

# Health and Safety

Health and Safety

## V(A). Planned Program (Summary)

### 1. Name of the Planned Program

Health and Safety

## V(B). Program Knowledge Area(s)

### 1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
402	Engineering Systems and Equipment	5%	5%	5%	
511	New and Improved Non-Food Products and Processes	0%	0%	5%	
724	Healthy Lifestyle	70%	70%	70%	
805	Community Institutions, Health, and Social Services	25%	25%	20%	
	<b>Total</b>	100%	100%	100%	

## V(C). Planned Program (Inputs)

### 1. Actual amount of professional FTE/SYs expended this Program

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	48.4	3.9	5.0	0.0
<b>Actual</b>	15.0	2.0	0.0	0.0

### 2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c 263000	1890 Extension 79240	Hatch 0	Evans-Allen 0
<b>1862 Matching</b> 1016678	<b>1890 Matching</b> 79240	<b>1862 Matching</b> 0	<b>1890 Matching</b> 0
<b>1862 All Other</b> 1060154	<b>1890 All Other</b> 0	<b>1862 All Other</b> 0	<b>1890 All Other</b> 0

**V(D). Planned Program (Activity)**

**1. Brief description of the Activity**

Dining with Diabetes, a three-session course, was offered throughout the state. This course was taught by Extension Family and Consumer Sciences Agents who coordinated with local health officials to target people with diabetes and/or their caregivers.

Arthritis Self-Help is an evidence-based program designed to increase the self-confidence of participants to manage their arthritis. It was delivered by Extension, in partnership with the Tennessee Chapter of the Arthritis Foundation, the Tennessee Department of Health's Arthritis Control Program, and the University of Tennessee Medical Center's Department of Family Medicine. Specific efficacy-enhancing strategies used in this program included:

- Contracting: Weekly contracting helps participants master something new.
- Feedback: Opportunity is provided to report and record progress and explore different behaviors.
- Modeling: People learn more and try harder when they are motivated by people whom they perceive to be like themselves. Program participants and the trainer serve as models. The course has an emphasis on modeling.
- Reinterpreting Symptoms and Changing Beliefs: People are pretty rational. They act based on beliefs. If people believe arthritis is a wear and tear disease, then they may not think they can exercise. If they think that nothing can be done for their arthritis, they are probably right. Throughout this program, there is a great emphasis on changing such beliefs.
- Persuasion: By seeing others in the class contract and succeed, even the most reluctant participant will often choose to take part. It is hard not to go along with others. The facilitator urges participants to do a little more than they are doing now, such as walking four blocks instead of two.

Tai Chi was targeted to arthritis sufferers. Extension offered this exercise instructional program to individuals throughout the state. Research has shown that this regimen builds strength and helps those with arthritis to reduce pain and increase mobility.

The protective apparel uses for agricultural commodities and by products will be expanded. Investigations will continue to produce lyocell from agrifibers and consumer wastes. Undervalued cellulose sources such as hardwoods and softwood pulps, recycled newsprint, bagasse, and kudzu will be explored as starting materials for lyocell solutions. Solution properties will be measured and related to processing. Value-added products from sugarcane bagasse fibers will be further developed. Needle-punched nonwoven mats will be produced and evaluated. The effects of different delignification and post treatments on dyeability of bagasse fibers will be determined. Carded fiber webs will be further processed into sliver and spun into yarns and yarn characteristics determined. Optimal bonding conditions will be determined for cotton core nonwovens. Hand properties of the nonwovens will be evaluated.

An examination and inventory of available lawnmower ROPS will be conducted. The ease of rollover will be determined. ROPS currently available for a full-size front drive lawnmower will be tested. The modeling aspect of the standard will be evaluated to determine the accuracy of simulating a vehicle rollover. Model parameters, including ROPS height, mass moment of inertia, and rollover test slope surface strength properties will be investigated. Angular velocities at critical vehicle positions will be compared to simulation results to evaluate model accuracies. ROPS test results for the currently available ROPS will be reported to the manufacturer. Following the roll-over tests, recommendations and concerns relative to the application of the ASAE S547 Standard will be developed.

**2. Brief description of the target audience**

The target audience was inclusive of consumers and limited resource individuals and families. The Dining with Diabetes program targeted individuals with this chronic disease and the caregivers, health professionals and volunteers who serve them.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

**Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	20000	80000	20000	40000
2008	36578	3400895	24174	40000

**2. Number of Patent Applications Submitted (Standard Research Output)**

**Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2008:	0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	0	4	
2008	2	3	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

Number of exhibits built and displayed to promote program awareness and participation.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	25	48

**Output #2**

**Output Measure**

Number of research-based publications distributed as part of this program.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	800	1259

**Output #3**

**Output Measure**

Test market production of cotton-enhanced spun-melt fabric hospital gowns through a major textile and medical appliances company.

*Not reporting on this Output in this Annual Report*

**V(G). State Defined Outcomes**

O No.	Outcome Name
1	Disaster Preparedness for Food Safety: Number of participants surveyed who know how much food they need on hand in case of an emergency.
2	Disaster Preparedness for Food Safety: Number of participants and their families who now have an adequate supply of safe water and food in case of an emergency.
3	Arthritis Self-Help Course: Number of participants surveyed who have improved their mental health regarding difficult emotions (sadness, frustration and anger).
4	Arthritis Self-Help Course: Number of participants surveyed who have less pain from their arthritis.
5	Arthritis Self-Help Course: Number of participants surveyed who have less stiffness from their arthritis.
6	Arthritis Self-Help Course: Number of participants surveyed who take fewer medications for their arthritis pain.
7	Dining with Diabetes: Number of participants surveyed who reduced weight.
8	Dining with Diabetes: Number of participants surveyed who reduced A1c.
9	Dining with Diabetes: Number of participants surveyed who reduced blood cholesterol.
10	Dining with Diabetes: Number of participants surveyed who reduced blood pressure.
11	Dining with Diabetes: Number of participants surveyed who better manage their diabetes as a result of this program.
12	Dining with Diabetes: Number of participants surveyed who eat at least five servings of fruits and vegetables each day.
13	Dining with Diabetes: Number of participants surveyed who eat three meals a day.
14	Dining with Diabetes: Number of participants surveyed who eat three servings of low-fat dairy foods each day.
15	Dining with Diabetes: Number of participants surveyed who got an A1c test.
16	Dining with Diabetes: Number of participants surveyed who now use artificial sweeteners.
17	Dining with Diabetes: Number of participants surveyed who use spices and other seasonings to cut back on fat, sugar, and salt.
18	Tai Chi: Number of participants surveyed who continue doing the Tai Chi after the Tai Chi program ends.
19	Tai Chi: Number of participants surveyed who have less stiffness from their arthritis as a result of Tai Chi.
20	Tai Chi: Number of participants surveyed who have no pain from arthritis.
21	Tai Chi: Number of participants surveyed who improved balance, body posture and joint flexibility.
22	Tai Chi: Number of participants surveyed who now practice Tai Chi every day.
23	Sanitary Operating Procedure adoption by daycare programs in Tennessee pending grant funding, centers involved.

**Outcome #1**

**1. Outcome Measures**

*Not reporting on this Outcome for this Annual Report*

**2. Associated Institution Types**

**3a. Outcome Type:**

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
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**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
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**V(H). Planned Program (External Factors)**

**External factors which affected outcomes**

- Competing Public priorities
- Competing Programmatic Challenges
- Other (Change in research focus)

**Brief Explanation**

The outcomes Extension proposed for Agrosecurity, Homeland Security and Disaster Preparedness have been achieved or exceeded; therefore, these outcomes were not part of this annual report. The EDEN Plant Biosecurity Management Plan continues to be used for agricultural and natural resource programs in the state.

The targets Extension proposed for Dining with Diabetes, Arthritis Self-Help and Tai Chi did not consider important factors such as staff vacancies, for example, due to retirements. These three health programs are nested in community partnerships, and it takes new employees time to build and effectively engage the community in health education.

With retirements and changes in research focus, UT AgResearch no longer has a defined program in this area, although there are related projects in the Food Safety and Forestry, Wildlife, and Fisheries program areas.

**V(I). Planned Program (Evaluation Studies and Data Collection)**

**1. Evaluation Studies Planned**

- After Only (post program)
- Other (Surveillance Data)

**Evaluation Results**

{No Data Entered}

**Key Items of Evaluation**

{No Data Entered}