

SRPLN FCS State Report 2009

Reporting Institution:

University of Arkansas Division of Agriculture-Cooperative Extension Service

Program Highlights of Current Year:

- ***Fit in 10*** is an exercise program based on research that answers the question of “what does exercise more really mean”. Fit in 10 has two main components, a fitness video and corresponding Fact Sheets. The DVD is a full length fitness video divided into the recommended 10 minute segments of the four types of exercise. The video is designed where the viewer can pick and choose which segment to watch or “play all” for 40 minutes of continuous exercise. In addition, there is a “Bonus” feature of 10 minutes of Tai Chi. The Tai Chi segment is endorsed by the Arkansas Chapter of the Arthritis Foundation. The Fit in 10 Fact Sheets include Exercise Recommendations, Balance, Strength Training, Endurance, and Balance Exercise. The exercises demonstrated in the Fact Sheets are the same exercises in the video. As different individuals have different learning styles, the written descriptions and pictures of the exercises provide the participants with a supplement to the video. The Fit in Ten Program was released June 1, 2009. From June until December 2009, the Fit in 10 DVD sold 744 copies. We are unable to account for Fact Sheets being downloaded manually, however, in the same time frame 5,562 Fact Sheets from the Fit in 10 Series were ordered.
- ***Food Preservation and Food Safety*** is a new initiative for the FCS Unit. A faculty member was hired approximately one-year ago to provide leadership for the initiative. During a one-year time frame the following was accomplished: a) An on-line course titled, “Home Food Preservation Basics: A Review;,” was created and opened for enrollment on June 1, 2009; b) A second on-line course titled, “Food Safety for the Consumer,” was created and opened for enrollment on December 15, 2009 to all FCS agents and the general public; c) A new AR Coop. Ext. Service web site on Food Preservation was created, giving agents and the public access to update food preservation information and guidelines; d) Eight fact sheets published, 6 podcasts, and 7 news articles; e) A quarterly electronic newsletter titled, “The Food Safety Net,” was created and implemented in October 2009; Seven hands-on cluster trainings were conducted across the state.

- **EFNEP Statewide Training and 40th Anniversary Celebration** was held on September 10, 2009 at the Little Rock State Office. The highlight of the celebration was the presentations of two graduates of the EFNEP.
- **Marriage Parenting and Family Life (MPFL) Team** secured \$75,000 in funding for the implementation of a new Child Care Voucher Family Support Worker Training.
- **Dr. Goddard and Dr. Marshall (MPFL)** co-authored a new book entitled “*The Marriage Garden: Cultivating Your Relationship so It Grows and Flourishes*” based on our Marriage Garden program. The book is published by Jossey-Bass and will be released April 2010.
- **Healthy Homes, Healthy People** is a new initiative that was developed this past year which focuses on environmental health. The primary area of focus for the program is keeping a clean and safe home to prevent poisonings and other health issues (i.e., asthma, infections, etc). Three lessons (mold, carbon monoxide, and poisonings) and one introductory lesson guide on green cleaning were developed.
- **Personal Finance Group** in SPOT (Extension’s internal website for employees) was created to provide agents with programming resources such as leader training materials, powerpoint presentations, news articles, handouts, etc. This venue has provided agents with easy access to materials. In addition to the *Personal Finance Group* an **Arkansas Saves Blog** was created for Arkansas Saves month. The purpose of the blog was to follow several consumers as they carried out their savings commitment during the month of Arkansas Saves.
- **Agent Advisory Committees** were organized to provide programmatic advice and support to two program teams: Nutrition, Food Safety Health and the Marriage Parenting and Family Life teams.

Personnel Update:

During the program year the FCS Unit hired and/or replaced six Program Technicians and one Program Associate. Also, two secretarial slots were filled during the year to replace retiring and/or reassigned staff.

Budget Update:

The Vice President for the Arkansas Division of Agriculture (Research and Extension) reported that from July 1, 2009 to the present in this fiscal year we have lost \$2,819,528 in Revenue Stabilization Act (RSA) funding. At this time we are not contemplating furloughs or any reduction in force. It is our belief that by using tight controls on maintenance and operating budgets, being selective in filling vacancies, and asking everyone to hold expenses to the lowest levels possible, we can work through this year.

New or Unique Collaborations and/or Funding Sources:

- The Cooperative Extension Service and the Arthritis Foundation has partnered to offer the Arthritis Foundation's Life Improvement Series. These programs are all taught by nationally certified instructors to empower people with arthritis through aquatic, land exercise, tai chi, and self-help programs that are proven to increase mobility, reduce pain and stiffness, and physician visits. These programs are researched based and will strengthen muscles, improve flexibility and boost mood and self-confidence. The Programs we offer through U of A Division of Agriculture Extension are the Arthritis Foundation Exercise Program, Arthritis Foundation Aquatic Program, Arthritis Self-Help, and Tai Chi for Arthritis. Our target audience for these programs is anyone with arthritis; however, the majority of the participants have been middle-aged to older adults. We had 1,399 reported contacts for 2009, most of which were new clientele to Extension.
- Cooperative Extension is currently working with a new group organized by the State Police to promote the wise use and storage of medicines. ***The Prescription Drug Abuse Working Group*** goal is to promote safety and reduce prescription and OTC drug abuse in teenagers.

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