Urban Extension Impacts 2012-2013
Making a Difference in Alabama

Animal Sciences and Forages
The Alabama Ethnic Food Security Network (AEFSN) engages the capabilities of educational institutions and partnering organizations to educate farmers, processors, and consumers about sustainable agricultural practices that include animal health, biosecurity, foraging, and marketing strategies. In 2013, the AEFSN team reached approximately 689 participants. Follow-up survey data indicated that 98% of the program respondents gained valuable knowledge as a result of the educational activities. Moreover, 78.2% of respondents reported increases in production efficiency, 69.5% reported improvements in herd health, and 58.5% reported increases in profitability from 1 to 20%.

Consumer Sciences and Personal Financial Management
In 2013, approximately 608 participants completed the Promoting Readiness for Employment Possibilities (PREP) program. At the completion of the PREP sessions, 98% of the participants knew how to correctly complete a job application, 51% could perform a technology-assisted interview, 91% improved their ability to dress appropriately for an interview, and 34% (207) found jobs subsequent to participating in the program.

The Consumers Score with Credit in Check program provides money management strategies by teaching participants how to budget finances, manage credit, establish savings, and invest money to maintain a good credit score and to improve financial security. Of the 784 participants that completed the six-lesson program, 89% improved their financial standing by developing a spending plan, increasing savings, adjusting career plans, and/or controlling impulsive spending habits.

Economic and Community Development
As technology advances and global competition increases the pace of change for today’s businesses, a knowledgeable, skilled, and adaptable workforce has become a valuable asset and a greater necessity for economic survival. The Career Countdown program allows students to independently think about future educational and career goals as they prepare for a global job market and learn money management strategies. In 2012, the program reached 1350 youth. As a result, 78.5% learned how to research careers, 51% learned to balance a checkbook, 69% learned how to open a savings account, 58% learned to track funds in a savings account, and 71% learned to balance income and expenses. A post-assessment survey also indicated that 34% of the students created an education plan, 37% created a career plan, 29% reported improvements in school, and 35.6% reported improvements in academic performance.

The Virtual Entrepreneurship Center (VEC) uses electronic media platforms to merge traditional methodologies with online resources to deliver a comprehensive entrepreneurship program in partnership with each of the state’s land-grant institutions. The VEC, located at Alabama Agricultural and Mechanical University (AAMU), uses integrated conferences, entrepreneurship training, and social media to expand delivery, widen customer bases, and improve business interactions for millions of online contacts annually.
Family and Child Development
The Family Advocacy through Caring Engagement Strategies (FACES) program targets urban, new, and nontraditional families to strengthen and to promote happier and healthier families. Piloted in 2012, more than 1,150 direct contacts were made through FACES. At the completion of the pilot program, data analyses revealed that participants anticipated their behavior to improve in all program content areas including communications, money management, stress management, and conflict resolution.

Research shows that health care and asset management are major concerns for Alabama’s growing population of citizens 65 years and older. In 2012, the Successful Aging Initiative reached 5,852 older adults, as well as family and other caregivers. Among the participants, 48 seniors contacted their local Area Agency on Aging to draw their wills and/or power of attorneys at an average savings of $7,200 or $150 a document. In addition, 475 attendees participated in health screenings ranging from blood glucose and bone density to memory screenings provided by Pfizer, Incorporated and the UAB Alzheimer’s Disease Center at a combined savings of $71,250 or $150/screening.

In Alabama, grandparents and relatives are also taking on greater responsibilities as parents in extended and nontraditional households. In 2012, the Grand RAPP: Grandparents and Relatives as Parents Program reached approximately 820 participants. Seventy-eight percent of the participants indicated that the program helped them to understand their legal rights as a kinship caregiver and 89% indicated that the program provided useful and relevant information on how to deal with the special needs, development, and the discipline of minor children. Grand RAPP also provided opportunities for participants to take a break from the challenges and responsibilities of parenting as they developed and sought comfort in establishing a support network among other kinship caregivers.

Forestry, Wildlife, and Natural Resource Management
The Environmental Protection Agency estimates that more than 2.5 million tons of electronic waste is produced in the United States each year; however, not enough waste is being recycled. Improperly disposed e-waste can contaminate landfills and water supplies and cause environmental health risks from toxic chemicals such as lead and mercury. In 2013, Urban Affairs participated in several e-waste drives as a founding member of the E-Waste Institute located at AAMU. The economic and environmental impacts observed from the Wiregrass E-waste Drive in Houston County were as follows: 1,400 lbs of plastic ($28.00); 2,100 lbs of metal ($147.00); 200 lbs of wire ($160.00); 400 lbs of electrical units ($160.00); 100 lbs of motherboards ($120.00); 200 lbs of hard and CD-ROM drives ($60.00); 2 lbs of processors ($8.00); and two copiers ($50.00) totaled $733.00 in earnings for the recycling company. Calculations for selected e-waste products collected revealed that the event deferred 8,232 lbs of carbon emissions from entering the atmosphere. This equates to 1,397 gallons of gasoline conserved, 317 trees saved, 11,931 plastic bottles recycled, or 54,882 aluminum cans recycled based on selected e-waste products.

The Urban Environmental Sciences Education Program targets urban and nontraditional communities to encourage the adoption of sustainable best management practices that promote conservation and environmental stewardship. In 2012, the program reached more than 10,000 youth. As a result of engaging in educational environmental activities, students showed a greater interest in math, science and technological disciplines, as well as renewable energy resources and conservation strategies. Adults also showed similar responses in other program activities. Among adult participants, 80% planned to recycle, reuse or reduce waste, and 52% considered establishing wildlife habitats in their backyards.

The lack of environmental literacy among urban and suburban homeowners also poses potential risks in and around homes, such as polluted water run-off, improper fuel disposal, the contamination of surface and groundwater resources, and other household hazards. The Urban Home*A*Syst Program helps to identify human health and environmental risks found among apartments, mobile units, and homes. After learning about potential home risks, 40% of program participants were motivated to map pollution risks in and around their homes, 63% planned to apply recommended amounts of fertilizer on their lawns and to control water usage, while 60% planned to water plants and shrubs in the morning to conserve water, 43% planned to take used oil to a collection center, and 50% planned to recycle, reuse, or reduce household waste.
Urban Youth Development and Volunteerism

Numerous Extension programs across the United States would not be implemented without help from local volunteers. **Volunteer in Urban Programs** was designed to recruit and train Extension volunteers across the state, which also involves the Service Learning Network at AAMU. During the 2012-2013 academic year, **4,689 student volunteers**, including some high school and middle school collaborators, rendered **33,587 hours** to approximately 54 communities serving urban and disadvantaged populations. The community service hours were valued at **more than $102,173.31** based on the hourly service rate of $21.79. Volunteerism through the Service Learning Network enables students to apply what they learn in class and to gain valuable work skills, while helping companies to reduce employee costs and meet client needs.

The **Alabama 4-H Living Interactive Family Education** program serves incarcerated youth ages 12-18 in residential treatment and attention home facilities in Alabama. **Seventy-five youth** and their families were engaged in mentoring activities in 2012 that strengthened family relationships and enhanced personal growth. Volunteer mentors supported the program through face-to-face contacts and through e-mentoring services using videoconferencing technology.

**Ready? GET SET to Explore Forensics!** responds to the national call to develop programs that encourage young people to pursue courses of study and careers in science, technology, engineering, and mathematics, better known as STEM disciplines. Extension’s Urban Affairs Unit partnered with AAMU to conduct STEM Day 2013. During STEM Day, students had an opportunity to hear presentations, including 80 poster presentations on various STEM topics. At the conclusion of this event, **82% of the students** indicated an interest to pursue STEM disciplines. An objective of this initiative is to reach 1000 new students over the next decade.

Youth risk behavior surveillance data from the Centers for Disease Control and Prevention indicated that Alabama youth reported higher usages of tobacco than the national average in 2011. The **Health Rocks!®** program funded by the National 4-H Council provided **5,500 youth** with substance abuse prevention education in 2012. Post-assessment surveys indicated that 9 in 10 participants were confident they would be able to say “no” if offered cigarettes or drugs. Eighty percent of the youth were confident they would be able to use stress management skills to combat tense conditions, and **90% exhibited improvements** in social competency, volunteerism, and self-confidence.

**Teens Making Impact (TMI)** is an urban youth development program designed to prepare teens and tweens to make sound career decisions, engage in effective communication, pursue healthier lifestyles, and better understand civic responsibilities. More than **1,100 youth** participated in a series of five TMI lessons offered in 2012. Based on program evaluations, 85% improved decision-making skills; **75% improved public speaking skills**; 78% improved interviewing and research skills, and 90% improved skills in practicing acceptable social behavior.

Home Grounds, Gardens, and Home Pests

Water conservation is essential to clean and freshwater sustainability for humans and wildlife. The Alabama Cooperative Extension System uses educational resources such as rain barrel workshops, rain catchment systems, and the 36-foot mobile **Water Wheels Outdoor Water Conservation Laboratory** to educate audiences about water conservation methodologies. By educating more than **9,300 youth** and adults in the Southeast about water conservation, more than 307,422 gallons of water was conserved from rainwater catchment systems. These efforts yielded savings of **more than $9,475.50** for consumers in 2013.

Urban Extension is also helping communities to “grow their own food.” **The Urban Gardens and Sustainable Landscape Program** offered **5,900 individuals** urban and community garden tips that yielded huge rewards. By putting what they learned into practice, many of these participants established home or community gardens. Their combined efforts yielded an estimated **6,978 pounds of fresh fruit and vegetables** in many of Alabama’s urban neighborhoods where access to fresh produce is limited.
Human Nutrition, Diet and Health

Alabama ranks fifth among states with the highest rates of obesity. The obesity rate is 40% among individuals 45-60 years of age, 26% among seniors 65 and over, 24% among youth 18 to 25, and 18% for children 10 to 17 years of age in the state. Poor diet and physical inactivity are the two primary reasons why obesity rates remain high.

The Urban Supplemental Nutrition Assistance Program-Education (Urban SNAP-Ed) is designed to reach senior citizens, public housing residents, and youth in after-school programs. In 2013, Urban SNAP-Ed reached approximately 4,514 participants. Pre- and post-assessments over a 10-week period indicated that adults increased their consumption of fruit (two cups) from 46% to 86%, their consumption of vegetables (2.5 cups) from 47% to 84%, and increased their rate of eating healthier foods at a fast food restaurant from 25% to 41%. Youth that chose healthy foods based on the USDA’s MyPlate recommendations increased from 28% to 50%. In addition, more adults began to use a food budget, do more comparison shopping, and plan meals with food they had on hand or with food that was in season or on sale.

The Community Health Aerobic Motivational Program Initiating Optimal Nutrition, otherwise known as CHAMPION, challenges youth and adult audiences to become healthier by incorporating good eating habits and physical activity into their lifestyles. In 2012, 511 adults participated in the 12-week program. Of these adults, 357 or 70% lost a total of 324 pounds. (Seven adults lost a total of ten pounds each, while the other participants lost anywhere from 1 to 7 pounds.) In addition, 294 youth participants increased their knowledge of nutrition and engaged in 50 minutes of physical activity to improve their overall health and wellness.

The Families United through Nutrition program was piloted in 2012 among 15 families consisting of 25 adults and 35 children. Eighty percent of the families have a history of two or more risk factors associated chronic diseases and 54% of these families have a history of high blood pressure. All lessons involved the entire family and focused on general nutrition, food safety, acute and chronic diseases, and physical activity. Family members age 10 and above completed pre- and post-assessment surveys. The surveys revealed that 50% of the participants learned new facts that could help to improve their health.

Urban Affairs Budget - FY2013

**State Funded Expenditures FY 2013**
- Employee Salaries & Wages
- Student Wages
- Fringe Benefits
- Supplies
- Travel
- Contracts And Services
- Other General Expenses
- Capital Expenditures

**Federal Funded Expenditures FY 2013**
- Employee Salaries & Wages
- Student Wages
- Fringe Benefits
- Supplies
- Travel
- Contracts And Services
- Other General Expenses
- Capital Expenditures

Administrators
Virginia Caples, PhD, 1890 Administrator
Phone: (256) 372-5953 / E-mail: vcaples@aces.edu

Celvia Stovall, PhD, Extension Associate Director
Phone: (256) 372-8648 / E-mail: ces0038@aces.edu

Contact Information
Alabama Cooperative Extension System
P. O. Box 967
Normal, AL 35762
Phone: 256-372-5710 / Fax: 256-372-5840

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