

SRPLN FCS State Report 2014

Reporting Institution: 1862 1890 (check one)

Name of Institution University of Arkansas Division of Agriculture

Budget Situation:

There have been no significant costs at this time. Employees did receive up to a 2% raise beginning the 2015 fiscal year. Some county position remain open as well as state level positions. Each position is evaluated to determine priority and needs.

Staffing Update (field and state office):

Many veteran Family and Consumer Sciences agents have retired in one of the three districts due to retirements. Another one of the districts have seen a significant turn over in agents, specifically county extension agents. Positions are being replaced at various rates depending on staffing situation within the county.

At the state level two of the more seasoned faculty departed as a result of retirement and relocation. Due to budget constraints one Assistant Professional position is currently advertised. Program Technicians and Program Associate level positions are currently being replaced after departure due to grant support. Three new positions were advertised and filled and one position is currently advertised.

How Institution is Addressing the Situation:

The program voids are being covered through existing staff at the state level and county positions gain program support from other agents in surrounding areas or state staff.

Top 3 Program Highlights of Current Year: (program, collaborators, impacts)

- ***Mediterranean Cooking Schools***- This is a two 2-day training cooking schools that provides 10 participants with an update on research related to the Mediterranean diet and lifestyle, and hands-on experience planning and preparing traditional Mediterranean foods. FCS agents are required to commit to implementing and evaluating Mediterranean Cooking Schools in their counties.

Learning Objectives:

- Participants will be able to name six types of foods that are commonly eaten in Mediterranean countries.
- Participants will be able to describe two possible metabolic effect of Mediterranean -diets.
- Participants will be able to demonstrate cooking skills associated with Mediterranean cooking.

The training and program is a collaborative effort between Food Sciences and Extension. Funding for training is supplied through indirect funds collected through grant procurement. Participants at the county level are charged a participant fee to offset food cost.

To date the program has proven to be successful. Participations are reporting a reduction in health-related issues.

- ***EFNEP- The Expanded Food Nutrition Education Program***- The program is being revamped under the leadership of a new coordinator
 - Expanding number of counties that will have an EFNEP
 - Reopening vacant positions in some counties due to retirements and resignations.
 - Added new position at state level to enter data from counties. The intent is to strengthen data accuracy and reduce time spent on reporting and data entry for PA's.
 - Conducting pilot project with SNAP-Ed staff in one county to determine success of utilizing PA's across a dual system.
 - Developed new user manual for counties with the EFNEP program. These manuals will be utilized to encourage program consistency among counties and program delivery.
- ***Extension Exercise Programs***- Arkansas tops the list of least healthy states. More than 66% of residents are overweight or obese. High chronic disease rates, including diabetes, heart disease, and hypertension, burden the state and strain health care resources. Rural residents lack opportunities to be physically active and have limited access to programs addressing lifestyle behaviors.
 - Extension faculty dedicated nearly 17,000 hours to improving Arkansans' health in 2013.
 - Extension exercise programs reached more than 48,917 Arkansans with sessions to increase fitness.
 - This program is supported by a strong base of over 800 volunteers who conducted nearly 2,500 sessions.
 - Participation in Extension health programs helped thousands of Arkansas residents reduce chronic disease risk factors and improve well-being. Of participants surveyed:

- 72% increased knowledge of healthier practices
- 84% reported improved physical health.
- Functional fitness was improved by 71% of strength training participants evaluated, with resulting annual estimated healthcare cost savings topping \$16 million.
- Volunteers contributed nearly 19,000 hours in support of health programs, with time valued at \$402,641.

Multiple funding sources:

- NIFA
- Institutional Indirects
- User fees
- 4-H Council (Youth Component)

New or Unique Collaborations and/or Funding Sources:

- NIFA-Competitive Grants
- National 4-H Council
- Programming Fees
- EFNEP funding

Faculty collaborates with internal and external sources to include University Scientist, State Coalitions and Advisory Groups, School of Public Health, DHS, UAMs (Medical School), etc.

Contact for Additional Information:

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