce or eliminate negative behaviors and promote positive behaviors. These programs are proven to reduce substance abuse by 40 to 60 percent and sexual activity by 80 percent.
- 150 seventh graders participated in the Life Skills program designed to influence factors that promote substance use and other risky behaviors. The program has proven to reduce alcohol, tobacco, and marijuana use by 50 to 75 percent and decrease the use of inhalants, narcotics, and hallucinogens.
- 4,514 adults in the Urban Supplemental Nutrition Assistance Program-Education increased their consumption of vegetables by 40 percent.
- Nearly half of the 115 older adults in CHAMPION increased their physical activity to 30 minutes several times a week.
- 89 percent of the 820 participants in the Grandparents and Relatives as Parents Program learned to meet the needs of minor children for greater emotional well-being in their families.

Safe and Secure Food Supply

- More than 1,300 fruit and vegetable growers received training associated with Good Agricultural Practices and enhancing the safety of locally grown produce.
- 435 new Master Gardener volunteers adopted and taught Alabamians the value of soil testing to avoid overfertilizing their landscapes thereby saving money and protecting local waterways.
Don’t Bug Me, Master Gardener, and Smart Yards participants adopted strategies to target pests and protect pollinators helping home environs and our $37 million fruit and vegetable crop industry.

2,500 aspiring food preservationists in 51 counties trained in food preservation.

Extension helped keep processed food safer by training 209 individuals at the Better Process Control School, the Food Entrepreneur Conference, and the Seafood Hazard Analysis Critical Control Point (HACCP) workshop; the efforts helped meet federally regulated trainings required to keep food companies in business.

76 people obtained nutrition facts labels for their food products to get them on the market.

ServSafe training helped 1,084 food service workers gain certification.

**Sustainable Agriculture and Forestry Systems**

North Alabama soybean producers increased profitability on more than 35,000 acres by $45 an acre through Extension efforts.

Advances in stinkbug identification and control in cotton led to gross savings of $18,000,000.

Extension agronomy recommendations led to gross income improvements on 25,000 acres of cotton totaling $12.5 million.

Savings of $22 an acre were realized by growers who purchased and installed improved sprayer nozzles.

6,000 fruit and vegetable growers were introduced to integrated pest management practices, avoiding 40 to 90 percent crop losses that typically occur in the absence of IPM.

Small berry producers avoided between $10,000 and $72,000 in losses thanks to invasive insect training.

More than 250 producers, processors, marketers, and other members of the catfish aquaculture industry received training in the Pond-to-Plate program providing new approaches projected to increase production and profitability by as much as 65 percent in the next 20 years.

33 schools received aquatic technical support and training; 2,000 tilapia fingerlings went to schools in support of aquaculture educational efforts.

Eighty-four percent of participating producers inspired to adopt new practices after completing a series of beef, forage and weed management meetings.

Savings of $285 per acre garnered by producers who implemented control measures for bermudagrass stem maggots.

$597,000 of added revenue was realized by cattle producers who followed Extension-recommended management and health protocols.

More than 150 copies of “Meat Goats: Reproduction, Nutrition and Health” were sold to members of the state’s emerging goat production sector.

78 percent of approximately 700 goat and sheep producers reported increased production efficiency as a result of Extension training.
80 percent of experienced fruit and vegetable growers and crop consultants use Extension publications, notably the vegetable handbook.

Landowners and managers of more than 3 million acres reported enhanced knowledge of cogongrass and other invasive species through Extension educational efforts.

Estimated $3,500 per poultry house was saved through energy audits by the Extension-sponsored National Poultry Technology Center.

1,950 Alabamians attended workshops on managing invasive species of plants and animals; more than 90 percent indicated a change in their knowledge about invasive species issues, affecting more than 6,000,000 acres. Four YouTube videos received approximately 150,000 viewings.

Extension provides continuing education on the sound environmental stewardship of natural resources to a group that has the potential to make huge impacts—Professional Logging Managers (PLM). The PLM program is managed by ACES, the Alabama Loggers Council, and the Alabama SFI State Implementation Committee (SIC), whose participants (through program fee) jointly fund the program. ACES develops curriculum and prepares trainers. PLM caters to a very specific clientele and, therefore, does not have lots of participants, 63 in 2013.

600 commercial pesticide applicators received certification points through Extension-organized training, which has tripled since 2011; Extension also participated in industry-led training events, which would place this number in the thousands.

Extension trained more than 2,000 private pesticide applicators.

90 percent of 600 young people in the Health Rocks!® program exhibited improvements in social competency, volunteerism, and self-confidence.

More than 2,850 volunteers donated almost 100,000 hours of their time to 4-H—time worth more than $2 million.

Operation Military Families reached 1,724 young people in local 4-H clubs and 435 in 14 charted 4-H clubs on Alabama’s military installations.

More than 80,000 young people in 57 counties enjoyed hands-on, outdoor learning opportunities reached through the Alabama Outdoor Classroom program.

More than 550 volunteers contributed more than 13,300 hours to the Extension Urban Youth Development program—time worth more than $290,000.

165 students made healthier eating choices through exposure to Teens Making Impact.

15 Rural Alabama Initiative Grants totaling more than $52,800 were awarded through Extension to foster community development, engagement, and youth leadership.

Six Alabama communities started leadership development programs through Extension efforts.
Strategic plans for community and economic development were developed for West Colbert County, the Washington Economic Development Initiative, and a five-county region in the Black Belt through Extension.

600 aspiring entrepreneurs were reached through the Virtual Entrepreneurship Center, a partnership of Auburn, Alabama A&M, and Tuskegee Universities.

$1.2 million Broadband Adoption Project educated more than 7,000 Alabama residents and community leaders on the social and economic benefits of broadband technology.

The highly-regarded AU Intensive Economic Development Training Course educated 51 economic development professionals and practitioners. The two-week course is in its 29th year as Alabama’s basic economic development training course.

The Alabama Community Leadership Network provided a website, newsletter, and opportunities for training, networking, and sharing of best practices for all community leadership programs in Alabama—55 adult and 25 youth programs.

The Black Belt Leadership Project, a partnership with Tuskegee University, is providing a series of leadership workshops in 12 target counties in west Alabama.

A pilot Grassroots Leadership Initiative features civic engagement, planning, and leadership development activities in three Alabama counties.

Extension provided shrimpers in 6 counties with business education and guidance in developing short- and long-term business plans helping them qualify for more than $2,400,000 from the USDA Trade Adjustment Assistance Program to combat unfair foreign trading practices; catfish producers in 15 counties received more than $860,000 in the same program.

Extension offered individualized job coaching, resume writing, and mock interviews that helped 40 percent of 120 employees laid off in a Lawrence County plant closing receive offers of employment.

**Financial Literacy**

94 percent of the 2,338 participants involved in PREP training secured jobs.

More than 13,800 adults developed short- and long-term financial goals through Money Management for Adults.

More than 10,500 young people improved their knowledge of budgeting, lifestyle choices, and careers through Financial Education for Youth.

More than 4,500 adults received resources to safeguard against financial risks, indebtedness, and bankruptcy through Consumer Score.

700 older adults in the Successful Aging Initiative saved an estimated $156,000 in health and estate planning fees.

500 participants in 18 estate planning programs learned how to begin planning for the distribution of their estates.

Annie’s Project, a program for women in agribusiness, helped 30 women in Alabama learn to better manage the risks associated with farming.

270 participants in identity theft programs learned to protect themselves from this growing crime by checking their credit reports and keeping accurate records.
Environmental Stewardship

■ 100 volunteers with the Mobile Oyster Gardening Program invested more than 124 hours planting more than 40,000 oysters in more than 8,000 square meters of oyster beds.

■ 88 percent of the more than 2,880 participants in 4-H Skins ’n Skulls reported a better understanding of ecosystems and how they’re connected.

■ 75 percent of more than 860 young people involved in 4-H Classroom in the Forest reported that they can now more effectively assess a tree’s health.

■ 859 linear feet of stream were enhanced or restored through Extension’s Watershed Management program; 52 agricultural best management practices valued at $250,000 were completed.

■ More than 5,200 pounds of electronic waste (e-waste) were collected at the Wiregrass E-waste Drive generating $733 in economic gains and deferring 8,232 pounds of carbon emissions from entering the atmosphere. This equates to 1,397 gallons of gasoline conserved, 317 trees saved, or 54,882 aluminum cans recycled.

■ More than 5,000 young people improved their knowledge of forestry, wildlife, and natural resource management through the Urban Environmental Science Education Program.

■ 1,253 pounds of pharmaceutical drugs were collected through the collaborative efforts of four drug take-back initiatives, resulting in reduced potential for drug abuse or misuse and anticipated improved environmental and water quality.

■ More than 1,900 adults received resources to help them identify potential human health or environmental risks found in and around the home through the Alabama Urban Home*A*Syst Program.

■ 45,600 gallons of water were collected through urban gardening and Water Wheel conservation efforts for a savings of $66,375.

■ 36 communities in 5 Gulf states addressed weaknesses in natural hazard preparedness and response, increasing community resilience through the Community Resilience Index, a multiyear project of the Auburn University Marine Extension and Research Center/Mississippi- Alabama Sea Grant Consortium.

■ 100 gardeners produced more than 40,000 oysters while the Oyster Trail added 12 locations with gross proceeds in excess of $21,000 to support oyster restoration through the Mobile Bay Oyster Gardening Program in Mobile Bay and the Mississippi Sound.

■ 109 area residents made rain barrels keeping 1,495,000 gallons of stormwater out of area waterways.

■ Pilot commercial off-bottom oyster farming created sales of more than $500,000 with a farm gate value of more than $200,000 and jobs supporting ancillary businesses; more than $60,000 spent locally for supplies and gear.

■ Interest in nature tourism in the Gulf area was boosted by the sinking of the retired coastal freighter The LuLu to create an artificial reef, a new attraction for divers and a benefit to the environment. 105 media mentions reached more than 11 million people.
Alabama Cooperative Extension System
Based on FY14 Budget Data

How We Are Funded

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
<th>Amount</th>
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<tbody>
<tr>
<td>State</td>
<td>60.70%</td>
<td>($36,746,124)</td>
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<td>Federal</td>
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<td>Contracts and Grants</td>
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<td>Local Appropriations</td>
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<tr>
<td>Other</td>
<td>0.11%</td>
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How We Use Funds

By Category

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<tr>
<td>Personnel Costs</td>
<td>74.58%</td>
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<tr>
<td>Programming Costs</td>
<td>25.42%</td>
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By Planned Program Area

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<tr>
<td>Economic and Community Development</td>
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<tr>
<td>4-H and Youth Development</td>
<td>14.51%</td>
<td>($8,785,170)</td>
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<tr>
<td>Urban Affairs and New Nontraditional Programs</td>
<td>16.03%</td>
<td>($9,707,331)</td>
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For more information about programs, to volunteer, or ask a question, call or visit your county Extension office. Look in your telephone directory under your county’s name to find the number.

To reach state headquarters, call Auburn University at (334) 844-4444 or Alabama A&M University at (256) 372-5710. To send a question to your local Extension agent, visit www.aces.edu/question/.

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