

SRPLN FCS South Carolina Report 2009

Reporting Institution: Clemson University (only)

Program Highlights of Current Year:

Major priorities for Family & Consumer Sciences county programming for the Clemson University Cooperative Extension Service continue to be food safety and nutrition education. County nutrition programming now is funded through EFNEP, grants or generated revenues. Specialists and county agents generate revenue through food safety programs including Food Safety Training for Employees and ServSafe for Retail Managers. Specialists continue to provide family

The Cooking Healthy-Eating Smart© curriculum for older adults participating in the South Carolina Congregate Nutrition program was piloted January – May 2009. A proposal for program evaluation by Clemson's Fraser (PI), Baker, Matthews, and MUSC's Amella and Muller, was ranked 1st of 100 proposals and funded by CSREES USDA Rural Health & Safety Education Competitive Program.

Dr. Nancy Porter generalized *Taking Charge in Challenging Times* Clemson Extension publications for a national audience and submitted them through the peer review process. They were published as a part of Extension's Managing in Tough Times (MiTTNet) initiative in the financial security eXtension pages at http://www.extension.org/pages/Financial_Security:_Managing_Money_in_Tough_Times

EFNEP: In 2008-09, 7,257 limited resource families participated in EFNEP; 95% improved in one or more nutrition practices, 91% improved in one or more food resource management practices and more than 53% of participants increased their physical activity levels. EFNEP reached 46,357 children and youth through lessons delivered in schools, after-school programs and day camps. EFNEP engaged 3690 volunteers to assist with adult and youth EFNEP programming totaling 8,933 donated hours. Sample programs include Veg-Olympics, Color Me Healthy, Jump into Food & Fitness, My Pyramid, Kids in the Kitchen, and Small Steps to Health & Wealth. 1,914 educational programs and workshops were conducted for adult audiences. 5,498 adults gained knowledge; 4,429 used practices learned.

Nutrition and Health: A variety of programs target healthy behaviors (better eating choices, increased physical activity) or provide train-the-trainer programs for daycare providers, 4-H agents, teachers, and others who work with groups. Sample programs include Color Me Healthy for daycare providers and Head Start teachers, Jump into Food & Fitness, My Pyramid, Small Steps to Health & Wealth, Families Eating Smart - Moving More, Healthy Habits for Life. In 2008-09, 223 educational programs and workshops were conducted using "direct" methods; 7,166 people participated in programs and workshops. There were 4,264 first time participants in programs and workshops. 6,630 people reported gaining knowledge. 3,539 used practices learned. 360 activities were conducted using 'indirect' methods (such as fairs, newspaper articles, television, radio, web sites, etc.); 864,115 people were reached by 'indirect' methods. 5 coalitions were formed (partners, public/private, academic). 169 people demonstrated skills learned in healthy food preparation. 88 DVDs were distributed or sold; 1,438 column inches appeared in printed media. Agents logged 253 minutes of TV airtime and 155 minutes of radio airtime.

Food Safety: Food safety educational programs for retail are offered in 2 formats statewide – ServSafe for Managers (15 hours), ServSafe for Employees (6-10 hours) and Serving Safe Food employee training (4 hours). 175 educational food safety programs and workshops were conducted using "direct"

methods; 3,471 people participated in programs and workshops. 1,630 participated in programs and workshops for the first time. 3,267 people gained knowledge. 1,055 used practices learned. 50 activities were conducted using 'indirect' methods (such as fairs, newspaper articles, television, radio, web sites, etc.) 240,009 people were reached by 'indirect' methods. 15 adult volunteers reported activities in Food Safety and Education. Participants (1,000) were reached with food safety information by volunteers who had participated in an Extension training. Managers/supervisors/food handlers (631) completed educational workshops; 275 managers/supervisors/food handlers received a course certificate. Food establishments (230) were represented by food handlers; 234,232 people were served in the food establishments represented by trained food handlers. Two facilities met HACCP standards for food safety. 106 new or improved food products entered the market due to adopting recommended practices.

Personnel Update:

Two new food safety faculty Extension specialists joined Clemson in early 2008. Due to state budget issues forcing new priorities on Clemson Public Service Activities, we envision adding no state-funded Family & Consumer Sciences, Food Safety or Nutrition faculty, county Food Safety & Nutrition agents or nutrition paraprofessionals for the foreseeable future. Only county-, grant- or revenue-funded positions will be added.

Budget Update:

Clemson University's budget cut for FY09 was \$45.7 million. The budget cut for Public Service Activities was \$13.9 million (27%). Clemson PSA includes the Experiment Station, Cooperative Extension and the animal and plant regulatory divisions. PSA addressed the budget cuts by not filling new positions or vacancies; by eliminating state-funded retirees hired in temporary positions; and by offering a voluntary early retirement program. Critical county ANR vacancies were filled by retirees at reduced pay. Given the South Carolina budget forecast, state agencies including PSA will likely face an additional 4-5% budget cut. Only promotion-related raises have been awarded.

New or Unique Collaborations and/or Funding Sources:

Partnership with faculty at the Medical University of South Carolina to evaluate a nutrition/food safety intervention that targets older adults participating in the South Carolina Congregate Nutrition program.

EFNEP and Public Health Sciences faculty are partnering with Youth Learning Institute and the Cliffs Community Foundation to evaluate the effectiveness of the Zest Quest School Based Health Program in changing physical activity and nutrition behaviors among 4th and 5th grade students. The Zest Quest physical activity and nutrition curriculum is offered in 13 middle schools in upstate South Carolina. (Griffin, Williams, Cason).

Contact for Additional Information:

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