

## IMPACT STATEMENT EXAMPLES – University of Tennessee

### **TITLE: Parenting Education in Grundy County, TN**

**ISSUE:** Lack of employment opportunities, low levels of education, lack of family support, the number of food stamp recipients (23 percent of the population), the number of children on free and reduced lunches (76 percent), and the high divorce rate in the county were factors considered by an Extension coalition/advisory committee in recommending the continuance of Extension parenting education programs in Grundy County, TN.

**WHAT HAS BEEN DONE:** Extension planned and conducted weekly parenting education classes during the past year (40 total classes, average attendance of 16-18 individuals/class). Extension also offered co-parenting classes for divorced parents (8 classes taught with an attendance of 16). Weekly home visits by the Extension agent reinforced the concepts taught in the classes (average of 32 visits/month, with an average of 50 contacts/month). An Extension coalition group developed and opened a parenting resource center. The presence of the resource center has resulted in additional classes being offered in clothing construction, cooking school and computer instruction. Individualized instruction has also been available to parents and home-school clientele. The resource center provides a variety of resource materials that may be checked out for assistance in all areas of family and consumer sciences.

**IMPACT:** A follow-up evaluation of co-parenting classes revealed that:

- 90 percent of parents felt the classes had helped with the divorce/separation;
- 70 percent responded they were better able to keep their children out of the conflict;
- 80 percent responded that communication with their children was working well, with no conflicts.

Additional comments from parents attending the weekly scheduled classes indicated concepts learned:

- "I enjoy coming to parenting because it gives me the chance to work and know other people and learn new ideas to share with my family."
- "With six children (4, 6, 9, 11, 13, and 14), I have learned how to identify their needs and try to make decisions that are best for them in relation to their ages (e.g., discipline)."
- "Parenting has helped me learn ways to cope with stress in more positive ways, instead of yelling at my family."
- "I have learned about food safety and its importance."
- "I have more patience with my child than I did before I started attending parenting classes."
- "My self-confidence is greatly improved-the class makes me feel like I am an important person and that people care about me."

**FUNDING:** Strengthening Community Grant; Extension Funds; collaborative efforts with: Board of Education, Food Bank, SETHRA, county officials, Health Department, and Public Housing Authority.

**CONTACT:** Brenda L. Andy, Extension Agent, Grundy County Extension Office, P.O. Box 338, Coalmont, TN 37313; Phone: (931) 592-3971 office;(931) 592-4555 Parenting Resource Center; FAX: (931) 592-3972; E-Mail: [blandy@extl.ag.utk.edu](mailto:blandy@extl.ag.utk.edu)

## **TITLE: Building Financial Management Skills in Gibson County**

**ISSUE:** Per capita, the state of Tennessee has the highest bankruptcy rate in the United States. Currently, 1 out of every 43 families in the state file for bankruptcy. West Tennessee filing rates are even more alarming, with more than twice as many filings occurring in the region than in other parts of the state (212 in Gibson County in 1998). The high number of persons filing Chapter 13 bankruptcy showed the lack of basic financial management skills and the need for educational programs in this area.

**WHAT HAS BEEN DONE:** Extension established a partnership with the Office of the Trustee, Chapter 13 Bankruptcy, and with Consumer Credit Counseling of Memphis, to provide basic financial management classes to Chapter 13 clients. Two financial management classes were taught with 38 persons attending. Three classes taught by Extension have been open for the public with 42 persons attending. Biweekly newspaper articles on basic financial management were also written and sent out to the county's four newspapers with six being printed. Two articles were written for the Extension Family and Consumer Science newsletter with 430 persons receiving a copy of newsletter. A 4-week program called "Reality Check" was used in one of the local middle schools with 120 seventh and eighth graders participating. One-on-one financial management teaching was done with 4 individuals.

**IMPACT:** Financial management class evaluations show the following:

With a total of 84 persons attending classes that were evaluated:

- 73 persons planned to develop spending plan
- 67 persons plan to develop a savings
- 65 persons planned to improve their spending habits

Follow up evaluations showed that:

- 45 persons developed spending plans
- 28 persons began a savings plan with an average of \$15.00 per month being saved
- 33 persons improved their spending habits.

**FUNDING:** The Broken Promises Grant and the Chapter 13 Trustees Office

**CONTACT:** Susannah Beville, Extension Assistant, Gibson County Extension Office, 1252 Manufacturers Row, Trenton, TN 38382, Telephone: (901) 855-7656, Fax: (901) 855-9307, Email: [sbeville@ext1.ag.utk.edu](mailto:sbeville@ext1.ag.utk.edu)

**Title: Madison County Youth EFNEP**

**ISSUE:** Many limited resource youth have poor health skills and limited knowledge of the relationship of health practices and health status. EFNEP curriculum has the materials that enable these youth to easily learn basic nutrition, health and food safety skills. A limited amount of EFNEP paraprofessional time is devoted to teaching these skills.

**WHAT HAS BEEN DONE:** An EFNEP paraprofessional time taught 740 youth basic nutrition skills. 96% of these youth were elementary age. Four percent were teens. These youth were taught in 28 groups with each group averaging six 45 minutes lessons. These youth could all be considered high risk intercity children as they all were residents of housing projects in inner-city Jackson.

**IMPACT:** As a result of participating in the EFNEP program:

- 666 of the youth reported eating a greater variety of foods after the lessons
- 666 of the youth also reported that they had increased their knowledge of nutrition and its relationship to overall health
- 658 of the youth reported that they were better able to select low cost, nutritious foods
- 643 of the youth reported improved food safety practices

This improved knowledge and adoption of practices should help these individuals experience an increased level of health throughout their lives because of the early age at which some basic health practices have been learned and implemented.

**FUNDING:** EFNEP

**CONTACT:** Joye Rouse, AREA EFNEP Agent, P.O. Box 397 Huntingdon, TN 38344, phone 901-986-1976. FAX 901-986-2182, email [jhrouse@ext1.ag.utk.edu](mailto:jhrouse@ext1.ag.utk.edu)