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Cecil E. Carter, Jr., Major Professor

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RELATIONSHIPS BETWEEN SELECTED CHARACTERISTICS OF TENNESSEE HOMEMAKERS AND THE NUMBERS AND TYPES OF CONTACTS THEY HAD WITH EXTENSION AND THE NUMBERS AND TYPES OF EXTENSION RECOMMENDED FOOD-NUTRITION PRACTICES THEY USED

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DEDICATION

To my mother, Janie Howard Jackson, for her inspiration, guidance, support and encouragement during my undergraduate and graduate years of study.

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ABSTRACT

The major purpose of this study was to examine selected characteristics of homemakers most likely and least likely to use the Tennessee Agricultural Extension Service as a source for food-nutrition information. The study also examined the Extension contact methods these homemakers used most frequently and least frequently to obtain food-nutrition information and how this was related to their use of the 16 recommended food-nutrition practices.

An underlying purpose of this study was to identify some possible problem areas regarding delivery of the Extension Food-Nutrition educational program among homemakers in Tennessee and to suggest ways which may help to improve County Extension programs.

The population of the study included homemakers from 91 Tennessee counties. Homemakers interviewed were classified as: (1) Home Demonstration Club members, (2) Young Non-Club homemakers, (3) 4-H parents or leaders, (4) Housing Program homemakers, (5) All homemakers, (6) Special Interest homemakers, and (7) Other homemakers. A total of 2818 homemakers participated in the survey. The interview schedule was developed by Food and Nutrition specialists of the University of Tennessee Agricultural Extension Service. Data were obtained through group interviews of homemakers and sampling was done on a county basis by Extension Agents.

The data were coded and computations were made by the University of Tennessee, Knoxville, Computing Center. The Chi Square Test and

the analysis of variance F test were used to determine the strength of relationships between variables. F values and x^2 values which achieved the .05 probability level were accepted as significant.

Findings from this study indicated that the average respondent was 60 years of age or older and a member of a Home Demonstration Club. The typical respondent had no children living at home, had made at least 16 contacts with the Tennessee Agricultural Extension Service in the previous year, and was using at least 11 of the 16 recommended food-nutrition practices.

Additional findings showed that older homemakers and those who were Home Demonstration Club members were more likely to report at least one Extension contact of any type (i.e., telephone call, office visit, Extension Food-Nutrition meeting, home visit, or general Extension contact) than younger homemakers or homemakers in other audience classifications. Furthermore, data revealed that homemakers who reported making at least one Extension contact of any kind were more likely to use a greater number of the recommended food-nutrition practices than homemakers who reported no contacts with Extension.

Data analysis also revealed that the more appliances homemakers owned, the more sources of food-nutrition information they utilized, the more sources of food-nutrition instruction they used, the more food preservation methods they implemented and the more Extension contacts and Extension meetings they reported attending, the more recommended food nutrition practices they were likely to be using. Further findings indicated that Other homemakers, Special Interest

homemakers, those aged 40-49, those with at least one child in the home and those with at least two adults in the home were most likely to use the greatest number of recommended food-nutrition practices.

Other findings indicated that the majority of homemakers had no interest in attending future food-nutrition meetings on listed survey topics (with the exception of meetings concerning weight control) and that 94 percent of the survey respondents had no interest in attending future meetings on food-nutrition topics not listed in the survey.

Implications and recommendations and recommendations for further study are also included.

TABLE OF CONTENTS

CHAPTER		PAGE
I.	BACKGROUND AND PROBLEM	1
	Introduction	1
	Need for the Study	3
	Purposes and Objectives of the Study	3
	Limitations of the Study	5
	Population and Sample Studied	5
	The Interview Schedules	6
	Analysis of Data	7
	Definition of Terms	7
II.	REVIEW OF RELATED LITERATURE	10
	Literature Related to Diffusion and Practice Adoption	10
	Homemaker Characteristics	12
	Personal Characteristics and Extension Contacts	15
	Relationships Between Homemaker Characteristics and Practice Adoption	16
	Relationships Between Number of Extension Contacts and Practice Adoption	18
III.	CHARACTERISTICS OF HOMEMAKERS, THEIR HOMES AND NUTRITION PRACTICES USED AND RELATIONSHIPS BETWEEN THE NUMBER AND TYPES OF CONTACTS HOMEMAKERS HAD WITH EXTENSION AND THEIR PERSONAL AND SOCIO-ECONOMIC CHARACTERISTICS	21
	Characteristics of Homemakers, Their Homes and Nutrition Practices Used	22
	Relationships Between the Number of Telephone Calls Homemakers Made to the County Extension Office and Their Personal and Socio-Economic Characteristics	36
	Relationships Between the Number of Visits Made By Homemakers to the County Extension Office and Their Personal and Socio-Economic Characteristics	44
	Relationships Between the Number of Visits Made to the Homemakers' Homes by County Extension Agents and the Personal and Socio-Economic Characteristics of Homemakers	52
	Relationships Between the Number of Extension Food-Nutrition Meetings Homemakers Attended and Their Personal and Socio-Economic Characteristics	61
	Relationships Between the Total Number of Extension Contacts Homemakers Had in 1980-81 and Their Personal and Socio-Economic Characteristics	69

CHAPTER PAGE

IV. RELATIONSHIPS BETWEEN HOMEMAKERS USE OF THE RECOMMENDED FOOD-NUTRITION PRACTICES AND THE TYPES AND NUMBERS OF EXTENSION CONTACTS THEY HAD WITH THE COOPERATIVE EXTENSION SERVICE IN THE PREVIOUS TWELVE MONTH PERIOD. 79
Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Visits Homemakers Made to the County Extension Office. 80
Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Telephone Calls Homemakers Made to the County Extension Office. 94
Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Visits County Extension Agents Made to the Homemakers' Homes 109
Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Extension Food-Nutrition Meetings Homemakers Attended. 123
Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Total Number of Extension Contacts They Reported for the Previous 12 Months. 138

V. RELATIONSHIPS BETWEEN SELECTED HOMEMAKER CHARACTERISTICS AND THEIR USE OF SELECTED RECOMMENDED FOOD-NUTRITION PRACTICES AND RELATIONSHIPS BETWEEN SELECTED HOMEMAKER CHARACTERISTICS AND THE MEAN NUMBER OF EXTENSION RECOMMENDED FOOD-NUTRITION PRACTICES THEY USED 153
Relationships Between Selected Homemaker Characteristics and Whether Adult Family Members Received at Least Two Glasses of Milk or its Equivalent Each Day 154
Relationships Between Selected Homemaker Characteristics and Whether Children Had Three-Four Glasses of Milk or its Equivalent Each Day. 161
Relationships Between Selected Homemaker Characteristics and Whether Homemakers Provided Family Members with Nutritious Snack Foods 168
Relationships Between Selected Homemaker Characteristics and Whether Homemakers Served Stewed, Baked or Broiled Foods More Often Than Fried Ones 176
Relationships Between Selected Characteristics of Homemakers and the Mean Number of Extension Recommended Food-Nutrition Practices They Used 183

CHAPTER PAGE

VI. SUMMARY OF MAJOR FINDINGS. 222
Purposes and Specific Objectives. 222
Method of Investigation 223
Method of Analysis. 224
Major Findings. 224
Implications and Recommendations. 240
Recommendations for Further Study 243

BIBLIOGRAPHY. 245

APPENDIX. 249

VITA. 254

LIST OF TABLES

TABLE		PAGE
1.	Characteristics of Homemakers, Their Homes, and Nutrition Practices Used	23
2.	Relationships Between the Number of Telephone Calls Homemakers Made to the County Extension Office and Their Personal and Socio-Economic Characteristics.	37
3.	Relationships Between the Number of Visits Made by Homemakers to the County Extension Office and Their Personal and Socio-Economic Characteristics.	45
4.	Relationships Between the Number of Visits Made to the Homemakers' Homes by County Extension Agents and Homemakers Personal and Socio-Economic Characteristics	53
5.	Relationships Between the Number of Extension Food-Nutrition Meetings Homemakers Attended and Their Personal and Socio-Economic Characteristics	62
6.	Relationships Between the Total Number of Extension Contacts Homemakers Had in 1980-81 and Their Personal and Socio-Economic Characteristics	70
7.	Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Visits Homemakers Made to the County Extension Office	81
8.	Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Telephone Calls Homemakers Made to the County Extension Office	95
9.	Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Visits County Extension Agents Made to the Homemakers' Homes	111
10.	Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Extension Food-Nutrition Meetings Homemakers Attended	124
11.	Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Total Number of Extension Contacts They Reported for the Previous 12 Months.	139

TABLE PAGE

12. Relationships Between Selected Homemaker Characteristics and Whether Adult Family Members Received at Least Two Glasses of Milk or its Equivalent Each Day 155

13. Relationships Between Selected Homemaker Characteristics and Whether Children Received Three-Four Glasses of Milk or its Equivalent Each Day 162

14. Relationships Between Selected Homemaker Characteristics and Whether Homemakers Provided Family Members With Nutritious Snack Foods 169

15. Relationships Between Selected Homemaker Characteristics and Whether Homemakers Served Stewed, Baked or Broiled Foods More Often Than Fried Ones 177

16. Relationships Between Selected Characteristics of Homemakers and the Mean Number of Extension Recommended Food-Nutrition Practices They Used 185

CHAPTER I

BACKGROUND AND PROBLEM

I. INTRODUCTION

Dedicated American agriculture and home economics educators began work in the late 1800's to establish and maintain an effective out-of-school educational system for rural farmers, homemakers, and youth. This important educational movement was formalized in 1914 with the passage of the Smith-Lever Act by the United States Congress. With the passage of the Smith-Lever Act, the movement gained a formal name--the Cooperative Extension Service, and sources of funding from county, state, and federal governments. Today, the Cooperative Extension Service is found in all 50 states, Puerto Rico, and the Virgin Islands and operates under the auspices of the land grant college of each. In Tennessee, the University of Tennessee is the state land grant college and Extension Agents are stationed in all 95 counties of the state. Since the earliest beginnings of the Cooperative Extension Service, the dissemination of human nutrition information to clientele has been a major problem objective. In each of Tennessee's 95 counties, County Extension Agents for Home Economics devote a major portion of their time and efforts to ensuring that their clientele have access to valuable nutrition information and develop the skills necessary to apply it to their family's daily living.

Each County Extension Agent for Home Economics needs to assess the effectiveness of her food and nutrition education effort. Due to the diversification of Extension clientele and programs, this evaluation process can be difficult. But it is necessary if Extension Agents are to continue to plan and conduct programs which meet the needs of those served through the Cooperative Extension Service and to recruit new audiences.

The major concentration in this study was selected Tennessee homemakers. These homemakers provided information about their family and individual characteristics, their use of recommended food-nutrition practices, methods of food preservation, sources of nutrition information, interest in future nutrition education and the number and types of contacts they had with the Cooperative Extension Service. It was believed that it would be helpful to study the characteristics of homemakers and the influence of these characteristics upon the homemaker's use of recommended food-nutrition practices. It was also believed that it would be useful to study the numbers and types of Extension contacts these homemakers had had in the past year and if these contacts were related to their use of recommended food-nutrition practices. Extension Agents need to know the degree to which recommended practices are being utilized and who among all the potential homemaker audiences is taking advantage of Extension programs in food and nutrition.

II. NEED FOR THE STUDY

It is assumed that every Extension Agent for Home Economics in Tennessee wants to improve the quality of Extension programs, meet the needs of their present clientele and at the same time reach as many new homemakers as possible. A popular hypothesis suggests that those homemakers having the most need of Extension programming are often the ones that are not being reached. Experience shows that some homemakers use the many services Extension offers on a regular basis while other homemakers are passive or oblivious to the services offered by the Cooperative Extension Service. It was felt that information derived from this study would help Extension Agents to improve their food-nutrition education programs by identifying audiences who are not presently being reached and pinpointing subject matter areas that need more or improved emphasis.

III. PURPOSES AND OBJECTIVES OF THE STUDY

The major purpose of this study was to examine selected characteristics of homemakers most likely and least likely to use the Tennessee Agriculture Extension Service as a source for food-nutrition information and the Extension contact methods these homemakers used most frequently and least frequently to obtain food-nutrition information and how these contacts were related to their use of 16 recommended food-nutrition practices.

An underlying purpose of this study was to identify some possible problem areas regarding delivery of the Extension food-nutrition program

among homemakers in Tennessee and to suggest ways which may help to improve programming on the County level.

The specific objectives of this study were:

1. To characterize the homemakers, their homes and nutrition practices used from food-nutrition audiences in selected Tennessee counties.
2. To determine the relationships between the number of telephone calls homemakers made to the County Extension Office, the number of visits made by homemakers to the County Extension Office, the number of visits made to the homemakers homes by County Extension Agents, the number of food-nutrition meetings homemakers attended, the number of total Extension contacts homemakers had and their personal and socioeconomic characteristics.
3. To determine relationships between homemakers use of the recommended food-nutrition practices and the number of visits homemakers made to the County Extension Office, the number of telephone calls homemakers made to the County Extension Office, the number of visits County Extension Agents made to homemakers homes, the number of Extension food-nutrition meetings homemakers attended and the total number of Extension contacts they reported for the previous 12 months.
4. To determine the relationships between selected homemaker characteristics and homemakers use of specific recommended food-nutrition practices.

5. To determine relationships between selected characteristics of homemakers and the mean number of recommended food-nutrition practices they used.

IV. LIMITATIONS OF THE STUDY

This study was limited to the analysis of data available in the University of Tennessee Agricultural Extension Foods and Nutrition Survey conducted in the fall of 1981. The data were secured by County Extension Agents for Home Economics through group interviews with 2818 homemakers in 91 Tennessee counties. Information concerning the number of Extension contacts reported by the homemakers was for the previous 12 month period. The types of Extension contacts were limited to general Extension meetings, food-nutrition Extension meetings, visits to the County Extension Office, telephone calls to the County Extension Office and home visits by County Extension Agents. Other factors which were limited had to do with those characteristics describing the homemaker, her family, and her home situation. Recommended food-nutrition practices were limited to 16 food-nutrition practices included in the survey. These 16 practices involved consumer habits, meal planning, incorporation of the Basic Food groups into the family diet, weight control and food preservation. A copy of the survey is included in the Appendix.

V. POPULATION AND SAMPLE STUDIED

The population of the study included homemakers from seven audiences: Home Demonstration Club members, Young Non-Club homemakers,

4-H parents or leaders, Housing Program homemakers, Special Interest homemakers, and "Other" homemakers not clearly fitting into one of the above categories. A total of 2818 homemakers were interviewed from 91 Tennessee counties.

Sampling was done on a county basis with Extension Agents interviewing approximately 30 homemakers per county. Extension Agents selected one audience from the above seven. The interview schedule was designed for use by the agent in a group interview situation. The agent administered the schedule by reading each question at the time and providing time for questions and completion. Interviewees proceeded together through the entire form.

VI. THE INTERVIEW SCHEDULES

The 1981 Food-Nutrition survey form was developed by the Food and Nutrition Specialists of the University of Tennessee Agricultural Extension Service. The four page interview schedule was designed to secure the following facts about the homemakers: age, number of persons living in the home who were under 21 years of age, and the number of persons living in the home who were over 21 years of age. The instrument also included questions regarding the number of selected workable appliances in the home, ways the homemakers received nutrition information and instruction, methods used by the homemakers to preserve food, which of the 16 recommended nutrition practices the homemakers were following, the interest of the homemakers in attending a workshop or series of meetings relating to certain areas of food and nutrition

education and the number and types of Extension contacts the homemaker had had in the previous 12 months.

VII. ANALYSIS OF DATA

The 91 counties involved in the Food-Nutrition survey sent completed survey forms to the State Extension Office, University of Tennessee, Knoxville, to be recorded. Computer data cards were punched and processed for statistical analysis by the University of Tennessee Computer Center. Frequency counts were made and Chi Square test and analysis of variance, F test, were used to determine the relationship between selected dependent and independent variables. The .05 probability level was used to make decisions regarding the significance of observed relationships between variables.

VIII. DEFINITION OF TERMS

The following definitions indicate how certain terms were used in this study:

1. Home Demonstration Club Member. Homemakers enrolled and participating in the organized educational groups in which Extension Home Economists carry out a continuous educational program. Home Demonstration Clubs have officers, a constitution and by-laws, and meet regularly under the supervision of the Home Economics Agent.
2. Housing Program Homemakers. Homemakers living in dwelling units provided by local housing authorities, and financed by government funds, that provide housing for low-income families whose incomes are within officially established limits.

3. Homemaker. An individual having the primary responsibility for establishing and maintaining the home environment in the family context.
4. Special Interest Homemakers. Homemakers who do not belong to an organized Extension educational group but who do attend Extension sponsored training meetings and workshops on topics of special interest to them.
5. 4-H Parents or Leaders. Homemakers who have children enrolled in the youth education segment of the Cooperative Extension Service program and who provide leadership to this program.
6. Recommended Nutrition Practices. The 16 practices pertaining to foods which have been identified by Tennessee Agricultural Extension Home Economics Specialists based on research. They are given special subject matter emphasis in Extension educational programs with homemakers. These practices, when followed, serve to provide balanced diets for all family members.
7. Nutrition. This includes the consumption and utilization of food for growth, maintenance and repair of the body. Nutrition is a science of the quantity, as well as the nature, of the substances we need from food for good health. It is also a subject matter area of educational emphasis and specialization in Cooperative Extension work.
8. The Basic Food Groups. Each group includes foods which are basically similar in nutrient content. The human body

needs a recommended amount of food from each group to meet all of its needs. These basic food groups are: (1) bread and cereals, (2) milk and milk products, (3) fruits and vegetables, (4) meat and meat alternates, and (5) other foods.

9. Dependent Variable. Dependent variables are those to be explained as a function of other (i.e., independent) variables.

10. Independent Variable. The explanatory variable in a statistical analysis.

11. Extension Contact. The number of general Extension meetings attended, number of Extension Food-Nutrition meetings attended, number of office visits and telephone calls made to the County Extension Office, and the number of home visits received by the homemaker in a 12-month period.

CHAPTER II

REVIEW OF RELATED LITERATURE

The purpose of this chapter was to study and summarize findings from past studies that involved research similar to the type done in this study. Literature reviewed encompassed studies in Home Economics and Agriculture subject matter areas.

This chapter has been divided into five sections including: (1) Literature related to diffusion and practice adoption, (2) Homemaker characteristics, (3) Relationships between homemakers' personal characteristics and the number and type of Extension contacts they had, (4) Relationships between homemakers' personal characteristics and practice adoption, and (5) Relationships between the number of Extension contacts and use of recommended practices.

I. LITERATURE RELATED TO DIFFUSION AND PRACTICE ADOPTION

The principal objective of the Cooperative Extension Service is to provide practical education to its clientele. The 1981 Food-Nutrition Survey was designed to provide information for program planning and evaluation of food-nutrition education programs conducted by the Tennessee Agricultural Extension Service. A major goal of the 1981 survey was to discover how many and what types of the 16 recommended food-nutrition practices the survey respondents were using.

In order to better understand the survey purposes and results the reader needs to be familiar with how people accept and adopt recommended Extension practices and innovations.

Rogers and Burdge, in Social Change in Rural Societies, define an innovation as an idea, practice or object perceived as new by an individual. At one time everything in a society was an innovation. The 16 recommended food-nutrition practices in the 1981 Food-Nutrition Survey are innovations.

According to the authors there are five characteristics of innovations (as perceived by receivers) which contribute to different rates of adoption. They are:

1. Relative advantage--the degree to which the innovation is perceived as better than the idea it supercedes.
2. Compatibility--the degree to which the innovation is perceived as being consistent with existing values, past experiences, and the needs of the receivers.
3. Complexity--the degree to which an innovation is perceived as difficult to understand and use.
4. Trialability--the degree to which the innovation may be experimented with on a limited basis.
5. Observability--the degree to which results are visible to the receiver and others.

The authors define a change agent as a person or organization attempting to introduce or effect a change. In the case of the Cooperative Extension Service, the Extension Agent would be the change agent (14:96).

In the book, Communications of Innovations by Everett M. Rogers the diffusion process is described as the process by which change or

innovation is communicated through certain channels over time among members of a social system. Rogers presents a sociologists' model of the four stages that people go through in adopting a new practice or innovation.

The first stage that a person goes through in the practice adoption process is knowledge or awareness that a particular practice exists. Next an individual forms some type of opinion about the practice. After forming an opinion regarding the practice or innovation, the individual mentally tests the idea to see if the practice will meet his/her needs. It is at this stage, the decision stage, that the practice is initially accepted or rejected. The final stage in the practice adoption process is the confirmation stage. The individual seeks to gain reinforcement for the decision (pro or con) that he/she made concerning the innovation. In this final stage, an individual can reverse the previous decision he/she made concerning practice use--this depends largely upon the type of reinforcement the individual receives at this point in time (15:147).

II. HOMEMAKER CHARACTERISTICS

Mary Theresa Smith's 1976 study compared characteristics of Giles County, Tennessee Home Demonstration Club members and their use of recommended nutrition practices. In her study, Smith found that 84 percent of all homemakers did not work outside the home, 66 percent did not have children living at home, and 68 percent did not have children depending on them for financial support. The median age for

all homemakers surveyed was 65 years and nearly one half, 48 percent, of all homemakers surveyed were widowed, 36 percent were married, 6 percent were divorced and 6 percent were separated. The median educational level was eighth grade for all homemakers surveyed. All homemakers surveyed had refrigerators, 94 percent had electric ranges and 52 percent had freezers. The average number of food preservation methods was 2.0 with canning and freezing being the most popular food preservation methods used (17:22).

Julia Speer's 1979 Interior Design study focused on 1604 Tennessee homemakers in 67 counties. Speer found that slightly more than one-half of the survey respondents were 50 years of age and over, 75 percent were members of Home Demonstration Clubs, 76 percent were married with their spouse living at home and 80 percent had completed 12 grades or higher. Respondents who were not employed outside the home out-numbered employed homemakers two to one. Ninety percent of the respondents owned their own homes (18:23).

Bryant's 1981 Family Life study involved 2734 homemakers in 91 Tennessee counties. Thirty-five percent of the respondents were Home Demonstration Club members. The majority of the survey respondents were female and married. Most of the homemakers were in the "over 50" age bracket. The average educational level for the survey population consisted of a high school education and 56 percent of the survey population were not employed (1:13).

A University of Tennessee study by Prince in the subject matter area of Food-Nutrition, utilized two samples of subjects drawn from

among residents of Weakley County, Tennessee. One sample consisted of Home Demonstration Club members and the other sample consisted of residents who were not club members. Forty three percent of all the respondents lived on farms, 29 percent reported that their husband was retired, almost 70 percent reported no children living in the home and 64 percent were not employed outside the home. Almost half of the survey respondents said that at least one person in the home was 60 years of age or older (12:17).

A 1980 study by Martha Marklin characterized 106 Home Demonstration Club members in Montgomery County, Tennessee as follows: (1) the mean age of all participants was 50.3 years, (2) the median educational level was twelfth grade, (3) 83 percent of all participants were married, and (4) 81 percent were not employed outside the home (9:12).

A 1971 study by Davis compared nutrition practices of 25 Home Demonstration Club members with the nutrition practices of 50 non-members in Hardeman County, Tennessee. All of the respondents were black. Forty one percent of the homemakers had an educational level of grade 6-8. Only 15 percent reported receiving no Home Economics training of any kind. Almost 50 percent of the respondents were 50 years of age or older and almost two thirds of the 75 homemakers had children living at home. Ninety percent of the families participating in this study had incomes that were classified below the official poverty level (3:16).

III. PERSONAL CHARACTERISTICS AND EXTENSION CONTACTS

In a University of Tennessee Clothing study, Connell found that employment outside the home significantly related to the number of Extension meetings homemakers attended. She found that homemakers who worked attended fewer Extension sponsored meetings than homemakers who were not employed outside the home (2:21).

Webb reported in her study of Tennessee Home Demonstration Club members that the number of contacts homemakers had through Extension meetings was significantly related to their age. Homemakers over age 60 attended significantly more meetings than younger homemakers. Webb revealed that younger homemakers, ages 30-39, made significantly more contacts with Extension via visits and telephone calls than homemakers in other age groups. Homemakers who were married were also more likely to call the Extension Office than single homemakers. The study also showed that the educational level and employment status of the homemaker was significantly related to the number of Extension meetings attended. Homemakers who reported less than a seventh grade education and who were unemployed attended more meetings than homemakers who were better educated and employed (20:86).

In a 1979 Interior Design study, Speer concluded that the number of Extension contacts homemakers reported was significantly related to age, employment status, home ownership, and Home Demonstration Club membership. Homemakers who were older, unemployed, home owners and Home Demonstration Club members were more likely to report a greater

number of Extension Contacts than younger homemakers, employed homemakers, homemakers who did not own a home and homemakers who were not Home Demonstration Club members (18:67).

In contrast to the previously cited studies, Henry found that participation in Extension sponsored Clothing Construction workshops was not influenced by marital status, age, educational level, family income, husband's occupation, place of residence, or number of children but rather by previous contacts with either Extension or the Office of Economic Opportunity. This study was conducted in Macon County, Tennessee and involved 100 low income homemakers (5:66).

IV. RELATIONSHIPS BETWEEN HOMEMAKER CHARACTERISTICS AND PRACTICE ADOPTION

Julia Speer's 1979 Interior Design study revealed that age, marital status, educational level, and income were significantly related to practice adoption. Homemakers over age 50, married homemakers, homemakers with at least a high school education, and those reporting an income of $10,000 or more annually, used more recommended Interior Design practices than younger homemakers, single homemakers, homemakers with less than a high school education and homemakers with annual family incomes under $10,000. No significant relationship was found between audience, employment status, home ownership and practice adoption (18:71).

Davis, in a 1969 Food-Nutrition study, found that Home Demonstration Club members used a higher percentage of the recommended

food-nutrition practices than non-members. However, practice adoption levels for both Home Demonstration Club members and non-members were found to be above the concern level with the exception of the use of the two practices concerning daily dairy food intake (3:67).

In 1967, Hurst conducted a study concerning selected clothing construction practices of two selected Home Demonstration Club member groups in Knox County, Tennessee. She found that homemakers in the "75 or older" age group had the highest average clothing practice adoption score and that income and family size had no bearing on the respondents practice adoption scores. Hurst, also found that respondents who were employed as seamstresses had a higher clothing practice adoption score than respondents who were employed in other occupations or who were unemployed (7:45).

A University of Tennessee study by Helen Roberts Stocking, which included 1610 homemakers from 84 Tennessee counties classified respondents as: (1) Home Demonstration Club members, (2) food stamp recipients, (3) young homemakers, (4) 4-H mothers, or (5) others. Major findings of this study indicated that food stamp recipients and homemakers having five or more persons living in the home used the fewest recommended food-nutrition practices. Additional findings revealed that food stamp recipients and Home Demonstration Club members having both a freezer and refrigerator used more recommended food-nutrition practices than homemakers having neither or only one of these appliances (19:85).

In 1981, Hobt studied the relationships between Union County, Tennessee homemakers' practice adoption scores on budgeting and record

keeping practices and selected personal and family characteristics. Eighty six randomly selected homemakers were included in this study. Hobt's major findings indicated that although the homemakers' total practice adoption scores on all budgeting and record keeping practices were not significantly related to the homemakers' personal and family characteristics there was a strong tendency for homemakers who had high total adoption scores to be better educated, not employed outside the home, those with higher incomes and making payments on their homes. Data also indicated that homemakers who had low practice adoption scores on budget and record keeping were older than the average homemaker, less well-educated, those who reported lower incomes and those who participated less in organized community activities (6:80).

Neas, surveyed Home Demonstration Club members in Blount County, Tennessee and found that age, marital status, place of residence, number of children and husband's occupation and income were significantly related to respondents' use of recommended credit practices. Younger homemakers, married homemakers, urban residents, those with children, those whose husbands were industrial workers or in business and/or professional occupations and those reporting higher incomes were more likely to use recommended credit practices than other homemakers surveyed (10:83).

V. RELATIONSHIPS BETWEEN NUMBER OF EXTENSION CONTACTS AND PRACTICE ADOPTION

Much research had been done to determine the relationships between the number of Extension contacts a client reports and practice

adoption. However, most studies have been conducted in agriculture-related subject matter areas.

Solomon Yabaya, in a 1978 Corn study concluded that the use of Extension's recommended production practices by Tennessee corn producers was significantly related to the number of contacts they had with the Extension Service. He found that the use of five of eight production practices increased as the producer's total number of contacts with Extension increased (21:135).

A University of Tennessee Swine study by Perry revealed that the numbers of recommended practices used by swine producers was significantly related to the total number of Extension contacts they had. Perry found that overall practice use increased significantly as the number of contacts with Extension increased; data indicated a significant relationship existed for 9 of the 14 recommended production practices (11:53).

Bret Reburn, in a 1983 Dairy study indicated that there was a significant relationship between recommended dairy production practices used by producers and Extension contacts. Reburn found that producers who used less than 16 of the recommended production practices reported an average of 11 Extension contacts compared to producers who used 16 of the recommended production practices and reported an average of 18 contacts (13:133).

Another Dairy study, by Pat Freeman, also concluded that the use of Extension's recommended production practices by producers was significantly related to the number of contacts producers had with

Extension. Freeman indicated that as total contacts with Extension increased, so did the use of production practices. In his study, Freeman determined the relationship between seven practice bundles and the total contacts producers had with Extension. The total number of contacts was found to be significantly related to each of the seven practice bundles (4:113-149).

Floyd Rutter, in another University of Tennessee livestock study, found a highly significant relationship existed between beef producers use of Extension's recommended production practices and their total contacts with Extension. He found that practice use increased for 13 of 14 production practices as the producers' contacts with Extension increased (16:84-86).

Finally, in contrast to other studies reviewed, a Soybean study by Jenkins concluded that producers who contacted Extension most frequently were not necessarily those who were using the largest number of soybean production practices. Jenkins indicated in his study that, overall, there was not a significant relationship between practice use and total Extension contacts. Recommended production practices such as fertilizing and liming according to soil test recommendations, having a soil test system, and preparing an initial seed bed were the practices found to be significantly related to Extension contacts in that their use increased as total Extension contacts increased (8:48).

CHAPTER III

CHARACTERISTICS OF HOMEMAKERS, THEIR HOMES AND NUTRITION PRACTICES USED AND RELATIONSHIPS BETWEEN THE NUMBER AND TYPES OF CONTACTS HOMEMAKERS HAD WITH EXTENSION AND THEIR PERSONAL AND SOCIO-ECONOMIC CHARACTERISTICS

The purpose of this chapter is to characterize the survey respondents by personal and socio-economic variables and to show relationships between these variables and the number and type of contacts homemakers had with the Extension Service. These findings are presented in the following six sections.

Section I presents findings that characterize the survey respondents by audience, age, number of persons under 21 in the home, number of persons over 21 in the home, total number of persons in the home, types of appliances owned, sources of food-nutrition information, sources of food-nutrition instruction, methods used to preserve food, interest in attending future food-nutrition meetings, Extention contacts, and recommended food-nutrition practices used.

Section II deals with findings concerning personal and socio-economic characteristics of homemakers and the relationship between these characteristics and the number of telephone calls a homemaker made to the County Extension Office.

Section III presents data dealing with the relationship between personal and socio-economic characteristics of homemakers and the number of visits homemakers reported making to the County Extension Office.

Section IV presents information concerning the relationship between homemakers' personal and socio-economic characteristics and the number of home visits they received from County Extension Agents.

Section V presents data regarding relationships between personal and socio-economic characteristics of homemakers and the number of Extension Food-Nutrition meetings homemakers attended.

Section VI deals with homemakers personal and socio-economic characteristics and the total number of Extension contacts homemakers reported.

I. CHARACTERISTICS OF HOMEMAKERS, THEIR HOMES AND NUTRITION PRACTICES USED

Section I presents findings regarding variables which characterize the respondents. Numbers and percentage of homemakers are reported for each variable (Table 1).

Audience

Almost 72 percent of the respondents were Home Demonstration Club members. Young Non-Club members accounted for 3.3 percent of the respondents, 4-H parents or leaders 3.9 percent, Housing Program homemakers .4 percent, All Homemakers 8.5 percent, Special Interest homemakers 5.4 percent, and the category labeled Other 4.6 percent.

Age

The largest percentage of the respondents (41.4 percent) were over 60 years of age. Almost 18 percent were 50-59, 14.2 percent were 40-49, 15.8 percent were 30-39, and only 8.1 percent were 20-29.

TABLE 1. Characteristics of Homemakers, Their Homes, and Nutrition Practices Used

Characteristics of Homemakers, Their Homes, and Nutrition Practices Used	Number of Homemakers	Percent of Homemakers
Personal and Family Characteristics		
Audience		
HDC Member	2025	71.9
Young NC Member	92	3.3
4-H Parents or Leaders	109	3.9
Housing Program Homemakers	10	.4
All Homemakers	239	8.5
Special Interest	153	5.4
Other	131	4.6
Age		
20-29	229	8.1
30-39	444	15.8
40-49	399	14.2
50-59	505	17.9
Over 60	1166	41.4
Number of Persons Under 21 at Home		
Not Any	1727	61.3
Over One	1091	38.7
Number of Persons Over 21 in Home		
None	71	2.5
One	529	18.8
Two	1905	67.7
Three	248	8.8
Over Four	61	1.6
Types of Major Appliances in Home		
Refrigerator in Home		
Yes	2796	99.2
No	22	.8
Freezer in Home		
Yes	2472	87.7
No	346	12.3

TABLE 1 (Continued)

Characteristics of Homemakers, Their Homes, and Nutrition Practices Used	Number of Homemakers	Percent of Homemakers
Gas Range in Home		
Yes	210	7.5
No	2608	92.5
Electric Range in Home		
Yes	2615	92.8
No	203	7.2
Micro-wave Oven in Home		
Yes	609	21.6
No	2209	78.4
Convection Oven in Home		
Yes	229	10.6
No	2519	89.4
Number of Six Major Appliances in Home		
Two or less	305	10.8
Three	1757	62.3
Four to Six	756	26.8
Sources of Food-Nutrition Information		
Received Food-Nutrition Info from TV in Last 12 Months		
Yes	2133	75.7
No	685	24.3
Received Food-Nutrition Info from Radio in Last 12 Months		
Yes	1262	44.8
No	1556	55.2
Received Food-Nutrition Info from Telephone in Last 12 Months		
Yes	1863	66.1
No	955	33.9
Received Food-Nutrition Info from Newspaper in Last 12 Months		
Yes	2524	89.6
No	294	10.4

TABLE 1 (Continued)

Characteristics of Homemakers, Their Homes, and Nutrition Practices Used	Number of Homemakers	Percent of Homemakers
Received Food-Nutrition Info From Other Sources in Last 12 Months		
Yes	1470	52.2
No	1348	47.8
Number of Different Sources of Info About Foods-Nutrition		
None	81	2.9
One	201	7.1
Two	431	15.3
Three	729	25.9
Four	878	31.2
Five	498	17.7
Sources of Food-Nutrition Instruction Received		
Received Food-Nutrition Instruction from Extension Agent		
Yes	2521	89.5
No	297	10.5
Received Food-Nutrition Instruction from Home Ec Teacher		
Yes	281	10.0
No	2537	90.0
Received Food-Nutrition Instruction from Public Health Worker		
Yes	278	9.9
No	2540	90.1
Received Food-Nutrition Instruction from Other Sources		
Yes	674	23.9
No	2144	76.1

TABLE 1 (Continued)

Characteristics of Homemakers, Their Homes, and Nutrition Practices Used	Number of Homemakers	Percent of Homemakers
Number of Agencies Used to Obtain Food-Nutrition Instruction		
None	218	7.7
One	1647	58.4
Two	784	27.8
Three	137	4.9
Four	32	1.1
Methods Used to Preserve Food		
Preserve Food--Canning		
Yes	2331	82.7
No	487	17.3
Preserve Food--Freezing		
Yes	2638	93.6
No	180	6.4
Preserve Food--Pickling		
Yes	2099	74.5
No	719	25.5
Preserve Food--Drying		
Yes	961	34.1
No	1857	65.9
Number of Methods Used to Preserve Food		
None	116	4.1
One	284	10.1
Two	376	13.3
Three	1175	41.7
Four	867	30.8
Interest in Attending Future Food-Nutrition Meetings		
Interested in Attending Meetings on Food Buying		
Yes	1189	42.2
No	1629	57.8

TABLE 1 (Continued)

Characteristics of Homemakers, Their Homes, and Nutrition Practices Used	Number of Homemakers	Percent of Homemakers
Interested in Attending Meetings on Food Preservation		
Yes	1299	46.1
No	1519	53.9
Interested in Attending Meetings on Meal Planning		
Yes	1282	45.5
No	1536	54.5
Interested in Attending Meetings on Meat Cookery		
Yes	1328	47.1
No	1490	52.9
Interested in Attending Meetings on Weight Control		
Yes	1413	50.1
No	1405	49.9
Interested in Attending Meetings on Nutrition		
Yes	1312	46.6
No	1506	53.4
Interested in Attending Meetings on Other Nutrition Topics		
Yes	168	6.0
No	2650	94.0
Extension Contacts in Last 12 Months		
Number of Extension Meetings Attended		
None	313	11.2
1-9	861	30.6
10-30	1644	58.2

TABLE 1 (Continued)

Characteristics of Homemakers, Their Homes, and Nutrition Practices Used	Number of Homemakers	Percent of Homemakers
Number of Extension Food-Nutrition Meetings Attended		
None	661	23.7
One	526	18.9
Two	626	22.4
Three	372	13.3
Four	317	11.4
Five	105	3.8
6-12	183	6.5
Number of Visits to the County Extension Office		
None	1117	40.1
One	443	15.9
Two	374	13.4
Three	220	7.9
Four	175	6.3
Five	119	11.9
6-20	337	12.1
Number of Telephone Calls to County Extension Office		
None	898	32.0
1-5	1293	46.1
6-15	527	18.9
16-30	75	2.6
Over 30	25	.4
Number of Home Visits Received from County Extension Agent		
None	1422	50.5
1-5	1253	44.5
Over 5	143	5.0
Total Number of Extension Contacts in Last 12 Months		
None	139	5.0
1-15	1076	38.0
16-30	1149	41.0
Over 30	454	16.0

TABLE 1 (Continued)

Characteristics of Homemakers, Their Homes, and Nutrition Practices Used	Number of Homemakers	Percent of Homemakers
Recommended Food-Nutrition Practices Used		
Consumer Habits		
Kept on Hand Foods From the Daily Food Guide		
Yes	2506	88.9
No	312	11.1
Before Grocery Shopping, Checked Food Supply and Restocked Items in Food Groups That Had Been Used		
Yes	2624	93.1
No	194	6.9
When Grocery Shopping, Tried to Get the Most Food Value (Nutrients) for Money Spent		
Yes	2615	92.8
No	203	7.2
Meal Planning		
In Planning Meals, Included Citrus Fruits or Other Sources of Vitamin C Foods Each Day		
Yes	2387	84.7
No	431	15.3
Planned for at Least One Serving of Dark Green Leafy or Yellow Vegetables Four or Five Times a Week		
Yes	2253	80.0
No	565	20.00
In Planning Meals, Included at Least One Iron-Rich Food in Addition to Two Servings of Meat Each Day		
Yes	1782	63.2
No	1036	36.8

TABLE 1 (Continued)

Characteristics of Homemakers, Their Homes, and Nutrition Practices Used	Number of Homemakers	Percent of Homemakers
Incorporation of the Basic Food Groups Into Family Diet		
Adult Family Members Had at Least Two Glasses of Milk or its Equivalent Each Day		
Yes	1481	52.6
No	1337	47.4
Children Had Three or Four Glasses of Milk or its Equivalent Each Day[a]		
Yes	667	61.1
No	424	38.9
Had Two Servings of Meat or Other Source of Protein Each Day		
Yes	2494	88.5
No	324	11.5
When Selecting Protein Foods, Frequently Included Poultry and Fish		
Yes	2622	93.0
No	196	7.0
Provided Family Members with Nutritious Snack Foods		
Yes	2060	73.1
No	758	26.9
Weight Control		
When Dieting, Selected a Wide Variety of Foods From the Four Food Groups		
Yes	1442	51.2
No	1376	48.8
Served Stewed, Baked, or Broiled Foods More Often Than Fried Ones		
Yes	2231	79.2
No	587	20.8

TABLE 1 (Continued)

Characteristics of Homemakers, Their Homes, and Nutrition Practices Used	Number of Homemakers	Percent of Homemakers
Food Preservation Methods		
When Canning at Home, Canned all Low-Acid Foods in a Pressure Canner		
Yes	1609	57.1
No	1209	42.9
Canned Fruits and Tomatoes in a Water Bath		
Yes	1470	52.2
No	1348	47.8
When Preserving Foods by Freezing, Blanched all Vegetables Before Freezing		
Yes	2205	78.2
No	613	21.8
Total Number of Recommended Food-Nutrition Practices Used		
None	2	.1
1-5	59	2.1
6-10	832	29.5
11-16	1925	68.3

[a]Only those survey respondents who reported at least one person under the age of 21 in the home were included in these statistics.

Number of Persons Under 21 in Home

Over 61 percent of the homemakers surveyed reported no persons under the age of 21 in the home. More than 38 percent of the homemakers reported one or more persons under the age of 21 living in the home.

Number of Persons Over 21 in the Home

The majority of the homemakers reported that two persons over the age of 21 lived in the home (67.6 percent). Almost 19 percent reported one person over the age of 21 in the home, 8.8 percent reported three people over 21 in the home, 2.5 percent reported none and 1.6 percent reported over four people over the age of 21 in the home.

Types of Major Appliances in the Home

Over 99 percent of the homemakers surveyed had a refrigerator, 87.7 percent had a freezer and 92.8 percent had an electric range. Only 7.5 percent of the homemakers surveyed reported having a gas range in the home. Almost 22 percent of the respondents had a microwave oven and 10.6 percent had a convection oven. The majority of the respondents reported having three of the six listed appliances in their homes. Almost 27 percent of the respondents said they had four-six of the listed appliances and 10.8 percent said they had two or fewer of the listed appliances.

Sources of Food-Nutrition Information

Newspapers were the source that almost 90 percent of the respondents used to receive food-nutrition information. Television ranked second, with 75.7 percent of the homemakers reporting that they had received food-nutrition information from this source. Over 66 percent of the respondents said they received food-nutrition information via the telephone. Less than half of the respondents (44.8 percent) received food-nutrition information from the radio and slightly over half of the respondents (52.2 percent) reported that they received this type of information from Other sources. Over 72 percent of the homemakers surveyed reported obtaining food-nutrition information from two-four different sources. Only 2.9 percent of the homemakers said they did not use any source for food-nutrition information and 17.7 percent said they used all five listed sources for food-nutrition information.

Sources of Food-Nutrition Information Received

Almost 90 percent of the survey respondents said they had received food-nutrition instruction from an Extension Agent in the past 12 months. Ten percent of the respondents reported receiving instruction from Home Economics teachers and Public Health workers. Almost 24 percent said they received food-nutrition instruction from Other sources. Approximately 58 percent of the survey respondents received instruction from one of the listed agencies, 27.8 percent

received instruction from two agencies, 6 percent of the respondents used three or four agencies for instruction and 7.7 percent reported using no agency for food-nutrition instruction.

Methods Used to Preserve Food

Preserving food by freezing was the most popular method of food preservation among the respondents (93.6 percent used this method to preserve food), followed by canning (used by 82.7 percent of the respondents), and pickling (used by 74.5 percent of the respondents). Only 34.1 percent of the homemakers said they preserved foods by drying. Only 4.1 percent of the homemakers did not use one of the listed food preservation methods. Over 41 percent of the homemakers used three of the listed methods and over 30 percent used four of the listed methods.

Interest in Attending Future Food-Nutrition Meetings

The majority of the homemakers surveyed were not interested in attending future food-nutrition meetings with one exception. Over 50 percent of the homemakers said they would like to attend future meetings on weight control. Ninety-four percent of the respondents were not interested in attending meetings on other nutrition topics besides those listed on the survey form.

Extension Contacts in the Last 12 Months

Over 58 percent of the respondents had attended 10-30 Extension meetings in the previous year compared to 11.2 percent of the respondents

who attended no meetings and 30.6 percent who had attended 1-9 meetings. Almost 24 percent of the homemakers said they had attended no Extension Food-Nutrition meetings while approximately 76 percent reported attending one or more Extension Food-Nutrition meetings. Forty percent of the respondents reported making no visits to the County Extension Office. Thirty two percent of those surveyed made no telephone calls to the Extension Office and 50.5 percent of those surveyed received no home visits from County Extension Agents. Thirty eight percent of the survey respondents reported 1-15 total Extension contacts and 41 percent reported 16-30 total Extension contacts. Only 5 percent of the homemakers said they had had no contact with the Extension Service in the previous 12 months and only 16 percent of the homemakers said they had had over 30 total Extension contacts.

Recommended Food-Nutrition Practices

A majority of the homemakers were using the 16 recommended food-nutrition practices with a few exceptions. Only 26.2 percent of the homemakers said that children had 3-4 glasses of milk or its equivalent each day. When dieting only 51.2 percent of the homemakers said they selected a wide variety of foods from the basic food groups while 48.8 percent of the homemakers said they did not. Fifty-two percent of the homemakers said they canned fruits and tomatoes in a water bath. Of all survey respondents, 68.3 percent were using 11-16 of the recommended food-nutrition practices, almost 30 percent were using 6-10 practices and 2.1 percent were using 1-5 practices. Only two individuals (.1 percent) reported using none of the 16 practices.

II. RELATIONSHIPS BETWEEN THE NUMBER OF TELEPHONE CALLS HOMEMAKERS MADE TO THE COUNTY EXTENSION OFFICE AND THEIR PERSONAL AND SOCIO-ECONOMIC CHARACTERISTICS

Table 2 presents findings concerning personal and socio-economic characteristics of homemakers and relationships between these characteristics and the number of telephone calls respondents made to the County Extension Office in the previous 12 month period. Personal characteristics included: audience, age, number under 21 in home, number over 21 in home, total number of persons in the home. Socio-economic characteristics included the types and numbers of appliances owned by a homemaker.

Personal Characteristics

Audience. Over 50 percent of all the audience categories, with the exception of Housing Program Homemakers (10 percent), reported making at least one telephone call to the County Extension Office in the previous 12 months. However, 4-H parents or leaders (72.4 percent) and Home Demonstration Club members (70.4 percent) had the largest percentage of respondents reporting making at least one phone call to the Extension Office. Using the Chi Square Test, there was a significant relationship between the audience category a homemaker was a member of and the number of telephone calls he/she made to the Extension Office. 4-H parents or leaders and Home Demonstration Club members were more likely to telephone the Extension Office at least once than homemakers in the other audience categories.

TABLE 2. Relationships Between the Number of Telephone Calls Homemakers Made to the County Extension Office and Their Personal and Socio-Economic Characteristics

Personal and Socio-Economic Characteristics of Homemakers	Number of Telephone Calls: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Personal Characteristics							
Audience							
HDC Members	600	29.6	549	27.1	876	43.3	2025
Young NC Members	38	41.3	15	16.3	39	42.2	92
4-H Parent or Leader	30	27.6	31	28.4	48	44.0	109
Housing Program Homemaker	9	90.0	000	00.0	1	10.0	10
All Homemakers	95	39.8	50	20.9	94	39.3	239
Special Interest Homemakers	60	39.2	29	19.0	64	41.8	153
Other	42	32.1	33	25.2	56	42.7	131
Chi Square Test	X^2=40.2	df=12	p=0.00				
Age							
20-29	107	46.7	48	21.0	74	32.3	229
30-39	143	32.2	94	21.2	207	46.6	444
40-49	109	27.3	97	24.3	193	48.4	399
50-59	119	23.6	137	27.1	249	49.3	505
60-Over	93	33.7	323	27.7	450	38.6	1166
Chi Square Test	X^2=58.9	df=8	p=0.00				
Number Under 21 in Home							
None	562	32.6	446	25.8	719	41.6	1727
One-Over	336	30.8	274	25.1	481	44.1	1091
Chi Square Test	X^2=1.7	df=2	p=0.42				

TABLE 2 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Telephone Calls: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Number Over 21 in Home							
None	36	50.7	14	19.7	21	29.6	71
One	204	38.6	139	26.2	186	35.2	529
Two	558	29.3	489	25.7	858	45.0	1905
Three	76	30.6	61	24.6	111	44.8	248
Four-Over	22	36.1	17	27.9	22	36.0	61
Chi Square Test	X^2=34.3	df=8	p=0.00				
Total Number Persons in Home							
One	175	37.9	127	27.5	160	34.6	462
Two	320	29.7	276	25.7	480	44.6	1076
Three	131	28.6	116	25.3	211	46.1	458
Four	156	31.8	116	23.7	218	44.5	490
Five-Eight	81	30.9	72	27.5	109	41.6	262
Chi Square Test	X^2=19.6	df=8	p=0.01				
Socio-Economic Characteristics							
Appliances in Home							
Refrigerator							
Yes	888	31.8	715	25.6	1193	42.6	2796
No	10	45.5	5	22.7	7	31.8	22
Chi Square Test	X^2=1.9	df=2	p=0.37				

TABLE 2 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Telephone Calls: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Freezer							
Yes	741	30.0	638	25.8	1093	44.2	2472
No	157	45.4	82	23.7	107	30.9	346
Chi Square Test	X^2=35.7	df=2	p=0.00				
Gas Range							
Yes	62	29.5	55	26.2	93	44.3	210
No	836	32.1	665	25.5	1107	42.4	2608
Chi Square Test	X^2=0.6	df=2	p=0.74				
Electric Range							
Yes	827	31.6	667	25.5	1121	42.9	2615
No	71	35.0	53	26.1	79	38.9	203
Chi Square Test	X^2=1.4	df=2	p=0.50				
Microwave Oven							
Yes	174	28.6	172	28.2	263	43.2	609
No	724	32.8	548	24.8	937	42.4	2209
Chi Square Test	X^2=4.9	df=2	p=0.08				
Convection Oven							
Yes	95	31.8	83	27.7	121	40.5	299
No	803	31.9	637	25.3	1079	42.8	2519
Chi Square Test	X^2=0.9	df=2	p=0.60				

TABLE 2 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Telephone Calls: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Total Number Appliances in Home							
None-Two	136	44.6	73	23.9	96	31.5	305
Three	557	31.7	436	24.8	764	43.5	1757
Four-Six	205	27.1	211	27.9	340	45.0	756
Chi Square Test	X^2=33.4	df=4	p=0.00				

Age. Of those respondents age 20-29, 53.3 percent reported at least one phone call compared to 67.8 percent of the respondents age 30-39, 72.7 percent of the respondents age 40-49, 76.4 percent of the respondents age 50-59 and 76.3 percent of the respondents over the age of 60. There was a significant relationship between the homemakers age and the number of telephone calls he/she made to the Extension Office. As the age of the respondents increased so did the likelihood that they had made at least one phone call to the Extension Office in the previous 12 months.

Number under 21 in home. The number of persons under the age of 21 in the home and the number of telephone calls a respondent made to the County Extension Office were not significantly related.

Number over 21 in home. Over 70 percent of the respondents who reported two persons over the age of 21 in the home and 69.4 percent of the respondents who reported three persons over the age of 21 in the home said they had called the Extension Office at least once in the previous 12 months. This compares to 49.3 percent of the respondents who reported no one in the home over the age of 21, 61.4 percent of the respondents who reported one person over 21 and 63.9 percent who reported four or more persons over the age of 21 in the home and reported calling the Extension Office at least once. There was a significant relationship between the number of persons over 21 in the home and the number of phone calls a respondent made to the Extension Office. In those households with two or three persons over

the age of 21 the homemaker was more likely to telephone the Extension Office at least once than respondents reporting less than two persons over the age of 21 in the home or more than three persons over the age of 21 in the home.

Total number of persons in the home. Of those respondents reporting two and three person households (70.3 percent and 71.4 percent respectively) they had made at least one phone call to the Extension Office in the previous 12 month period in comparison to 62.1 percent of those respondents who reported one person households, 68.2 percent of those reporting four person households and 69.1 percent of those who reported five-eight person households. Using the Chi Square Test, there was a significant relationship between the number of persons in the home and the number of telephone calls a homemaker made to the Extension Office. Homemakers who reported two or three person households were more likely to call the Extension Office at least once than homemakers reporting one, four, or five-eight person households.

Socio-Economic Characteristics

Appliances in the home. There was no significant relationship between ownership of a refrigerator, gas range, electric range, convection oven, microwave oven and the number of telephone calls a homemaker made to the County Extension Office. Of those respondents who owned a freezer 70 percent reported calling the Extension Office a minimum

of once compared to 54.6 percent of those respondents who did not own a freezer. There was a significant relationship between ownership of a freezer and the number of phone calls a respondent made to the Extension Office. Respondents who owned a freezer were more likely to call the Extension Office at least once than respondents who did not own a freezer. Over 55 percent of the homemakers who owned two or less of the listed appliances said they had telephoned the Extension Office at least once compared to 68.3 percent of the respondents who owned three appliances and 72.9 percent who owned four-six of the listed appliances. There was a significant relationship between the number of listed appliances a respondent owned and the number of telephone calls a respondent made to the Extension Office. As the number of appliances owned increased so did the likelihood that the respondent would call the County Extension Office at least once.

Summary

Results of the data analysis reported in this section can be summarized as follows:

1. 4-H parents or leaders and Home Demonstration Club members were most likely to have called the County Extension Office at least once during the previous 12 month period.
2. As the age of the respondents increased, so did the likelihood that they had called the County Extension Office at least once during the previous 12 month period.

3. Homemakers reporting two or three persons over the age of 21 in the home were most likely to have called the County Extension Office at least once.
4. Homemakers reporting two or three person households were most likely to have called the Extension Office at least once.
5. Respondents who owned a freezer were most likely to have called the County Extension Office at least once during the previous 12 months.
6. The more appliances a homemaker owned, the greater the likelihood that he/she had called the County Extension Office at least once during the past year.

III. RELATIONSHIPS BETWEEN THE NUMBER OF VISITS MADE BY HOMEMAKERS TO THE COUNTY EXTENSION OFFICE AND THEIR PERSONAL AND SOCIO-ECONOMIC CHARACTERISTICS

Table 3 presents findings dealing with the relationship between personal and socio-economic characteristics of homemakers and the number of visits homemakers reported making to the County Extension Office in the previous 12 month period. Personal and socio-economic characteristics are the same ones detailed in Section II.

Personal Characteristics

Audience. A larger percentage of 4-H parents or leaders (67.9 percent) reported making at least one office visit than the respondents

TABLE 3. Relationships Between the Number of Visits Made by Homemakers to the County Extension Office and Their Personal and Socio-Economic Characteristics

Personal and Socio-Economic Characteristics of Homemakers	Number of Office Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Personal Characteristics							
Audience							
HDC Members	770	38.0	610	30.1	645	31.9	2025
Young NC Members	44	47.8	18	19.6	30	32.6	92
4-H Parent or Leader	35	32.1	29	26.6	45	41.3	109
Housing Program Homemakers	9	90.0	00	00.0	1	10.0	10
All Homemakers	115	48.1	52	21.8	72	30.1	239
Special Interest Homemakers	72	47.1	43	28.1	38	24.8	153
Other	46	35.1	49	37.4	36	27.5	131
Chi Square Test	X^2=40.2	df=2	p=0.00				
Age							
20-29	117	51.1	50	21.8	62	27.1	229
30-39	167	37.6	121	27.3	156	35.1	444
40-49	134	33.6	101	25.3	164	41.1	399
50-59	186	36.8	160	31.7	159	31.5	505
60-Over	482	41.3	364	31.3	320	27.4	1166
Chi Square Test	X^2=44.3	df=8	p=0.00				
Number Under 21 in Home							
0	692	40.1	516	29.9	519	30.0	1727
1-Over	425	39.0	301	27.5	365	33.5	1091
Chi Square Test	X^2=3.9	df=2	p=0.14				

TABLE 3 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Office Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Number Over 21 in Home							
None	37	52.1	15	21.1	19	26.8	71
One	224	42.3	170	32.1	135	25.6	529
Two	749	39.3	537	28.2	619	32.5	1905
Three	83	33.5	76	30.6	89	35.9	248
Four-Over	21	34.4	19	31.2	21	34.4	61
Chi Square Test	X^2=19.5	df=8	p=0.01				
Total Number Persons in Home							
One	195	42.2	148	32.0	119	25.8	462
Two	431	40.1	308	28.6	337	31.3	1076
Three	159	34.7	137	29.9	162	35.4	458
Four	196	40.0	137	28.0	157	32.0	490
Five-Eight	99	37.8	70	26.7	93	35.5	262
Chi Square Test	X^2=14.5	df=8	p=0.07				
Socio-Economic Characteristics							
Appliances in Home							
Refrigerator							
Yes	1108	39.6	807	28.9	881	31.5	2796
No	9	40.9	10	45.5	3	13.6	22
Chi Square Test	X^2=4.3	df=2	p=0.12				

TABLE 3 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Office Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Freezer							
Yes	937	37.9	730	29.5	805	32.6	2472
No	180	52.0	87	25.2	79	22.8	346
Chi Square Test	X^2=26.4	df=2	p=0.00				
Gas Range							
Yes	89	42.4	61	29.0	60	28.6	210
No	1028	39.4	756	29.0	824	31.6	2608
Chi Square Test	X^2=1.0	df=2	p=0.60				
Electric Range							
Yes	1024	39.2	756	28.9	835	31.9	2615
No	93	45.8	61	30.0	49	24.2	203
Chi Square Test	X^2=5.8	df=2	p=0.05				
Microwave Oven							
Yes	239	39.3	181	29.7	189	31.0	609
No	878	39.7	636	28.8	695	31.5	2209
Chi Square Test	X^2=0.2	df=2	p=0.90				
Convection Oven							
Yes	114	38.1	78	26.1	107	35.8	299
No	1003	39.8	739	29.3	777	30.9	2519
Chi Square Test	X^2=20.8	df=4	p=0.00				

TABLE 3 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Office Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Total Number of Appliances in Home							
None-Two	151	49.5	89	29.2	65	21.3	305
Three	688	39.2	506	28.8	563	32.0	1757
Four-Six	278	36.8	222	29.4	256	33.8	756
Chi Square Test	X^2=20.8	df=4	p=0.00				

in the other listed audience categories. Other homemakers (62.9 percent) and Home Demonstration Club members (62 percent) followed in reporting at least one office visit. The 4-H parents or leaders category also had the greatest percentage of respondents reporting three or more office visits (41.3 percent). Using the Chi Square Test, there was a significant relationship between audience category and the number of office visits a homemaker made. 4-H parents or leaders, Home Demonstration Club members and Other homemakers were more likely to report at least one office visit than respondents in the other categories. Housing Program homemakers were more likely to report no office visits than respondents in the other listed audience categories.

Age. A greater percentage of those homemakers in the 30-39, 40-49, 50-59 and over 60 age groups reported making at least one office visit than did those homemakers in the 20-29 age group. There was a significant relationship between the age of the homemaker and the number of office visits reported. As the age of the homemaker increased, so did the probability that he/she had made at least one office visit. Homemakers in the older age categories were more likely to visit the Extension Office at least once than homemakers in the 20-29 age group.

Number under 21 in the home. Although a larger percentage of the homemakers with one or more persons under the age of 21 in the home reported making at least one office visit than those homemakers with no one under the age of 21 in the home, there was no significant relationship between the number of persons under the age of 21 in the home and the number of office visits a homemaker made.

Numer over 21 in the home. A greater percentage of the homemakers who reported one, two, three or four or more persons over the age of 21 in the home said they had made at least one office visit than those homemakers who reported no persons over 21 in the home. There was a significant relationship between the number of persons over the age of 21 in the home and the number of office visits a homemaker made. As the reported number of persons over the age of 21 in the home increased so did the number of office visits a homemaker made with only a slight percentage decrease in the category of four or more persons over the age of 21.

Total number of persons in the home. There was no significant relationship between the total number of persons in the home and the number of office visits a respondent reported.

Socio-Economic Characteristics

Appliances in the home. There was no significant relationship between ownership of a refrigerator, gas range, electric range, microwave oven and the number of office visits a respondent made in the previous 12 months. However, of those respondents who owned a freezer, 62.1 percent reported at least one office visit compared to 48 percent of those who did not own a freezer. There was a significant relationship between freezer ownership and number of office visits made. Respondents who owned a freezer were more likely to visit the Extension Office at least once than respondents who did not own a freezer. A

larger percentage of the respondents who owned a convection oven (61.9 percent) reported at least one office visit than respondents who did not report ownership of a convection oven (60.2 percent). There was a significant relationship between ownership of a convection oven and the number of office visits a respondent reported. Homemakers who owned a convection oven were more likely to visit the Extension Office at least once than homemakers who did not own a convection oven. Over 60 percent of the respondents who reported owning three of the six listed appliances and 63.2 percent of the respondents who owned four-six of the listed appliances said they had made at least one visit to the Extension Office compared to only 50.5 percent of the respondents who owned two or fewer of the listed appliances. There was a significant relationship between the number of appliances a homemaker owned and the number of office visits he/she made. As the number of appliances owned increased so did the likelihood that the respondent had made at least one office visit in the previous year.

Summary

Results of the data analysis reported in this section can be summarized as follows:

1. 4-H parents or leaders, Home Demonstration Club members and Other homemakers were most likely to report at least one office visit during the previous 12 months.
2. As the age of the homemakers increased, so did the likelihood that they visited the County Extension Office at least once during the previous year.

3. As the reported number of persons in the home over the age of 21 increased, so did the likelihood that those homemakers made at least one office visit.
4. Respondents who reported owning a freezer were most likely to report at least one office visit.
5. Homemakers who owned a convection oven were most likely to report making at least one office visit.
6. The more listed appliances a homemaker owned, the more likely that he/she had visited the County Extension Office at least once in the previous year.

IV. RELATIONSHIPS BETWEEN THE NUMBER OF VISITS MADE TO THE HOMEMAKERS' HOMES BY COUNTY EXTENSION AGENTS AND THE PERSONAL AND SOCIO-ECONOMIC CHARACTERISTICS OF HOMEMAKERS

Table 4 presents information concerning the relationship between homemakers personal and socio-economic characteristics and the number of home visits they reported receiving from County Extension Agents in the previous 12 month period. Personal and socio-economic characteristics are the same ones detailed in Section II.

Personal Characteristics

Audience. Ninety percent of the respondents in the Housing Program homemaker audience category said they received three or more home visits in the previous 12 months while over 50 percent of the

TABLE 4. Relationship Between the Number of Visits Made to the Homemakers' Homes by County Extension Agents and Homemakers' Personal and Socio-Economic Characteristics

Personal and Socio-Economic Characteristics of Homemakers	Number of Home Visits None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Personal Characteristics							
Audience							
HDC Members	988	48.8	807	39.8	230	11.4	2025
Young NC Members	51	55.4	29	31.6	12	13.0	92
4-H Parent or Leader	59	54.1	39	35.8	11	10.1	109
Housing Program Homemakers	1	10.0	000	00.00	9	90.00	10
All Homemakers	146	61.1	58	24.3	35	14.6	239
Special Homemakers	82	53.6	49	32.0	22	14.4	153
Other	64	48.9	38	29.0	29	22.1	131
Chi Square Test	X^2=94.7	df=12	p=0.00				
Age							
20-29	131	57.2	66	28.8	32	14.0	229
30-39	225	50.6	141	31.8	78	17.6	444
40-49	206	51.6	131	32.8	62	15.6	399
50-59	257	50.9	176	34.8	72	14.3	505
60-Over	556	47.7	507	43.5	103	8.8	1166
Chi Square Test	X^2=52.8	df=8	p=0.00				
Number Under 21 in Home							
0	854	49.4	689	39.9	184	10.7	1727
One-Over	568	52.1	349	32.0	174	15.9	1091
Chi Square Test	X^2=27.0	df=2	p=0.00				

TABLE 4 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Home Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Number Over 21 in Home							
None	45	63.4	19	26.8	7	9.8	71
One	251	47.4	216	40.8	62	11.8	529
Two	954	50.1	702	36.9	249	13.0	1905
Three	128	51.6	86	34.7	34	13.7	248
Four-Over	41	67.2	14	23.0	6	9.8	61
Chi Square Test	X^2=16.2	df=8	p=0.04				
Total Number Persons in Home							
One	218	47.2	199	43.1	45	9.7	462
Two	537	49.9	421	39.1	118	11.0	1076
Three	240	52.4	158	34.5	60	13.1	458
Four	260	53.0	160	32.7	70	14.3	490
Five-Eight	125	47.7	80	30.5	57	21.8	262
Chi Square Test	X^2=38.2	df=8	p=0.00				
Socio-Economic Characteristics							
Appliances in Home							
Refrigerator							
Yes	1410	50.4	1029	36.8	357	12.8	2796
No	12	54.5	9	40.9	1	4.6	22
Chi Square Test	X^2=1.3	df=2	p=0.51				

TABLE 4 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Home Visits None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Freezer							
Yes	1219	49.3	938	37.9	315	12.8	2472
No	203	58.7	100	28.9	43	12.4	346
Chi Square Test	X^2=12.0	df=2	p=0.00				
Gas Range							
Yes	101	48.1	79	37.6	30	14.3	210
No	1321	50.7	959	36.8	328	12.5	2608
Chi Square Test	X^2=0.7	df=2	p=0.70				
Electric Range							
Yes	1315	50.3	966	36.9	334	12.8	2615
No	107	52.7	72	35.5	24	11.8	203
Chi Square Test	X^2=0.5	df=2	p=0.80				
Microwave Oven							
Yes	312	51.2	222	36.5	75	12.3	609
No	1110	50.3	816	36.9	283	12.8	2209
Chi Square Test	X^2=0.2	df=2	p=0.90				
Convection Oven							
Yes	166	55.5	109	36.5	24	8.0	299
No	1256	49.9	929	36.9	334	13.2	2519
Chi Square Test	X^2=7.5	df=2	p=0.02				

TABLE 4 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Home Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Total Number Appliances in Home							
None-Two	173	56.7	93	30.5	39	12.8	305
Three	870	49.5	660	37.6	227	12.9	1757
Four-Six	379	50.1	285	37.7	92	12.2	756
Chi Square Test	X^2=6.7	df=4	p=0.15				

Home Demonstration Club members and over 50 percent of the respondents in the Other category reported receiving at least one home visit. There was a significant relationship between the number of home visits a respondent reported and the audience category in which they were classified. More of the Home Demonstration Club members, Other homemakers, and Housing Program homemakers reported receiving home visits than did those survey respondents in the other audience categories.

Age. A larger percentage of those homemakers in the 30-39, 40-49, 50-59 and over 60 age groups reported at least one home visit than did those homemakers in the 20-29 age group. Using the Chi Square Test, there was a significant relationship between the age of the homemaker and the number of home visits a homemaker received. As the age of the respondents increased so did the likelihood that they had received at least one home visit.

Number under 21 in the home. Of those homemakers reporting no persons under 21 in the home 49.4 percent reported receiving no home visits and 50.6 percent reported receiving at least one home visit. Over 52 percent of the homemakers who reported one or more persons under the age of 21 in the home said they received no home visits and almost 48 percent of this same group reported at least one home visit. There was a significant relationship between the number of persons under the age of 21 in the home and the number of home visits a homemaker received. A larger percentage of homemakers reporting no persons under 21 in the home said they received at least one home visit from

a County Extension Agent than those homemakers who reported more than one person under the age of 21 in the home.

Number over 21 in the home. A larger percentage of those homemakers who reported one, two and three persons over the age of 21 in the home (52.6 percent, 49.9 percent and 48.4 percent respectively) said they had received at least one home visit than those homemakers who reported no persons over the age of 21 (36.6 percent) and those who reported four or more persons over the age of 21 (32.8 percent). There was a significant relationship between the number of persons over 21 in the home and the number of home visits a homemaker received from a County Extension Agent. More homemakers living in a home situation that included one, two or three adults over the age of 21 reported at least one home visit than homemakers in the other two categories.

Total number of persons in the home. A larger percentage of those respondents who reported one person in the home (52.8 percent) and a larger percentage of those respondents who reported five-eight persons in the home (52.3 percent) than those who reported two (50.1 percent), three (47.6 percent) or four (47 percent) persons in the home said they received at least one home visit in the previous 12 months. There was a significant relationship between the total number of persons in a home and the number of home visits a homemaker reported. Those homemakers reporting one person households and those homemakers reporting large households (five-eight persons) were more likely to

receive at least one home visit than respondents reporting two, three or four person households.

Socio-Economic Characteristics

Appliances in home. A larger percentage of the respondents who reported owning a freezer (50.7 percent) said they had received at least one home visit in the past year than those respondents who did not own a freezer (41.3 percent). There was a significant relationship between owning a freezer and the number of home visits a respondent reported. More homemakers who owned a freezer received at least one home visit than homemakers who did not own a freezer. Of those homemakers who reported owning a convection oven only 44.5 percent reported at least one home visit while 50.1 percent of the homemakers who did not own a convection oven reported at least one home visit. There was a significant relationship between ownership of a convection oven and the number of home visits a respondent reported. Homemakers who did not own a convection oven were more likely to report receiving at least one home visit than homemakers who owned a convection oven. There was no significant relationship between ownership of a refrigerator, gas range, electric range and microwave oven and the number of home visits a respondent received. Also, there was no significant relationship between the total number of listed appliances a homemaker owned and the number of home visits he/she received.

Summary

Examination of data in this section suggested:

1. Home Demonstration Club members, Other homemakers and Housing Program homemakers were most likely to report receiving at least one home visit during the previous 12 months.
2. As the age of the homemaker increased, so did the likelihood that they received at least one home visit.
3. Homemakers who reported no persons under the age of 21 in the home were most likely to report receiving at least one home visit.
4. Homemakers living in a home situation which included one, two, or three adults (over the age of 21) were most likely to report receiving at least one home visit.
5. Homemakers living in one person household and homemakers living in large households (5-8 people) were most likely to report receiving at least one home visit.
6. Homemakers who owned a freezer were most likely to receive at least one home visit.
7. Those homemakers who did not own a convection oven were most likely to receive at least one home visit.

V. RELATIONSHIPS BETWEEN THE NUMBER OF EXTENSION FOOD-NUTRITION MEETINGS HOMEMAKERS ATTENDED AND THEIR PERSONAL AND SOCIO-ECONOMIC CHARACTERISTICS

This section presents data regarding relationships between personal and socio-economic characteristics of homemakers and the number of Extension Food-Nutrition meetings homemakers attended in the previous 12 months. Personal and socio-economic characteristics are the same as those detailed in Section II (Table 5).

Personal Characteristics

Audience. A much larger percentage of Home Demonstration Club members (84.2 percent) and Other homemakers (74.8 percent) reported attending at least one food-nutrition meeting than did respondents in the other audience categories. Using the Chi Square Test, there was a significant relationship between audience and the number of food-nutrition meetings a homemaker attended. Homemakers who were categorized as Home Demonstration Club members or Other were more likely to attend at least one food-nutrition meeting than homemakers in the other listed audience categories.

Age. Over 83 percent of the homemakers 60 years or older attended at least one food-nutrition meeting compared to 79 percent of those age 50-59, 74.4 percent of those age 40-49, 66.7 percent of those age 30-39, and 61.2 percent of those age 20-29. There was a significant relationship between the age of the respondent and the number of

TABLE 5. Relationships Between the Number of Extension Food-Nutrition Meetings Homemakers Attended and Their Personal and Socio-Economic Characteristics

Personal and Socio-Economic Characteristics of Homemakers	Number of Extension Food Nutrition Meetings Attended: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Personal Characteristics							
Audience							
HDC Members	321	15.8	884	43.7	820	40.5	2025
Young NC Members	68	73.9	15	16.3	9	9.8	92
4-H Parent or Leader	45	41.3	34	31.2	30	27.5	109
Housing Program Homemakers	9	90.0	1	10.0	000	00.0	10
All Homemakers	143	59.8	53	22.2	43	18.0	239
Other	33	25.2	66	50.4	32	24.4	131
Chi Square Test	X^2=431.0	df=12	p=0.00				
Age							
20-29	89	38.8	95	41.5	45	19.7	229
30-39	148	33.3	164	36.9	132	29.8	444
40-49	102	25.6	149	37.3	148	37.1	399
50-59	106	21.0	231	45.7	168	33.3	505
60-Over	194	16.6	494	42.4	478	41.0	1166
Chi Square Test	X^2=104.9	df=8	p=0.00				
Number Under 21 in Home							
None	338	19.6	720	41.7	669	38.7	1727
One-Over	323	29.6	432	39.6	336	30.8	1091
Chi Square Test	X^2=41.2	df=2	p=0.00				

TABLE 5 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Extension Food Nutrition Meetings Attended None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Number Over 21 in Home							
None	21	29.6	28	39.4	22	31.0	71
One	124	23.4	204	38.6	201	38.0	529
Two	443	23.3	794	41.7	668	35.0	1905
Three	56	22.6	99	39.9	93	37.5	248
Four-Over	15	24.6	26	42.6	20	32.8	61
Chi Square Test	X^2=4.2	df=8	p=0.84				
Total Number Persons in Home							
One	98	21.2	182	39.4	182	39.4	462
Two	199	18.5	465	43.2	412	38.3	1076
Three	127	27.7	184	40.2	147	32.1	458
Four	138	28.2	197	40.2	155	31.6	490
Five-Eight	79	30.2	97	37.0	86	32.8	262
Chi Square Test	X^2=36.7	df=8	p=0.00				
Socio-Economic Characteristics							
Appliances in Home							
Refrigerator							
Yes	653	23.4	1144	40.9	999	35.7	2796
No	8	36.4	8	36.4	6	27.2	22
Chi Square Test	X^2=2.1	df=2	p=0.34				

TABLE 5 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Extension Food Nutrition Meetings Attended None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Freezer							
Yes	544	22.0	1022	41.3	906	36.7	2472
No	117	33.8	130	37.6	99	28.6	346
Chi Square Test	X^2=24.6	df=2	p=0.00				
Gas Range							
Yes	40	19.0	93	44.3	77	36.7	210
No	621	23.8	1059	40.6	928	35.6	2608
Chi Square Test	X^2=2.6	df=2	p=0.27				
Electric Range							
Yes	615	23.5	1067	40.8	933	35.7	2615
No	46	22.6	85	41.9	72	35.5	203
Chi Square Test	X^2=0.11	df=2	p=0.94				
Microwave Oven							
Yes	149	24.5	231	37.9	229	37.6	609
No	512	23.2	921	41.7	776	35.1	2209
Chi Square Test	X^2=2.8	df=2	p=0.24				
Convection Oven							
Yes	79	26.4	118	39.5	102	34.1	299
No	582	23.2	1034	41.0	903	35.8	2519
Chi Square Test	X^2=1.6	df=2	p=0.44				

TABLE 5 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Number of Extension Food Nutrition Meetings Attended None #	None %	1-2 #	1-2 %	3-Over #	3-Over %	Total #
Total Number Appliances in Home							
None-Two	93	30.5	121	39.7	91	29.8	305
Three	403	22.9	727	41.4	627	35.7	1757
Four-Six	165	21.8	304	40.2	287	38.0	756
Chi Square Test	X^2=11.8	df=4	p=0.02				

Food-Nutrition meetings he/she attended. As the age of the homemaker increased so did the possibility that he/she had attended at least one Food-Nutrition meeting.

Number under 21 in the home. A large percentage of the respondents who reported no persons under the age of 21 in the home (80.4 percent) said they had attended at least one Food-Nutrition meeting than those respondents who reported one or more persons under the age of 21 in the home (70.4 percent). Using the Chi Square Test, there was a significant relationship between the number of persons under the age of 21 in the home and the number of Food-Nutrition meetings a homemaker attended. More homemakers who reported no persons under the age of 21 in the home attended at least one Food-Nutrition meeting than those who reported one or more persons under the age of 21 in the home.

Number over 21 in the home. There was no significant relationship between the number of persons over the age of 21 in the home and the number of Food-Nutrition meetings a homemaker reported attending.

Total number of persons in the home. As the total reported number of persons in the home increased so did the percentage of homemakers who reported attending no Food-Nutrition meetings. A larger percentage of the respondents who reported two person households (81.5 percent) said they had attended at least one Food-Nutrition meeting compared to those respondents who reported one person (68.8 percent),

three persons (72.3 percent), four persons (71.8 percent) and five-eight persons (69.8 percent). There was a significant relationship between the number of persons in a home and the number of Food-Nutrition meetings a homemaker reported attending. A larger percentage of those homemakers reporting two person households said they attended at least one Extension Food-Nutrition meeting than those homemakers reporting smaller or larger households.

Socio-Economic Characteristics

Appliances in the home. There was no significant relationship between ownership of a refrigerator, gas range, electric range, microwave oven, convection oven and the number of Food-Nutrition meetings a homemaker attended. A smaller percentage of the respondents who owned a freezer (22 percent) said they had attended no Food-Nutrition meetings compared to those who did not own a freezer (33.8 percent). Consequently, a larger percentage of the freezer owners reported attending at least one Food-Nutrition meeting (78 percent) than those who did not own a freezer (66.2 percent). There was a significant relationship between freezer ownership and the number of Food-Nutrition meetings a homemaker attended. Homemakers who owned a freezer were more likely to have attended at least one Food-Nutrition meeting than homemakers who did not own a freezer. Only 69.5 percent of the respondents who owned two or fewer of the six listed appliances had attended at least one Food-Nutrition meeting compared to 77.1 percent of the respondents who owned three of the listed appliances and 78.2 percent of the

respondents who owned four-six of the listed appliances. There was a significant relationship between the number of listed appliances a homemaker owned and the number of Food-Nutrition meetings he/she attended. As the reported number of listed appliances owned increased so did the possibility that the homemaker had attended at least one Extension Food-Nutrition meeting.

Summary

Data investigation in this section revealed:

1. Home Demonstration Club members were most likely to have attended at least one Extension Food-Nutrition meeting during the previous 12 months.
2. As the age of the survey respondents increased, so did the likelihood that they had attended at least one Extension Food-Nutrition meeting.
3. Homemakers who reported no persons under the age of 21 in the home were most likely to have attended at least one Extension Food-Nutrition meeting.
4. Homemakers reporting two person households were most likely to have attended at least one Extension Food-Nutrition meeting.
5. Homemakers who owned a freezer were most likely to have attended at least one Extension Food-Nutrition meeting.
6. As the reported number of listed appliances owned increased, so did the possibility that the homemakers had attended at least one Extension Food-Nutrition meeting during the previous 12 months.

VI. RELATIONSHIPS BETWEEN THE TOTAL NUMBER OF EXTENSION CONTACTS HOMEMAKERS HAD IN 1980-81 AND THEIR PERSONAL AND SOCIO-ECONOMIC CHARACTERISTICS

This section deals with homemakers personal and socio-economic characteristics and the total number of Extension contacts homemakers reported. Personal and socio-economic characteristics are the same as those detailed in Section II (Table 6).

Personal Characteristics

Audience. One hundred percent of the survey respondents who were categorized as Housing Program homemakers reported at least one Extension contact while 98 percent of the Home Demonstration Club members reported at least one Extension contact, 96.1 percent of the Special Interest respondents reported at least one Extension contact and 92.4 percent of the Other respondents reported at least one Extension contact. Almost 45 percent of the Home Demonstration Club members reported 20 or more Extension contacts and 38.2 percent of the Other respondents reported 20 or more contacts. Using the Chi Square Test there was a significant relationship between audience and the number of Extension contacts a homemaker reported. Housing Program homemakers, Home Demonstration Club members, Special Interest homemakers and Other respondents were more likely to have had at least one Extension contact than the other audience categories. Home Demonstration Club members and the Other homemakers were more likely to report a larger

TABLE 6. Relationships Between the Total Number of Extension Contacts Homemakers Had in 1980-81 and Their Personal and Socio-Economic Characteristics

Personal and Socio-Economic Characteristics of Homemakers	Total Number of Extension Contacts: None #	None %	1-19 #	1-19 %	20-Over #	20-Over %	Total #
Personal Characteristics							
Audience							
HDC Members	34	1.7	1083	53.6	905	44.7	2022
Young NC Members	21	22.8	53	57.6	18	19.6	92
4-H Parent or Leader	10	9.2	61	56.0	38	34.8	109
Housing Program Homemaker	000	00.0	10	100.0	000	00.0	10
All Homemakers	54	22.7	127	53.4	57	23.9	238
Special Interest Homemakers	6	3.9	100	65.4	47	30.7	153
Other	10	7.6	71	54.2	50	38.2	131
Chi Square Test	X^2=315.1	df=12	p=0.00				
Age							
20-29	23	10.0	147	64.2	59	25.8	229
30-39	32	7.2	248	56.0	163	36.8	443
40-49	26	6.5	191	47.9	182	45.6	399
50-59	12	2.4	265	52.5	228	45.1	505
60-Over	41	3.5	652	56.0	471	40.5	1164
Chi Square Test	X^2=57.7	df=8	p=0.00				
Number Under 21 in Home							
None	69	4.0	936	54.3	719	41.7	1724
1-Over	70	6.4	606	55.6	414	38.0	1090
Chi Square Test	X^2=10.4	df=2	p=0.00				

TABLE 6 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Total Number of Extension Contacts: None #	None %	1-19 #	1-19 %	20-Over #	20-Over %	Total #
Number Over 21 in Home							
None	5	7.0	44	62.0	22	31.0	71
One	24	4.5	318	60.2	186	35.3	528
Two	96	5.0	1014	53.3	793	41.7	1903
Three	11	4.4	129	52.0	108	43.6	248
Four-Over	3	5.0	34	56.7	23	38.3	60
Chi Square Test	X^2=12.2	df=8	p=0.14				
Total Number Persons in Home							
One	15	3.3	280	60.7	166	36.0	461
Two	51	4.7	551	51.3	473	44.0	1075
Three	25	5.5	252	55.0	181	39.5	458
Four	29	5.9	279	57.1	181	37.0	489
Five-Eight	14	5.4	139	53.2	108	41.4	261
Chi Square Test	X^2=17.3	df=8	p=0.03				
Socio-Economic Characteristics							
Appliances in Home							
Refrigerator							
Yes	137	4.9	1530	54.8	1125	40.3	2792
No	2	9.1	12	54.5	8	36.4	22
Chi Square Test	X^2=0.8	df=2	p=0.65				

TABLE 6 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Total Number of Extension Contacts None #	None %	1-19 #	1-19 %	20-Over #	20-Over %	Total #
Freezer							
Yes	106	4.3	1330	53.9	1032	41.8	2468
No	33	9.5	212	61.3	101	29.2	346
Chi Square Test	X^2=31.9	df=2	p=0.00				
Gas Range							
Yes	10	4.8	115	54.7	85	40.5	210
No	129	5.0	1427	54.8	1048	40.2	2604
Chi Square Test	X^2=0.0	df=2	p=0.99				
Electric Range							
Yes	128	4.9	1421	54.4	1062	40.7	2611
No	11	5.4	121	59.6	71	35.0	203
Chi Square Test	X^2=2.5	df=2	p=0.28				
Microwave Oven							
Yes	37	6.0	325	53.5	246	40.5	698
No	102	4.6	1217	55.2	887	40.2	2206
Chi Square Test	X^2=2.3	df=2	p=0.31				
Convection Oven							
Yes	21	7.0	163	54.5	115	38.5	299
No	118	4.7	1379	54.8	1018	40.5	2515
Chi Square Test	X^2=3.2	df=2	p=0.20				

TABLE 6 (Continued)

Personal and Socio-Economic Characteristics of Homemakers	Total Number of Extension Contacts None #	None %	1-19 #	1-19 %	20-Over #	20-Over %	Total #
Total Number Appliances in Home							
None-Two	23	7.5	194	63.6	88	28.9	305
Three	80	4.6	944	53.8	730	41.6	1754
Four-Six	36	4.8	404	53.5	315	41.7	755
Chi Square Test	X^2=20.6	df=4	p=0.00				

number of Extension contacts than the respondents in the other listed audience categories.

Age. Almost 98 percent of the homemakers age 50-59 reported at least one Extension contact while 96.5 percent of the over 60 age group reported at least one Extension contact. This compares to 90 percent of the respondents age 20-29, 92.8 percent of the respondents age 30-39, and 93.5 percent of the respondents age 40-49 who reported at least one Extension contact. Almost 46 percent of those respondents age 50-59 and over 45 percent of the over 60 age group reported 20 or more Extension contacts. When tested using the Chi Square Test, there was a significant relationship between a respondent's age and the number of Extension contacts he/she reported. As the age of the respondents increased so did the possibility that they had had at least one Extension contact in the previous 12 months. Also, respondents age 40-49 and age 50-59 were more likely to report 20 or more Extension contacts than respondents in the other age groups.

Number under 21 in the home. Ninety-six percent of the respondents who had no persons under the age of 21 in the home said they had had at least one Extension contact compared to 93.6 percent of the respondents who had one or more persons under the age of 21 in the home. A larger percentage of the respondents who had no persons under the age of 21 in the home (41.7 percent) reported 20 or more Extension contacts than those respondents who had one or more persons under the age of 21 in the home (38 percent). Using the Chi Square

Test, there was a significant relationship between the number of persons under the age of 21 in the home and the number of Extension contacts a homemaker reported. A larger percentage of those homemakers who had no persons under the age of 21 in the home reported at least one Extension contact than did homemakers who had one or more persons under the age of 21 in the home.

Number over 21 in the home. There was no significant relationship between the number of persons over 21 in the home and the number of Extension contacts a homemaker reported.

Total number of persons in the home. A larger percentage of the homemakers who reported one person households (96.7 percent) said they had had at least one Extension contact than those respondents reporting two person households (95.3 percent), three person households (94.5 percent), four person households (94.1 percent) and five-eight person households (94.6 percent). However, a larger percentage of the respondents in two person households reported 20 or more Extension contacts than respondents in the other categories. There was a significant relationship between the number of people in a household and the number of Extension contacts a homemaker reported. A larger percentage of homemakers in one person households reported at least one Extension contact than homemakers in two, three, four and five-eight person households. But, a larger percentage of homemakers in two person households reported 20 or more Extension contacts than homemakers in one, three, four or five-eight person households.

Socio-Economic Characteristics

Appliances in the home. There was no significant relationship between ownership of a refrigerator, gas range, electric range, microwave oven, convection oven and the number of Extension contacts a homemaker reported. Over 92 percent of the respondents who owned a freezer reported having at least one Extention contact compared to 90.5 percent of the respondents who did not own a freezer. A larger percentage of those who owned a freezer (41.8 percent) than those who did not own a freezer (29.2 percent) reported 20 or more Extension contacts in the previous 12 months. There was a significant relationship between freezer ownership and the number of Extension contacts a homemaker had. Homemakers who owned a freezer were more likely to report at least one Extension contact and more likely to report 20 or more Extension contacts than homemakers who did not own a freezer. Of those homemakers who owned two or less of the listed appliances 92.5 percent said they had had at least one Extension contact in the last 12 months compared to 95.4 percent of the respondents who owned three of the listed appliances and 95.2 percent of the respondents who owned four-six of the listed appliances. There was a significant relationship between the number of listed appliances a respondent owned and the number of Extension contacts he/she reported. A larger percentage of the homemakers who owned more than two of the listed appliances reported at least one Extension contact and over 20 Extension contacts than homemakers who owned two or less of the listed appliances.

Summary

Results of data analysis in this section revealed:

1. Housing Program homemakers, Home Demonstration Club members, Special Interest homemakers and Other homemakers were most likely to have had at least one Extension contact during the previous 12 months.
2. Home Demonstration Club members and Other homemakers were most likely to report a larger number of Extension contacts.
3. As the age of the survey respondents increased, so did the possibility that they had had at least one Extension contact in the previous 12 months.
4. Respondents age 40-59 were most likely to report the larger number of Extension contacts.
5. Homemakers who reported no persons under the age of 21 in the home were most likely to report at least one Extension contact.
6. Homemakers in one person households were most likely to report at least one Extension contact in the previous 12 months.
7. Homemakers in two person households were most likely to report the most Extension contacts.
8. Homemakers who owned a freezer were most likely to report at least one Extension contact and most likely to report 20 or more Extension contacts.

9. Homemakers who owned more than two of the listed appliances were most likely to report at least one Extension contact and most likely to report 20 or more Extension contacts.

CHAPTER IV

RELATIONSHIPS BETWEEN HOMEMAKERS USE OF THE RECOMMENDED FOOD-NUTRITION PRACTICES AND THE TYPES AND NUMBERS OF EXTENSION CONTACTS THEY HAD WITH THE COOPERATIVE EXTENSION SERVICE IN THE PREVIOUS TWELVE MONTH PERIOD

This chaper presents findings concerning the relationship between homemakers use of the 16 recommended food-nutrition practices and the types and numbers of contacts they had with Extension.

Five types of Extension contacts were analyzed and findings presented beginning with office visits and followed by telephone calls, home visits, Extension Food-Nutrition meetings and the total number of Extension contacts. These contacts were those homemakers had made in the previous 12 month period.

In Section I, major findings are reported regarding the relationship between homemakers use of the recommended food-nutrition practices and the number of visits they made to the Extension Office.

Section II presents major findings regarding the relationship between homemakers use of the recommended food-nutrition practices and the number of telephone calls they made to the Extension Office.

In Section III major findings regarding the relationship between homemakers use of the recommended food-nutrition practices and the number of home visits they received from Extension agents are reported.

Section IV presents major findings regarding relationships between homemakers use of the recommended food-nutrition practices and the number of Extension Food-Nutrition meetings they had attended.

Section V reports major findings regarding the relationship between homemakers use of recommended food-nutrition practices and the total number of Extension contacts they reported.

I. RELATIONSHIPS BETWEEN HOMEMAKERS USE OF THE RECOMMENDED FOOD-NUTRITION PRACTICES AND THE NUMBER OF VISITS HOMEMAKERS MADE TO THE COUNTY EXTENSION OFFICE

Table 7 presents major findings regarding relationships between homemakers use of recommended food-nutrition practices and the number of visits they made to the County Extension Office. This table presents the recommended food-nutrition practices, the homemakers response as to whether they were using the practice and the number of visits they had made to the Extension Office in the previous 12 months. The 16 recommended food-nutrition practices were organized into five sub-sections: Consumer Shopping Habits, Meal Planning, Incorporation of the Basic Food Groups Into Family Diet, Weight Control and Food Preservation Methods. Numbers and percentage of homemakers are reported for each variable. The Chi Square Test was used to determine the strength of relationship between independent and dependent variables. The .05 probability level was used to determine significant relationships.

TABLE 7. Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Visits Homemakers Made to the County Extension Office

Recommended Food-Nutrition Practices	Number of Office Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Consumer Shopping Habits						
Kept on Hand Foods From the Daily Food Guide						
Yes	962	86.1	736	90.1	808	91.4
No	155	13.9	81	9.9	76	8.6
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=15.5	df=2	p=0.00			
Before Grocery Shopping, Checked Food Supply and Restocked Items in Food Groups That Had Been Used						
Yes	1021	91.4	768	94.0	835	94.5
No	96	8.6	49	6.0	49	5.5
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=8.6	df=2	p=0.01			
When Grocery Shopping, Tried to Get the Most Food Value (Nutrients) for Money Spend						
Yes	1027	91.9	761	93.1	827	93.6
No	90	8.1	56	6.9	57	6.4
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=2.1	df=2	p=0.30			

TABLE 7 (Continued)

Recommended Food-Nutrition Practices	Number of Office Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Meal Planning						
In Planning Meals, Included Citrus Fruits or Other Sources of Vitamin C Foods Each Day						
Yes	901	80.7	717	87.8	769	87.0
No	216	19.3	100	12.2	115	13.0
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=23.5	df=2	p=0.00			
Planned For at Least One Serving of Dark Green Leafy or Yellow Vegetable Four or Five Times a Week						
Yes	867	77.6	643	78.7	743	84.0
No	250	22.4	174	21.3	141	16.0
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=13.8	df=2	p=0.00			
In Planning Meals, Included at Least One Iron-Rich Food in Addition to Two Servings of Meat Each Day						
Yes	703	62.9	505	61.8	574	64.9
No	414	37.1	312	38.2	310	35.1
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=1.8	df=2	p=0.40			

TABLE 7 (Continued)

Recommended Food-Nutrition Practices	Number of Office Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Incorporation of the Basic Food Groups Into Family Diet						
Adult Family Members had at Least Two Glasses of Milk or its Equivalent Each Day						
Yes	554	49.6	434	53.1	493	55.8
No	563	50.4	383	46.9	391	44.2
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=7.7	df=2	p=0.02			
Children had Three or Four Glasses of Milk or its Equivalent Each Day						
Yes	250	58.8	181	60.1	236	64.7
No	175	41.2	120	39.9	129	35.3
Total	425	100.00	301	100.00	365	100.00
Chi Square Test	X^2=3.0	df=2	p=0.22			
Had Two Servings of Meat or Other Source of Protein Each Day						
Yes	965	86.4	729	89.2	800	90.5
No	152	13.6	88	10.8	84	9.5
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=8.8	df=2	p=0.01			

TABLE 7 (Continued)

Recommended Food-Nutrition Practices	Number of Office Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
When Selecting Protein Foods, Frequently Included Poultry and Fish						
Yes	1021	91.4	776	95.0	825	93.3
No	96	8.6	41	5.0	59	6.7
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=9.5	df=2	p=0.01			
Provided Family Members with Nutritious Snack Foods						
Yes	777	69.6	590	72.2	693	78.4
No	340	30.4	227	27.8	191	21.6
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=20.0	df=2	p=0.00			
Weight Control						
When Dieting, Selected a Wide Variety of Foods from the Four Food Groups						
Yes	525	47.0	414	50.7	503	56.9
No	592	53.0	403	49.3	381	43.1
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=19.5	df=2	p=0.00			

TABLE 7 (Continued)

Recommended Food-Nutrition Practices	Number of Office Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Served Stewed, Baked, or Broiled Foods More Often Than Fried Ones						
Yes	847	75.8	664	81.3	720	81.4
No	270	24.2	153	18.7	164	18.6
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=12.5	df=2	p=0.00			
Food Preservation Methods						
When Canning at Home, Canned all Low-Acid Foods in a Pressure Canner						
Yes	583	52.2	474	58.0	552	62.4
No	534	47.8	343	42.0	332	37.6
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=21.6	df=2	p=0.00			
Canned Fruits and Tomatoes in a Water Bath						
Yes	522	46.7	443	54.2	505	57.1
No	595	53.3	374	45.8	379	42.9
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=23.3	df=2	p=0.00			

TABLE 7 (Continued)

Recommended Food-Nutrition Practices	Number of Office Visits None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
When Preserving Foods by Freezing, Blanched all Vegetables Before Freezing						
Yes	834	74.7	654	80.0	717	81.1
No	283	25.3	163	20.0	167	18.9
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=14.2	df=2	p=0.00			
Total Number Practices Used						
Under 10	284	25.4	148	18.1	126	14.3
10-13	611	54.7	468	57.3	494	55.8
14-16	222	19.9	201	24.6	264	29.9
Total	1117	100.00	817	100.00	884	100.00
Chi Square Test	X^2=53.5	df=4	p=0.00			

Consumer Shopping Habits

The three practices included in this sub-section dealt with the homemakers grocery shopping habits. Over 86 percent of the homemakers who reported making no visits to the County Extension Office said they kept on hand foods from the daily food guide while more than 91 percent of those who made three or more visits reported using this practice. Approximately 91 percent of those homemakers who made no visits to the Extension Office checked their food supply and restocked items that had been used compared to 94.5 percent of those respondents who reported three or more office visits. When tested by the Chi Square Test there was a significant relationship between the number of office visits homemakers made to the County Extension Office and whether they kept on hand food from the daily food guide, also whether or not they checked their food supply before shopping. A larger percentage of homemakers who had made at least one visit to the County Extension Office in the previous 12 months reported using these two practices than homemakers who had made no visits to the County Extension Office.

Although a greater percentage of the respondents who made three or more office visits (93.6 percent) reported trying to get the most food value for money spent when grocery shopping than those who reported making no office visits (91.9 percent) no significant relationship was found between the number of visits a homemaker made to the County Extension Office and use of this particular practice.

Meal Planning

Three practices are reported in this sub-section. Eighty-seven percent of the homemakers who reported visiting the Extension Office three or more times in the past 12 months included citrus fruits or other sources of vitamin C foods in family meals daily while only 80.7 percent of the respondents who made no visits to the Extension Office said they used this practice. A smaller percentage of the respondents who reported no office visits (77.6 percent) said they planned for at least one serving of dark green leafy or yellow vegetables four or five times a week compared to 84 percent of those respondents who reported three or more visits to the County Extension Office. The relationship between the number of visits made by homemakers to the County Extension Office and practice use was found to be significant for these two practices. A larger percentage of those homemakers who made at least one visit to the County Extension Office in the previous 12 months included citrus fruits and other sources of vitamin C in family meals daily and also planned for at least one serving of dark green leafy or yellow vegetables four or five times a week than those respondents who reported no office visits.

Over 64 percent of the homemakers who reported three or more office visits included iron-rich foods in meals in addition to two servings of meat daily, compared to 62.9 percent of those respondents who made no office visits. The relationship between the number of visits homemakers made to the County Extension Office and the practice of including iron-rich foods in the family diet was not significant when tested by the Chi Square Test.

Incorporation of the Basic Food Groups

Into Family Diet

The practices reported in this sub-section dealt with the inclusion of the basic food groups into the family diet. A larger percentage of homemakers who reported making three or more visits to the Extension Office (55.8 percent) reported that adult family members had at least two glasses of milk or its equivalent each day than those who reported no office visits (49.6 percent). There was a significant relationship between the number of office visits a homemaker made to the County Extension Office and his/her inclusion of the Dairy Food Group into adult family members diets. Homemakers who made at least one visits to the County Extension Office were most apt to report that adult family members received the daily number of recommended Dairy Food servings than homemakers who made no visits to the County Extension Office.

Over 64 percent of those homemakers who reported three or more office visits said that children had three or more glasses of milk or its equivalent each day compared to 58.8 percent of the homemakers who reported no office visits. However, there was not a significant relationship between the number of office visits a homemaker made to the County Extension Office and whether children received three or more glasses of milk or its equivalent each day.

Over 86 percent of the respondents who made no office visits in the previous 12 months had two servings of meat or other source of protein each day compared to over 90 percent of those who made three or more office visits. Only 91.4 percent of those who made no visits to the Extension Office frequently included poultry and fish in family meals when selecting protein foods while 93.3 percent

of those respondents who reported three or more visits to the Extension Office said they served poultry and fish frequently when selecting protein foods. When tested using the Chi Square Test there was a significant relationship between the number of visits homemakers made to the Extension Office and the inclusion of protein foods into the family diet. The more office visits a homemaker reported, the greater the likelihood that he/she was using these two recommended food-nutrition practices.

A much larger percentage of those respondents who reported three or more office visits (78.4 percent) said they provided their family members with nutritious snack foods than those respondents who reported making no office visits (69.6 percent). Again, there was a significant relationship between the number of visits homemakers made to the County Extension Office in the previous 12 months and practice use. A greater percentage of those respondents who made at least one office visit in the previous 12 months reported serving nutritious snacks to family members than those respondents who reported making no office visits.

Weight Control

The two recommended practices listed in this sub-section deal with food choice and preparation for weight watchers. Only 47 percent of those respondents who reported making no office visits said they selected a wide variety of foods from the food groups when dieting compared to 56.9 percent of those who reported three or more office visits. A larger percentage of the respondents who reported making three or more office visits (81.4 percent) also said they served stewed,

baked or broiled foods more often than fried foods than those homemakers who made no office visits (75.8 percent). When tested by the Chi Square Test there was a significant relationship between the number of visits a homemaker made to the County Extension Office and the use of recommended food-nutrition practices dealing with food choice and preparation for weight watchers. A greater percentage of homemakers who had made at least one office visit in the past year reported selecting a wide variety of healthy foods when dieting and also reported serving stewed, baked or broiled foods more often than fried ones than those respondents who had made no office visits.

Food Preservation Methods

The three practices in this sub-section dealt with homemakers use of the recommended food-nutrition practices regarding Food Preservation Methods. Over 62 percent of the homemakers who reported making three or more office visits said they canned all low-acid foods in a pressure canner when canning at home while only 52.2 percent of those who reported no office visits said they canned low-acid foods in a pressure canner. Less than 50 percent of those who reported no office visits said they canned fruits and tomatoes in a water bath while almost 60 percent of the respondents who reported three or more office visits said they used a water bath for fruits and vegetables. Almost 75 percent of the group who reported making no office visits said they blanched all vegetables before freezing while over 81 percent of the group who reported making three or more office visits said they blanched all vegetables before freezing.

A larger percentage of those homemakers who had made at least one visit to the County Extension Office in the past 12 months used the recommended Food Preservation food-nutrition practices than the group who reported making no office visits. The relationship between the number of office visits homemakers made in the previous 12 months and the use of the Food Preservation food-nutrition practices was found to be significant when subjected to the Chi Square Test.

Total Number of Practices Used

The majority of homemakers who made no visits to the County Extension office in the previous 12 months (54.7 percent) used a total of 10-13 of the recommended food-nutrition practices. Over 25 percent used less than 10 of the practices, and almost 20 percent used 14-16 of the practices. Of the homemakers who had made one-two visits to the County Extension Office, 18.1 percent used less than 10 of the practices, 57.3 percent used 10-13, and 24.6 percent used 14-16 of the recommended practices. Over 14 percent of the homemakers who made three or more office visits reported using less than 10 of the recommended practices, 55.8 percent reported using 10-13 of the practices and 29.9 percent said they used 14-16 of the practices. The majority of the respondents, regardless of the number of visits they made to the County Extension Office, were using 10-13 of the recommended food-nutrition practices. However, a greater percentage of those who made at least one office visit were found to be using 14-16 of the recommended food-nutrition practices and a smaller percentage

of this same group were found to be using less than 10 of the practices. There was a significant relationship between the number of visits homemakers made to the County Extension Office and the total number of recommended food-nutrition practices they were using.

Summary

Results of data analysis presented in this section revealed that homemakers who made at least one visit to the County Extension Office were more likely to have:

1. Kept on hand foods from the Daily Food Guide.
2. Checked the family food supply before shopping and restocked items when needed.
3. Included citrus fruits or other sources of vitamin C foods when planning daily meals.
4. Planned for at least one serving of dark green leafy or yellow vegetables four or five times a week.
5. Provided adult family members with at least two glasses of milk or its equivalent each day.
6. Consumed two servings of meat or other source of protein each day.
7. Frequently included poultry and fish when selecting protein foods for family meals.
8. Provided family members with nutritious snack foods.
9. Selected a wide variety of foods from the Basic Food Groups when dieting.

10. Served stewed, baked or broiled foods more often than fried ones.
11. Canned all low-acid foods in a pressure canner when canning at home.
12. Canned fruits and tomatoes in a water bath.
13. Blanched all vegetables before freezing when preserving foods by freezing.

Additional analysis of data revealed that a greater percentage of those homemakers who had made at least one office visit used 14-16 of the recommended 16 food-nutrition practices and that a smaller percentage of this same group used less than 10 of the recommended practices than homemakers who reported making no office visits.

II. RELATIONSHIPS BETWEEN HOMEMAKERS USE OF THE RECOMMENDED FOOD-NUTRITION PRACTICES AND THE NUMBER OF TELEPHONE CALLS HOMEMAKERS MADE TO THE COUNTY EXTENSION OFFICE

This section presents major findings regarding relationships between homemakers use of the recommended food-nutrition practices and the number of telephone calls they made to the County Extension Office in the previous 12 months. Table 8 presents the recommended food-nutrition practices, the homemakers response as to whether they were using the practice and the number of visits they made to the Extension Office. Respondents were placed in one of three groups:

TABLE 8. Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Telephone Calls Homemakers Made to the County Extension Office

Recommended Food-Nutrition Practices	Number of Telephone Calls: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Consumer Shopping Habits						
Kept on Hand Foods From the Daily Food Guide						
Yes	775	86.3	643	89.3	1088	90.7
No	123	13.7	77	10.7	112	9.3
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=10.1	df=2	p=0.01			
Before Grocery Shopping, Checked Food Supply and Restocked Items in Food Groups That Had Been Used						
Yes	820	91.3	673	93.5	1131	94.2
No	78	8.7	47	6.5	69	5.8
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=7.1	df=2	p=0.03			
When Grocery Shopping, Tried to Get the Most Food Value (Nutrients) for Money Spent						
Yes	819	91.2	680	94.4	1116	93.0
No	79	8.8	40	5.6	84	7.0
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=6.4	df=2	p=0.04			

TABLE 8 (Continued)

Recommended Food-Nutrition Practices	Number of Telephone Calls: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Meal Planning						
In Planning Meals, Included Citrus Fruits or Other Sources of Vitamin C Foods Each day						
Yes	717	79.8	627	87.1	1043	86.9
No	181	20.2	93	12.9	157	13.1
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=24.0	df=2	p=0.00			
Planned for at Least One Serving of Dark Green Leafy or Yellow Vegetables Four or Five Times a Week						
Yes	703	78.3	568	78.9	982	81.8
No	195	21.7	152	21.1	218	18.2
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=4.7	df=2	p=0.09			
In Planning Meals, Included at Least One Iron-Rich Food in Addition to Two Servings of Meat Each Day						
Yes	554	61.7	439	61.0	789	65.8
No	344	38.3	281	39.0	411	34.2
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=5.8	df=2	p=0.05			

TABLE 8 (Continued)

Recommended Food-Nutrition Practices	Number of Telephone Calls: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Incorporation of the Basic Food Groups Into Family Diet						
Adult Family Members Had at Least Two Glasses of Milk or its Equivalent Each Day						
Yes	435	48.4	360	50.0	686	57.2
No	463	51.6	360	50.0	514	42.8
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=18.2	df=2	p=0.00			
Children Had Three or Four Glasses of Milk or its Equivalent Each Day						
Yes	197	58.6	167	60.9	303	63.0
No	139	41.4	107	39.1	178	37.0
Total	336	100.00	274	100.00	481	100.00
Chi Square Test	X^2=1.6	df=2	p=0.45			
Had Two Servings of Meat or Other Source of Protein Each Day						
Yes	764	85.1	643	89.3	1087	90.6
No	134	14.9	77	10.7	113	9.4
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=15.9	df=2	p=0.00			

TABLE 8 (Continued)

Recommended Food-Nutrition Practices	Number of Telephone Calls: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
When Selecting Protein Foods, Frequently Included Poultry and Fish						
Yes	817	91.0	670	93.1	1135	94.6
No	81	9.0	50	6.9	65	5.4
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=10.3	df=2	p=0.00			
Provided Family Members with Nutritious Snack Foods						
Yes	614	68.4	508	70.6	938	78.2
No	284	31.6	212	29.4	262	21.8
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=28.2	df=2	p=0.00			
Weight Control						
When Dieting, Selected a Wide Variety of Foods from the Four Food Groups						
Yes	399	44.4	358	49.7	685	57.1
No	499	55.6	362	50.3	515	42.9
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=33.7	df=2	p=0.00			

TABLE 8 (Continued)

Recommended Food-Nutrition Practices	Number of Telephone Calls: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Served Stewed, Baked or Broiled Foods More Often Than Fried Ones						
Yes	675	75.2	574	79.7	982	81.8
No	223	24.8	146	20.3	218	18.2
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=14.0	df=2	p=0.00			
Food Preservation Methods						
When Canning at Home, Canned all Low-Acid Foods in a Pressure Canner						
Yes	436	48.6	408	56.7	765	63.8
No	462	51.4	312	43.3	36.2	
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=48.5	df=2	p=0.00			
Canned Fruits and Tomatoes in a Water Bath						
Yes	404	45.0	367	51.0	699	58.3
No	494	55.0	353	49.0	501	41.8
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=36.7	df=2	p=0.00			

TABLE 8 (Continued)

Recommended Food-Nutrition Practices	Number of Telephone Calls: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
When Preserving Foods by Freezing, Blanched all Vegetables Before Freezing						
Yes	654	72.8	558	77.5	993	82.8
No	244	27.2	162	22.5	207	17.2
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=30.0	df=2	p=0.00			
Total Number Practices Used						
Under 10	243	27.1	149	20.7	166	13.8
10-13	506	56.3	407	56.5	660	55.0
14-16	149	16.6	164	22.8	374	31.2
Total	898	100.00	720	100.00	1200	100.00
Chi Square Test	X^2=91.8	df=4	p=0.00			

those who made no telephone calls to the Extension Office, those who made one-two telephone calls to the Extension Office and those who made three or more calls to the Extension Office. The 16 recommended food-nutrition practices were organized into five sub-sections: Consumer Shopping Habits, Meal Planning, Incorporation of the Basic Food Groups Into the Family Diet, Weight Control, and Food Preservation Methods. Numbers and percentage of homemakers are reported for each variable. The Chi Square Test was used to determine strength relationships. The .05 probability level was used to determine significant relationships.

Consumer Shopping Habits

The three practices listed in this sub-section dealt with the homemakers grocery shopping habits. Over 90 percent of the respondents who reported making three or more telephone calls to the County Extension Office reported that they kept on hand foods from the Daily Food Guide. This is in contrast to the 86.3 percent of the respondents who made no calls to the Extension Office and reported keeping on hand foods from the Daily Food Guide. Over 94 percent of the homemakers who reported three or more telephone calls to the Extension Office said they checked their food supply and restocked items as needed compared to the 91.3 percent of the homemakers who reported making no telephone calls but reported checking their food supply and restocking items as needed. A greater percentage of the homemakers who made three or more telephone calls to the Extension Office reported that they tried to get the most food value for money spent than those

homemakers who made no telephone calls to the Extension Office (93 percent vs. 91.2 percent). When tested by the Chi Square Test there was a significant relationship between the number of telephone calls a homemaker made to the County Extension Office and whether he/she reported keeping on hand foods from the Daily Food Guide, checking their food supply and restocking items as needed and shopping to get the most food value for money spent. More of those homemakers who had made at least one telephone call to the County Extension Office in the previous 12 month period reported using these three recommended food-nutrition practices than did those homemakers who made no telephone calls to the County Extension Office in the previous 12 months.

Meal Planning

The three practices reported in this sub-section dealt with the homemakers use of recommended food-nutrition practices in planning family meals. Almost 87 percent of the homemakers who made three or more telephone calls to the Extension Office said they included citrus fruits or other vitamin C sources in family meals daily, while only 79.8 percent of the homemakers who had made no telephone calls said they used this practice. The relationship between the number of telephone calls a homemaker made to the County Extension Office and whether he/she included citrus fruits or other vitamin C food sources in daily family meals was significant. More of these respondents who made at least one phone call to the County Extension Office

reported using this recommended food-nutrition practice than those respondents who made no phone calls to the County Extension Office.

Although a larger percentage of the homemakers who had made at least one telephone call to the County Extension Office reported planning for at least one serving of dark green leafy or yellow vegetables four or five times a week than those homemakers who reported making no telephone calls (81.8 percent vs. 78.3 percent) no significant relationship was found between the number of telephone calls reported and use of this particular practice.

Of those homemakers reporting three or more calls to the Extension Office almost 66 percent said that in planning meals, they included iron-rich food in addition to two servings of meat each day. Only 61.7 percent of the homemakers who said they made no telephone calls reported including iron-rich foods in family meals in addition to two servings of meat daily. However, no significant relationship was found between the number of telephone calls homemakers made to the County Extension Office and their use of this practice.

Incorporation of the Basic Food Groups Into Family Diets

The five practices included in this sub-section dealt with the inclusion of the Basic Food Groups into the family diet. A larger percentage of those homemakers who reported making three or more telephone calls to the County Extension Office (57.2 percent) than those respondents who reported making no telephone calls to the County

Extension Office (48.4 percent) said that adult family members had at least two glasses of milk or its equivalent daily. When tested by the Chi Square Test there was a significant relationship between the number of telephone calls a homemaker made to the County Extension Office and if adult family members received at least two glasses of milk or its equivalent each day. A larger percentage of homemakers who made at least one telephone call to the County Extension Office in the previous 12 months said that adult family members received at least two glasses of milk or its equivalent daily than did those homemakers who made no telephone calls to the County Extension Office.

Although 63 percent of the homemakers who made three or more telephone calls compared with 58.6 percent of those homemakers who made no telephone calls said that children received three-four glasses of milk or its equivalent each day, no significant relationship exists between the number of telephone calls homemakers made to the Extension Office and their use of this recommended food-nutrition practice.

Over 90 percent of the respondents who reported making three or more phone calls said they had two servings of meat or its equivalent each day while approximately 85 percent of the respondents who reported making no telephone calls said they had two servings of meat or its equivalent each day. Only 91 percent of those respondents who made no telephone calls to the County Extension Office frequently included poultry and fish in meals when selecting protein foods while 94.6 percent of those respondents who reported three or more telephone calls said they frequently served poultry and fish when selecting

protein foods. There was a significant relationship between the number of telephone calls a respondent made to the County Extension Office and if they had two servings of protein daily and frequently included poultry and fish in meals when selecting protein foods. More of those respondents who reported making at least one telephone call to the County Extension Office in the previous 12 months used these two recommended food-nutrition practices than did the respondents who reported making no telephone calls to the County Extension Office.

A larger percentage of those respondents who reported three or more phone calls (78.2 percent) compared to those who made no telephone calls to the Extension Office (68.4 percent) said they provided nutritious snacks for family members. Once more, there was a significant relationship between the number of telephone calls a respondent made to the County Extension office and practice use. More homemakers who reported making three or more telephone calls to the County Extension Office than homemakers who made no telephone calls to the County Extension Office said they provided family members with nutritious snack foods.

Weight Control

The two practices listed in this sub-section deal with weight control methods. Only 44.4 percent of those respondents who reported making no telephone calls said they selected a wide variety of foods from the food groups when dieting, compared to 57.1 percent of those who reported making three or more telephone calls. A smaller percentage

of those who reported no telephone calls (75.2 percent) than those who reported three or more telephone calls (81.8 percent) said they served stewed, baked or broiled foods more often than fried ones. There was a significant relationship between the number of telephone calls a respondent said he/she made to the Extension Office and their use of recommended food-nutrition practices concerning weight control. A larger percentage of the homemakers who had made at least one telephone call to the County Extension Office in the previous 12 months than those who reported no telephone calls said they selected a wide variety of healthy foods when dieting and served stewed, baked or broiled foods more often than fried foods.

Food Preservation Methods

The three practices in this sub-section are recommended food-nutrition Food Preservation practices. While 63.8 percent of the respondents who reported three or more telephone calls said they canned all low-acid foods in a pressure canner only 48.6 percent of those who reported no telephone calls said they canned all low-acid foods in a pressure canner. Over 58 percent of the homemakers who made three or more telephone calls canned fruits and tomatoes in a water bath. Forty-five percent of the homemakers who made no telephone calls canned fruits and tomatoes in a water bath. Almost 73 percent of the respondents who reported making no telephone calls to the Extension Office and over 82 percent of the respondents who reported making three or more telephone calls to the Extension Office said that when freezing, they blanched all vegetables before freezing.

A significant relationship existed between the number of telephone calls a homemaker made to the County Extension Office in the previous 12 months and his/her use of the three recommended food-nutrition Food Preservation practices. A larger percentage of those homemakers who made at least one telephone call to the County Extension Office canned all low-acid foods in a pressure canner, canned fruits and tomatoes in a water bath, and blanched all vegetables before freezing.

Total Number of Practices Used

The majority of the homemakers who made no telephone calls to the County Extension Office (56.3 percent) reported using 10-13 of the recommended food-nutrition practices with 27.1 percent reporting that they used under 10 of the practices and only 16.6 reporting that they used 14-16 of the recommended practices. Of the respondents who reported making one-two telephone calls to the County Extension Office in the previous 12 months the majority (56.5 percent) said they used 10-13 of the recommended food-nutrition practices. Over 20 percent of this group reporting using less than 10 of the practices and almost 23 percent said they used 14-16 of the practices. Over 31 percent of the respondents who reported making three or more calls to the County Extension Office said they used 14-16 of the recommended food-nutrition practices and only 13.8 percent of those who made three or more phone calls reported using less than 10 of the recommended food-nutrition practices. The majority of the respondents who made three or more phone calls were using 10-13 of the recommended practices.

Overall, the greatest number of respondents, regardless of the number of telephone calls they made to the County Extension Office were using 10-13 of the recommended food-nutrition practices. However, a greater percentage of those who made at least one telephone call were found to be using 14-16 of the recommended food-nutrition practices and a smaller percentage of this same group were found to be using less than 10 of the practices. There was a significant relationship between the number of telephone calls homemakers made to the County Extension Office and the total number of recommended food-nutrition practices they were using.

Summary

Examination of data in this section suggested that homemakers who had made at least one telephone call to the County Extension Office were more likely to have:

1. Kept on hand foods from the Daily Food Guide.
2. Checked the family food supply before shopping and restocked items as needed.
3. Tried to get the most food value (nutrients) for money spent when shopping.
4. Included citrus fruits or other sources of vitamin C foods when planning daily meals.
5. Ensured that adult family members had at least two glasses of milk or its equivalent each day.
6. Provided two servings of meat or other source of protein each day.

7. Frequently included poultry and fish when selecting protein foods.
8. Provided family members with nutritious snack foods.
9. Selected a wide variety of foods from the Basic Food Groups when dieting.
10. Served stewed, baked or broiled foods more often than fried foods.
11. Canned all low-acid foods in a pressure canner when canning at home.
12. Canned fruits and tomatoes in a water bath.
13. Blanched all vegetables before freezing when preserving foods by freezing.

Further examination of data in this section revealed that a greater percentage of those homemakers who had made at least one telephone call to the County Extension Office used 14-16 of the 16 recommended food-nutrition practices and a smaller percentage of this same group used less than 10 of the 16 recommended practices than homemakers who reported making no telephone calls.

III. RELATIONSHIPS BETWEEN HOMEMAKERS USE OF THE RECOMMENDED FOOD-NUTRITION PRACTICES AND THE NUMBER OF VISITS COUNTY EXTENSION AGENTS MADE TO THE HOMEMAKERS' HOMES

This section presents major findings regarding relationships between homemakers use of recommended food-nutrition practices and the number of visits County Extension Agents made to the homemakers'

homes. Table 9 presents the recommended food-nutrition practices, the homemakers response as to whether they were using the practice and the number of home visits they reported receiving from County Extension Agents. Respondents were placed in one of three groups: those who received no home visits, those who received one-two home visits, and those who received three or more home visits from County Extension Agents. The 16 recommended food-nutrition practices were organized into five sub-sections: Consumer Shopping Habits, Meal Planning, Incorporation of the Basic Food Groups into the Family Diet, Weight Control, and Food Preservation Methods. Numbers and percentage of homemakers are reported for each variable. The Chi Square Test was used to determine the strength of the relationship between independent and dependent variables. The .05 probability level was used to determine significant relationships.

Consumer Shopping Habits

The three practices reported in this sub-section concerned the homemakers habits when grocery shopping. Of those respondents who reported receiving no home visits from County Extension Agents in the previous 12 months, 87.6 percent said they kept on hand foods from the Daily Food Guide while over 91 percent of the respondents who reported three or more home visits from Extension Agents said they kept on hand foods from the Daily Food Guide. When tested by the Chi Square Test there was a significant relationship between the number of home visits a homemaker received from an Extension Agent

TABLE 9. Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Visits County Extension Agents Made to the Homemakers' Homes

Recommended Food-Nutrition Practices	Number of Home Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Consumer Shopping Habits						
Kept on Hand Foods From the Daily Food Guide						
Yes	1245	87.6	933	89.9	328	91.6
No	177	12.4	105	10.1	30	8.4
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=6.3	df=2	p=0.04			
Before Grocery Shopping, Checked Food Supply and Restocked Items in Food Groups That Had Been Used						
Yes	1324	93.1	968	93.3	332	92.7
No	98	6.9	70	6.7	26	7.3
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=0.1	df=2	p=0.94			
When Grocery Shopping, Tried to Get the Most Food Value (Nutrients) for Money Spent						
Yes	1317	92.6	962	92.7	336	93.9
No	105	7.4	76	7.3	22	6.1
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=0.7	df=2	p=0.70			

TABLE 9 (Continued)

Recommended Food-Nutrition Practices	Number of Home Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Meal Planning						
In Planning Meals, Included Citrus Fruits or Other Sources of Vitamin C Foods Each Day						
Yes	1199	84.3	876	84.4	312	87.2
No	223	15.7	162	15.6	46	12.8
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=1.9	df=2	p=0.39			
Planned for at Least One Serving of Dark Green Leafy or Yellow Vegetables Four or Five Times a Week						
Yes	1126	79.2	826	79.6	301	84.1
No	296	20.8	212	20.4	57	15.9
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=4.4	df=2	p=0.11			
In Planning Meals, Included at Least One Iron-Rich Food in Addition to Two Servings of Meat Each Day						
Yes	889	62.5	651	62.7	242	67.6
No	533	37.5	387	37.3	116	32.4
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=3.4	df=2	p=0.18			

TABLE 9 (Continued)

Recommended Food-Nutrition Practices	Number of Home Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Incorporation of the Basic Food Groups Into Family Diet						
Adult Family Members Had at Least Two Glasses of Milk or its Equivalent Each Day						
Yes	751	52.8	531	51.2	199	55.6
No	671	47.2	507	48.8	159	44.4
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=2.2	df=2	p=0.34			
Children Had Three or Four Glasses of Milk or its Equivalent Each Day						
Yes	342	60.2	217	62.2	108	62.1
No	226	39.8	132	37.8	66	37.9
Total	568	100.00	349	100.00	174	100.00
Chi Square Test	X^2=0.4	df=2	p=0.80			
Had Two Servings of Meat or Other Source of Protein Each Day						
Yes	1259	88.5	913	88.0	322	89.9
No	163	11.5	125	12.0	36	10.1
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=1.0	df=2	p=0.60			

TABLE 9 (Continued)

Recommended Food-Nutrition Practices	Number of Home Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
When Selecting Protein Foods, Frequently Included Poultry and Fish						
Yes	1322	93.0	964	92.9	336	93.9
No	100	7.0	74	7.1	22	6.1
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=0.4	df=2	p=0.80			
Provided Family Members with Nutritious Snack Foods						
Yes	1048	73.7	728	70.1	284	79.3
No	374	26.3	310	29.9	74	20.7
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=12.0	df=2	p=0.00			
Weight Control						
When Dieting, Selected a Wide Variety of Foods From the Four Food Groups						
Yes	739	52.0	509	49.0	194	54.2
No	683	48.0	529	51.0	164	45.8
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=3.6	df=2	p=0.17			

TABLE 9 (Continued)

Recommended Food-Nutrition Practices	Number of Home Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Served Stewed, Baked or Broiled Foods More Often Than Fried Ones						
Yes	1121	78.8	829	79.9	281	78.5
No	301	21.2	209	20.1	77	21.5
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=0.5	df=2	p=0.78			
Food Preservation Methods						
When Canning at Home, Canned All Low-Acid Foods in a Pressure Canner						
Yes	775	54.5	612	59.0	222	62.0
No	647	45.5	426	41.0	136	38.0
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=8.9	df=2	p=0.01			
Canned Fruits and Tomatoes in a Water Bath						
Yes	704	49.5	568	54.7	198	55.3
No	718	50.5	470	45.3	160	44.7
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=8.1	df=2	p=0.02			

TABLE 9 (Continued)

Recommended Food-Nutrition Practices	Number of Home Visits: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
When Preserving Foods by Freezing, Blanched all Vegetables Before Freezing						
Yes	1096	77.1	815	78.5	294	82.1
No	326	22.9	223	21.5	64	17.9
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=4.3	df=2	p=0.11			
Total Number Practices Used						
Under 10	288	20.3	215	20.7	55	15.4
10-13	808	56.8	586	56.5	179	50.0
14-16	326	22.9	237	22.8	124	34.6
Total	1422	100.00	1038	100.00	358	100.00
Chi Square Test	X^2=24.3	df=4	p=0.00			

and if the homemaker kept on hand foods from the Daily Food Guide. A greater percentage of those homemakers who reported at least one home visit said they kept on hand foods from the Daily Food Guide than did homemakers who reported no visits. A larger percentage of the respondents who reported receiving no home visits (93.1 percent) than those who reported receiving three or more home visits (92.7 percent) said they checked the family food supply and restocked items that had been used. Although a slightly larger percentage of respondents who reported receiving two or more home visits from Extension Agents said they used this practice no significant relationship was found between the number of home visits a homemaker received from Extension Agents and if the homemaker checked the family food supply and restocked items.

A larger percentage of those homemakers who reported receiving three or more home visits (93.9 percent) than those who reported receiving no home visits (92.6 percent) said they tried to get the most food value for money spent when grocery shopping. However, no significant relationship was found between the number of home visits respondents reported receiving from County Extension Agents and their use of this practice.

Meal Planning

The three practices reported in this sub-section are those that deal with the homemakers meal planning habits. Over 84 percent of the respondents who reported receiving no home visits and over

87 percent of those who reported receiving three or more home visits said they included citrus fruits or other sources of vitamin C in family meals each day. Almost 80 percent of those homemakers who reported no home visits and 84.1 percent of those homemakers who reported three or more home visits said they planned for at least one serving of dark green leafy or yellow vegetables four or five times a week. Approximately 62 percent of the homemakers who reported no home visits and almost 68 percent of the homemakers who reported three or more home visits said that when planning meals they included at least one iron rich food in addition to two meat servings each day.

Although a larger percentage of those respondents who reported receiving at least one home visit from County Extension Agents in the previous 12 months said they were using all three of these recommended food-nutrition Meal Planning practices, no significant relationship was found to exist between the number of home visits a respondent reported and use of these three practices.

Incorporation of the Basic Food Groups Into Family Diet

The practices reported in this sub-section dealt with the inclusion of the Basic Food Groups into the family diet. Although a greater percentage of those respondents who reported three or more home visits than those respondents who reported no home visits (55.6 percent vs. 52.8 percent) said that adult family members had at least

two glasses of milk or its equivalent each day, no significant relationship was found between the number of home visits and homemakers use of this practice.

Over 62 percent of the survey respondents who reported receiving three or more home visits from a County Extension Agent said that children received three or four glasses of milk or its equivalent compared to 60.2 percent of the survey respondents who reported receiving no home visits from a County Extension Agent and who said that children received three or four glasses of milk or its equivalent each day. There was no significant relationship between the number of visits a respondent received from a County Extension Agent and whether children received three or four glasses of milk or its equivalent each day.

Almost 90 percent of the respondents who reported three or more home visits from Extension Agents and 88.5 percent of the respondents who reported no home visits said they had two servings of meat or other protein source daily. Ninety-three percent of the respondents who reported no home visits and 93.9 percent of those respondents who reported three or more home visits said that when selecting protein foods they frequently included poultry and fish in family meals. No significant relationship was found between the number of home visits a respondent received from Extension Agents and if they had two servings of protein daily and included poultry and fish in family meals when selecting protein foods.

A greater percentage of the respondents who reported receiving three or more visits from Extension Agents than those respondents who reported receiving no visits from Extension Agents (79.3 percent vs. 73.7 percent) said they provided family members with nutritious snack foods. A significant relationship was found to exist between the number of home visits a homemaker reported and whether he/she provided family members with nutritious snack foods. A larger percentage of those respondents who received three or more home visits than those who received no home visits reported that they provided family members with nutritious snack foods.

Weight Control

The two practices listed in this sub-section dealt with food choice and cooking methods for weight watchers. Although 54.2 percent of the respondents who reported receiving three or more home visits from Extension Agents compared to 52 percent of the respondents who reported receiving no home visits said that when dieting they selected a wide variety of foods from the four food groups, no significant relationship was found between the number of home visits reported by homemakers and their selection of foods when dieting.

A slightly larger percentage of the homemakers who reported receiving no home visits than those who received three or more visits said they served stewed, baked or broiled foods more often than fried ones (78.8 percent vs. 78.5 percent). But, no significant relationship was found between the number of home visits a homemaker received

and his/her use of this recommended food-nutrition Weight Control practice.

Food Preservation Methods

The practices listed in this sub-section are those that dealt with homemakers use of recommended food-nutrition Food Preservation practices. A larger percentage of the homemakers who reported receiving three or more home visits than those who reported receiving no home visits said they canned all low acid foods in a pressure canner when home canning (62 percent vs. 54.5 percent). Likewise, a larger percentage of those respondents who reported receiving three or more home visits from Extension Agents than those who reported no visits said they canned all fruits and tomatoes in a water bath (55.3 percent vs. 49.5 percent). There was a significant relationship between the number of home visits a respondent reported and his/her use of these two recommended food-nutrition Food Preservation practices. The more home visits that homemakers said they received from an Extension Agent, the greater the possibility that the homemakers would can all low-acid foods in a pressure canner and can fruits and vegetables in a water bath.

Over 82 percent of the respondents who reported receiving three or more home visits compared to 77.1 percent of the respondents who reported no home visits said that when preserving foods they blanched all vegetables before freezing. No significant relationship was found between the number of home visits reported by respondents and the use of the practice of blanching all vegetables before freezing.

Total Number of Practices Used

The majority of the respondents who reported receiving no home visits (56.8 percent) were using 10-13 of the 16 recommended food-nutrition practices. Over 20 percent of those who reported no home visits were using less than 10 of the recommended practices and almost 23 percent were using 14-16 of the practices. Of the homemakers who reported receiving one-two home visits, the majority were using 10-13 of the recommended practices while 20.7 percent were using less than 10 of the practices and 22.8 percent were using 14-16 of the practices. Fifty percent of the homemakers who said they received three or more home visits were using 10-13 of the recommended food-nutrition practices. Only 15.4 percent of this same group reported using less than 10 of the recommended practices and almost 35 percent said they were using 14-16 of the practices. The majority of the survey respondents said they were using 10-13 of the recommended food-nutrition practices regardless of the number of home visits they received from Extension Agents. But a greater percentage of those who reported three or more home visits were found to be using 14-16 of the recommended practices and a smaller percentage of this group were found to be using less than 10 of the practices than those respondents who reported no home visits or only one-two home visits.

Summary

Results of the data analysis in this section can be summarized by stating that homemakers who reported receiving at least one home

visit from an Extension Agent in the previous 12 months were more likely to have:

1. Kept on hand foods from the Daily Food Guide.
2. Provided family members with nutritious snack foods.
3. Canned all low-acid foods in a pressure canner when canning at home.
4. Canned fruits and vegetables in a water bath.

It was found that a greater percentage of those homemakers who reported receiving at least one home visit used 14-16 of the 16 recommended practices and a smaller percentage of this same group used less than 10 of the 16 recommended practices then homemakers who reported receiving no home visits.

IV. RELATIONSHIPS BETWEEN HOMEMAKERS USE OF THE RECOMMENDED FOOD-NUTRITION PRACTICES AND THE NUMBER OF EXTENSION FOOD-NUTRITION MEETINGS HOMEMAKERS ATTENDED

This section presents major findings regarding relationships between homemakers use of recommended food-nutrition practices and the number of Extension Food-Nutrition meetings they attended in the previous 12 months. Table 10 presents the recommended food-nutrition practices, the homemakers response as to whether they were implementing the practice and the number of Extension Food-Nutrition meetings they attended. The 16 recommended food-nutrition practices were organized

TABLE 10. Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Extension Food-Nutrition Meetings Homemakers Attended

Recommended Food-Nutrition Practices	Number of Extension Food-Nutrition Meetings: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Consumer Shopping Habits						
Kept on Hand Foods From the Daily Food Guide						
Yes	544	82.3	1021	87.8	950	94.5
No	117	17.7	140	12.2	55	5.5
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=62.9	df=2	p=0.00			
Before Grocery Shopping, Checked Food Supply and Restocked Items in Food Groups That Had Been Used						
Yes	588	89.0	1078	93.6	958	95.3
No	73	11.0	74	6.4	47	4.7
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=25.9	df=2	p=0.00			
When Grocery Shopping, Tried to Get the Most Food Value (Nutrients) for Money Spent						
Yes	596	90.2	1076	93.4	943	93.8
No	65	9.8	76	6.6	62	6.2
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=9.0	df=2	p=0.01			

TABLE 10 (Continued)

Recommended Food-Nutrition Practices	Number of Extension Food-Nutrition Meetings: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Meal Planning						
In Planning Meals, Included Citrus Fruits or Other Sources of Vitamin C Foods Each Day						
Yes	520	78.7	970	84.2	897	89.3
No	141	21.3	182	15.8	108	10.7
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=34.9	df=2	p=0.00			
Planned For at Least One Serving of Dary Green Leafy or Yellow Vegetables Four or Five Times a Week						
Yes	496	75.0	918	79.7	839	83.5
No	165	25.0	234	20.3	166	16.5
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=17.8	df=2	p=0.00			
In Planning Meals, Included at Least One Iron-Rich Food in Addition to Two Servings of Meat Each Day						
Yes	386	58.4	699	60.7	697	69.4
No	275	41.6	453	39.3	308	30.6
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=26.1	df=2	p=0.00			

TABLE 10 (Continued)

Recommended Food-Nutrition Practices	Number of Extension Food-Nutrition Meetings: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Incorporation of the Basic Food Groups Into Family Diet						
Adult Family Members Had at Least Two Glasses of Milk or its Equivalent Each Day						
Yes	337	51.0	606	52.6	538	53.5
No	324	49.0	546	47.4	467	46.5
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=1.0	df=2	p=0.60			
Children Had Three or Four Glasses of Milk or its Equivalent Each Day						
Yes	202	62.5	259	60.0	206	61.3
No	121	37.5	173	40.0	130	38.7
Total	323	100.00	432	100.00	336	100.00
Chi Square Test	X^2=0.5	df=2	p=0.77			
Had Two Servings of Meat or Other Source of Protein Each Day						
Yes	561	84.9	1034	89.8	899	89.5
No	100	15.1	118	10.2	106	10.5
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=11.2	df=2	p=0.00			

TABLE 10 (Continued)

Recommended Food-Nutrition Practices	Number of Extension Food-Nutrition Meetings None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
When Selecting Protein Foods, Frequently Included Poultry and Fish						
Yes	596	90.2	1078	93.6	948	94.3
No	65	9.8	74	6.4	57	5.7
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=11.5	df=2	p=0.00			
Provided Family Members with Nutritious Snack Foods						
Yes	464	70.2	840	72.9	756	75.2
No	197	29.8	312	27.1	249	24.8
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=5.1	df=2	p=0.07			
Weight Control						
When Dieting, Selected a Wide Variety of Foods From the Four Food Groups						
Yes	298	45.1	614	53.3	530	52.7
No	363	54.9	538	46.7	475	47.3
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=12.9	df=2	p=0.00			

TABLE 10 (Continued)

Recommended Food-Nutrition Practices	Number of Extension Food-Nutrition Meetings: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
Served Stewed, Baked or Broiled Foods More Often Than Fried Ones						
Yes	490	74.1	948	82.3	793	78.9
No	171	25.9	204	17.7	212	21.1
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=17.0	df=2	p=0.00			
Food Preservation Methods						
When Canning at Home, Canned all Low-Acid Foods in a Pressure Canner						
Yes	333	50.4	680	59.0	596	59.3
No	328	49.6	472	41.0	409	40.7
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=15.9	df=2	p=0.00			
Canned Fruits and Tomatoes in a Water Bath						
Yes	318	48.1	634	55.0	518	51.5
No	343	51.9	518	45.0	487	48.5
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=8.3	df=2	p=0.01			

TABLE 10 (Continued)

Recommended Food-Nutrition Practices	Number of Extension Food-Nutrition Meetings: None #	None %	1-2 #	1-2 %	3-Over #	3-Over %
When Preserving Foods by Freezing, Blanched all Vegetables Before Freezing						
Yes	473	71.6	904	78.5	828	82.4
No	188	28.4	248	21.5	177	17.6
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=27.5	df=2	p=0.00			
Total Number Practices Used						
Under 10	181	27.4	222	19.2	155	15.4
10-13	358	54.2	640	55.6	575	57.2
14-16	122	18.3	290	25.2	275	27.4
Total	661	100.00	1152	100.00	1005	100.00
Chi Square Test	X^2=43.2	df=4	p=0.00			

into five sub-sections: Consumer Shopping Habits, Meal Planning, Incorporation of the Basic Food Groups into the Family Diet, Weight Control and Food Preservation Methods. Numbers and percentage of homemakers are reported for each variable. The Chi Square Test was used to determine significant strength of relationships between independent and dependent variables.

Consumer Shopping Habits

The three practices reported in this sub-section dealt with the homemakers grocery shopping habits. Only 82.3 percent of the respondents who reported attending no Extension Food-Nutrition meetings said they kept on hand foods from the Daily Food Guide compared to almost 95 percent of the respondents who reported attending three or more Extension Food-Nutrition meetings. Over 95 percent of those respondents who reported attending three or more Extension Food-Nutrition meetings compared to 89 percent of those who reported no meetings said that they checked their food supply before shopping and restocked items as needed. A greater percentage of the homemakers who reported attending three or more Extension Food-Nutrition meetings than those who reported not attending an Extension Food-Nutrition meeting said that when grocery shopping they tried to get the most food value for money spent (93.8 percent vs. 90.2 percent).

There was a significant relationship between the number of Extension Food-Nutrition meetings a respondent had attended in the previous 12 months and their use of these three practices. Of those

respondents who reported attending at least one Extension Food-Nutrition meeting a larger percentage said they kept on hand foods from the Daily Food Guide, checked their food supply before shopping and re-stocked items as needed, and tried to get the most food value for money spent when grocery shopping than did those who reported attending no Extension Food-Nutrition meetings in the past year.

Meal Planning

The practices listed in this sub-section are recommended food-nutrition practices that deal with meal planning. A greater percentage of the respondents who reported attending three or more Extension Food-Nutrition meetings than those respondents who reported attending no meetings (89.3 percent vs. 78.7 percent) said that when planning meals they included citrus fruits or other sources of vitamin C each day. Almost 84 percent of the respondents who reported three or more Extension Food-Nutrition meetings while only 75 percent of the respondents who reported attending no Extension Food-Nutrition meetings said they planned for at least one serving of dark green leafy or yellow vegetables four or five times a week. Over 69 percent of those respondents who reported attending three or more Extension Food-Nutrition meetings said that when planning meals they included at least one iron-rich food in addition to two servings of meat each day compared to 58.4 percent of the respondents who reported attending no Extension Food-Nutrition meetings. There was a significant relationship between the number of Extension Food-Nutrition meetings a respondent

attended and his/her use of the three recommended food-nutrition Meal Planning practices.

A greater percentage of those homemakers who had attended at least one Extension Food-Nutrition meeting in the past year than those who reported no Extension Food-Nutrition meetings included citrus fruits or other sources of vitamin C in family meals each day, planned for at least one serving of dark green leafy or yellow vegetable four or five times a week, and when planning meals included at least one iron-rich food in addition to two servings of meat each day.

Incorporation of the Basic Food Groups Into Family Diet

The practices in this sub-section dealt with the inclusion of the Basic Food Groups into the family diet. Fifty-one percent of the respondents who reported attending no Extension Food-Nutrition meetings and 53.5 percent of the respondents who reported attending three or more Extension Food-Nutrition meetings said that adult family members had at least two glasses of milk or its equivalent each day. No significant relationship was found between the number of Extension Food-Nutrition meetings respondents reported attending and their use of this practice.

A larger percentage of the respondents who reported attending no Extension Food-Nutrition meetings than those respondents who reported attending three or more Extension Food-Nutrition meetings (62.5 percent

vs. 61.3 percent) said that children had three-four glasses of milk or its equivalent each day. Only 60 percent of the respondents who attended one-two Extension Food-Nutrition meetings said they used this practice. There was not a significant relationship between the number of Extension Food-Nutrition meetings a homemaker attended and his/her use of this particular practice.

Almost 90 percent of the homemakers who reported attending three or more Extension Food-Nutrition meetings compared to approximately 85 percent of those homemakers who reported attending no Extension Food-Nutrition meetings said they had two servings of meat or other source of protein each day. Almost 95 percent of the homemakers who reported attending three or more Extension Food-Nutrition meetings compared to 90.2 percent of those who reported attending no Extension Food-Nutrition meetings said that when selecting protein foods, they frequently included poultry and fish. Using the Chi Square Test, a significant relationship was found between the number of Extension Food-Nutrition meetings a homemaker attended and his/her inclusion of the recommended food-nutrition practices dealing with protein foods into the family diet. Those homemakers who attended at least one Extension Food-Nutrition meeting were more likely to have two servings of meat or other protein food each day and to frequently include poultry and fish in family meals when selecting protein foods.

Although over 75 percent of the homemakers who reported attending three or more Extension Food-Nutrition meetings compared to 70.2 percent of those homemakers who reported attending no Extension Food-Nutrition meetings said they provided family members with nutritious snacks there was no significant relationship between the number of Extension Food-Nutrition meetings attended and whether a homemaker served nutritious snack foods.

Weight Control

The two practices listed in this sub-section deal with food choice and preparation for weight watchers. A greater percentage of the homemakers who said they attended three or more Extension Food-Nutrition meetings than those who attended no meetings (52.7 percent vs. 45.1 percent) reported that when dieting they selected a wide variety of foods from the Basic Food Groups. A larger percentage of the respondents who reported attending three or more Extension Food-Nutrition meetings than those who reported attending no Extension Food-Nutrition meetings said that they served stewed, baked or broiled foods more often than fried ones. Using the Chi Square Test, there was a significant relationship between the number of Extension Food-Nutrition meetings a homemaker attended and if he/she used these two recommended food-nutrition Weight Control practices. Those homemakers who reported attending at least one Extension Food-Nutrition meeting during the previous 12 months were more apt to select a wide variety of healthy foods when dieting and to use food preparation methods other

than the frying of foods than homemakers who attended no Extension Food-Nutrition meetings.

Food Preservation Methods

The practices in this sub-section are Food Preservation practices. Almost 60 percent of the respondents who reported attending three or more Extension Food-Nutrition meetings said they canned all low-acid foods in a pressure canner, while only 50.4 percent of the respondents who reported attending no meetings said they canned all low-acid foods in a pressure canner. Over 51 percent of the respondents who attended three or more Extension Food-Nutrition meetings compared to 48.1 percent of those who reported attending no Extension Food-Nutrition meetings said that they canned fruits and tomatoes in a water bath. A larger percentage of the respondents who reported attending three or more Extension Food-Nutrition meetings said that when preserving foods by freezing, they blanched all vegetables before freezing than those respondents who reported attending no meetings.

There was a significant relationship between the number of Extension Food-Nutrition meetings a homemaker attended in the previous 12 months and his/her use of the recommended food-nutrition Food Preservation practices. Those homemakers who attended at least one Extension Food-Nutrition meeting in the previous 12 months were more likely to can low-acid foods in a pressure canner, can fruits and tomatoes in a water bath and blanch all vegetables before freezing than homemakers who had attended no Extension Food-Nutrition meetings.

Total Number Practices Used

The majority of the respondents who reported attending no Extension Food-Nutrition meetings used 10-13 of the 16 recommended food-nutrition practices. Approximately 27 percent of this same group said they used less than 10 of the practices and 18.3 percent said they used 14-16 of the practices. Of the homemakers who reported attending one-two Extension Food-Nutrition meetings, 19.2 percent said they used less than 10 of the recommended food-nutrition practices, 55.6 percent said they used 10-13 of the practices and 25.2 percent said they used 14-16 of the practices. Over 57 percent of the homemakers who reported attending three or more Extension Food-Nutrition meetings said they used 10-13 of the recommended food-nutrition practices, 15.4 percent said they used less than 10 of the practices and approximately 27 percent used 14-16 of the recommended practices. The majority of the respondents, regardless of the number of Extension Food-Nutrition meetings they reported attending, were using 10-13 of the 16 recommended food-nutrition practices. However, a greater percentage of those who reported attending at least one Extension Food-Nutrition meeting were found to be using 14-16 of the recommended food-nutrition practices and a smaller percentage of this same group were found to be using less than 10 of the practices than homemakers who had attended no Extension Food-Nutrition meetings.

There was a significant relationship between the number of Extension Food-Nutrition meetings a respondent attended and the total number of recommended food-nutrition practices they reported using.

Homemakers who attended at least one Extension Food-Nutrition meeting were more likely to use 14-16 of the recommended food-nutrition practices than homemakers who attended no Extension Food-Nutrition meetings.

Summary

Results of data analysis in this section suggested that homemakers who attended at least one Extension Food-Nutrition meeting were more likely to have:

1. Kept on hand foods from the Daily Food Guide.
2. Checked the family food supply before shopping and restock items when needed.
3. Tried to get the most food value (nutrients) for money spent when shopping.
4. Included citrus fruits or other sources of vitamin C foods when planning daily meals.
5. Planned for at least one serving of dark green leafy or yellow vegetables four or five times a week.
6. Included at least one iron rich food in addition to two servings of meat each day when planning meals.
7. Provided two servings of meat or other source of protein each day.
8. Frequently included poultry and fish in family meals when selecting protein foods.

9. Selected a wide variety of foods from the four food groups when dieting.
10. Served stewed, baked or broiled foods more often than fried foods.
11. Canned all low-acid foods in a pressure canner when canning at home.
12. Canned fruits and tomatoes in a water bath.
13. Blanched all vegetables before freezing when preserving foods by freezing.

Further study of the data in this section showed that a greater percentage of those homemakers who had attended at least one Extension Food-Nutrition meeting were using 14-16 of the 16 recommended practices and a smaller percentage of this same group were found to be using less than 10 of the recommended practices than homemakers who had attended no Extension Food-Nutrition meetings.

V. RELATIONSHIPS BETWEEN HOMEMAKERS USE OF THE RECOMMENDED FOOD-NUTRITION PRACTICES AND THE TOTAL NUMBER OF EXTENSION CONTACTS THEY REPORTED FOR THE PREVIOUS 12 MONTHS

This section presents major findings regarding relationships between homemakers use of recommended food-nutrition practices and the total number of Extension contacts they reported for the previous 12 months. Table 11 presents the recommended food-nutrition practices, the homemakers response as to whether they were implementing the practice and the total number of Extension contacts they reported

TABLE 11. Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Total Number of Extension Contacts They Reported for the Previous 12 Months

Recommended Food-Nutrition Practices	Number of Extension Contacts: None #	None %	1-19 #	1-19 %	20-Over #	20-Over %
Consumer Shopping Habits						
Kept on Hand Foods from the Daily Food Guide						
Yes	103	74.1	1357	88.0	1044	92.1
No	36	25.9	185	12.0	89	7.9
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=44.5	df=2	p=0.00			
Before Grocery Shopping, Checked Food Supply and Restocked Items in Food Groups That Had Been Used						
Yes	114	82.0	1435	93.1	1071	94.5
No	25	18.0	107	6.9	62	5.5
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=30.2	df=2	p=0.00			
When Grocery Shopping, Tried to get the Most Food Value (Nutrients) for Money Spent						
Yes	121	87.1	1432	92.9	1058	93.4
No	18	12.9	110	7.1	75	6.6
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=7.4	df=2	p=0.02			

TABLE 11 (Continued)

Recommended Food-Nutrition Practices	Number of Extension Contacts None #	None %	1-19 #	1-19 %	20-Over #	20-Over %
Meal Planning						
In Planning Meals, Included Citrus Fruits or Other Sources of Vitamin C Foods Each Day						
Yes	96	69.1	1301	84.4	986	87.0
No	43	30.9	241	15.6	147	13.0
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=31.0	df=2	p=0.00			
Planned for at Least One Serving of Dark Green Leafy or Yellow Vegetables Four or Five Times a Week						
Yes	97	69.8	1213	78.7	940	83.0
No	42	30.2	329	21.3	193	17.0
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=17.0	df=2	p=0.00			
In Planning Meals, Included at Least One Iron-Rich Food in Addition to Two Servings of Meat Each Day						
Yes	75	54.0	963	62.5	742	65.5
No	64	46.0	579	37.5	391	34.5
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=8.0	df=2	p=0.02			

TABLE 11 (Continued)

Recommended Food-Nutrition Practices	Number of Extension Contacts None #	None %	1-19 #	1-19 %	20-Over #	20-Over %
Incorporation of the Basic Food Groups Into Family Diet						
Adult Family Members Had at Least Two Glasses of Milk or its Equivalent Each Day						
Yes	61	43.9	802	52.0	615	54.3
No	78	56.1	740	48.0	518	45.7
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=5.7	df=2	p=0.06			
Children Had Three or Four Glasses of Milk or its Equivalent Each Day						
Yes	35	50.0	368	60.7	263	63.5
No	35	50.0	238	39.3	151	36.5
Total	70	100.00	606	100.00	414	100.00
Chi Square Test	X^2=4.7	df=2	p=0.09			
Had Two Servings of Meat or Other Source of Protein Each Day						
Yes	107	77.0	1362	88.3	1023	90.3
No	32	23.0	180	11.7	110	9.7
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=21.8	df=2	p=0.00			

TABLE 11 (Continued)

Recommended Food-Nutrition Practices	Number of Extension Contacts None #	None %	1-19 #	1-19 %	20-Over #	20-Over %
When Selecting Protein Foods, Frequently Included Poultry and Fish						
Yes	118	84.9	1435	93.1	1065	94.0
No	21	15.1	107	6.9	68	6.0
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=15.3	df=2	p=0.00			
Provided Family Members with Nutritious Snack Foods						
Yes	91	65.5	1093	70.9	874	77.1
No	48	34.5	449	29.1	259	22.9
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=17.4	df=2	p=0.00			
Weight Control						
When Dieting, Selected a Wide Variety of Foods from the Four Food Groups						
Yes	65	46.8	752	48.8	623	55.0
No	74	53.2	790	51.2	510	45.0
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	x^2=11.2	df=2	p=0.00			

TABLE 11 (Continued)

Recommended Food-Nutrition Practices	Number of Extension Contacts: None #	None %	1-19 #	1-19 %	20-Over #	20-Over %
Served Stewed, Baked or Broiled Foods More Often Than Fried Ones						
Yes	91	65.5	1221	79.2	916	80.8
No	48	34.5	321	20.8	217	19.2
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=17.8	df=2	p=0.00			
Food Preservation Methods						
When Canning at Home, Canned All Low-Acid Foods in a Pressure Canner						
Yes	51	36.7	844	54.7	712	62.8
No	88	63.3	698	45.3	421	37.2
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	x^2=42.4	df=2	p=0.00			
Canned Fruits and Tomatoes in a Water Bath						
Yes	56	40.3	772	50.1	640	56.5
No	83	59.7	770	49.9	493	43.5
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	x^2=19.1	df=2	p=0.00			

TABLE 11 (Continued)

Recommended Food-Nutrition Practices	Number of Extension Contacts None #	None %	1-19 #	1-19 %	20-Over #	20-Over %
When Preserving Foods by Freezing, Blanched all Vegetables Before Freezing						
Yes	87	62.6	1165	75.6	951	83.9
No	52	37.4	377	24.4	182	16.1
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=48.2	df=2	p=0.00			
Total Number Practices Used						
Under 10	61	43.9	326	21.1	169	14.9
10-13	61	43.9	884	57.3	627	55.3
14-16	27	12.2	332	21.6	337	29.8
Total	139	100.00	1542	100.00	1133	100.00
Chi Square Test	X^2=87.0	df=4	p=0.00			

for the previous 12 month period. The 16 recommended food-nutrition practices were organized into five sub-sections: Consumer Shopping Habits, Meal Planning, Incorporation of the Basic Food Groups into the Family Diet, Weight Control and Food Preservation Methods. Numbers and percentage of homemakers are reported for each variable. The Chi Square Test was used to determine the strength of relationship between independent and dependent variables. The .05 probability level was used to determine significant relationships.

Consumer Shopping Habits

The three practices listed in this sub-section dealt with the homemakers habits when shopping for food. Over 92 percent of the respondents who reported over 20 Extension contacts in the previous 12 months compared to 74.1 percent of those respondents who had no Extension contacts said they kept on hand foods from the Daily Food Guide. Almost 95 percent of the respondents who reported over 20 Extension contacts versus 82 percent of the respondents who reported no Extension contacts said that before grocery shopping, they checked their food supply and restocked items as needed. Also, 93.4 percent of the respondents who reported over 20 Extension contacts said that when grocery shopping they tried to get the most food value for money spent. Only 87.1 percent of the group who reported no Extension contacts said that they tried to get the most food value for money spent when shopping.

There was a significant relationship between the number of Extension contacts a homemaker reported and his/her use of these three

recommended practices. A larger percentage of those respondents who reported at least one Extension contact than those who reported no contacts said they kept on hand foods from the Daily Food Guide, checked their food supply before shopping and restocked items as needed and tried to get the most food value for money spent when shopping.

Meal Planning

The three practices in this sub-section are the recommended food-nutrition practices that concern Meal Planning. A larger percentage of the homemakers who reported over 20 Extension contacts than those homemakers who reported no Extension contacts (87 percent vs. 69.1 percent) said that when planning meals they included citrus fruits or other sources of vitamin C each day. A larger percentage of the homemakers who reported more than 20 Extension contacts than those homemakers who reported no Extension contacts (83 percent vs. 69.8 percent) said they planned for at least one serving of dark green leafy or yellow vegetable four or five times a week. Again, a greater percentage of those who reported over 20 Extension contacts compared to those who reported no Extension contacts (65.5 percent vs. 54 percent) said they included at least one iron-rich food in addition to two servings of meat each day in family meals.

There was a significant relationship between the number of contacts a homemaker had with the Extension Service and his/her use of the recommended food-nutrition Meal Planning practices. Those homemakers who had at least one contact with the Extension Service

were more likely to include citrus fruits or other sources of vitamin C in family meals, plan for at least one serving of dark green leafy or yellow vegetable four or five times a week and include at least one iron rich food in family meals in addition to two servings of meat daily than homemakers who had no contacts with the Extension Service.

Incorporation of the Basic Food Groups Into Family Diet

The five practices reported in this sub-section dealt with the inclusion of the Basic Food Groups into the family diet. Even though a larger percentage of the respondents who reported over 20 Extension contacts (54.3 percent) than those who reported no Extension contacts (43.9 percent) said that adult family members had at least two glasses of milk or its equivalent daily, no significant relationship exists between the number of Extension contacts a homemaker reported and use of this practice.

Over 60 percent of the homemakers who reported at least one Extension contact said that children had three-four glasses of milk or its equivalent each day compared to 50 percent of the homemakers who reported no Extension contacts and that children had three-four glasses of milk or its equivalent each day. However, no significant relationship was found between the number of Extension contacts a respondent reported and if children had the recommended number of milk servings each day.

Over 90 percent of the respondents who reported 20 or more Extension contacts and 77 percent of the respondents who reported no Extension contacts had two servings of meat or other protein each day. Ninety-four percent of the respondents reporting 20 or more Extension contacts and approximately 85 percent of those reporting no Extension contacts said they frequently included poultry and fish in family meals when selecting protein foods. A significant relationship was found between the number of contacts a homemaker had with Extension and if he/she had at least two servings of protein daily and frequently included poultry and fish in family meals when selecting protein foods. Those homemakers who reported at least one Extension contact in the previous 12 months were more likely than those who reported no Extension contacts to have at least two protein servings each day and to frequently include poultry and fish in family meals when selecting protein foods.

A greater percentage of the homemakers who reported over 20 Extension contacts than those who reported no Extension contacts (77.1 percent vs. 65.5 percent) provided family members with nutritious snack foods. Using the Chi Square Test, there was a significant relationship between the number of Extension contacts a homemaker had and his/her use of this particular practice. Those homemakers who reported at least one Extension contact were more likely to be providing family members with nutritious snacks than those who reported no Extension contacts.

Weight Control

The practices in this sub-section are those dealing with food choice and preparation for individuals concerned with weight control. Fifty-five percent of the respondents who reported 20 or more Extension contacts selected a wide variety of foods from the Basic Food Groups when dieting compared to 46.8 percent of the respondents who had no Extension contacts. Nearly 81 percent of the respondents who reported 20 or more Extension contacts versus 65.5 percent of the respondents who reported no Extension contacts served stewed, baked or broiled foods more often than fried foods. There was a significant relationship between the number of Extension contacts a homemaker reported and his/her use of the two recommended food-nutrition Weight Control practices. A larger percentage of those homemakers who reported at least one Extension contact said they selected a wide variety of foods when dieting and served stewed, baked or broiled foods more often than fried ones than did those homemakers who reported no Extension contacts.

Food Preservation Methods

The three practices in this sub-section are practices which deal with recommended Food Preservation methods. Only 36.7 percent of the respondents who reported no Extension contacts said that when canning at home they canned all low-acid foods in a pressure canner while almost 63 percent of the respondents who reported over 20 Extension contacts said they used this practice. A larger percentage of the homemakers who reported 20 or more Extension contacts than

those who reported no contacts (56.5 percent vs. 40.3 percent) canned fruits and tomatoes in a water bath. Additionally, a greater percentage of the survey respondents who reported over 20 Extension contacts (83.9 percent) compared to 62.6 percent of the group who reported no Extension contacts blanched all vegetables before freezing when preserving foods by freezing.

Using the Chi Square Test, a significant relationship was found between the number of Extension contacts a homemaker reported and his/her use of the three recommended food-nutrition Food Preservation practices. A larger percentage of those homemakers who reported at least one Extension contact than those who reported no Extension contact canned all low-acid foods in a pressure canner, canned fruits and tomatoes in a water bath and blanched vegetables before freezing.

Total Number of Practices Used

Of those homemakers who reported no Extension contacts, 43.9 percent were using less than 10 of the 16 recommended food-nutrition practices, 43.9 percent were using 10-13 of the practices and only 12.2 percent were using 14-16 recommended practices. The majority of the homemakers who reported 1-19 Extension contacts (57.3 percent) were using 10-13 of the recommended food-nutrition practices. Over 21 percent of the homemakers who reported 1-19 Extension contacts were using less than 10 of the recommended practices and 21.6 percent were using 14-16 practices. Over 55 percent of the respondents who reported over 20 Extension contacts were using 10-13 of the 16 recommended

practices. Only 14.9 percent of the respondents who reported over 20 Extension contacts were using less than 10 of the recommended practices. Almost 30 percent of the respondents who reported over 20 Extension contacts were using 14-16 of the recommended practices.

There was a significant relationship between the number of Extension contacts a homemaker reported and the number of recommended food-nutrition practices they were using. A greater percentage of those respondents who reported at least one Extension contact in the previous 12 months were found to be using 14-16 of the recommended food-nutrition practices and a smaller percentage of this group were found to be using less than 10 of the practices than those respondents who reported no Extension contacts in the previous 12 months.

Summary

Results of the data analysis in this section can be summarized by stating that homemakers who reported having at least one contact with the Extension Service in the previous 12 month period were more likely to have:

1. Kept on hand foods from the Daily Food Guide.
2. Checked the family food supply before shopping and restocked items when needed.
3. Tried to get the most food value (nutrients) for money spent when shopping.
4. Included citrus fruits or other sources of vitamin C foods when planning daily meals.

5. Planned for at least one serving of dark green leafy or yellow vegetables four or five times a week.
6. Included at least one iron rich food in family meals in addition to two servings of meat daily.
7. Provided two servings of meat or protein foods each day.
8. Frequently included poultry and fish when selecting protein foods for family meals.
9. Provided family members with nutritious snack foods.
10. Selected a wide variety of foods from the four food groups when dieting.
11. Served stewed, baked or broiled foods more often than fried foods.
12. Canned all low-acid foods in a pressure canner when canning at home.
13. Canned fruits and tomatoes in a water bath.
14. Blanched all vegetables before freezing when preserving foods by freezing.

Further analysis of data in this section revealed that a greater percentage of those homemakers who reported at least one Extension contact were found to be using 14-16 of the recommended food-nutrition practices and a smaller percentage of this group were found to be using less than 10 of the practices than those respondents who reported no Extension contacts.

CHAPTER V

RELATIONSHIPS BETWEEN SELECTED HOMEMAKER CHARACTERISTICS AND THEIR USE OF SELECTED RECOMMENDED FOOD-NUTRITION PRACTICES AND RELATIONSHIPS BETWEEN SELECTED HOMEMAKER CHARACTERISTICS AND THE MEAN NUMBER OF EXTENSION RECOMMENDED FOOD-NUTRITION PRACTICES THEY USED

Results of data analysis presented in this chapter were organized into five sections. Each section is summarized and the major findings are presented. The title of each section is presented below:

1. Relationships Between Selected Homemaker Characteristics and Whether Adult Family Members Received at Least Two Glasses of Milk or its Equivalent Each Day.
2. Relationships Between Selected Homemaker Characteristics and Whether Children Received Three-Four Glasses of Milk or its Equivalent Each Day.
3. Relationships Between Selected Homemaker Characteristics and Whether Homemakers Provided Family Members with Nutritious Snack Foods.
4. Relationships Between Selected Homemaker Characteristics and Whether Homemakers Served Stewed, Baked or Broiled Foods More Often Than Fried Ones.
5. Relationships Between Selected Characteristics of Homemakers and the Mean Number of Extension Recommended Food-Nutrition Practices They Used.

I. RELATIONSHIPS BETWEEN SELECTED HOMEMAKER CHARACTERISTICS AND WHETHER ADULT FAMILY MEMBERS RECEIVED AT LEAST TWO GLASSES OF MILK OR ITS EQUIVALENT EACH DAY

Selected characteristics studied in this section included those factors which described the homemaker, the size of his/her family and the sources from which he/she received food-nutrition information. Table 12 shows the relationships between these selected characteristics and whether the homemakers were following the recommended food-nutrition practice of providing adult family members with at least two glasses of milk or its equivalent each day. The Chi Square Test was used to determine significant relationships in this table.

Audience

Over 60 percent of the respondents in the audience category labeled Special Interest reported that adult family members had at least two glasses of milk or its equivalent each day and more than 54 percent of Home Demonstration Club members reported that adult family members had at least two glasses of milk or its equivalent each day. But less than 50 percent of the respondents in the other audience categories reported following this recommended food-nutrition practice. There was a significant relationship between audience category and whether a homemaker reported that adult family members had at least two glasses of milk or its equivalent each day. Homemakers categorized as Special Interest or Home Demonstration Club members were more likely to report that adult family members had at least

TABLE 12. Relationships Between Selected Homemaker Characteristics and Whether Adult Family Members Received at Least Two Glasses of Milk or its Equivalent Each Day

Characteristics of Homemakers	Recommended Food Nutrition Practices (Adult family members had at least two glasses of milk or its equivalent each day.) Yes #	Yes %	No #	No %	Total #
Audience					
HDC Member	1097	54.2	928	45.8	2025
Young NC Homemakers	41	44.6	51	55.4	92
4-H Parents or Leaders	49	45.0	60	55.0	109
Housing Program Homemaker	1	10.0	9	90.0	10
All Homemakers	118	49.4	121	50.6	239
Special Interest	92	60.1	61	39.9	153
Other	61	46.6	70	53.4	131
Chi Square Test	X^2=20.5	df=6	p=0.00		
Age					
20-29	108	47.2	121	52.8	229
30-39	205	46.2	239	53.8	444
40-49	207	51.9	192	48.1	399
50-59	274	54.3	231	45.7	505
60-Over	650	55.7	516	44.3	1166
Chi Square Test	X^2=15.3	df=4	p=0.00		
Number of Persons Under 21 in Home					
None	933	54.0	794	46.0	1727
One-Over	548	50.2	543	49.8	1091
Chi Square Test	X^2=3.7	df=1	p=0.05		

TABLE 12 (Continued)

Characteristics of Homemakers	Recommended Food Nutrition Practices (Adult family members had at least two glasses of milk or its equivalent each day.) Yes #	Yes %	No #	No %	Total #
Number of persons 21 years or more in home					
None	40	56.3	31	43.7	71
One	293	55.4	236	44.6	529
Two	979	51.4	926	48.6	1905
Three	138	55.6	110	44.4	248
Four-Over	30	49.2	31	50.8	61
Chi Square Test	X^2=4.4	df=4	p=0.36		
Sources of Food Nutrition Information					
Television					
Yes	1116	52.3	1017	47.7	2133
No	365	53.3	320	46.7	685
Chi Square Test	X^2=0.5	df=1	p=0.69		
Radio					
Yes	699	55.4	563	44.6	1262
No	782	50.3	774	49.7	1556
Chi Square Test	X^2=7.5	df=1	p=0.00		

TABLE 12 (Continued)

Characteristics of Homemakers	Recommended Food Nutrition Practices (Adult family members had at least two glasses of milk or its equivalent each day.) Yes #	Yes %	No #	No %	Total #
Telephone					
Yes	998	53.6	865	46.4	1863
No	483	50.6	472	49.4	955
Chi Square Test	x^2=2.1	df=1	p=0.14		
Newspaper					
Yes	1345	53.3	1179	46.7	2524
No	136	46.3	158	53.7	294
Chi Square Test	x^2=4.9	df=1	p=0.02		
Other					
Yes	783	53.3	687	46.7	1470
No	698	51.8	650	48.2	1348
Chi Square Test	X^2=0.56	df=1	p=0.45		

two glasses of milk or its equivalent each day than homemakers in the other listed audience categories.

Age

A smaller percentage of homemakers age 20-29 (47.2 percent), age 30-39 (46.2 percent) and age 40-49 (51.9 percent) reported that adult family members had at least two glasses of milk or its equivalent each day than homemakers age 50-59 (54.3 percent) and those over age 60 (55.7 percent). There was a significant relationship between age of the homemakers and use of this particular recommended food-nutrition practice. As the age of the homemakers increased so did the possibility that they would report that adult family members had at least two glasses of milk or its equivalent each day.

Number of Persons Under 21 in the Home

There was no significant relationship between the number of persons under the age of 21 in the home and whether a homemaker reported that adult family members had at least two glasses of milk or its equivalent each day.

Number of Persons Over 21 in the Home

There was no significant relationship between the number of persons over the age of 21 in the home and whether a homemaker reported that adult family members had at least two glasses of milk or its equivalent each day.

Television

There was no significant relationship between the homemakers use of television as a source for food-nutrition information and whether adult family members had at least two glasses of milk or its equivalent each day.

Radio

Over 55 percent of the respondents who used radio as a source for food-nutrition information said that adult family members had at least two glasses of milk or its equivalent each day compared to 50.3 percent of the respondents who did not use the radio as a source for food-nutrition information. There was a significant relationship between use of the radio as a source for food-nutrition information and whether adult family members had at least two glasses of milk or its equivalent each day. Homemakers who reported using the radio as a source for food-nutrition information were more likely to report that adult family members had at least two glasses of milk or its equivalent each day than homemakers who did not use the radio as a source for food-nutrition information.

Telephone

No significant relationship exists between use of the telephone as a source for food-nutrition information and whether adult family members had at least two glasses of milk or its equivalent each day.

Newspaper

More than 53 percent of the respondents who used the newspaper as a source for food-nutrition information reported that adult family members had at least two glasses of milk or its equivalent each day compared to 46.3 percent of the respondents who did not use the newspaper as a source for food-nutrition information. Using the Chi Square Test, there was a significant relationship between use of the newspaper as a source for food-nutrition information and whether adult family members had at least two glasses of milk or its equivalent each day. Those homemakers who used the newspaper as a source for food-nutrition information were more likely to report that adult family members had at least two glasses of milk or its equivalent each day than those homemakers who did not use the newspaper for food-nutrition information.

Other

Although a larger percentage of the homemakers who reported using Other sources for food-nutrition information said that adult family members had at least two glasses of milk or its equivalent each day than those homemakers who did not use Other sources for food-nutrition information there was no significant relationship between use of Other sources for food-nutrition information and use of this particular recommended food-nutrition practice.

Summary

Results of the data analysis in this section can be summarized by stating that homemakers who were most likely to report that adult

family members had at least two glasses of milk or its equivalent were:

1. Homemakers categorized as Special Interest homemakers and Home Demonstration Club members.
2. Older homemakers; as the age of the homemakers increased so did the probability that they were using this practice.
3. Homemakers who received food-nutrition information from the radio or newspaper

II. RELATIONSHIPS BETWEEN SELECTED HOMEMAKER CHARACTERISTICS AND WHETHER CHILDREN HAD THREE-FOUR GLASSES OF MILK OR ITS EQUIVALENT EACH DAY

Section II presents variables which characterize the homemakers, their families, and it indicates which sources they used to receive food-nutrition information. The section also shows the relationship between these selected variables and whether the homemakers were following the recommended food-nutrition practice of making sure that children have three-four glasses of milk or its equivalent each day. Table 13 only includes those respondents who reported at least one person in the home under the age of 21. The analysis of variance F Test was used to determine significant relationships.

Audience

Almost 83 percent of the Young Non Club homemakers said that children had three-four glasses of milk or its equivalent each day.

TABLE 13. Relationships Between Selected Homemaker Characteristics and Whether Children Received Three-Four Glasses of Milk or its Equivalent Each Day

Characteristics of Homemakers	Recommended Food-Nutrition Practice (Children had three-four glasses of milk or its equivalent each day.) Yes #	Yes %	No #	No %	Total #
Audience					
HDC Members	368	58.3	276	41.7	662
Young NC Homemakers	57	82.6	12	17.4	69
4-H Parent or Leader	50	59.5	34	40.5	84
Housing Program Homemaker	6	75.0	2	25.0	8
All Homemakers	67	60.9	43	39.1	110
Special Interest	42	64.6	23	35.4	65
Other	43	70.5	18	29.5	61
Chi Square Test	x^2=18.95	df=6	p=0.00		
Age					
20-29	126	73.7	45	26.3	171
30-39	271	66.9	134	33.1	405
40-49	174	57.8	127	42.2	301
50-59	60	51.7	56	48.3	116
60-Over	27	31.8	58	68.2	85
Chi Square Test	X^2=53.56	df=4	p=0.00		

TABLE 13 (Continued)

Characteristics of Homemakers	Recommended Food-Nutrition Practice (Children had three-four glasses of milk or its equivalent each day.) Yes #	Yes %	No #	No %	Total #
Number Persons 21 Years or More In Home					
None	3	18.8	13	81.3	16
One	34	47.2	38	52.8	72
Two	569	65.0	307	35.0	876
Three	47	49.0	49	51.0	96
Four-Over	14	45.2	17	54.8	31
Chi Square Test	X^2=32.66	df=4	p=0.00		
Sources of Food-Nutrition Information					
Television					
Yes	510	61.2	324	38.8	834
No	157	61.1	100	38.9	257
Chi Square Test	X^2=0.00	df=1	p=1.00		
Radio					
Yes	294	59.2	203	40.8	497
No	373	62.8	221	37.2	594
Chi Square Test	X^2=1.36	df=1	p=0.24		

TABLE 13 (Continued)

Characteristics of Homemakers	Recommended Food-Nutrition Practice (Children had three-four glasses of milk or its equivalent each day.) Yes #	Yes %	No #	No %	Total #
Telephone					
Yes	436	60.4	286	39.6	722
No	231	62.6	138	37.4	369
Chi Square Test	X^2=0.41	df=1	p=0.52		
Newspaper					
Yes	597	61.7	371	38.3	968
No	70	56.9	53	43.1	123
Chi Square Test	X^2=0.85	df=1	p=0.36		
Other					
Yes	338	60.4	222	39.6	560
No	329	62.0	202	38.0	531
Chi Square Test	X^2=0.23	df=1	p=0.63		

Seventy-five percent of the Housing Program homemakers and 70.5 percent of the Other homemakers also reported that children received three-four glasses of milk or its equivalent each day. However, less than 65 percent of the respondents in the other listed audience categories reported following this recommended food-nutrition practice. There was a significant relationship between audience and whether children had three-four glasses of milk or its equivalent each day. Young Non Club homemakers, Housing Program homemakers, and Other homemakers were more likely to report that children had three-four glasses of milk or its equivalent each day than homemakers in the other listed audience categories.

Age

Close to 74 percent of the homemakers in the youngest age category, 20-29, reported that children received three-four glasses of milk or its equivalent each day compared to 66.9 percent of those age 30-39, 57.8 percent of those respondents age 40-49, 51.7 percent of those respondents age 50-59, and only 31.8 percent of the respondents age 60 or older. There was a significant relationship between age and whether children received the recommended servings of milk each day. As the age of the homemaker increased, the likelihood that children were receiving three-four glasses of milk or its equivalent each day decreased. Homemakers age 20-29 were most likely to follow this recommended practice.

Number of Persons Over 21 in the Home

Sixty-five percent of the respondents who reported two persons over the age of 21 in the home said that children received three-four glasses of milk or its equivalent each day. Less than 50 percent of the respondents who reported no persons over the age of 21 in the home, three persons over the age of 21 in the home, and four persons or more over the age of 21 in the home said that children received three-four glasses of milk or its equivalent each day. There was a significant relationship between the number of persons 21 years or older in the home and whether children received three-four glasses of milk or its equivalent each day. Those respondents who reported two persons over the age of 21 in the home were more likely to report that children received the recommended servings of dairy foods than respondents who reported none, one, three or four or more persons.

Television

There was no significant relationship between use of the television as a source for food-nutrition information and whether children received three-four glasses of milk or its equivalent each day.

Radio

There was no significant relationship between use of the radio as a source for food-nutrition information and whether children received three-four glasses of milk or its equivalent each day.

Telephone

There was no significant relationship between use of the telephone as a source for food-nutrition information and whether children received three-four glasses of milk or its equivalent each day.

Newspaper

There was no significant relationship between use of the newspaper as a source for food-nutrition information and whether children received three-four glasses of milk or its equivalent each day.

Other

There was no significant relationship between use of Other sources for food-nutrition information and whether children received three-four glasses of milk or its equivalent each day.

Summary

Data analysis in this section revealed that homemakers who were most likely to report that children had three-four glasses of milk or its equivalent each day were:

1. Homemakers categorized as Young Non Club homemakers, Housing Program homemakers, and Other homemakers.
2. Younger homemakers, as the age of the homemakers increased so did the probability that they were not using this practice.
3. Homemakers who reported two persons over the age of 21 in the home.

III. RELATIONSHIPS BETWEEN SELECTED HOMEMAKER CHARACTERISTICS AND WHETHER HOMEMAKERS PROVIDED FAMILY MEMBERS WITH NUTRITIOUS SNACK FOODS

This section presents major findings regarding relationships between selected homemaker characteristics and whether homemakers provided family members with nutritious snacks (Table 14). The Chi Square Test was used to determine the significance of a relationship between dependent and independent variables.

Audience

Almost 82 percent of the Special Interest respondents and 79.4 percent of the Other respondents reported that they provided family members with nutritious snack foods. This compares to 72.9 percent of the Home Demonstration Club members, 72.8 percent of All homemakers, 67.9 percent of the 4-H parents or leaders, 67.4 percent of the Young Non Club homemakers and 50 percent of the Housing Program homemakers who said they provided family members with nutritious snack foods. Using the Chi Square Test, there was a significant relationship between audience and whether a homemaker provided family members with nutritious snack foods. Special Interest homemakers and those categorized as Other homemakers were more likely to provide family members with nutritious snack foods than respondents in the other listed audience categories.

TABLE 14. Relationships Between Selected Homemaker Characteristics and Whether Homemakers Provided Family Members With Nutritious Snack Foods

Characteristics of Homemakers	Recommended Food-Nutrition Practice (Provided family members with nutritious snack foods.) Yes #	Yes %	No #	No %	Total #
Audience					
HDC Members	1476	72.9	549	27.1	2025
Young NC Homemakers	62	67.4	30	32.6	92
4-H Parents or Leaders	74	67.9	35	32.1	109
Housing Program Homemakers	5	50.0	5	50.0	10
All Homemakers	174	72.8	65	27.2	239
Special Interest	125	81.7	28	18.3	153
Other	104	79.4	27	20.6	131
Chi Square Test	X^2=14.2	df=6	p=0.03		
Age					
20-29	178	77.7	51	22.3	229
30-39	354	79.7	90	20.3	444
40-49	321	80.5	78	19.5	399
50-59	400	79.2	105	20.8	505
60-Over	758	65.0	408	35.0	1166
Chi Square Test	X^2=72.09	df=4	p=0.00		
Number Persons Under 21 in Home					
None	1184	68.6	543	31.4	1727
One-Over	876	80.3	215	19.7	1091
Chi Square Test	X^2=46.23	df=1	p=0.00		

TABLE 14 (Continued)

Characteristics of Homemakers	Recommended Food-Nutrition Practice (Provided family members with nutritious snack foods.) Yes #	Yes %	No #	No %	Total #
Number of Persons 21 Years or More in Home					
None	46	64.8	25	35.2	71
One	294	55.6	235	44.4	529
Two	1477	77.5	428	22.5	1905
Three	193	77.8	55	22.2	248
Four-Over	47	77.0	14	23.0	61
Chi Square Test	X^2=107.43	df=4	p=0.00		
Sources of Food Nutrition Information					
Television					
Yes	1587	74.4	546	25.6	2133
No	473	69.1	212	30.9	685
Chi Square Test	X^2=7.28	df=1	p=0.00		
Radio					
Yes	952	75.4	310	24.6	1262
No	1108	71.2	448	28.8	1556
Chi Square Test	x^2=6.12	df=1	p=0.01		

TABLE 14 (Continued)

Characteristics of Homemakers	Recommended Food-Nutrition Practice (Provided family members with nutritious snack foods.) Yes #	Yes %	No #	No %	Total #
Telephone					
Yes	1410	75.7	453	24.3	1863
No	650	68.1	305	31.9	955
Chi Square Test	X^2=18.26	df=1	p=0.00		
Newspaper					
Yes	1875	74.3	649	25.7	2524
No	185	62.9	109	37.1	294
Chi Square Test	X^2=16.71	df=1	p=0.00		
Other					
Yes	1125	76.5	345	23.5	1470
No	935	69.4	413	30.6	1348
Chi Square Test	X^2=18.01	df=1	p=0.00		

Age

A larger percentage of homemakers in the 30-39 age group (79.7 percent), the 40-49 group (80.5 percent), and the 50-59 age group (79.2 percent) said they provided family members with nutritious snack foods than homemakers age 20-29 (77.7 percent) and those age 60 or over (65 percent). There was a significant relationship between age and whether a homemaker provided family members with nutritious snack foods. Homemakers age 30-39 were more likely to provide family members with nutritious snack foods than homemakers age 20-29 or over the age of 60.

Number of Persons Under Age of 21 in Home

Over 80 percent of the respondents who reported one or more persons under the age of 21 in the home provided family members with nutritious snacks compared to only 68.6 percent of the respondents who reported no persons under the age of 21 in the home. There was a significant relationship between the number of persons under the age of 21 living in the home and whether a respondent provided family members with nutritious snack foods. Respondents who reported one or more persons under the age of 21 living in the home were more likely to provide family members with nutritious snacks than respondents who reported no persons under the age of 21 in the home.

Number of Persons Over Age of 21 in Home

A larger percentage of the respondents who reported two (77.5 percent), three (77.8 percent) or four or more (77 percent) persons

over the age of 21 living in the home said they provided family members with nutritious snack foods than respondents who reported no persons over the age of 21 living in the home (64.8 percent) or only one person over the age of 21 living in the home (55.6 percent). Using the Chi Square Test, there was a significant relationship between the number of persons over the age of 21 in the home and whether a respondent served nutritious snacks. Homemakers who reported two or more persons over the age of 21 in the home were more likely to serve nutritious snacks than homemakers who reported no persons over the age of 21 in the home or only one person over the age of 21 in the home. Respondents who reported only one person over the age of 21 in the home were the least likely to follow this particular recommended practice.

Television

A larger percentage of the respondents who received food-nutrition information via the television (74.4 percent) served their families nutritious snack foods than respondents who did not use television as a source for food-nutrition information (69.1 percent). There was a significant relationship between use of the television as a source for food-nutrition information and whether homemakers provided family members with nutritious snack foods. Those homemakers who received food-nutrition information from the television were more likely to serve nutritious snacks than homemakers who did not receive food-nutrition information from the television.

Radio

Over 75 percent of the respondents who used the radio as a source for food-nutrition information provided family members with nutritious snack foods compared to 71.2 percent of the respondents who did not receive food-nutrition information from the radio. There was a significant relationship between use of the radio as a source for food-nutrition information and whether a respondent provided family members with nutritious snacks. Those respondents who said radio was a source of food-nutrition information were more likely to use this particular food-nutrition practice than homemakers who did not cite the radio as a source of food-nutrition information.

Newspaper

A larger percentage of the homemakers who used the newspaper as a source for food-nutrition information (74.3 percent) said they served family members nutritious snacks than homemakers who did not use the newspaper as a source for food-nutrition information (62.9 percent). There was a significant relationship between use of the newspaper as a source of food-nutrition information and whether a homemaker provided family members with nutritious snack foods. Those homemakers who used the newspaper as a source for food-nutrition information were more likely to serve family members nutritious snacks than homemakers who did not use the newspaper as a source for food-nutrition information.

Other

Over 76 percent of the respondents who reported using Other sources for food-nutrition information served family members nutritious snacks compared to only 69.4 percent of those respondents who reported using no Other sources for food-nutrition information. There was a significant relationship between use of Other sources for food-nutrition information and whether a respondent served nutritious snacks. Those respondents who used Other sources for food-nutrition information were more likely to serve family members nutritious snack foods than respondents who did not use Other sources for food-nutrition information.

Summary

Examination of data in this section suggested that homemakers who were most likely to provide family members with nutritious snack foods were:

1. Homemakers categorized as Special Interest homemakers and Other homemakers.
2. Homemakers in the middle age groups--age 30-59.
3. Homemakers reporting one or more persons under the age of 21 in the home.
4. Homemakers reporting two or more persons over the age of 21 in the home.
5. Homemakers who received food-nutrition information from television, radio, newspaper, and Other sources.

IV. RELATIONSHIPS BETWEEN SELECTED HOMEMAKER CHARACTERISTICS AND WHETHER HOMEMAKERS SERVED STEWED, BAKED OR BROILED FOODS MORE OFTEN THAN FRIED ONES

Section IV presents major findings regarding relationships between selected homemaker characteristics and whether homemakers served stewed, baked or broiled foods more often than fried ones (Table 15). Selected characteristics of the homemakers were audience, age, number in family and sources from which they obtained food-nutrition information.

Audience

A larger percentage of Home Demonstration Club members (81.4 percent) reported serving stewed, baked or broiled foods more often than fried ones than respondents in other listed audience categories. The respondents in the Special Interest category (80.4 percent) and in the Other category (77.9 percent) ranked second and third respectively as to percentage of respondents reporting following this recommended practice. Housing Program homemakers were the audience category with the smallest percentage of respondents reporting following this practice (60 percent). There was a significant relationship between the audience category a respondent was in and if he/she served stewed, baked or broiled foods more often than fried ones. Home Demonstration Club members, Special Interest homemakers and those in the Other audience category were more likely to prepare foods using methods other than frying than respondents in the other listed audience categories.

TABLE 15. Relationships Between Selected Homemaker Characteristics and Whether Homemakers Served Stewed, Baked or Broiled Foods More Often Than Fried Ones

Characteristics of Homemakers	Recommended Food Nutrition Practice (Served stewed, baked, or broiled foods more often than fried ones.) Yes #	Yes %	No #	No %	Total #
Audience					
HDC Members	1649	81.4	376	18.6	2025
Young NC Homemakers	56	60.9	36	39.1	92
4-H Parents or Leaders	72	66.1	37	33.9	109
Housing Program Homemakers	6	60.0	4	40.0	10
All Homemakers	175	73.2	64	26.8	239
Special Interest	123	80.4	30	19.6	153
Other	102	77.9	29	22.1	131
Chi Square Test	X^2=43.89	df=6	p=0.00		
Age					
20-29	136	59.4	93	40.6	229
30-39	313	70.5	131	29.5	444
40-49	310	77.7	89	22.3	399
50-59	430	85.1	75	14.9	505
60-Over	987	84.6	179	15.4	1166
Chi Square Test	X^2=107.85	df=4	p=0.00		

TABLE 15 (Continued)

Characteristics of Homemakers	Recommended Food Nutrition Practice (Served stewed, baked, or broiled foods more often than fried ones.) Yes #	Yes %	No #	No %	Total #
Number of Persons Under 21 in Home					
None	1438	83.3	289	16.7	1727
One-Over	793	72.7	298	27.3	1091
Chi Square Test	x^2=44.74	df=1	p=0.00		
Number of Persons 21 Years or More in Home					
None	58	81.7	13	18.3	71
One	440	83.2	89	16.8	529
Two	1479	77.6	426	22.4	1905
Three	205	82.7	43	17.3	248
Four-Over	45	73.8	16	26.2	61
Chi Square Test	X^2=11.03	df=4	p-0.03		
Sources of Food Nutrition Information					
Television					
Yes	1704	79.9	429	20.1	2133
No	527	76.9	158	23.1	685
Chi Square Test	X^2=2.56	df=1	p=0.11		

TABLE 15 (Continued)

Characteristics of Homemakers	Recommended Food Nutrition Practice (Served stewed, baked, or broiled foods more often than fried ones.) Yes #	Yes %	No #	No %	Total #
Radio					
Yes	1015	80.4	247	19.6	1262
No	1216	78.1	340	21.9	1556
Chi Square Test	X^2=2.05	df=1	p=0.15		
Telephone					
Yes	1500	80.5	363	19.5	1863
No	731	76.5	224	23.5	955
Chi Square Test	X^2=5.79	df=1	p-0.01		
Newspaper					
Yes	2024	80.2	500	19.8	2524
No	207	70.4	87	29.6	294
Chi Square Test	X^2=14.69	df=1	p=0.00		
Other					
Yes	1198	81.5	272	18.5	1470
No	1033	76.6	315	23.4	1348
Chi Square Test	X^2=9.79	df=1	p=0.00		

Age

Over 85 percent of the respondents age 50-59 and almost 85 percent of the respondents age 60 or over reported serving stewed, baked or broiled foods more often than fried ones. This compares to only 59.4 percent of the respondents age 20-29, 70.5 percent age 30-39, and 77.7 percent age 40-49 who reported using this particular recommended food-nutrition practice. There was a significant relationship between the age of a homemaker and his/her use of this particular practice. Those homemakers over age 50 were more likely to serve stewed, baked or broiled foods more often than fried foods than younger homemakers.

Number of Persons Under Age 21 in the Home

A larger percentage of those homemakers who reported no persons in the home under the age of 21 (83.3 percent) said they served stewed, baked or broiled foods more often than fried ones than homemakers who reported one or more persons under the age of 21 in the home (72.7 percent). Using the Chi Square Test, there was a significant relationship between the number of persons under 21 living in the home and whether a homemaker served stewed, baked or broiled foods more often than fried ones. Those homemakers who did not report any persons under the age of 21 in the home were more likely to use this recommended food-nutrition practice.

Number of Persons Over Age 21 in the Home

Of those homemakers reporting one, three, and no persons over the age of 21 in the home a larger percentage (83.2 percent, 82.7 percent, and 81.7 percent respectively) said they served stewed, baked

or broiled foods more often than fried ones than homemakers reporting two persons over 21 in the home (77.6 percent) or four or more persons over 21 in the home (73.8 percent). There was a significant relationship between the number of persons over the age of 21 in the home and whether a homemaker served stewed, baked or broiled foods more often than fried foods. Homemakers reporting one, three or no persons over the age of 21 in the home were more likely to use this particular recommended food-nutrition Weight Control practice.

Television

There was no significant relationship between the use of television to receive food-nutrition information and whether a homemaker served stewed, baked or broiled foods more often than fried ones.

Radio

There was no significant relationship between radio as a source of homemakers food-nutrition information and whether they served stewed, baked or broiled foods more often than fried ones.

Telephone

Over 80 percent of the homemakers who used the telephone as a source for food-nutrition information said they served stewed, baked or broiled foods more often than fried foods compared to 76.5 percent of the homemakers who said they did not use the telephone as a source for food-nutrition information. There was a significant relationship between use of the telephone as a source for food-nutrition information

and whether a homemaker served stewed, baked or broiled foods more often than fried foods. Homemakers who used the telephone as a source for food-nutrition information were more likely to serve stewed, baked or broiled foods more often than fried foods than homemakers who did not use the telephone as a source for food-nutrition information.

Newspaper

More than 80 percent of the homemakers who used the newspaper as a source for food-nutrition information said they served stewed, baked or broiled foods more often than fried foods compared to only 70.4 percent of the homemakers who did not use the newspaper as a source for food-nutrition information. Using the Chi Square Test, there was a significant relationship between use of the newspaper as a source for food-nutrition information and whether a homemaker served stewed, baked or broiled foods more often than fried foods. Homemakers who said they used the newspaper as a source for food-nutrition information were more likely to serve stewed, baked or broiled foods more frequently than homemakers who said they did not use the newspaper as a source for food-nutrition information.

Other

Of those homemakers who said they used Other sources for food-nutrition information, 81.5 percent said they served stewed, baked or broiled foods more often than fried ones. This compares to 76.6 of those homemakers who said they did not use Other sources for food-nutrition information but served stewed, baked or broiled foods more

often than fried ones. Using the Chi Square Test, there was a significant relationship between the use of Other sources for food-nutrition information and the use of this particular recommended food-nutrition practice. Homemakers who used Other sources for food-nutrition information were more likely to serve stewed, baked or broiled foods more frequently than fried foods than homemakers who did not use Other sources for food-nutrition information.

Summary

Results of the data analysis in this section can be summarized by stating that homemakers who were most likely to serve stewed, baked or broiled foods more often than fried foods were:

1. Homemakers categorized as Home Demonstration Club members, Special Interest homemakers and Other homemakers.
2. Homemakers over age 50.
3. Homemakers who reported no person under the age of 21 in the home.
4. Homemakers who reported one person over the age of 21 years in the home.
5. Homemakers who used the telephone, newspaper and Other sources for food-nutrition information.

V. RELATIONSHIPS BETWEEN SELECTED CHARACTERISTICS OF HOMEMAKERS AND THE MEAN NUMBER OF EXTENSION RECOMMENDED FOOD-NUTRITION PRACTICES THEY USED

Section V contains major findings regarding the relationships between selected characteristics of homemakers and the mean number

of Extension recommended food-nutrition practices they used. Findings presented in this section were obtained from Table 16, and were divided into seven sub-sections which included:

1. Relationships between personal characteristics of homemakers and the mean number of Extension recommended food-nutrition practices they used.
2. Relationships between socio-economic characteristics of homemakers and the mean number of Extension recommended food-nutrition practices they used.
3. Relationships between homemakers sources of food-nutrition information and the mean number of Extension recommended food-nutrition practices they used.
4. Relationships between homemakers sources of food-nutrition instruction and the mean number of Extension recommended food-nutrition practices they used.
5. Relationships between homemakers methods of food preservation and the mean number of Extension recommended food-nutrition practices they used.
6. Relationships between homemakers interest in attending future food-nutrition meetings and the mean number of Extension recommended food-nutrition practices they used.
7. Relationships between homemakers Extension contacts in the previous 12 months and the mean number of Extension recommended food-nutrition practices they used.

Analysis of these data was done by the use of an analysis of variance F test, and the significance of relationships was determined at the .05 probability level.

TABLE 16. Relationships Between Selected Characteristics of Homemakers and the Mean Number of Extension Recommended Food-Nutrition Practices They Used

Homemaker Characteristics	Number of Respondents	Percent Respondents	Mean No. of Practices Used	Variance Ratio
Audience				
HDC Member	2025	71.9	11.6	
Young Non-Club Homemaker	92	3.3	10.5	
4-H Parents or Leaders	109	3.9	11.6	
Housing Program Homemakers	10	.4	9.1	
All Homemakers	239	8.5	11.0	
Special Interest	153	5.4	12.0	
Other	131	4.6	12.1	F=7.7 P=0.00
Age				
20-29	229	8.1	10.7	
30-39	444	15.8	11.7	
40-49	399	14.2	12.1	
50-59	505	17.9	11.9	
Over 60	1166	41.4	11.3	F=18.9 p=0.00
Number of Persons Under 21 in Home				
Not Any	1727	61.3	11.3	
Over One	1091	61.3	11.9	F=36.04 P=0.00

TABLE 16 (Continued)

Homemaker Characteristics	Number of Respondents	Percent Respondents	Mean No. of Practices Used	Variance Ratio
Number of Persons Over 21 in Home				
None	71	2.5	10.8	
One	529	18.8	10.8	
Two	1905	67.6	11.7	
Three	248	8.8	12.0	
Over Four	61	1.6	11.5	F=17.48 P=0.00
Appliances in Home				
Refrigerator				
Yes	2796	99.2	11.5	
No	22	.8	10.1	F=7.2 P=.00
Freezer				
Yes	2472	87.7	11.7	
No	346	12.3	10.2	F=107.7 P=0.00
Gas Range				
Yes	210	7.5	11.3	
No	2608	92.5	11.5	F=2.09 P=.15

TABLE 16 (Continued)

Homemaker Characteristics	Number of Respondents	Percent Respondents	Mean No. of Practices Used	Variance Ratio
Electric Range				
Yes	2615	92.8	11.6	
No	203	7.2	10.9	F=11.7 P=0.00
Microwave Oven				
Yes	609	21.6	11.9	
No	2209	78.4	11.4	F=19.44 P=0.00
Convection Oven				
Yes	299	10.6	11.9	
No	2519	89.4	11.5	F=6.40 P=.011
Total Number Appliances in Home				
Two or Less	305	10.8	10.2	
Three	1757	62.3	11.6	
Four-Six	756	26.9	12.0	F=58.1 P=0.00
Sources of Food Nutrition Information				
Television				
Yes	2133	75.7	11.7	
No	685	24.3	11.1	F=21.41 P=0.00

TABLE 16 (Continued)

Homemaker Characteristics	Number of Respondents	Percent Respondents	Mean No. of Practices Used	Variance Ratio
Radio				
Yes	1262	44.8	11.9	
No	1556	55.2	11.3	F=35.39 P=0.00
Telephone				
Yes	1863	66.1	11.8	
No	955	33.9	11.1	F=50.51 P=0.00
Newspaper				
Yes	2524	89.6	11.7	
No	294	10.4	10.1	F=105.01 P=0.00
Other				
Yes	1470	52.2	11.8	
No	1348	47.8	11.2	F=33.91 P=0.00
Number of Different Sources				
None	81	2.9	9.3	
One	201	7.1	10.6	
Two	431	15.3	11.0	
Three	729	25.9	11.6	
Four	878	31.2	11.8	
Five	498	17.7	12.1	F=29.06 P=0.00

TABLE 16 (Continued)

Homemaker Characteristics	Number of Respondents	Percent Respondents	Mean No. of Practices Used	Variance Ratio
Sources of Food-Nutrition Instruction Received				
Extension Agent				
Yes	2521	89.5	11.7	
No	297	10.5	10.1	F=101.7 P=0.00
Home Economics Teacher				
Yes	281	10.0	12.3	
No	2537	90.00	11.4	F=30.55 P=0.00
Public Health Worker				
Yes	278	9.9	12.0	
No	2540	90.1	11.5	F=11.18 P-.00
Other				
Yes	674	23.9	11.9	
No	2144	76.1	11.4	F=17.33 P-0.00
Number of Sources Used				
None	218	7.7	9.9	
One	1647	58.4	11.5	
Two	784	27.8	11.8	
Three	137	4.9	12.5	
Four	32	1.1	13.1	F=33.9 P=0.00

TABLE 16 (Continued)

Homemaker Characteristics	Number of Respondents	Percent Respondents	Mean No. of Practices Used	Variance Ratio
Ways Used to Preserve Food				
Canning				
Yes	2331	82.7	11.9	
No	487	17.3	10.0	F=238.02 P=0.00
Freezing				
Yes	2638	93.6	11.7	
No	180	6.4	9.2	F=170.56 P=0.00
Pickling				
Yes	2099	74.5	11.9	
No	719	25.5	10.5	F=151.05 P=0.00
Drying				
Yes	961	34.1	12.2	
No	1857	65.9	11.2	F=111.04 P=0.00
Number of Ways Used to Preserve Food				
None	116	4.1	8.9	
One	284	10.1	10.2	
Two	376	13.3	11.0	
Three	1175	41.7	11.7	
Four	867	30.8	12.3	F=85.01 P=0.00

TABLE 16 (Continued)

Homemaker Characteristics	Number of Respondents	Percent Respondents	Mean No. of Practices Used	Variance Ratio
Interest in Attending Future Food-Nutrition Meetings				
Food Buying				
Yes	1189	42.2	11.9	
No	1629	57.8	11.3	F=32.58 P=0.00
Food Preservation				
Yes	1299	46.1	11.9	
No	1519	53.9	11.2	F=42.17 P=0.00
Meal Planning				
Yes	1282	45.5	11.8	
No	1536	54.5	11.3	F=19.58 P=0.00
Meat Cookery				
Yes	1328	47.1	11.9	
No	1490	52.9	11.2	F=61.49 P=0.00
Weight Control				
Yes	1413	50.1	11.8	
No	1405	49.9	11.3	F=32.46 P=0.00

TABLE 16 (Continued)

Homemaker Characteristics	Number of Respondents	Percent Respondents	Mean No. of Practices Used	Variance Ratio
Nutrition				
Yes	1312	46.6	11.8	
No	1506	53.4	11.3	F=35.35 P=0.00
Other Subjects				
Yes	168	6.0	13.3	
No	2650	94.0	11.5	F=16.32 P=0.00
Extension Contacts in Last 12 Months				
Number of Extension Meetings Attended				
None	313	11.2	10.6	
1-9	816	30.6	11.5	
10-30	1644	58.2	11.7	F=24.46 P=0.00
Number of Extension Food-Nutrition Meetings Attended				
None	661	23.7	10.9	
One	526	18.9	11.6	
Two	626	22.4	11.6	
Three	372	13.3	11.9	
Four	317	11.4	11.8	
Five	105	3.8	12.0	
Six-Twelve	183	6.5	11.6	F=9.80 P=0.00

TABLE 16 (Continued)

Homemaker Characteristics	Number of Respondents	Percent Respondents	Mean No. of Practices Used	Variance Ratio
Number of Visits to County Extension Office				
None	1117	40.1	11.1	
One	443	15.9	11.6	
Two	374	13.4	11.7	
Three	220	7.9	12.1	
Four	175	6.3	11.9	
Five	119	4.3	11.9	
Six-Twenty	337	12.1	12.0	F=11.23 P=0.00
Number of Telephone Calls to County Extension Office				
None	898	32.0	10.9	
One	317	11.3	11.3	
Two	403	14.4	11.6	
Three	229	8.2	11.9	
Four	192	6.8	12.0	
Five	152	5.4	12.0	
Six	134	4.8	12.0	
Seven-Fifty	482	17.1	12.1	F=15.09 P=0.00

TABLE 16 (Continued)

Homemaker Characteristics	Number of Respondents	Percent Respondents	Mean No. of Practices Used	Variance Ratio
Number of Home Visits Received From County Extension Agent				
None	1422	50.8	11.5	
One	703	25.0	11.3	
Two	335	12.0	11.8	
Three	120	4.3	12.0	
Four or More	219	7.9	12.0	
Total Number Extension Contacts				
None	139	5.0	9.9	
1-9	464	17.0	11.2	
10-19	1078	39.0	11.4	
20-60	1070	39.0	11.9	F=31.7 P=0.00

Relationships Between Personal Characteristics of Homemakers and the Mean Number of Extension Recommended Food-Nutrition Practices They Used

Data were examined in this sub-section of Table 16 in order to determine relationships between personal characteristics of homemakers and the mean number of Extension recommended food-nutrition practices they used. Personal characteristics of homemakers included audience, age, number of persons under 21 in the home, and the number of persons over 21 in the home.

Audience. Home Demonstration Club members numbered 2025 and represented almost 72 percent of the survey respondents. The category labeled All homemakers accounted for 8.5 percent of the survey respondents and the category labeled Special Interest homemakers accounted for 5.4 percent of the survey respondents. The other four listed audience categories accounted for less than 5 percent each of the survey respondents. Respondents in the Other audience category and in the Special Interest category used more of the recommended food-nutrition practices than respondents in the other listed audience categories (12.1 and 12.0 respectively). The analysis of variance F test showed that these differences in practice use by the various audience were significant. Respondents categorized as Other and Special Interest homemakers were more likely to use a larger number of the recommended food-nutrition practices than respondents in the other listed audience categories.

Age. The number of homemakers in the different age groups was as follows: Homemakers aged 20-29 years numbered 229 and represented 8.1 percent of the respondents. There were 444, or 15.8 percent in the 30-39 year of age group, 399, or 14.2 percent in the group 40-49 years of age, 505, or 17.9 percent in the group 50-59 years of age, and 1166, or 41.4 percent in the group 60 years of age and over. Homemakers in the middle-aged group, 40-49 years of age, used more of the recommended practices than did respondents in the other age categories. The analysis of variance F test showed that these differences in practice use by age of homemaker were significant. Respondents aged 40-49 were more likely to use a larger number of the recommended food-nutrition practices than younger or older respondents.

Number of persons under age 21 in the home. Over 61 percent of the respondents, or 1727, said they did not have any persons under the age of 21 in the home while almost 39 percent, or 1091, reported at least one person under the age of 21 in the home. Respondents who reported at least one person under the age of 21 in the home used slightly more recommended food-nutrition practices than respondents who reported no persons under the age of 21 in the home (11.9 vs. 11.3). The analysis of variance F test showed a significant relationship between practice use and the number of persons under age 21 in the home. Homemakers who reported at least one person under age 21 in the home were more likely to use a larger number of the recommended food-nutrition practices than homemakers who had no persons under the age of 21 in the home.

Number of persons over age 21 in the home. The majority of the survey respondents (67.6 percent or 1905) reported two persons over the age of 21 in the home. Almost 19 percent, or 529 respondents, reported one person over the age of 21 in the home, 8.8 percent, or 248 respondents, reported three persons over the age of 21 in the home, 2.5 percent, or 71 respondents, reported no persons over the age of 21 in the home and only 1.6 percent, or 61 respondents, reported four or more persons over the age of 21 in the home. Respondents reporting two or three persons over the age of 21 in the home used more of the recommended food-nutrition practices (approximately 12 each) than respondents reporting fewer or more persons over the age of 21 in the home. The analysis of variance F test showed that practice use and the number of persons over the age of 21 in the home were significantly related. Homemakers who reported two or three persons over the age of 21 in the home were more likely to use a larger number of the recommended food-nutrition practices than homemakers who reported fewer or more persons over the age of 21 in the home.

Relationships Between Socio-Economic Characteristics of Homemakers and the Mean Number of Extension Recommended Food-Nutrition Practices They Used

Data were examined in this sub-section of Table 16 in order to determine relationships between socio-economic characteristics of

homemakers and the mean number of Extension recommended food-nutrition practices they used. Socio-economic characteristics were the type and number of appliances homemakers owned.

Refrigerator. Over 99 percent or 2796 of the respondents said they owned a refrigerator. Respondents who owned a refrigerator used an average of 11.5 of the recommended food-nutrition practices compared to respondents who did not own a refrigerator and only used 10.1 of the practices. There was a significant relationship between ownership of a refrigerator and the mean number of recommended food-nutrition practices a homemaker used. Homemakers who owned a refrigerator were more likely to use a larger number of the recommended food-nutrition practices than homemakers who did not own a refrigerator.

Freezer. Almost 88 percent of the survey respondents owned a freezer. Only 12.3 percent of the respondents did not own a freezer. Homemakers who owned a freezer used 1.5 more recommended food-nutrition practices than homemakers who did not own a freezer. There was a significant relationship between ownership of a freezer and the mean number of recommended food-nutrition practices a homemaker used. Homemakers who owned a freezer were more likely to use a larger number of the recommended practices than homemakers who did not own a freezer.

Gas range. There was no significant relationship between ownership of a gas range and the number of recommended food-nutrition practices a homemaker used.

Electric range. Almost 93 percent or 2615 of the survey respondents said they owned an electric range compared to only 7.2 percent or 203 of the survey respondents who said they did not own an electric range. Homemakers who owned an electric range used 11.6 recommended practices while homemakers who did not own an electric range only used 10.9 recommended practices. When tested by the analysis of variance F test there was a significant relationship between ownership of an electric range and the number of recommended food-nutrition practices homemakers used. Homemakers who owned an electric range were more likely to use a larger number of recommended food-nutrition practices than homemakers who did not own an electric range.

Microwave oven. Although only 21.6 percent of the survey respondents reported owning a microwave oven, this same group reported using 11.9 of the recommended food-nutrition practices. This compares to the 78.4 percent of the survey respondents who said they did not own a microwave oven but used 11.4 of the recommended food-nutrition practices. There was a significant relationship between ownership of a microwave oven and the number of recommended food-nutrition practices homemakers used. Homemakers who owned a microwave oven were more likely to use a larger number of recommended food-nutrition practices than homemakers who did not own a microwave oven.

Convection oven. Only 10.6 percent of the homemakers surveyed owned a convection oven compared to 89.4 percent of the homemakers surveyed who did not own a convection oven. Homemakers who owned a

convection oven used .4 more recommended food-nutrition practices than homemakers who did not own a convection oven. There was a significant relationship between ownership of a convection oven and the number of recommended food-nutrition practices a homemaker used. Homemakers who owned a convection oven were more likely to use a larger number of recommended food-nutrition practices than homemakers who did not own a convection oven.

Total number of appliances in home. Approximately 62 percent of the survey respondents owned three of the six appliances listed in the survey with only 10.8 percent owning two or less of the listed appliances and 26.9 percent owning four-six of the listed appliances. Those homemakers who owned the most appliances (four-six), used 12 of the recommended food-nutrition practices compared to homemakers who owned the fewest appliances (two or less) and used 10.2 of the recommended food-nutrition practices. The analysis of variance F test showed that there was a significant relationship between the number of listed appliances a respondent owned and the number of recommended food-nutrition practices he/she used. As the number of listed appliances homemakers owned increased so did the number of recommended food-nutrition practices he/she used.

Relationships Between Homemakers Sources of Food-Nutrition Information and the Mean Number of Extension Recommended Food-Nutrition Practices They Used

This sub-section presents major findings regarding the relationships between homemakers sources of food-nutrition information and the mean number of Extension recommended food-nutrition practices they used. Sources of food-nutrition information included Television, Radio, Newspaper, and Other. Data pertaining to the total number of different sources of information a homemaker reported using was also examined. The analysis of variance of F test was used to determine significant relationships.

Television. Almost 76 percent of the survey respondents said they used television as a source for food-nutrition information compared to 24.3 percent who said they did not use television as a source for food-nutrition information. Homemakers who used television as a source for food-nutrition information used .6 more recommended food-nutrition practices than homemakers who did not use television as source for food-nutrition information. There was a significant relationship between the use of television as a source for food-nutrition information and the number of recommended food-nutrition practices a homemaker used. Homemakers who listed television as a source for food-nutrition information were more likely to use a larger number of the recommended food-nutrition practices than homemakers who did not list television as a source of food-nutrition information.

Radio. Over 55 percent of the homemakers said they did not rely on the radio for food-nutrition information. Only 44.8 percent of the homemakers reported that they did use radio as a source for food-nutrition information. Homemakers who did use the radio as a source for food-nutrition information used 11.9 recommended practices compared to homemakers who did not use the radio as a source of information and used 11.3 recommended practices. There was a significant relationship between the use of the radio as a source for food-nutrition information and the number of recommended food-nutrition practices a homemaker used. Those homemakers who used the radio as a source for food-nutrition information were more likely to use a larger number of recommended food-nutrition practices than homemakers who did not use the radio for food-nutrition information.

Telephone. Those respondents who reported using the telephone as a source for food-nutrition information (66.1 percent) used 11.8 of the recommended food-nutrition practices compared to those respondents who did not use the telephone as a source for food-nutrition information (33.9 percent) and used only 11.1 of the recommended food-nutrition practices. The analysis of variance F test showed a significant relationship between use of the telephone as a source of food-nutrition information and the number of recommended food-nutrition practices a homemaker used. Homemakers who used the telephone as a source of food-nutrition information were more likely to use a larger number of recommended food-nutrition practices than homemakers who did not use the telephone as a source for food-nutrition information.

Newspaper. Almost 90 percent of the respondents said they used the newspaper as a source for food-nutrition information compared to only 10.4 percent of the respondents who said they did not use the newspaper as a source for food-nutrition information. Respondents who did use the newspaper as a source for food-nutrition information used an average of 1.6 more recommended food-nutrition practices than the respondents who did not use the newspaper as a source for food-nutrition information. The analysis of variance F test showed that these differences in practice use were significantly related to the homemakers use of the newspaper as a source for food-nutrition information. Homemakers who used the newspaper as a source for food-nutrition information were most likely to use a larger number of the recommended food-nutrition practices than homemakers who did not use the newspaper as a source for food-nutrition information.

Other. Over 52 percent of the respondents used Other sources for food-nutrition information compared to 47.8 percent of the respondents who did not use Other sources for food-nutrition information. Those homemakers who used Other sources for food-nutrition information said they used 11.8 of the recommended practices compared to those homemakers who did not use Other sources for food-nutrition information and only used 11.2 of the recommended practices. There was a significant relationship between the use of Other sources for food-nutrition information and the number of recommended food-nutrition practices a homemaker used. Homemakers who used Other sources for

food-nutrition information were more likely to use a larger number of the recommended food-nutrition practices than homemakers who did not use Other sources for food-nutrition information.

Total number of different sources of food-nutrition information. Almost 75 percent of the survey respondents said they used three or more of the listed sources for food-nutrition information. Almost 26 percent, 729 respondents, used three of the five listed sources, over 31 percent, 878 respondents, used four of the listed sources and approximately 18 percent, 498 respondents, used all five of the listed sources to receive food-nutrition information. Only 81, or 2.9 percent of the respondents, reported using none of the listed sources for food-nutrition information. As the number of listed sources reported by respondents increased, so did the number of recommended food-nutrition practices the respondents used. The analysis of variance F test showed that there is a significant relationship between the total number of sources a homemaker uses to receive food-nutrition information and the number of practices he/she uses. The more sources homemakers reported using to receive food-nutrition information, the more recommended food-nutrition practices they were using.

Relationships Between Homemakers Sources of Food-Nutrition Instruction and the Mean Number of Extension Recommended Food-Nutrition Practices They Used

This sub-section presents major findings regarding the relationships between homemakers sources of food nutrition instruction and

the mean number of Extension recommended food-nutrition practices they used. Those sources of food-nutrition instruction listed included Extension Agent, Home Economics teacher, Public Health worker and Other. Data pertaining to the total number of different sources of instruction a homemaker reported was also examined.

Extension Agent. Almost 90 percent of the homemakers surveyed reported receiving food-nutrition instruction from an Extension Agent while only 10.5 percent of the homemakers surveyed said they did not receive instruction from an Extension Agent. Homemakers who received food-nutrition instruction from an Extension Agent used an average of 1.6 more recommended food-nutrition practices than homemakers who did not receive instruction from an Extension Agent. The analysis of variance F test showed that there was a significant relationship between receiving food-nutrition instruction from an Extension Agent and the mean number of recommended food-nutrition practices homemakers used. Homemakers who received food-nutrition instruction from an Extension Agent were more likely to use a larger number of recommended food-nutrition practices than homemakers who did not receive food-nutrition instruction from an Extension Agent.

Home economics teacher. The 10 percent of the survey respondents who said they received food-nutrition instruction from a Home Economics teacher used 12.3 of the recommended food-nutrition practices. This compares to the 90 percent of the survey respondents who did not receive food-nutrition instruction from a Home Economics teacher but

only used 11.4 of the recommended food-nutrition practices. There was a significant relationship between receiving food-nutrition instruction from a Home Economics teacher and the mean number of recommended food-nutrition practices homemakers used. Homemakers who did receive food-nutrition instruction from a Home Economics teacher used more of the recommended food-nutrition practices than homemakers who did not receive instruction from a Home Economics teacher.

Public Health worker. Less than 10 percent of the homemakers surveyed received food-nutrition instruction from a Public Health worker, but those that did said they used an average of 12 of the recommended food-nutrition practices. This compares to the 90 percent of the homemakers surveyed who did not receive food-nutrition instruction from a Public Health worker and only used 11.5 of the recommended food-nutrition practices. There was a significant relationship between receiving food-nutrition instruction from a Public Health worker and the number of recommended food-nutrition practices homemakers used. Homemakers who received food-nutrition instruction from a Public Health worker were more likely to use a larger number of the recommended food-nutrition practices than homemakers who did not receive food-nutrition instruction from a Public Health worker.

Other. Almost 24 percent of the homemakers surveyed said that they received food-nutrition instruction from Other sources compared to over 76 percent who said they did not receive instruction from

Other sources. Those who did receive food-nutrition instruction from Other sources averaged using .5 more recommended food-nutrition practices than those respondents who did not receive food-nutrition instruction from Other sources. There was a significant relationship between receiving food-nutrition instruction from Other sources and the number of recommended food-nutrition practices a homemaker used. Homemakers who said they received food-nutrition instruction from Other sources were more likely to use a greater number of recommended practices than those homemakers who did not receive food-nutrition instruction from Other sources.

Total number of different sources of food-nutrition instruction. The majority of the survey respondents (58.4 percent) only used one source for food-nutrition instruction while 27.8 percent received instruction from two different sources. Almost 8 percent of the respondents said they did not receive instruction from any listed source and only 1.1 percent of the respondents reported receiving instruction from all four listed sources of instruction. As the number of sources of instruction used by respondents increased, so did the number of recommended food-nutrition practices used by the respondents. There was a significant relationship between the total number of sources from which a homemaker received food-nutrition instruction and the number of recommended food-nutrition practices he/she used.

Relationships Between Homemakers Methods of Food Preservation and the Mean Number of Extension Recommended Food-Nutrition Practices They Used

The findings presented in this sub-section concern the relationships between homemakers methods of food preservation and the mean number of Extension recommended food-nutrition practices they used. Food preservation methods listed are canning, freezing, pickling, and drying of foods. Data pertaining to the total number of different food preservation methods used by the homemakers was also examined.

Canning. Almost 83 percent of the homemakers surveyed said they preserved food by canning compared to 17.3 percent of the homemakers surveyed who said they did not preserve food by canning. Those homemakers who canned food used almost two more recommended food-nutrition practices than those homemakers who did not can food. The analysis of variance F test showed that these differences in practice use were significantly related to the homemakers use of canning as a food preservation method. Homemakers who used canning as a food preservation method were more likely to use a greater number of the recommended food-nutrition practices than homemakers who did not use canning as a food preservation method.

Freezing. A majority of the respondents used freezing as a method of food preservation (93.6 percent) while only 6.4 percent of the respondents did not use freezing as a food preservation method.

Homemakers who used freezing as a food preservation method used an average of 2.5 more recommended food-nutrition practices than those homemakers who did not use freezing as a food preservation method. The analysis of variance F test showed that these differences in practice use were significantly related to the homemakers use of freezing as a food preservation method. Homemakers who used freezing as a food preservation method were more likely to use a larger number of recommended food-nutrition practices than those homemakers who did not use freezing as a food preservation method.

Pickling. Over 74 percent of the homemakers surveyed used pickling as a food preservation method compared to 25.5 percent of the homemakers surveyed who did not use pickling as a food preservation method. Homemakers who used pickling as a food preservation method used 1.4 more recommended food-nutrition practices than homemakers who did not use this particular method of food preservation. There was a significant relationship between the use of pickling as a food preservation method and the number of recommended food-nutrition practices homemakers used. Homemakers who used pickling as a food preservation method were more likely to use a greater number of recommended food-nutrition practices than those homemakers who did not use pickling as a food preservation method.

Drying. Only 34.1 percent of the respondents used drying as a food preservation method while almost 66 percent of the respondents did not use drying as a food preservation method. Homemakers who used

drying as a food preservation method used one more recommended food-nutrition practice than homemakers who did not use drying as a food preservation method. There was a significant relationship between the use of drying as a food preservation method and the number of recommended food-nutrition practices homemakers used. Homemakers who used drying as a food preservation method were more likely to use a greater number of recommended food-nutrition practices than those homemakers who did not use drying as a food preservation method.

Total number of different food preservation methods used. The largest percentage of the survey respondents (41.7 percent) said they used three of the four listed food preservation methods while over 30 percent of the respondents reported using all four of the listed food preservation methods. Only 4.1 percent of the respondents reported using no method to preserve food. Those homemakers who did not use any of the listed methods for food preservation only used an average of 8.9 recommended food-nutrition practices compared to those homemakers who used all four listed food preservation methods and used an average of 12.3 recommended food-nutrition practices. Using the analysis of variance F test, there was a significant relationship between the number of food preservation methods a homemaker used and the number of recommended food-nutrition practices he/she used. The more food preservation methods homemakers reported using, the more likely that they were using a greater number of the recommended food-nutrition practices than homemakers not preserving food or using fewer food preservation methods.

Relationships Between Homemakers Interest In Attending Future Food-Nutrition Meetings and the Mean Number of Extension Recommended Food-Nutrition Practices They Used

Data were examined in this sub-section in order to ascertain the relationships between homemakers interest in attending future food-nutrition meetings and the mean number of Extension recommended food-nutrition practices they used. Homemakers were surveyed to find out their interest in attending meetings on the following topics: Food Buying, Food Preservation, Meal Planning, Meat Cookery, Weight Control, Nutrition and Other Subjects.

Food buying. Close to 60 percent of the homemakers surveyed had no interest in attending future meetings dealing with food buying. Over 42 percent of the homemakers, however, did express interest in attending future meetings on this particular topic. Those homemakers who did express an interest in attending future meetings on food buying used .6 more of the recommended food-nutrition practices than those homemakers who expressed no interest in attending future meetings on food buying. There was a relationship between interest in future meetings on the topic of food buying and the number of recommended food-nutrition practices homemakers used. Homemakers who expressed an interest in attending future meetings on food buying used more recommended food-nutrition practices than homemakers who had no interest in attending future meetings on food buying.

Food preservation. Almost 54 percent of the survey respondents were not interested in attending future meetings on food preservation compared to 46.1 percent of the respondents who were interested in attending meetings on this topic. Homemakers who expressed interest in attending future meetings on food preservation used .7 more of the recommended food-nutrition practices than homemakers who expressed no interest in attending future meetings on this topic. Using the analysis of variance F test, there was a significant relationship between interest in attending future meetings on food preservation and the number of recommended food-nutrition practices a homemaker used. Homemakers who were interested in attending future meetings on the topic of food preservation were more likely to use a greater number of the recommended food-nutrition practices than homemakers who had no interest in attending future meetings concerning food preservation.

Meal planning. More of the survey respondents expressed no interest (54.5 percent) in attending meetings on meal planning than expressed an interest in attending meetings on this subject (45.5 percent). Those who expressed an interest in attending meetings on meal planning used an average of 11.8 of the recommended practices compared to those who did not have an interest in attending meetings on this subject and used only 11.3 of the recommended practices. There was a significant relationship between interest in attending meetings on meal planning and the number of recommended food-nutrition practices homemakers used. Homemakers who were interested in attending

future meetings on meal planning were more likely to use a larger number of recommended food-nutrition practices than those homemakers who expressed no interest in attending future meetings on this topic.

Meat cookery. Almost 53 percent of the survey respondents were not interested in attending meetings on meat cookery compared to 47.1 percent of the survey respondents who did express an interest in attending meetings on meat cookery. Those respondents who did express an interest in attending meetings on meat cookery used slightly more of the recommended food-nutrition practices than those respondents who did not express an interest in attending future meetings on this topic (11.9 vs. 11.2). Using the analysis of variance F test, there was a significant relationship between interest in attending meetings on meat cookery and the use of recommended food-nutrition practices. Homemakers who were interested in attending future meetings on meat cookery were more likely to use a greater number of the recommended food-nutrition practices than respondents who were not interested in attending future meetings on meat cookery.

Weight control. Over 50 percent of the survey respondents were interested in attending future meetings concerning weight control compared to 49.9 percent of the respondents who expressed no interest in attending future meetings on this topic. Those respondents who did express an interest in attending future meetings on weight control used .5 more of the recommended food-nutrition practices than did homemakers who did not express an interest in attending future meetings

on this topic. There was a significant relationship between interest in attending future meetings on weight control and the number of recommended food-nutrition practices homemakers used. Homemakers who expressed an interest in attending future meetings on weight control were more likely to use a greater number of the recommended food-nutrition practices than homemakers who were not interested in attending future meetings on weight control.

Nutrition. Approximately 53 percent of the homemakers surveyed said they had no interest in attending future meetings on the topic of nutrition. Almost 47 percent of the homemakers surveyed were interested in attending future meetings on this topic. Those homemakers who were interested in attending future meetings on nutrition used slightly more of the recommended food-nutrition practices than those homemakers who were not interested in attending future meetings on nutrition (11.8 vs. 11.3). When tested by the analysis of variance F test, there was a significant relationship between interest in attending future meetings on the topic of nutrition and the number of recommended food-nutrition practices homemakers used. Homemakers who expressed an interest in attending future meetings on the topic of nutrition were more likely to use a larger number of recommended food-nutrition practices than homemakers who had no interest in attending meetings on the topic of nutrition.

Other subjects. Ninety-four percent of the homemakers surveyed were not interested in attending future food-nutrition meetings on

other subjects. Only 6 percent of those surveyed did express an interest in attending meetings on other subjects. However, those homemakers who did express an interest in attending meetings on other subjects used more of the recommended food-nutrition practices than homemakers who expressed no interest in attending meetings on other subjects (12.3 vs. 11.5). Using the analysis of variance F test, there was a significant relationship between interest in attending future meetings on other subjects and the number of recommended food-nutrition practices homemakers used. Homemakers who were interested in attending future meetings on other subjects were more likely to use a greater number of the recommended food-nutrition practices than homemakers who were not interested in attending future meetings on other subjects.

Relationships Between Homemakers Extension Contacts in the Previous 12 Months and the Mean Number of Extension Recommended Food-Nutrition Practices They Used

This sub-section contains major findings regarding the relationships between homemakers Extension contacts in the previous 12 months and the mean number of Extension recommended food-nutrition practices they used. Extension contacts included Extension meetings, Extension Food-Nutrition meetings, visits to the County Extension Office, telephone calls to the County Extension Office, the number of home visits received from County Extension Agents and the total number of Extension contacts.

Number of Extension meetings attended. Over 58 percent of the survey respondents reported attending 10 to 30 Extension meetings during the previous 12 months, almost 31 percent reported attending 1-9 Extension meetings during the previous 12 months, and just 11.2 percent reported attending no Extension meetings during the previous 12 months. Homemakers who reported attending 10-30 Extension meetings used an average of 11.7 recommended food-nutrition practices compared to homemakers who reported attending no Extension meetings and used only 10.6 of the recommended food-nutrition practices. Homemakers who reported attending 1-9 Extension meetings used an average of 11.5 recommended food-nutrition practices. When tested by the F test there was a significant relationship between the number of Extension meetings homemakers attended and the number of recommended food-nutrition practices he/she used. As the number of Extension meetings attended reported increased so did the average number of recommended food-nutrition practices used.

Number of Extension food-nutrition meetings attended. Almost 24 percent of the homemakers surveyed did not attend a single Extension Food-Nutrition meeting during the previous 12 months, 18.9 percent of the homemakers surveyed attended one meeting, and 22.4 percent attended two meetings. Over 28 percent of those homemakers surveyed attended three to five Extension Food-Nutrition meetings while only 6.5 percent of the respondents said they attended 6-12 Extension Food-Nutrition meetings. Homemakers who attended three-five Extension

food-nutrition meetings used approximately 12 of the recommended food-nutrition practices while homemakers who attended more Extension Food-Nutrition meetings or fewer Extension Food-Nutrition meetings did not report using as many recommended food-nutrition practices. Using the F test, there was a significant relationship between the number of Extension Food-Nutrition meetings homemakers attended and the number of recommended food-nutrition practices he/she used. Homemakers who attended three-five Extension Food-Nutrition meetings were more likely to use more of the recommended food-nutrition practices than homemakers who attended fewer or attended more Extension Food-Nutrition meetings.

Number of visits to the County Extension Office. Over 40 percent of the survey respondents did not visit the County Extension Office during the previous 12 months. Almost 16 percent of the respondents reported one office visit, 13.4 percent reported two office visits, 7.9 percent reported three office visits, 6.3 percent reported four office visits, 4.3 percent reported five office visits and over 12 percent reported 6-20 office visits. Homemakers who reported only one office visit used an average of 11.1 recommended food-nutrition practices compared to homemakers who made at least three office visits and used approximately 12 recommended food-nutrition practices. There was a significant relationship between the number of office visits a homemaker made and the number of recommended food-nutrition practices he/she used. Homemakers who made at least three visits to the County Extension Office were likely to use more of the recommended food-nutrition practices than homemakers who made no office visits or less than three office visits.

Number of telephone calls to the County Extension Office.

Thirty-two percent of the respondents did not make any telephone calls to the County Extension Office while over 42 percent of the respondents made three or more telephone calls to the Extension Office. Over 11 percent of the respondents reported making only one telephone call to the County Extension Office and almost 16 percent of the respondents said they had made two telephone calls to the County Extension Office. Homemakers who made three or more telephone calls to the County Extension Office used approximately 12 of the recommended food-nutrition practices compared to homemakers who made no telephone calls and only used 10.9 of the recommended food-nutrition practices. Using the analysis of variance F test, there was a significant relationship between the number of telephone calls homemakers made to the County Extension Office and the number of recommended food-nutrition practices used. Homemakers who made at least three telephone calls to the County Extension Office during the previous 12 months were more likely to use a greater number of the recommended food-nutrition practices than homemakers who made no telephone calls to the County Extension Office or made fewer than three telephone calls to the County Extension Office.

Number of home visits received from County Extension Agent.

Over 50 percent of the homemakers surveyed reported receiving no home visits from an Extension Agent in the previous 12 months. One fourth of the respondents reported receiving one home visit and 12 percent reported receiving two home visits from an Extension Agent. Only

12 percent of those surveyed reported three or more home visits. Homemakers who reported at least three home visits used an average of 12 recommended food-nutrition practices while homemakers reporting one home visit only used 11.3 of the recommended food-nutrition practices and those homemakers who reported no home visits used 10.9 of the recommended practices. There was a significant relationship between the number of home visits a homemaker received from an Extension Agent and the number of recommended food-nutrition practices he/she used. Homemakers who reported three or more home visits used more of the recommended food-nutrition practices than homemakers who reported no home visits or fewer than three home visits.

Total number of Extension contacts. Only 5 percent of the survey respondents had no Extension contacts in the previous 12 months, 17 percent reported 1-9 Extension contacts, 39 percent reported 10-19 Extension contacts and 39 percent reported 20-60 Extension contacts. Homemakes who had no Extension contacts used an average of 9.9 recommended food-nutrition practices while homemakers who reported 20-60 Extension contacts used an average of 11.9 recommended food-nutrition contacts. There was a significant relationship between the total number of Extension contacts homemakers reported and the number of recommended food-nutrition practices used. The more Extension contacts a homemaker reported the more recommended food-nutrition practices he/she was likely to be using. Homemakers who reported 20-60 Extension contacts in the previous 12 months were more likely to use

a greater number of recommended food-nutrition practices than homemakers who had no Extension contacts or fewer than 20 Extension contacts in the previous 12 month period.

Summary

Results of analysis of data in this section can be summarized by stating that homemakers who used the most recommended food-nutrition practices were:

1. Categorized as Other homemakers and Special Interest homemakers.
2. Age 40-49.
3. Members of a household with at least one person under the age of 21.
4. Members of a household with two or three persons over the age of 21.
5. Owners of a refrigerator, a freezer, an electric range, microwave oven and a convection oven.
6. Receiving food-nutrition information from television, radio, telephone, newspaper and Other sources.
7. Receiving food-nutrition information from an Extension Agent, Home Economics teacher, Public Health worker and Other agencies.
8. Using canning, freezing, pickling and drying as methods of food preservation.
9. Interested in attending future food-nutrition meetings on food buying, food preservation, meal planning,

meat cookery, weight control, nutrition and Other subjects.

10. Homemakers who attended three-five Extension Food-Nutrition meetings.
11. Homemakers who made at least three visits to the County Extension Office.
12. Homemakers who received at least three home visits from an Extension Agent.

Further analysis of the data in this section showed that the more appliances homemakers owned, the more practices they were likely to use; the more sources homemakers used for information, the more practices they were likely to use; the more sources of instruction they used, the more practices they were likely to use; the more food preservation methods they used, the more likely they were to use more practices. It was also noted that as the number of Extension meetings and Extension contacts increased so did the number of recommended practices a homemaker used.

CHAPTER VI

SUMMARY OF MAJOR FINDINGS

I. PURPOSES AND SPECIFIC OBJECTIVES

The major purpose of this study was to examine selected characteristics of homemakers most likely and least likely to use the Tennessee Agricultural Extension Service as a source for food-nutrition information. The study also examined the Extension contact methods these homemakers used most frequently and least frequently to obtain food-nutrition information and how this was related to their use of the 16 recommended food-nutrition practices.

An underlying purpose of this study was to identify some possible problem areas regarding delivery of the Extension Food-Nutrition program among homemakers in Tennessee and to suggest ways which may help to improve County Extension programs.

Specific Objectives

The specific objectives of this study were:

1. To characterize the homemakers, their homes and nutrition practices used from food-nutrition audiences in selected Tennessee counties.
2. To determine the relationships between the number of telephone calls homemakers made to the County Extension Office, the number of visits made by homemakers to the County Extension Office, the number of visits made to the

homemakers' homes by County Extension Agents, the number of food-nutrition meetings homemakers attended, the number of total Extension contacts homemakers had and their personal and socio-economic characteristics.

3. To determine relationships between homemakers use of the recommended food-nutrition practices and the number of visits homemakers made to the County Extension Office, the number of telephone calls homemakers made to the County Extension Office, the number of visits County Extension Agents made to homemakers' homes, the number of Extension food-nutrition meetings homemakers attended and the total number of Extension contacts they reported for the previous 12 months.
4. To determine the relationships between selected homemaker characteristics and homemakers use of specific recommended food-nutrition practices.
5. To determine relationships between selected characteristics of homemakers and the mean number of recommended food-nutrition practices they used.

II. METHOD OF INVESTIGATION

Data for the study were obtained through group interviews with approximately 30 homemakers in each of 91 Tennessee counties. An interview schedule developed by Food and Nutrition Specialists of the University of Tennessee Agricultural Extension Service was used

to record personal and family information about each homemaker and his/her responses to questions concerning the use of recommended food-nutrition practices. A total of 2818 homemakers participated in the survey.

III. METHOD OF ANALYSIS

The completed interview schedules were coded and recorded on data processing cards for computation at the University of Tennessee Computing Center in Knoxville. Information was tabulated by frequency counts. Variables for the study were classified into two groups (dependent and independent). The Chi Square Test and analysis of variance F test were used to determine the strength of relationships between variables. F values and x^2 values which achieved the .05 probability level were accepted as significant.

IV. MAJOR FINDINGS

Characteristics of Homemakers in the Study

The average homemaker interviewed for the 1981 Tennessee Food-Nutrition Survey:

1. Was a Home Demonstration Club member.
2. Was 60 years of age or older.
3. Had no persons under the age of 21 living in the home.
4. Reported that two persons over the age of 21 lived in the home.
5. Owned a refrigerator, freezer and an electric range.

6. Used the newspaper, television, telephone and Other sources to receive food-nutrition information.
7. Had received food-nutrition instruction from an Extension Agent in the previous 12 months.
8. Preserved food by canning, freezing and pickling.
9. Was not interested in attending future food-nutrition meetings unless they concerned weight control.
10. Had attended at least 10 Extension meetings in the previous year.
11. Attended at least one Extension Food-Nutrition meeting during the previous year.
12. Had made at least one visit to the County Extension Office during the previous year.
13. Had made at least six telephone calls to the County Extension Office during the previous year.
14. Had received no home visits from an Extension Agent during the previous year.
15. Had made at least 16 contacts with the Tennessee Agricultural Extension Service during the previous year.
16. Was using at least 11 of the 16 recommended food-nutrition practices.

Relationships Between the Number of Telephone Calls Homemakers Made to the County Extension Office and Their Personal and Socio-Economic Characteristics

1. 4-H parents or leaders and Home Demonstration Club members were most likely to call the County Extension Office at least once during the previous 12 months.

2. As the age of the respondents increased, so did the likelihood that they had called the County Extension Office at least once during the previous 12 month period.
3. Homemakers reporting two or three persons over the age of 21 in the home were most likely to call the County Extension Office at least once.
4. Homemakers reporting two or three person households were most likely to call the Extension Office at least once.
5. Respondents who owned a freezer were most likely to call the County Extension Office at least once during the previous 12 months.
6. The more listed appliances a homemaker owned, the greater the likelihood that he/she had called the County Extension Office at least once during the past year.

Relationships Between the Number of Visits Made by Homemakers to the County Extension Office and Their Personal and Socio-Economic Characteristics

1. 4-H parents or leaders, Home Demonstration Club members and Other homemakers were most likely to report at least one office visit during the previous 12 months.
2. As the age of the homemakers increased, so did the likelihood that they visited the County Extension Office at least once during the previous year.
3. As the reported number of persons in the home over the age of 21 increased, so did the likelihood that these homemakers made at least one office visit.

4. Respondents who reported owning a freezer were most likely to report at least one office visit.
5. Homemakers who owned a convection oven were most likely to report making at least one office visit.
6. The more listed appliances a homemaker owned, the more likely that he/she had visited the County Extension Office at least once in the previous year.

Relationships Between the Number of Visits Made to the Homemakers' Homes by County Extension Agents and the Personal and Socio-Economic Characteristics of Homemakers

1. Home Demonstration Club members, Other homemakers and Housing Program homemakers were most likely to report receiving at least one home visit during the previous 12 months.
2. As the age of the homemakers increased, so did the likelihood that they received at least one home visit.
3. Homemakers who reported no persons under the age of 21 in the home were most likely to report receiving at least one home visit.
4. Homemakers living in a home situation which included one, two, or three adults (over the age of 21) were most likely to report receiving at least one home visit.
5. Homemakers living in one person households and homemakers living in large households (5-8 people) were most likely to report receiving at least one home visit.

6. Homemakers who owned a freezer were more likely to receive at least one home visit.
7. Those homemakers who did not own a convection oven were most likely to receive at least one home visit.

Relationships Between the Number of Extension Food-Nutrition Meetings Homemakers Attended and Their Personal and Socio-Economic Characteristics

1. Home Demonstration Club members were most likely to have attended at least one Extension Food-Nutrition meeting during the previous 12 months.
2. As the age of the survey respondents increased, so did the likelihood that they had attended at least one Extension Food-Nutrition meeting.
3. Homemakers who reported no persons under the age of 21 in the home were most likely to have attended at least one Extension Food-Nutrition meeting.
4. Homemakers reporting two person households were most likely to have attended at least one Extension Food-Nutrition meeting.
5. Homemakers who owned a freezer were most likely to have attended at least one Extension Food-Nutrition meeting.
6. As the reported number of listed appliances owned increased, so did the possibility that the homemakers had attended at least one Extension Food-Nutrition meeting during the previous 12 months.

Relationships Between the Total Number of Extension Contacts Homemakers Had and Their Personal and Socio-Economic Characteristics

1. Housing Program homemakers, Home Demonstration Club members, Special Interest homemakers and Other homemakers were most likely to have had at least one Extension contact during the previous 12 months.
2. Home Demonstration Club members and Other homemakers were most likely to report a larger number of Extension contacts.
3. As the age of the survey respondents increased, so did the possibility that they had had at least one Extension contact in the previous 12 months.
4. Respondents age 40-59 were most likely to report the largest number of Extension contacts.
5. Homemakers who reported no persons under the age of 21 in the home were most likely to report at least one Extension contact.
6. Homemakers in one person households were most likely to report at least one Extension contact in the previous 12 months.
7. Homemakers in two person households were most likely to report the most Extension contacts.
8. Homemakers who owned a freezer were most likely to report at least one Extension contact and most likely to report 20 or more Extension contacts.

9. Homemakers who owned more than two of the listed appliances were most likely to report at least one Extension contact and most likely to report 20 or more Extension Contacts.

Relationship Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Visits Homemakers Made to the County Extension Office

Results of data analysis revealed that homemakers who made at least one visit to the County Extension Office were more likely to:

1. Keep on hand foods from the Daily Food Guide.
2. Check the family food supply before shopping and restock items when needed.
3. Include citrus fruits or other sources of vitamin C foods when planning daily meals.
4. Plan for at least one serving of dark green leafy or yellow vegetables four or five times a week.
5. Ensure that adult family members had at least two glasses of milk or its equivalent each day.
6. Have had two servings of meat or other source of protein each day.
7. Frequently include poultry and fish when selecting protein foods for family meals.
8. Provide family members with nutritious snack foods.

9. Select a wide variety of foods from the Basic Food Groups when dieting.
10. Serve stewed, baked or broiled foods more often than fried ones.
11. Can all low-acid foods in a pressure canner when canning at home.
12. Can fruits and tomatoes in a water bath.
13. Blanch all vegetables before freezing when preserving foods by freezing.

Additional analysis of data revealed that a greater percentage of those homemakers who had made at least one office visit used 14-16 of the recommended 16 food-nutrition practices and that a smaller percentage of this same group used less than 10 of the recommended practices than homemakers who reported making no office visits.

Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Telephone Calls Homemakers Made to the County Extension Office

Examination of data suggested that homemakers who had made at least one telephone call to the County Extension Office were more likely to:

1. Keep on hand foods from the Daily Food Guide.
2. Check the family food supply before shopping and restock items as needed.

3. Try to get the most food value (nutrients) for money spent when shopping.
4. Include citrus fruits or other sources of vitamin C foods when planning daily meals.
5. Ensure that adult family members had at least two glasses of milk or its equivalent each day.
6. Have had two servings of meat or other source of protein each day.
7. Frequently include poultry and fish when selecting protein foods.
8. Provide family members with nutritious snack foods.
9. Select a wide variety of foods from the Basic Food Groups when dieting.
10. Serve stewed, baked or broiled foods more often than fried foods.
11. Can all low-acid foods in a pressure canner when canning at home.
12. Can fruits and tomatoes in a water bath.
13. Blanch all vegetables before freezing when preserving foods by freezing.

Further examination of data revealed that a greater percentage of those homemakers who had made at least one telephone call to the County Extension Office used 14-16 of the 16 recommended food-nutrition practices and a smaller percentage of this same group used less than 10 of the 16 recommended practices than homemakers who reported making no telephone calls.

Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Visits County Extension Agents Made to Homemakers' Homes

Results of this data analysis can be summarized by stating that homemakers who reported receiving at least one home visit from an Extension Agent in the previous 12 months were more likely to:

1. Keep on hand foods from the Daily Food Guide.
2. Provide family members with nutritious snack foods.
3. Can all low-acid foods in a pressure canner when canning at home.
4. Can fruits and vegetables in a water bath.

It was also found that a greater percentage of those homemakers who reported receiving at least one home visit used 14-16 of the 16 recommended practices and a smaller percentage of this same group used less than 10 of the 16 recommended practices than homemakers who reported receiving no home visits.

Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Number of Extension Food-Nutrition Meetings Homemakers Attended

Results of data analysis suggested that homemakers who attended at least one Extension Food-Nutrition meeting were more likely to:

1. Keep on hand foods from the Daily Food Guide.
2. Check the family food supply before shopping and restock items when needed.
3. Try to get the most food value (nutrients) for money spent when shopping.
4. Include citrus fruits or other sources of vitamin C foods when planning daily meals.
5. Plan for at least one serving of dary green leafy or yellow vegetables four or five times a week.
6. Include at least one iron rich food in addition to two servings of meat each day when planning meals.
7. Have had two servings of meat or other source of protein each day.
8. Frequently include poultry and fish in family meals when selecting protein foods.
9. Select a wide variety of foods from the Basic Food Groups when dieting.
10. Serve stewed, baked or broiled foods more often than fried foods.
11. Can all low-acid foods in a pressure canner when canning at home.
12. Can fruits and tomatoes in a water bath.
13. Blanch all vegetables before freezing when preserving foods by freezing.

Further study of data showed that a greater percentage of those homemakers who had attended at least one Extension Food-Nutrition meeting were using 14-16 of the 16 recommended practices and a smaller percentage of this same group were found to be using less than 10 of the recommended practices than homemakers who had attended no Extension Food-Nutrition meetings.

Relationships Between Homemakers Use of the Recommended Food-Nutrition Practices and the Total Number of Extension Contacts They Reported for the Previous 12 Months

Results of this data analysis can be summarized by stating that homemakers who reported having at least one contact with the Extension Service in the previous 12 month period were more likely to

1. Keep on hand foods from the Daily Food Guide.
2. Check the family food supply before shopping and restock items when needed
3. Try to get the most food value (nutrients) for money spent when shopping.
4. Include citrus fruits or other sources of vitamin C foods when planning daily meals.
5. Plan for at least one serving of dark green leafy or yellow vegetables four or five times a week.
6. Include at least one iron rich food in family meals in addition to two servings of meat daily.

7. Have had two servings of meat or protein foods each day.
8. Frequently include poultry and fish when selecting protein foods for family meals.
9. Provide family members with nutritious snack foods.
10. Select a wide variety of foods from the Basic Food Groups when dieting.
11. Serve stewed, baked or broiled foods more often than fried foods.
12. Can all low-acid foods in a pressure canner when canning at home.
13. Can fruits and tomatoes in a water bath.
14. Blanch all vegetables before freezing when preserving foods by freezing.

Further analysis of data revealed that a greater percentage of those homemakers who reported at least one Extension contact were found to be using 14-16 of the recommended food-nutrition practices and a smaller percentage of this group were found to be using less than 10 of the practices than those respondents who reported no Extension contact.

Relationships Between Selected Homemaker Characteristics and Whether Adult Family Members Received at Least Two Glasses of Milk or its Equivalent Each Day

Results of this data analysis can be summarized by stating that homemakers who were most likely to report that adult family members had at least two glasses of milk or its equivalent were:

1. Homemakers categorized as Special Interest homemakers and Home Demonstration Club members.
2. Older homemakers; as the age of the homemakers increased so did the probability that they were using this practice.
3. Homemakers who received food-nutrition information from the radio or newspaper.

Relationships Between Selected Homemaker Characteristics and Whether Children Received Three-Four Glasses of Milk or its Equivalent Each Day

Data analysis revealed that homemakers who were most likely to report that children had three-four glasses of milk or its equivalent each day were:

1. Homemakers categorized as Young Non Club homemakers, Housing Program homemakers and Other homemakers.
2. Older homemakers; as the age of the homemakers increased so did the probability that they were using this practice.
3. Homemakers who reported two persons over the age of 21 in the home.

Relationships Between Selected Homemaker Characteristics and Whether Homemakers Provided Family Members with Nutritious Snack Foods

Examination of data suggested that homemakers who were most likely to provide family members with nutritious snack foods were:

1. Homemakers categorized as Special Interest homemakers and Other homemakers.

2. Homemakers in the middle age groups--age 30-59.
3. Homemakers reporting one or more persons under the age of 21 in the home.
4. Homemakers reporting two or more persons over the age of 21 in the home.
5. Homemakers who received food-nutrition information from television, radio, newspaper and Other sources.

Relationships Between Selected Homemaker Characteristics and Whether Homemakers Served Stewed, Baked or Broiled Foods More Often Than Fried Ones

Results of the data analysis can be summarized by stating that homemakers who were most likely to serve stewed, baked or broiled foods more often than fried foods were:

1. Homemakers categorized as Home Demonstration Club members, Special Interest homemakers and Other homemakers.
2. Homemakers over age 50.
3. Homemakers who reported no person under the age of 21 in the home.
4. Homemakers who reported one person over the age of 21 in the home.
5. Homemakers who used the telephone, newspaper and Other sources for food-nutrition information.

Relationships Between Selected Characteristics of Homemakers and the Mean Number of Extension Recommended Food-Nutrition Practices They Used

Results of analysis of data can be summarized by stating that homemakers who used the most recommended food-nutrition practices were:

1. Categorized as Other homemakers and Special Interest homemakers.
2. Age 40-49.
3. A member of a household with at least one person under the age of 21.
4. A member of a household with two or three persons over the age of 21.
5. Owners of a refrigerator, a freezer, an electric range, microwave oven and a convection oven.
6. Receiving food-nutrition information from television, radio, telephone, newspaper and Other sources.
7. Receiving food-nutrition information from an Extension Agent, Home Economics teacher, Public Health worker and Other agencies.
8. Using canning, freezing, pickling and drying as methods of food preservation.
9. Interested in attending future food-nutrition meetings on Food Buying, Food Preservation, Meal Planning, Meat Cookery, Weight Control, Nutrition and Other subjects.

10. Those homemakers who attended three-five Extension Food-Nutrition meetings.
11. Those homemakers who made at least three visits to the County Extension Office.
12. Those homemakers who received at least three home visits from an Extension Agent.

Further analysis of the data showed that the more appliances a homemaker, owned the more practices they were likely to use; the more sources homemakers used for information, the more practices they were likely to use; the more sources of instruction they used, the more practices they were likely to use; the more food preservation methods they used, the more likely they were to use more practices. It was also noted that as the number of Extension meetings and Extension contacts increased so did the number of recommended practices a homemaker used.

V. IMPLICATIONS AND RECOMMENDATIONS

The following implications and recommendations are based on the study findings and the author's opinions and experiences. Findings from this study indicate that the average respondent was 60 years of age or older (41.4 percent of the respondents) and a member of a Home Demonstration Club (71.9 percent of the respondents). Additional findings show that older homemakers and Home Demonstration Club members were more likely to report at least one Extension contact of any type (i.e., telephone call, office visit, home visit, Extension Food-Nutrition

meeting or general Extension contact) than younger homemakers and other audience classifications and that respondents who reported making at least one Extension contact of any kind were more likely to use a greater number of the recommended food-nutrition practices than homemakers who reported no contacts. These findings imply that the Extension Food-Nutrition program is reaching an older, select clientele who are making Extension contacts and are using a large number of the 16 recommended food-nutrition practices.

Other findings of this study indicate that the majority of homemakers had no interest in attending future food-nutrition meetings on food-nutrition topics listed in the survey (with the exception of weight control) and that 94 percent of the survey respondents had no interest in attending future meetings on food-nutrition topics not listed in the survey. These findings imply that homemakers felt either:

1. That meetings were poorly planned, presented and of little educational value, or
2. They felt they already knew and were using the information that would be presented in the meeting.

The author believes that the reason homemakers surveyed were not interested in attending future food-nutrition meetings was because the majority of the survey respondents were older and believed that they knew the information which would be presented at the future meetings as indicated by their level of practice use.

In order for the Tennessee Extension Food-Nutrition program to meet the needs of "all people" it may be necessary for Extension

Agents to plan educational programs that appeal to and meet the needs of a younger, more diverse clientele and spend less time working with traditional audiences (i.e., Home Decmonstration Club members) on food-nutrition education.

Additional study findings revealed that respondents who reported receiving at least one home visit from a County Extension Agent in the previous 12 months were more likely to be using only 5 of the 16 recommended food-nutrition practices compared to respondents who reported other types of Extension contacts (i.e., office visits, telephone calls, Extension Food-Nutrition meetings, and total Extension contacts) and who were more likely to be using at least 13 of the 16 recommended food-nutrition practices.

These findings imply that home visits as an Extension contact method may no longer be an effective teaching tool. Home visits can be time consuming and they allow an agent to reach a limited audience. In program planning it may be advantageous for a County Extension Agent to allot fewer man hours to this contact method and to concentrate teaching efforts and alloted man hours to methods that reach larger audiences with better results.

Further data analysis revealed that levels of practice use were low (less than 70 percent of the total respondents were using the practice) for 6 of the recommended 16 food-nutrition practices. These low use practices were:

1. In planning meals, included at least one iron-rich food in addition to two servings of meat each day.

2. Adult family members had at least two glasses of milk or its equivalent each day.
3. Children had three or four glasses of milk or its equivalent each day.
4. When dieting, selected a wide variety of foods from the Basic Food Groups.
5. When canning at home, canned all low-acid foods in a pressure canner.
6. Canned fruits and tomatoes in a water bath.

These data imply that survey respondents were not aware of the importance of these food-nutrition practices nor of the consequences of not using them. It is also possible that some of the respondents did not have the necessary skills to implement some of the practices.

Extension staff on the County, District, and State levels need to be aware of these six low use practice areas and the previously noted implications. This information would be valuable in developing both short and long term plan of work projections. Special programming efforts need to be devoted to increasing the homemakers level of use for these particular food-nutrition practices.

VI. RECOMMENDATIONS FOR FURTHER STUDY

In addition to the findings presented in this thesis, it is recommended that study be done on the needs of younger, more diverse Tennessee homemakers with regards to food-nutrition education and practice use, since homemakers in this study tended to be older and

predominantly members of Home Demonstration Clubs. It is also recommended that this further study include such information on the survey respondents as income, educational level, marital status and employment status. This information would give a more accurate picture of the survey respondent and be of help in planning future programs in the area of food-nutrition education.

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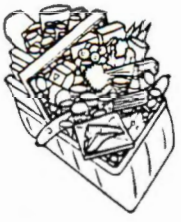
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APPENDIX



THE AGRICULTURAL EXTENSION SERVICE
THE UNIVERSITY OF TENNESSEE
KNOXVILLE, TENNESSEE

1981 Foods and Nutrition Survey*
(See Instructions on Agent Guide, TAEE 416E2)



Name of Homemaker _____ Address _____

____ (1) Card Number

____ ____ ____ (2) (3) (4) County TEMIS Code Number FY 1981. Date _____

A. General Information

____ (5) Audience: 1 = HDC Members; 2 = Young Non-Club Homemakers; 3 = 4-H Parents or Leaders; 4 = Housing Program Homemakers; 5 = All Homemakers; 6 = Special Interest; 7 = Other (please specify) _____

____ (6) Age group of homemakers: 1 = 20-29; 2 = 30-39; 3 = 40-49; 4 = 50-59; and 5 = 60 and over.

____ ____ (7) (8) Number persons under 21 living in home.

____ ____ (9) (10) Number persons 21 years or more in home.

Workable appliances in home? (1 = No, 2 = Yes)

____ (11) Refrigerator

____ (12) Freezer

____ (13) Gas range

____ (14) Electric range

____ (15) Micro-wave oven

____ (16) Convection oven

*Coding Instructions:
(1) Fill each column with a number and right justify.
(2) A zero (0) = none.
(3) A nine (9) in any column = do not know.

TAEE 416E1a
Rev. 6/15/81

Ways food and nutrition information was received in last 12 months? (1 = No, 2 = Yes)

___ (17) TV

___ (18) Radio

___ (19) Telephone

___ (20) Newspaper

___ (21) Other (please specify) _____

Individual and Group Instruction: (1 = No, 2 = Yes)

___ (22) Extension Agent

___ (23) Home Economics Teacher

___ (24) Public Health Worker

___ (25) Other (please specify) _____

Ways used to preserve foods: (1 = No, 2 = Yes)

___ (26) Canning

___ (27) Freezing

___ (28) Pickling

___ (29) Drying

B. Recommended Practices (See explanatory Guide Sheet, 416E1b)(Answer Yes on an item if you generally followed this practice last year.)

Practice Number: (1 = No, 2 = Yes, 9 = Does not apply)

___ (30) 1. Kept on hand foods from the Daily Food Guide

___ (31) 2. Before grocery shopping, checked food supply and restocked items in food groups that had been used.

___ (32) 3. When grocery shopping, tried to get the most food value (nutrients) for money spent.

___ (33) 4. In planning meals, included citrus fruits or other sources of vitamin C foods each day.

___ (34) 5. Planned for at least one serving of dark green leafy or yellow vegetable four or five times a week.

___ (35) 6. In planning meals, included at least one iron-rich food in addition to two servings of meat each day.

___ (36) 7. Adult family members had at least two glasses of milk or its equivalent each day.

___ (37) 8. Children had three or four glasses of milk or its equivalent each day.

___ (38) 9. Had two servings of meat or other source of protein each day.

___ (39) 10. When selecting protein foods, frequently included poultry and fish.

___ (40) 11. Provided family members with nutritious snack foods.

___ (41) 12. When dieting, selected a wide variety of foods from the four food groups.

___ (42) 13. Served stewed, baked, or broiled foods more often than fried ones.

___ (43) 14. When canning at home, canned all low-acid foods in a pressure canner.

___ (44) 15. Canned fruits and tomatoes in a water bath.

___ (45) 16. When preserving foods by freezing, blanched all vegetables before freezing.

C. Future Assistance Desired

Would you be interested in attending a workshop or series of meetings in any of the following areas? (1 = No, 2 = Yes)

___ (46) Food buying

___ (47) Food preservation

___ (48) Meal planning

____ (49) Meat cookery

____ (50) Weight control

____ (51) Nutrition

____ (52) Other (please specify) _____

_____

_____

D. Number of contacts with Extension Agents last 12 months? (To the Extension Agent: The purpose of the following questions is to provide information needed to help identify methods and approaches of greatest use to county personnel.)

____ ____ (53) (54) Number of Extension meetings attended?

____ ____ (55) (56) Number Extension meetings dealing with foods and nutrition attended?

____ ____ (57) (58) Number visits to county Extension Office?

____ ____ (59) (60) Number telephone calls made to county Extension Office?

____ ____ (61) (62) Number of home visits received from Agents?

Thank you for the help. Your answers will be kept confidential and will be used to help us plan Extension programs for the future.

VITA

Mary Nell Jackson, daughter of Janie Howard Jackson and the late Robert E. Jackson was born in Louisville, Kentucky on April 22, 1954 and grew up in Hardinsburg, Kentucky. She attended St. Romuald Elementary School and graduated from Breckinridge County High School in 1972.

In June 1976, she graduated from The University of Tennessee, Knoxville with a B.S. in Education and a major in Recreation. She entered graduate school at The University of Tennessee, Knoxville in 1981 and will receive a Master of Science degree in December 1985 with a major in Agricultural Extension Education. During 1981-82, she was a graduate Assistant in the Agricultural Extension Education Department and assisted in teaching undergraduate courses in Extension Education.

Ms. Jackson was employed by the University of Kentucky Cooperative Extension Service from 1978 until March 1985. She worked in Meade and Christian counties.

She is a member of Epsilon Sigma Phi Honorary Extension Fraternity, Phi Delta Kappa Professional Educational Fraternity and Gamma Sigma Delta Agriculture Honor Society.