The Department of Youth, Family, and Community Sciences in the College of Agriculture and Life Sciences at NC State University aims to improve the health and well-being of youth, families, and their communities through:

**Extension and Engagement**
Develop, implement, and evaluate evidence-based programs and interventions that improve education, health, and economic well-being.

**Research**
Conduct applied research directed at the needs of youth, families, and communities.

**Teaching**
Train experienced and emerging professionals to work with youth and families in community-based organizations through an online master’s program in Family Life and Youth Development.

**Areas of focus include:**
- Community Youth Development
- Volunteer Resource Management
- Family Life
- Family Resource Management
- Community Leadership
- Nutrition and Food Safety

The Department of Youth, Family, and Community Sciences works across the functions of extension, research, and teaching to best serve students and stakeholders.

**FACULTY**
- **Kim Allen**, PhD, BCC, Assistant Professor, Extension Specialist, Human Development, Family Life Coaching
- **Luci Bearon**, PhD, CFLE, Associate Professor, Extension Specialist, Adult Development/Aging
- **Andrew Behnke**, PhD, CFLE, Associate Professor, Extension Specialist, Human Development, Latino Audiences
- **Carolyn Bird**, PhD, AFC, RFG, Associate Professor, Extension Specialist, Family Resource Management
- **Dara Bloom**, PhD, Assistant Professor, Extension Specialist, Local Foods
- **Ben Chapman**, PhD, Assistant Professor, Extension Specialist, Food Safety
- **Carolyn Dunn**, PhD, RD, Department Head, Professor, Extension Specialist, Nutrition
- **Harriett Edwards**, EdD, Associate Professor, Extension Specialist, Volunteer Management
- **Nichole Huff**, PhD, CFLE, Assistant Professor, Extension Specialist, Human Development, Director of Graduate Certificate Programs
- **Sarah Kirby**, PhD, Associate Professor, Extension Specialist and DEL, Housing, Energy
- **Jackie McClelland**, PhD, Professor, Extension Specialist, Nutrition
- **Dale Safrit**, EdD, Professor, Extension Specialist, Youth Leadership, Director of Graduate Programs
- **Michael Schulman**, PhD, William Neal Reynolds Distinguished Professor, Rural Sociology
- **Marshall Stewart**, EdD, Associate Professor, Special Assistant to the Dean, Director, APLU Food Systems Leadership Institute
- **Ben Silliman**, PhD, Professor, Extension Specialist, Evaluation

**STAFF**
- **Surabhi Aggarwal**, MHSc, MPH, RD, LDN, Extension Associate, Eat Smart, Move More, Weigh Less
- **Matt Agle**, MS, Extension Associate, Food manager certification course
- **Lisa Benavente**, MEd, Extension Associate, Expanded Food and Nutrition Education Program
- **Tony Benavente**, MEd, Extension Associate, Expanded Food and Nutrition Education Program
- **Latoya Betton**, Extension Associate, Greene County Educator, 4-H VIP (Very Important Parent) Program
- **David Brittain**, Extension Assistant, Military Programs (Air Force)
- **Julie Bunting**, Administrative Support Specialist, Project YES
- **Geri Bushel**, Administrative Support Specialist, Assistant to Department Head, ECA Advisor, Graduate Program Coordinator
- **Tara Carr**, MPH, RD, LDN, Extension Associate, Supplemental Nutrition Assistance Program (SNAP)-ED
- **Beverley Cash**, Administrative Support Associate, Project YES
- **Susan Chase**, MEd, Extension Associate, Expanded Food and Nutrition Education Program
- **Judith D’Eredita**, Extension Associate, Expanded Food and Nutrition Program
A
t no time has the work that we do been more relevant for the youth and families of North Carolina and beyond. It is an exciting time for our department as we separate programmatic functions from the academic unit and take on a new more descriptive name. Our traditional role as a 100% extension-funded department is changing with a new and growing graduate program as well as research funding. There are many changes in the department. However, what has not changed is our commitment to continue to provide support, programming, and training for Family and Consumer Sciences and 4-H Youth Development.

NC Cooperative Extension is undergoing broad changes. This creates a unique opportunity for our faculty to redefine our role as specialists. We continue to develop alternate delivery strategies to address the needs of youth, families, and communities in North Carolina. The Impacts section of this report highlights but a few of the stellar programs that our faculty and staff lead to help youth and families lead healthier, more productive lives.

The Family Life and Youth Development graduate program continues to grow. We are training new and existing professionals to work with youth and families in a variety of settings. Our faculty’s experience in teaching, extension and engagement, and research provide students a unique blend of theory and practice.

Faculty have long used research methods to evaluate their extension work and collectively have a diverse research portfolio in the areas of youth, families, and community. Even without formal research appointments or research funding, the faculty conduct research to build an evidence base for their work. For the first time, we now have research funding in the department. We will continue to grow our research program and further enhance the synergy between research, teaching, and extension.

Our faculty have much to be proud of as we examine the impacts and outcomes from 2013. Join me in congratulating them on all they have and will continue to accomplish for the youth, families, and communities in North Carolina and beyond.
PUBLICATIONS

Refereed Journal Articles


Presentations

INTERNATIONAL

Allen K, Huff N. Family life coaching. 4th European Coaching Psychology Conference; December 12, 2013; Edinburgh, Scotland.

Chaifetz A, Chapman B. Implementing Good Agricultural Practices (GAPs) in school and community gardens. International Association for Food Protection Annual Meeting; July 29, 2013; Charlotte, NC.


NATIONAL

Allen K. A guide to bullying prevention. Southeastern Council on "W [l] [bV[edi 6]-XkWb-, -‘ +, 6; lcr dl] W ‘ 9D"

Allen K. A guide to bullying prevention. Cambio De Colores; Kdcl, ‘- +, 6Kjg) Dek^1 (E G)


Allen K. ’ef [hj ‘? k d 9J’ ec WlK ‘[jedzj/@l [h0 c f elVldf Wm df hfe W], ’-+l [hKj.hd Xk i 9j j i a ; edl[H de]6E W, , 1’ ‘+ +, 698 nIVM3WVlN)

Beadon L, Peterson TL, LaFollette-Black S. Grandparents in transition: Returning to parenting one more time. Southern Gerontological Society Annual Meeting; April 5, 2013; Charlotte, NC.

Behnke AO. Improving the lives of Latino families through effective practice & research. 2013 Annual Conference of the Kekj ‘Wj ; ekdY[bed ]W [bV[edi 6]-XkWb-, -‘ +, 6 Birmingham, AL.


Bloom D. Standards for development: governance and food iW [j]d0 W d Wl i kflf hYfAl Vli d@edZkWl 9dckWl [j]d] e\ j ‘] klWKeY]jo 69k]kij4’ ‘+ +, 6F [mQha FQ

Bloom D. Streamlining supply chains: analyzing supermarket retailers’ efforts to localize the food system. Joint Annual E [l]j i e, 9r) YhYKij ‘>ee2 WdZ @kc Wl NAlk[ i KeY]jo WdZ Association for the Study of Food and Society; June 20, 2013; -Wl DVMl dl] E A


Book Chapters


Dunn C, E kj^E ' Chi ji [h 9] = ( hZW [Wd] 5m0V^Zdll [i consumer's food decisions? Society for Nutrition Education and : ["w"el69k] kij, + - +. 6HejWlZ G]

Edwards HC) AVG [je j l Yed[l [h dY] ] F em m0V^j Nekdj[l [ h Conference of Southern States; October 5, 2013; Eatonton, GA.

Edwards HC. Icebreakers, energizers and games, oh my! Nekdj[l [h; edj[l dY] el Kekj "I td K][W] i 6Gyjex h' - +. 6 Eatonton, GA.

Edwards HC. Service through youth adult partnerships. Nekdj[l [h; edj[l dY] el Kekj "I td K][W] i 6Gyjex h' - +. 6 Eatonton, GA.


? eZc Yc E Kirby S. The home energy community of practice. National Extension Energy Summit; April 30, 2013; Denver, CO.


Hardison-Moody A. Transformations in the aftermath of violence: Liberian women’s practices of healing post-conflict. 9d3kWE [[j dl e]j "9 c [hZW 9gWZ c o e] [b] ed6 Fel [c X h' - - +. 6 Wj^E c el E <

Hardison-Moody A. Bowen S, Elliott S, Jones S, Jones L. Engaging community voices: an assets-based approach to research and action on healthy foods & safe places to be active. 9d3kWE [[j dl e]j "9 c [hZW HxXbY @ WY9i i eYWyed Fel [c X h' - - +. 6: ei ed6 E 9)

Hardison-Moody A, Dunn C ^kd DCYe E ' Jones L, Thomas C. Adapting a faith-based health-promotion program to a diverse audience of immigrant and refugee women: lessons learned. 9d3kWE [[j dl e]j "9 c [hZW HxXbY @ WY9i i eYWyed Fel [c X h' - - +. 6: ei ed6 E 9)

Huff NL. O [tdl HO i bed J B @ dZHy 0) =nW d d Fel i j l [ affect and communication trends in parent-adolescent conflict. F W&VdWk; ekdYbed >W li ] bYedi 9d3kWe; ed[l H dl] 6 Fel [c X h' - - +. 6KwU 9d3jedE' LP)

Jakes S, Guin A); Q-9J [Zd] f hYfY l i WZ j l HgkH c [dj e hWec k c djo Wf heWY]; "lWl qekj ^WZ ->W [h W] i WJ j a +, O el i e "6E9k. + - +. 6KwU 9d3jedE' LP)


Kern B, Henry CS, Behnke AO, Plunkett SW, Knowles S. Fathers’ parenting behaviors, and risks for physical and relational aggression in African American and Latino adolescent boys. F V&IW9i, ekdYbed >W li ] bYedi 9d3kWk; ed[l H dl] 6 Fel [c X h' - - +. 6KwU 9d3jedE' LP)

Kirby SD. Teaching non-major graduate students about housing: environmental influences on the family. Housing Education WZ j l [Wl "e; WY9i i eYWyed 9d3kWkH HeY[l [Zd] i 6Gyjex h' - 4' 2013.Tulsa, OK.


J Wc edZ: ' Chapman B. 2013. A content analysis of YouTube beef burger recipes. Shigatoxin Producing E. coli Coordinated 9) hYkkiHkF HeY[l 9d3kWkE [j dl] 6E Wd - 4' - +. 6DcYd1W F =


Silliman B. E-Basics Online: a self-directed Internet learning. i j l (F 9; <=H ? WHO Al - +. ) Hey( [Zd] i el j l ^3 F V&IW9i Association of Community Development Extension Professionals Galaxy Conference; September 18, 2013; Pittsburgh, PA.

Silliman B, Franz N. Just get me an evaluation tool! American Evaluation Association Conference; October 18, 2013; Washington, DC.

Thomas E, Chapman B. Quantifying risk communication of STEC when ordering undercooked burgers in food service establishments. Shigatoxin Producing E. coli Coordinated 9) hYkkiHkF HeY[l 9d3kWkE [j dl] 6E Wd - 4' - +. 6DcYd1W F =

Invited Presentations

INTERNATIONAL
Chapman B. Building an external and internal food safety culture—and measuring it. Alberta Food Processors Association; March 20, 2013; Calgary, Alberta, Canada.
Chapman B. Communicating food safety risks and hazards to food inspectors and retail personnel. International Association for Food Protection; July 31, 2013, Charlotte, NC.
Chapman B. Creating and fostering a culture of food safety in food service settings. Congress of the Society for Latin American and Caribbean Anthropology; November 6, 2013; Campinas, Brazil.
Chapman B. How do you improve this ‘Culture’ thing? Dubai International Food Safety Conference; November 15, 2013; Dubai, United Arab Emirates.
Chapman B. Utilizing food safety audits to change an organization. Dubai International Food Safety Conference; November 15, 2013; Dubai, United Arab Emirates.

NATIONAL
Allen K. A guide to bullying prevention. Healthy Living Partners at National 4-H Center; February 15, 2013; Washington, DC.
Allen K. Improving the lives of children through healthy relationship education. Cambio De Colores Conference; June 13, 2013; St. Louis, MO.

Chapman B. I Just tweeted that I barfed: food safety in the time of social media. Illinois Symposium for Food Safety; September 25, 2013; Bloomington, IL.
Edwards HC. Volunteers: working with and loving them! Virginia Cooperative Extension Annual Conference; January 30, 2013; Blacksburg, VA.
Kirby S. North Carolina disaster resilient housing. Southern Region Extension Resilient Housing Meeting; April 25, 2013; Baton Rouge, LA.
Kirby S. Chapman B. Disaster scenario training. Extension Cooperative Extension Annual Conference; January 30, 2013; Greensboro, NC.
McClelland JW. Better food better health, improving nutrition, food resource management and physical activity for Latino families. 2nd International Conference and Exhibition on Nutritional Science and Therapy; July 16, 2013; Philadelphia, PA.
<table>
<thead>
<tr>
<th>Title</th>
<th>Direct Sponsor</th>
<th>Prime Sponsor</th>
<th>Amount Awarded</th>
<th>Project Duration</th>
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<td>North Carolina 4-H Very Important Parents</td>
<td>US Dept. of Agriculture (USDA)</td>
<td>US Dept. of Agriculture (USDA)</td>
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<td>Sustainable Community Project</td>
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<td>Investigator: Allen, Kimberly I.; Jakes, Susan S.</td>
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<td>4-H National Mentoring Program (previous title: NC Youth and Families With Promise Expansion)</td>
<td>National 4-H Council</td>
<td>US Dept. of Justice (DOJ)</td>
<td>$102,500.00</td>
<td>12/1/11–1/31/13</td>
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<td>Investigator: Allen, Kimberly I.; Behnke, Andrew O.</td>
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<td>Triangle For Latino Student Success</td>
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<td>Lumina Foundation</td>
<td>$121,875.00</td>
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<td>North Carolina Youth and Families with Promise (NCYFP) 2014</td>
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<td>North Carolina State University and Oklahoma State Joint Sustainable Community Project</td>
<td>US Dept. of Agriculture (USDA)—National Institute of Food &amp; Agriculture</td>
<td>US Dept. of Agriculture (USDA)—National Institute of Food &amp; Agriculture</td>
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<td>Extension—Supporting Military Families and Youth Partnerships—Family Advocacy Subcontract eXtension Military Family Learning Network</td>
<td>University of Florida</td>
<td>University of Nebraska–Lincoln</td>
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<td>Child Care and Youth Training and Technical Assistance Project</td>
<td>University of Nebraska–Lincoln</td>
<td>US Dept. of Agriculture (USDA)</td>
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<td>North Carolina Youth and Families With Promise (NCYFP)–2013</td>
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<td>US Dept. of Justice (DOJ)</td>
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<td>Healthy Relationship and Marriage Education Training Project</td>
<td>University of Missouri–Columbia</td>
<td>US Dept. of Health &amp; Human Services (DHHS)</td>
<td>$28,118.00</td>
<td>9/30/12–9/29/13</td>
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<td>Investigators: Behnke, Andrew O.; Allen, Kimberly I.</td>
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<td>Juntos Para Una Mejor Educación (Together for a Better Education) Summer Program—Year 4, Summer 2013</td>
<td>NC Dept. of Public Instruction</td>
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<td>$50,000.00</td>
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<td>Father’s Count Study</td>
<td>US Dept. of Justice (DOJ)</td>
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<td>$457,278.00</td>
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<td>Father’s Count Study</td>
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<td>Multistate Extension Education and Outreach on the Marketplace Exchanges of the Affordable Care Act</td>
<td>University of Georgia</td>
<td>US Dept. of Agriculture (USDA)—National Institute of Food &amp; Agriculture</td>
<td>$90,000.00</td>
<td>9/1/13–8/31/14</td>
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<td>Investigator: Bird, Carolyn L.</td>
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<td>NCSU’s North Carolina Cooperative Extension More In My Basket FY2013</td>
<td>NC Dept. of Health &amp; Human Services (DHHS)</td>
<td>US Dept. of Agriculture (USDA)</td>
<td>$309,611.00</td>
<td>10/1/12–9/30/13</td>
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<td>Investigator: Bird, Carolyn L.</td>
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<td>Dissemination of Core Health Messages: Using Community-Based Participatory Research to Strengthen the Health of Rural, Low-Income Families</td>
<td>University of Massachusetts</td>
<td>US Dept. of Agriculture (USDA)—National Institute of Food &amp; Agriculture</td>
<td>$1,104.00</td>
<td>9/1/11–5/31/13</td>
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<td>Investigator: Bird, Carolyn L.</td>
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<td>Investigating and Enhancing Positive Food Safety Culture in Farmers Markets</td>
<td>Virginia Polytechnic Institute and State University (aka Virginia Tech)</td>
<td>US Dept. of Agriculture (USDA)—National Institute of Food &amp; Agriculture</td>
<td>$102,913.00</td>
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<td>Shiga-toxigenic Escherichia coli (STEC) in the Beef Chain: Assessing and Mitigating the Risk by Translational Science, Education and Outreach</td>
<td>University of Nebraska–Lincoln</td>
<td>US Dept. of Agriculture (USDA)</td>
<td>$199,586.00</td>
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<td>US Dept. of Agriculture (USDA)</td>
<td>$135,249.00</td>
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<td>Exploration and Communication of Gaps Barriers for Small Farms in NC</td>
<td>Carolina Farm Stewardship Association</td>
<td>US Dept. of Agriculture (USDA)</td>
<td>$10,100.00</td>
<td>7/1/13–6/30/14</td>
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<td>Investigators: Chapman, Benjamin; Ducharme, Diane</td>
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<td>Title</td>
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<td>Health Rocks</td>
<td>National 4-H Council</td>
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<td>Healthy Lifestyles Initiative: Eat Smart, Move More, Weigh Less</td>
<td>NC Agricultural Foundation, Inc.</td>
<td>NC State Health Plan for Teachers &amp; State Employees</td>
<td>$2,652,482.00</td>
<td>7/1/09–12/31/15</td>
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<td>Food Value Decisions–ILSI Project Committee</td>
<td>International Life Sciences Institute North America</td>
<td>International Life Sciences Institute North America</td>
<td>$5,638.00</td>
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<td>Eat Smart, Move More, Weigh Less for Diabetes</td>
<td>NC Dept. of Health &amp; Human Services (DHHS)</td>
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<td>$6,945.00</td>
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<td>Air Force/4-H Military Partnership and Outreach and Support</td>
<td>Kansas State University</td>
<td>US Dept. of Agriculture (USDA)</td>
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<td>2014 NC 4-H Military Partnerships Grant</td>
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<td>NC Operation Military Kids 2013-2</td>
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<td>4-H Air Force Military Partnership Project</td>
<td>Kansas State University</td>
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<td>North Carolina Operation Military Kids 2012</td>
<td>Kansas State University</td>
<td>US Dept. of Agriculture (USDA)</td>
<td>$156,065.00</td>
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<td>Family and Child Well Being Optimized COP (Families and Child Well-Being Learning Network)</td>
<td>University of Nebraska–Lincoln</td>
<td>Association of Public &amp; Land-Grant Universities former National Association of State Universities</td>
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<td>Steps to Health (NCSU SNAP-Ed FY 2014)</td>
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<td>US Dept. of Agriculture (USDA)</td>
<td>$1,019,221.00</td>
<td>10/1/13–9/30/14</td>
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<td>Steps to Health (NCSU SNAP-Ed FY2013)</td>
<td>NC Dept. of Health &amp; Human Services (DHHS)</td>
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<td>$818,554.00</td>
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<td>National 4-H Council</td>
<td>NOYCE Foundation</td>
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<td>Prototyping A Regional Biotechnology and Agriscience STEM School and North Carolina Statewide STEM Network</td>
<td>NC New Schools Project</td>
<td>Carnegie Corp. of NY</td>
<td>$120,000.00</td>
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<td>Community-Based Approach to Reducing Childhood Obesity in Low-Income Populations: Research to Action</td>
<td>US Dept. of Agriculture (USDA)</td>
<td>US Dept. of Agriculture (USDA)</td>
<td>$3,026,939.00</td>
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The Department of Youth, Family, and Community Sciences at North Carolina State University offers graduate distance education programs designed to prepare and strengthen current and future professionals who work with youth and/or families in community-based settings. Our graduate faculty members are subject-matter experts who create applied learning environments where students are equipped to seek dynamic careers in youth, family, and community development.

Family Life and Youth Development (FYD) courses are designed to improve student understanding of the complexities of human development. Knowledge is then used to design, implement, and evaluate effective educational interventions to improve the quality of life of youth and families.

The Department offers two distance-based graduate programs leading to a Master’s degree in Family Life and Youth Development. Both the M.R. (non-thesis) and M.S. (thesis) are designed to meet the individual needs of the student through specialized concentration areas. Further, the Department also offers seven Graduate Certificate options:
1. Administration and Leadership in Family and Youth Programs;
2. Family Life and Aging;
3. Family Life and Parent Education;
4. Family Life Coaching;
5. Program Development in Family Life Education;
6. Volunteer Management and Administration; and
7. Youth Development Leadership.

“I found the combination of theoretical coursework with practical projects and experiences extremely beneficial. By the end of the program I felt very prepared for the professional world. Completing my Masters in Family Life and Youth Development fulfilled my personal aspiration to nurture others. Since graduation, I have launched [a company designed to help] parents work through challenges in their family life.”

–Liane Watson, Class of 2013

“The FYD Program at NCSU is giving me the skills I need to lead a movement that will empower youth and families. Adversity has given me the drive to seek education as a means to improve my life and the lives of minorities living in the United States. Together, we will bring about positive change where it is needed the most.”

–Iliana Santillan-Carrillo, Class of 2014
Very Important Parents

The North Carolina 4-H Very Important Parents (VIP) program works with teen parents, their families, and their childcare providers to cultivate knowledge of child development, parenting skills, personal life skills, and technology skills. Face-to-face and distance technologies are used to help youth engage in the VIP program.

“One of the many highlights of the program for me is the VIP meet-and-greet launch, because it allows the chance for me to meet all of the participants and have them eat dinner together as a family. They get to take some educational tools home too.”

–Latoya, Greene County VIP Coordinator

“I had a lot of fun at the museum. My boys love to play and pretend. I learned that letting my boys play is good for their development so I join them more now.”

–Shyrese, participant

“My favorite part of the meetings is when we have activities. One time we got to make collages and t-shirts. I don’t get the chance to do that a lot.”

–Yesenia, participant

Faculty: Dr. Kim Allen, Autumn Guin, Latoya Betton, and Rasha ElBeshti (MS student in Family Life and Youth Development)

Local Foods Graduate Course Announced

Dr. Dara Bloom will be a co-Instructor for a Local Foods graduate course that will be designed specifically for extension agents. With funding from Southern SARE, this course will be held in the Fall and Spring semesters, and will focus on different aspects of local food supply chain development, from production and processing through nutrition and consumption, including issues of low-income access, youth engagement, and community development.

The class will consist of six, two-day sessions, where the first day will include a series of seminars and invited lecturers, and the second day will be a site visit to give participants hands-on experience of class topics. This class will be designed specifically to meet the needs of extension agents so that it can help fulfill both Master’s degree credits (with approval from their program of study) as well as the five-year graduate credit requirement of NCCES.

We believe that there is a need for this class due to the increasing popularity of local foods among consumers and community organizations, who see it as a way to support community economic development. As a result, agents are increasingly expected to navigate local food systems and to be fluent in understanding new marketing channels, as well as how to coordinate production and meet the regulations of these different outlets. In addition, there is an increasing expectation that local food systems and projects will enhance low-income consumer access to healthy food, thereby contributing to positive dietary behavioral changes and health outcomes. As a result, agents are expected to be able to work with local foods projects to increase low-income access, and are often also tasked with community organizing around local food systems. Therefore, our goal is to equip agents to engage with local food systems and community projects so that they are able to educate growers, buyers, and community members in the development of high performing local food systems.

Faculty: Dr. Dara Bloom

IMPACTS—EXTENSION AND RESEARCH
The mission of the Juntos Program (pronounced “Who-n-toes”) is to promote student success and access to higher education. Juntos, which means “together” in Spanish, works to join collaborative partners from 4-H, high schools, local community colleges, and businesses, to provide Latino eighth through twelfth grade students and their parents with knowledge, skills, and resources to prevent youth from dropping out and to encourage families to work together that Latino youth are at greatest risk for dropping out of school between the ninth and tenth grades. The Juntos Program reduces this risk by bringing together cohorts of eighth grade youth to support each other for three to five years as they enter high school and prepare together for higher education. The Juntos Program is an intensive long-term program made up of five components.

First, youth meet weekly during school hours with a one-on-one Success Coach who helps them remediate academic deficiencies, learn study habits, and work towards their academic and personal goals.

Second, youth and families come together for six consecutive weeks for the Juntos Family Workshop Series and then continue to meet monthly to make college a realistic family goal.

Third, youth participate in afterschool 4-H Club meetings held twice a month focusing on academic success, public speaking, life skills, and videography.

Fourth, tenth and eleventh grade youth engage in a synchronous video Online College Preparation Course taught by university professors to help them develop writing and critical thinking skills, knowledge about careers and specific colleges, and prepare for entrance exams, college applications, scholarships, and financial aid.

Fifth, Juntos youth take part in quarterly field trips to colleges and other Juntos events like the Juntos Summer Academy. The Juntos Summer Academy is a week-long experience at a local University where youth participate in special university classes, college student panel discussions, STEM activities, and leadership training. Over the last seven years the Juntos Program has been established in 53 rural areas in seven states and has received over $3,000,000 in extramural funding.

Faculty and Staff: Dr. Andrew Behnke, Cintia Aguilar, and Diana Urieta

“Juntos has been one of the most rewarding programs I have been able to offer and I have taught lots of programs through my career. I think we have some great success and improved parent confidence that have grown from our Juntos sessions. This program has also provided the school (and me) with a chance to learn about some of the unique needs of Hispanic families and they want to work toward some systemic changes. The school plans to continue meeting with the families monthly to further build communication between the school system and Hispanic families. I hope we can add a youth Juntos group that will be a school-based 4-H club next year.”

–Field Faculty who has implemented Juntos
**Better Food Better Health**  
**SNAP-Ed**

The *Better Food Better Health* (BFBH) program, developed by North Carolina State University, addresses the unhealthy eating practices and physical inactivity that contributes to health risks among North Carolina Latino/Hispanic adults and their families, especially those with limited resources and low educational attainment. Latinos are the largest and fastest growing minority group in North Carolina as well as in the United States. Latinos who have lived here for 15 or more years as well as those who are US-born have higher rates of obesity and diabetes. BFBH is designed to provide interactive family-based nutrition and food resource management education to address these health issues.

Barriers to providing community-based education to low-resource audiences include their lack of transportation, multiple job commitments, and the lack of or the inability to afford childcare. In addition, Latino lifestyle evidences a preference for activities that include the entire family. The BFBH curriculum is a family-based curriculum that incorporates parallel modules for adults and children that engage the entire family in learning about better quality of life through improved nutrition and food resource management. For the adult module, older children join their parents in completing worksheets, activities, and taste tests. The young children are engaged through age-appropriate materials and activities that correlate with the adult/older child sessions.

BFBH was successful in promoting behavior change for all participant age groups. Specifically, 100.0% of adults reported they made positive behavior change related to the key nutrition and physical activity messages; 76.9% of adults reported they made positive behavior changes related to the key food budgeting messages; and 97.5% of parents of younger children reported that their child exhibited an improved willingness to taste fruits.

The curriculum was co-authored by Dr. Jacquelyn McClelland and Dr. Carolyn Bird.

This is a Steps To Health program funded by the USDA Food and Nutrition Services Division.

**Program Faculty and Staff:** Dr. Jacquelyn McClelland, Dr. Carolyn Bird, Cintia Aguilar, Tara Carr, and Gretchen Hofing

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**Steps to Health**  
**SNAP-Ed**

Steps to Health (STH) educates and inspires limited-resource North Carolinians to eat smart and move more through nutrition and food resource management education programming targeting preschoolers, kindergarteners, second grade students, third grade students, adults, older adults, families, and Latino families. Interactive teaching methods designed to educate and facilitate behavior change include lecture, discussion, games, worksheets, music, cooking demonstrations, and taste tests.

In FY13 STH, taught by Family & Consumer Sciences and 4-H Youth Development Cooperative Extension Agents, reached 5,901 participants (5,348 children and 553 adults) and made 46,810 educational contacts within 49 counties across North Carolina. All six programs met or exceeded 18 of the 20 overall objectives. Impacts include:

- 77% of parents of second and third graders observed them eating more fruits and vegetables.
- 82% of participating adults made progress towards a personal health goal.
- 97.5% of participating Hispanic/Latino parents observed an improved willingness to taste fruits and vegetables in their child, and 100% made a positive behavior change themselves.

Funding for this program provided by the USDA Food and Nutrition Services Division.

**Faculty and Staff:** Dr. Jacquelyn W. McClelland, Dr. Carolyn Bird, Dr. Carolyn Dunn, Gretchen Hofing, Lindsay Goolsby, Jenelle Wass, Tara Carr, and Shannon Hoffman

“Our group added the exercises from the program to their regular ‘morning routine.’”

—Congregate Nutrition Site Manager, Onslow County

“We all eat more fruit and vegetables and less fat.”

—Participating family, Johnston County

“I read all food labels now before purchasing!”

—Older Adult participant, Cabarrus County
Voices into Action: The Families, Food and Health Project is a partnership between the Department of Sociology and Anthropology and Department of Youth, Family, and Community Sciences that works with stakeholders and community members to support community-based projects related to food access and physical activity. Additionally, Voices into Action carries out research to understand what families eat, the structural and social issues that impact their consumption, and the barriers and assets that families face or possess related to food and physical activity. The Voices into Action project has carried out sociological interviews, accompanied by in-depth food recalls (3) with low-income caregivers (mothers and grandmothers) in rural and urban areas of North Carolina (n=126 caregivers). Additionally, the project team has carried out in-home observations with a sample of these families, to learn about the day-to-day lives of project participants, including what they eat, with whom, and how (n=12 families). Finally, we have carried out asset mapping workshops (n=3), helped to establish community-led coalitions in three counties, and awarded mini-grants, for projects that promote access to healthy foods and safe places to be active. As a part of this community-based work, we have partnered with local organizations to carry out a food and resource assessment in each county, which includes food pantry director surveys (n=28), farmer surveys (n=19), and faith community assessments (n=59). Our aim is to better understand and promote the community resources that can help low-income families to eat healthy foods and enjoy more physical activity. Voices into Action also partners with the Expanded Food and Nutrition Education Program (EFNEP) and Faithful Families Eating Smart and Moving More (Faithful Families) for nutrition education projects in each of the three counties where we work. We have offered four Faithful Families classes and five EFNEP classes (one after-school, two food pantries in Harnett; one food pantry and one community center). 100% of participants showed a positive change in any food group at exit (fruits, vegetables, grains, dairy, etc.). 86% of participants showed improvements in one or more food resource management practices (does not run out of food at the end of the month, uses a grocery list, plans meals, etc.). For our work, two members of the team (Sarah Bowen, PI and Project Director, and Annie Hardison-Moody, co-Investigator) were invited to a Let’s Move meeting for faith-based and neighborhood partners at the White House (March, 2013).

Faculty and Staff: Dr Annie Hardison-Moody, Dr. Sarah Bowen, and Lorelei Jones

Community Day at the Garden, June 2013, in partnership with the Peace and Unity Community Garden in Sanford, NC

Asset Mapping Workshop in Southeast Raleigh, February 2013

Annie Hardison-Moody (left) and Sarah Bowen (right) at the White House, March 2013
Targeting Food Safety Issues Linked to Food Handlers: Infosheets and Infographics

Foodborne illness remains a significant health issue in the U.S. with as many as 48 million cases of foodborne illness annually. It is estimated that up to 70% of illnesses come from food handlers making behavioral mistakes. To address this issue, seven food safety infosheets containing stories of outbreaks and focusing on the factors most likely to lead to a foodborne illness were distributed to an estimated 10,000 subscribers and readers in 2013 through various online methods, including barfblog.com and the re-launched www.foodsafetyinfosheets.org website. Additionally, three direct subscribers were known to send infosheets to all of their organization’s outlets—a total of 1,350 sites and 300 support associates (an estimated 15,000 food handlers received these publications). Food safety infosheets have been shown to be effective in positively affecting the food handling practices of the target audience. It is believed that if just one of the 25,000 food handlers changed their behavior and a single major outbreak (30 illnesses) of foodborne illness was avoided through the posting of food safety infosheets that the savings to that organization could be an estimated $500,000 to $5 million in medical expenses, brand damage and loss of market.

Faculty and Staff: Dr. Ben Chapman and Katrina Levine
Child and Family Learning Network

To address youth, family, and community issues, North Carolina is leading a nation-wide optimization effort on behalf of eXtension to charter the Child and Family Learning Network (CFLN). The CFLN was formally established in November 2013 to serve as a more comprehensive online hub for translational research and professional resources. To execute its Scope of Work, Dr. Huff was awarded a $50,000 grant from the Association of Public and Land-Grant Universities to form an eXtension optimized Community of Practice (CoP) that brings together five individual CoPs within the field of Family and Consumer Sciences:

1. eXtension Alliance for Better Child Care;
2. Family Caregiving;
3. Families, Food and Fitness;
4. Financial Security for All; and
5. Just in Time Parenting.

Together the Executive Team is working to foster national, multidisciplinary collaboration among Extension colleagues and university scholars who work to improve the overall well-being of children and families. Deliverables include research and funding partnerships, webinars, print materials, educational videos, national presentations, and more.

Faculty: Dr. Nichole Huff

Eat Smart, Move More, Weigh Less

The Eat Smart, Move More, Weigh Less (www.esmmweighless.com) is a 15-week adult weight management program that uses strategies based on evidence for weight loss and/or weight maintenance. The curriculum was developed in partnership by NC State University and the NC Division of Public Health in 2007. The 15-lesson curriculum was peer reviewed by nutrition and physical activity professionals as well as representatives from the medical community and the Centers for Disease Control and Prevention.

Less program received funding from the State Health Plan for Teachers and State Employees to make the program available to its members. Over 500 class series reaching close to 10,000 Plan members have been delivered.

Outcomes from these classes indicate improvements in weight, blood pressure, and waist circumference for participants as well as an increase in their confidence to eat healthy and be more physically active. The program has also been offered successfully to several other independent worksites as part of employee wellness programs. It recently expanded its reach to Blue Cross Blue Shield of North Carolina’s Administrative Services Only and Fully Insured employer groups.

Less program was selected as an evidence-based program for Teachers and State Employees to make the program available to its members. Over 500 class series reaching close to 10,000 Plan members have been delivered.

Faculty and Staff: Dr. Carolyn Dunn, Surabhi Aggarwal, Kelly Nordby, Greg Moore, and Madi Fehling
More In My Basket

The More In My Basket (MIMB) program, developed by North Carolina State University, is designed to address food insecurity through conducting Supplemental Nutrition Assistance Program (SNAP) Outreach and is delivered through North Carolina Cooperative Extension’s Family and Consumer Sciences agents. A major barrier to combating food insecurity is moving likely-eligible consumers into the application process. MIMB is designed to reduce barriers by dispensing myths and increasing awareness of SNAP (called Food and Nutrition Services, or FNS in North Carolina) through community education and improved access to program benefits through application assistance.

The curriculum includes three different delivery formats: group presentations, individual consultations, and booth-based outreach. New and important additions in FY2013 include the addition of outreach staff and a Recipe Referral Card. MIMB staff provide telephonic or in-person application assistance that is private and scheduled at the consumer’s convenience. The “Recipe Referral Card” is low stigma featuring a recipe one side and MIMB’s toll-free number and three-step process to application completion on the other side.

Four of five MIMB objectives exceeded the 60% goal. Specifically, participants increased:

- Awareness of the nutritional benefits of participating in SNAP (91.9%);
- Ability to describe SNAP eligibility rules (84.7%);
- Ability to describe the process of applying for SNAP (82.1%);
- Awareness of the myths and misperceptions about SNAP (87.1%).

In FY 2013 More In My Basket reached 3,486 people in 38 participating counties. Families were eligible for $155,376 in benefits to expand their food dollars and combat food insecurity. North Carolina communities experience a $9 economic boost for every $5 of benefits. As a result, MIMB generated an additional $279,679 of economic activity across the participating counties.

Funding for MIMB provided by the United States Department of Agriculture

Faculty and Staff:
Dr. Carolyn Bird, Dr. Jacquelyn McClelland, Jeanette Maatouk, and Amy Pipas

New Case-Based Curriculum for Retail Food Safety Managers: NC Safe Plates

Food safety at retail food service establishments is a major concern. Certified in food protection have been shown to minimize the risk of foodborne illness and injury. However, current food safety curricula focus on technical practice and fail to address behavioral change and the culture around food safety. Using information from a job task analysis of retail food safety managers, NC Cooperative Extension developed a curriculum framework centered on case-based instruction and adult learning principles. Through these case studies participants will be trained on hazards, risk reduction steps and management strategies. From our research, the case study approach is a unique delivery mechanism and we believe it will provide more tangible behavior impacts as opposed to just knowledge outcomes. In fact, as part of our internal validation of the program we will be conducting a behavior-based evaluation. Five template modules were created and presented to refine the model. After investigating options to connect the curriculum with a certifying examination, a tentative business structure for the long-term administration of the curriculum and a certifying exam were developed. The curriculum framework includes components of food safety culture and has the potential to improve public health and food safety. The program will be piloted in Summer 2014 with 200 cafeteria managers and rolled out to agents across the state in Fall 2014.

Faculty and Staff: Dr. Ben Chapman, Matt Angle, and Katrina Levine
Food Insecurity, Chronic Disease and Economic Implications for North Carolina

Food insecurity and chronic disease affect both the health of our population and our economy. Children living in food insecure households are at greater risk of developmental and academic problems as well as nutritional deficiencies and nutrition-related illnesses. Addressing this issue in North Carolina is essential to the preparation of our future workforce and economic growth in our state. The challenges are great.

Between 2008 and 2012, North Carolina saw a rise from 22% to 24% in the number of working low-income families with children. This 2% increase accounts for 27,000 additional families with children earning incomes at or below the poverty level. During the same time frame, the number of children living in poverty in North Carolina increased from 20% to 26%.

What Is EFNEP?

EFNEP serves limited-resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population.

Using “hands-on” experiences, participants are taught to make wise choices with their food dollars, improve eating habits, and practice food safety principles.

EFNEP is offered through North Carolina Cooperative Extension as a part of university outreach at NC State University and NC A&T State University. In 2013, North Carolina EFNEP served 50 counties.

Supporting North Carolina’s Families with Greatest Needs Since 1969

EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, physical activity strategies, and shopping on a limited budget. This program improves the lives of each of these families with positive changes they have made by reducing their risk of obesity related illnesses and supporting healthy lifestyles.

Volunteers Strengthen EFNEP

In 2013, 2,607 adults and youth donated 38,709 hours on behalf of EFNEP. At a rate of $22.14 per hour, this is $857,017. Volunteers make a difference in their own communities and contribute to EFNEP’s ongoing success.

EFNEP Makes a Real Difference for Limited Resource Adults and Youth

Parents completing the series of lessons improved nutrition, food behavior and food safety practices. As a result of participation in EFNEP:

- 71% improved in one or more food safety practices
- 86% improved in one or more nutrition practices
- 87% improved in one or more food resource management practices
- 40% of participants increased the amount of daily physical activity
- 100% of participants improved their diet
  - 58% increased fruit consumption
  - 56% increased vegetable consumption
  - 55% increased consumption of calcium-rich foods

Through a series of classes, 4-H EFNEP youth (grades K-12) learn basic nutrition, the importance of daily physical activity, how to make healthy food choices, and food safety in preparation and storage. Additionally, youth (grades 9-12) learn life skills of food resource management and preparation. An analysis of pre and post measures of knowledge gained and changed behavior shows the following improvement in one or more of these core areas:

- 87% of children in grades K-2
- 82% of children, grades 3-5
- 97% of youth, grades 6-8
- 97% of youth, grades 9-12

Faculty and Staff: Lorelei Jones, Lisa Benavente, Tony Benavente, Susan Chase, Judith D’Eredita, Emily Foley, Renee Jordan, Denise Lamb-Willis, Stephanie McDonald, Virginia New, Salim Oden, and Suzanne van Rijn

Over 5,000 families and 27,000 youth participated in EFNEP in 2013.
E-Conservation Residential Energy Education

North Carolina currently ranks 10th in the nation for per capita home energy consumption, and 30% of the total energy used in the state is for residential purposes. As energy prices increase and environmental concerns related to energy production and consumption intensify, it is essential that citizens find ways to reduce consumption and enhance efficiency of the energy used in the home. The E-Conservation program helps consumers reduce their home energy consumption through no-and low-cost energy efficiency measures, behavioral changes and home retrofits. In addition to traditional delivery methods, In 2013, the E-Conservation began a pilot Home Energy Master program designed to train volunteers to teach basic energy education in their communities. In 2014, the program is offering a limited number of subsidized home energy audits for consumers. The audit provides homeowners with a report indicating low cost/no cost and higher cost improvements to increase energy efficiency and improve comfort. Auditors will also install $600 worth of basic retrofits on the audited home to help consumers with immediate comfort improvement and energy savings.

Program impacts from the distribution and installation of compact fluorescent bulbs (CFL’s) and low flow shower heads have resulted in approximate annual savings of $329,875 in electricity cost; 3,051,153 in kWh electricity used; 4,006,967 pound reduction in CO2; and 8,998,944 gallons of water savings. These impacts will continue to grow as additional kits are distributed throughout the state.

The E-Conservation Program can be found on:
- Pinterest (http://pinterest.com/econservation/)
- Twitter (https://twitter.com/HomeEnergyEd)

The E-Conservation Program has a dedicated website (http://energy.ces.ncsu.edu—formerly e-conservation.net)

Funding for this project provided by the State Energy Office.

Faculty and Staff: Dr. Sarah Kirby and Laura Langham
4-H Club Development Plan: Improving Quality and Outcomes for Youth

The benefit youth gain from out-of-school experiences such as 4-H clubs relates directly to the qualities of belonging, adult and peer support, skill-building and leadership opportunities, and chances to make a difference in their community. The quality of clubs depends upon trained and effective volunteer leaders.

A Program Development Plan rating scale was developed by this specialist and a 4-H agent to identify key components of a quality 4-H club. Then four 4-H agents piloted the tool by training and mentoring volunteer club leaders in their counties throughout 2012-13.

The majority of clubs were completing less than 15 of the 25 quality indicators before the Club Development Plan (CDP) was implemented. Following a year of targeted coaching, training, and self-directed improvement using the CDP, all clubs were working at the “expected” level and several clubs were operating at the “exceptional” level. Exceptional clubs were characterized by youth-led meetings and service activities, and youth challenging themselves to leadership at the county, district, and state level.

The CDP was recognized by NC 4-H Agents Association and the National 4-H Agents Association, Southern Region with a Club Support Award in 2013. The CDP was recognized by NC 4-H Agents Association and the National 4-H Agents Association, Southern Region with a Club Support Award in 2013.

Faculty: Dr. Ben Silliman

Youth Extension Service

Project Youth Extension Service (YES) is a national internship program engaging college students in service to meet the needs of military families. Specifically, Project YES expands the resources of programs. Our staff interns are provided an opportunity to give back to their communities and country through a year of service. Through our partnership with the General H. Hugh Shelton Leadership Center, our staff interns are provided first-class youth development educational and facilitation skills. In turn, they travel the nation delivering youth also serves as a career development program. 2013 was a busy and productive year for Project YES! The team continues to grow and we were excited to work with 25 motivated young professionals distributed throughout 17 states and 21 colleges or universities. During 2013, they supported 83 youth events spanning 26 states and one US territory. This busy schedule enabled us to support 2,966 youth of military families representing every branch of the military. However, overall we have supported 314 events and worked with 9786 amazing youth. 2014 looks to be an equally busy and challenging year. Project YES will again be expanding and will incorporate the first summer internship in addition to the standard full-year program. Doing so will enhance the opportunity to serve a wider audience during the very busy summer months. We’re looking forward to another exciting year. Project YES is supported by the National Institute of Food and Agriculture (NIFA), using funding from the Office of the Secretary of Defense.

Faculty and Staff: Dr. Marshall Stewart, James C. Johnson, Dr. Myra Moses, Beverley Cash, and Julie Bunting