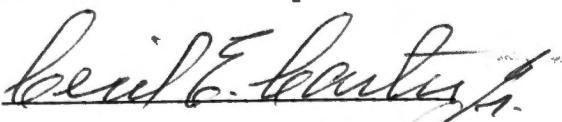
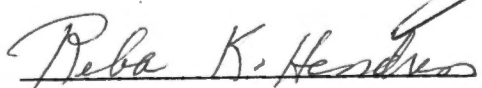


To the Graduate Council:

I am submitting herewith a thesis written by Mary Theresa Smith entitled "A Comparison of the Characteristics of Giles County, Tennessee Home Demonstration Homemakers and Public Housing Homemakers and Their Use of Recommended Nutrition Practices." I recommend that it be accepted in partial fulfillment of the requirements for the degree of Master of Science, with a major in Agricultural Extension.

  
Robert S. Dotson, Major Professor

We have read this thesis and  
recommend its acceptance:

Accepted for the Council:

  
Vice Chancellor  
Graduate Studies and Research

7

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A COMPARISON OF THE CHARACTERISTICS OF GILES COUNTY,  
TENNESSEE HOME DEMONSTRATION HOMEMAKERS AND PUBLIC  
HOUSING HOMEMAKERS AND THEIR USE OF  
RECOMMENDED NUTRITION PRACTICES

A Thesis  
Presented for the  
Master of Science  
Degree  
The University of Tennessee, Knoxville

Mary Theresa Smith

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## ABSTRACT

The purpose of this study was to determine the relationship between the level of nutrition practice use by home demonstration club members and public housing homemakers and compare their personal and family characteristics, method of receiving nutrition information, and interest of homemakers in attending meetings related to foods.

Two random samples of 25 each were drawn from the populations of this study included 313 home demonstration club members and 297 public housing homemakers from Giles County.

Personal interviews were conducted in the homes of the subjects. Differences between groups of 9 percent or larger were considered to be "consequential" and were discussed.

The study revealed consequential difference between home demonstration and public housing homemaker in several socioeconomic characteristics, number of children, participation in Extension Activities and use of Extension services, location of residents, age groups, marital status, major occupation of husbands, income, educational status, use of mass media, sources and number of sources of help, growing of gardens, church attendance and membership in organization.

The findings indicated consequential differences in use of most of the sixteen recommended nutrition practices.

Implications, recommendations for use of study finding and recommendations for further study also were included.

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## CHAPTER I

### INTRODUCTION

#### A. STATEMENT OF THE PROBLEM

The study problem was to determine the relationship between the level of nutrition practice use by home demonstration club members and public housing homemakers and their personal and family characteristics, method of receiving nutrition information, and interest of homemakers in attending meetings related to foods. Cooper (2:39) in a study of the Easter Hill, California, public housing residents found that homemakers did not join educational organizations to any great extent, nor did they use mass media as a source of information about nutrition.

Statistics of the United States Department of Health, Education and Welfare show that basically malnutrition in America commonly is caused by poverty, ignorance in budgeting money, ignorance in meal planning, and ignorance in food preparation (11:33).

Focus II (6:4), the 1974 Extension Committee on Organization and Policy (ECOP) publication of Extension Home Economics, emphasized the fact that nutritionally inadequate food consumption still prevails among a high proportion of the American people, despite increasing consumer purchasing power and that nutritional problems are apt to be intensified among lower income families.

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\*Numbers in parenthesis refer to alphabetized listed reference in the Bibliography: numbers after the colon are page numbers.

The public has been exposed to a considerable amount of information about food and nutrition; however, overall food practices have not improved appreciably (18:18).

The teaching of nutrition has been an important part of the program of the Cooperative Extension Service since its beginning in 1914.

At study time the Tennessee Agricultural Extension Service had two main approaches to teaching nutrition: through the Expanded Food and Nutrition Educational Program and through Home Demonstration Clubs. The latter approach was the only one available in Giles County.

Tennessee Extension nutrition and health specialists in 1965 identified fourteen basic recommended nutrition practices, stating these the practices in what is referred to as a recommended nutrition practices checklist. Surveys were made to measure the extent of adoption of the nutrition practices by county home demonstration club members during 1966 and again in 1971.

Based on the surveys, emphasis in Giles County was given to teaching of nutrition at home demonstration club meetings and special interest meetings.

Since not all homemakers in Giles County were members of a home demonstration club, it seemed desirable to see what effect characteristics such as age, income, education, social status, and general background might have on adoption of practices by homemakers. Particular concern was expressed for work with public housing homemakers since previous surveys had not included them as an audience.

## B. PURPOSES OF THE STUDY

The purposes of this study were as follows: (1) to determine whether there was a difference between the dietary and nutritional practices of homemakers in Giles County home demonstration clubs, and homemakers living in public housing projects; (2) to determine whether there was a difference between the two groups regarding socioeconomic and other characteristics (e.g., years of formal schooling and income); and (3) to compare the two groups in regard to factors affecting their adoption of recommended nutritional practices.

Answers to the following questions were sought:

1. How did homemakers in each of the two groups compare as to place of residence, age, employment status, educational status, average income, source of income, marital status, children in family, membership in organizations, sources of nutritional information, and use of mass media?
2. Did the homemakers in the home demonstration clubs follow certain recommended nutritional practices more closely than public housing homemakers?
3. What sources of information did the homemakers use to gain knowledge of nutrition, food buying, food preparation, food preservation and meal planning? Did members use the same sources as the public housing homemakers? What influenced homemakers to do what they were doing?

### C. DEFINITION OF TERMS

The following definitions indicate how certain terms were used in this paper.

Home demonstration club homemakers (HDCHs). Homemakers enrolled and participating in the organized educational groups in which Extension home economists carry out a continuous educational program. Twenty-two clubs in Giles County enrolled 313 such members in 1975.

Public housing homemakers (PHHs). 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. Two hundred and ninety-seven units housed that many families in Pulaski, Tennessee, Giles County in 1975.

Recommended nutrition practices. Sixteen practices pertaining to foods which had been identified by Tennessee Agricultural Extension nutritionists based on research. They are to be given special subject-matter emphasis in Extension educational programs with homemakers in all Tennessee counties including Giles. Prior surveys were conducted in 1966 and 1971.

Nutrition. The subject-matter area which is concerned with the processes by which all parts of the body receive and utilize the materials necessary for performance of their functions and for the growth and renewal of all components (8:11). It is one of Extension's primary areas of home economics program emphasis and was available to all Giles County homemaker audiences on a regular basis at the time of the study.

Urban. In this study, urban refers to those living within the city limits of Pulaski, Tennessee.

## CHAPTER II

### REVIEW OF RELATED LITERATURE

A review of related literature disclosed that considerable work had been done in certain areas of nutrition practice adoption and use and less in other areas.

In 1967 Congressional hearings dramatized the probability that serious hunger and malnutrition existed in the United States. A comprehensive survey to assess the nutritional status of the United States population was initiated in June, 1968, by the Department of Health, Education and Welfare (HEW). The survey was limited to ten states: Washington, California, Texas, Louisiana, South Carolina, Kentucky, West Virginia, Michigan, Massachusetts, and New York (22:1).

The results of the nutrition survey indicated that a significant proportion of the population surveyed was malnourished or was at a nutritional high-risk stage (22:8). Many of the families included in the ten-state survey were living below or only slightly above the poverty level (22:7).

Lederberg (23:169) states as opposed to starvation, malnutrition refers to a deficit or imbalance among various nutrients.

Barg (1:56) feels that malnutrition is a result of many contributing factors, ranging from sociocultural habits to insufficient food. According to Barg, improvements in purchasing power are not always accompanied by improvements in the nutritional quality of the food purchased and subsequently consumed.

Bloom (10:135) indicates that recent surveys have revealed a surprising lack of knowledge concerning the essential elements of good nutrition among persons in all income groups.

Nutrition education in an individual life is part of the continuous learning process that begins at birth and ends only with the end of life. Ullrich and Briggs (10:176) point out that nutrition is affected by the culture, behavior, and attitudes of each individual; good nutrition must meet the special needs of each person within his own environment. They feel that to attain good nutrition, each individual must be motivated to utilize his knowledge of nutrition for his own physical benefit. According to Ullrich and Briggs, if each individual in our society is going to effectively implement his right to and need for proper food, then he must be given the opportunity to know enough about food and nutrition to choose for himself those foods that will supply his nutritional needs throughout life. Food habits are forms of group behavior which can be changed through education; however, Bloom (10:136) feels the task of changing eating habits is a staggering one.

In general, it is seen that eating fulfills both psychological and physiological needs. In order for nutritional education to be effective, the family's food preferences should be known. Ellis (10:163) feels that in this way the family culture is maintained. He states that the satisfaction derived from a family eating together can hardly be overemphasized. Prince (13:10) points out that religious values, customs, beliefs and tradition-bound attitudes and practices make up the total cultural pattern of any community. Scientific information must be guised in the local custom. The educator must begin where the people are.

Devades (5:170) points to the family as the logical unit with which the Extension home economists can work to change nutritional practices. The nutrition educator should involve children, mother and grandmother in nutrition programs, approaching them with respect and modifying methods to suit their needs and literacy level.

#### A. RELATED TO CHARACTERISTICS OF HDCHs and PHHs

The Federal Extension Service (21:3) conducted a national study in 1957 to learn some of the social and economic characteristics of home demonstration club members. Fifty-two percent of the members reported some home economics training in high school, college, or adult education classes. There was a consistent increase in family income as the education of the homemaker increased. An increase in membership in organizations also increased along with income. One out of ten belonged only to a home demonstration club, but one out of six belonged to five or more organizations.

Membership in church organizations ranked highest with 70 percent belonging; other organizations included community groups such as PTA and school boards, with 50 percent belonging. Thirty-four percent of home demonstration club members reported membership in clubs such as garden, reading, study, and service.

One-fifth of the members reported selling home produce, dressmaking, and caring for children as a method of earning money regularly at home.

Education of the homemakers made little difference in whether or not there were 4-H members in the home when the study was made. The families

reporting 4-H members in the home to the greatest extent were those with incomes of \$1,500 to \$3,500. A higher percentage of the home demonstration club members in the middle-income groups had been members than those whose income was less than \$1,500 or more than \$5,000.

A 1971 study by Prince (16:17) of home demonstration club members in Weakley County, Tennessee, revealed that 58 percent lived on farms, 22 percent were rural nonfarm and 20 percent were urban residents. The study also shows that 40 percent of the heads of households of all Weakley County home demonstration club members were retired, 20 percent were full-time farmers, 11 percent were business people, 14 percent were wage earners, 9 percent were either housewives or widows, 4 percent were part-time farmers, and 2 percent were professionals. Prince's study further indicated that 47 percent of the home demonstration club members had only two family members living at home, 18 percent had only one, 13 percent had four, 11 percent had three and 11 percent had five or more family members living at home.

Eighty-four percent of the club members reported having no children, 7 percent had only one, and 9 percent had two or more. Only 16 percent of the children living in members' homes were under 15 years of age.

Twenty-nine percent of the Weakley County home demonstration club members worked outside the home. Eighteen percent work part-time while 11 percent worked full-time. According to the study, 12 percent of the home demonstration club members were employed in business or professional jobs and 20 percent were wage earners.

The educational median for Weakley County home demonstration club members was 10th grade. Thirty-one percent were in the 0-8 grade level, 64 percent had attained 9-12 years of schooling, and 5 percent of the members had completed 13-17 years of schooling.

Total gross income for 22 percent of the Weakley County home demonstration club members was less than \$2,999. Forty-two percent had a total gross income of \$3,000 to \$4,999. The estimated median income was \$4,436.

Public housing for low-income families had its origin in the New Deal administration of President Franklin D. Roosevelt (9:3).

In a study by Coursey and Skaggs (3:49) "dignity" and "worth" were felt to be upheld through Farmers Home Administration, and public housing was seen as something that would tend to "degrade" the individual who must make use of this source.

Congress legislated policy on three major points with respect to conditions of occupancy in public housing: first, the income levels allowed to tenants and calculation of rents; second, definition of the family unit eligible for admission; and third, development of the priorities to be used when applications for admission exceed available space (14:23).

In public housing, rent is associated with family income and not with the size of the dwelling unit occupied by the tenant (14:23).

First priority until 1960 was given to those displaced by public actions such as slum clearance and veterans.

In 1975, Meehan (14:126) reported that most tenants studied were employed sporadically, that they changed jobs frequently and that they were employed at unskilled tasks at minimum wages.

Increase in female heads of households was one of the most dramatic changes that took place in public housing between 1954 and 1969. When public housing first began in 1942, fewer than 10 percent of the households were headed by female; by 1974, between 70 and 80 percent of the households in every project in the St. Louis project had female heads.

Cooper (2:39) in a 1975 study of public housing residents living in the Easter Hill Village reports that about three-fourths of the sampled households belonged to some sort of organization. The church was the organization mentioned most frequently as the organization to which public housing homemakers belonged. Other organizations mentioned infrequently by the Easter Hill residents were PTA, American Foreign Legion, the Veterans of Foreign Wars, the Eastern Star, and the Eagles.

A substantial proportion of the Easter Hill housing project residents had women as head of households, with fathers of their children no longer living with the family. Financial help was from the Welfare Department, grants under Aid to Dependent Children, and rental subsidies from the Public Housing Authority. The average family size at Easter Hill at the time of the study was 2.7 children, but in one-third of the families there were four children or more (2:26).

In about two-thirds of the families one or more adults were employed; the other one-third subsisted on welfare, unemployment insurance, and social security. The employed men usually worked in fairly low paying

occupations such as cannery workers, railroad car loaders, or service station attendants and some were low ranking navy servicemen.

Fewer than one-fifth of the women were employed at the time of the study and they usually worked at low paying service jobs such as nurse's aide, child care worker, playground supervisor, or cashier (2:27).

Almost one-half of the Easter Hill adult population had graduated from high school and 14 percent had one or more years of college.

The residents in the Easter Hill housing project tended not to be too friendly with their neighbors. The more degraded they felt by having to live in public housing, the less they wanted to become intimate with other people in the project (2:28).

Petomet (14:220) in 1973 reporting about the people at the LaHalle housing project stated that no resident that he knew of subscribed to a newspaper. He reported that every home had a television unless it was missing, only temporarily, in case of repossession (15:220).

Davis (4:17) reported in a 1967 study of blacks in Hardman County, Tennessee that the educational level for the urban group of nonmembers living in the Bolivar Housing Authority project was higher than for home demonstration club members and nonmembers county-wide. Forty-four percent of the residents in the Bolivar public housing had attained the 9-10th grade level.

Three-fourths reported some home economics training in school, but none in home demonstration clubs.

As one might expect, 52 percent of the Bolivar public housing residents had incomes of less than \$1,000 (4:20).

Forty-eight percent of the 25 public housing residents were employed full-time while 8 percent were employed part-time. Twenty of the 25 families had a total of 80 children living at home. Forty-eight percent of the public housing residents had at one time been enrolled in a 4-H club and 60 percent had children enrolled in a 4-H club at the time of the study (4:32).

Mariner in a study of disadvantaged (low-income) young homemakers in Roane County reported that many of the homemakers in the study did not participate in any community activity. Almost one-half of the homemakers were church members (12:60).

#### B. RELATED TO (NUTRITIONAL) PRACTICES OF HDCHs AND PHHs

In a 1975 study by Stocking (19:86), age of homemakers was significantly related to nutrition practices used by Sullivan County, Tennessee, home demonstration club members, with those in the middle-age group (40-59 years) using the most practices. Stocking also noted among home demonstration club members an increase in use of nutrition practices with an increase in the number of meetings members attended. Those attending five or more meetings tended to use more practices.

According to a 1971 Tennessee Agricultural Extension Service food and nutrition survey (20) of home demonstration club members, 76 percent used canning as a method of food preservation, 82 percent used freezing, 65 percent used pickling, and 21 percent used drying as a method. Forty percent of homemakers surveyed used three methods and 19 percent used four methods of food preservation.

When canning low-acid food, 54 percent used recommended practices, 50 percent used water bath method, and 71 percent used freezing recommended practices.

When grocery shopping, 83 percent checked their food supply before going shopping and restocked items in food groups that had been used, and 84 percent, when grocery shopping, tried to get the most food value for money spent. Ninety percent kept on hand foods from each of the four food groups.

When planning meals, 73 percent used the following recommended practices, In planning meals, included citrus fruits or other sources of Vitamin C foods each day, and Planned for at least one serving of a dark green leafy or yellow vegetable four or five times a week. Only 54 percent, Included at least one iron-rich food in addition to two servings of meat each day.

Fifty-four percent of adult family members had at least two glasses of milk or its equivalent each day and only 50 percent of children had recommended amounts each day. Eighty-eight percent had recommended servings of meat, 89 percent frequently included poultry and fish, 62 percent provided family members with nutritious snack foods, while only 36 percent followed recommended practices when dieting. Seventy-two percent followed food preparation practices. Thirty-three percent of homemakers surveyed used 13 or more of 16 recommended practices studied.

Prince's (16:85) findings indicated a marked difference in use of nutritional practices in Weakley County, Tennessee, between home demonstration club members and nonmembers regarding practices related to planning and buying.

Twenty-six percent of all home demonstration club members planned meals at least two to five days in advance. Only 58 percent followed recommended practices in meal planning, while 91 percent reported eating an adequate breakfast, 80 percent included one outstanding source or two other sources of Vitamin C foods each day. Sixty-seven percent followed recommended practices of using green leafy and yellow vegetables, 83 percent included two servings of meats in their meals daily with 13 percent using the practice often.

Only 49 percent of the Weakley County home demonstration club members followed recommended milk practice and only 22 percent followed recommended milk practice for their children.

Davis' (4:69) findings show that more black home demonstration club members had planned meals two or three days ahead than had black non-members. Eighty-six percent of the Hardeman home demonstration club members had used adequate sources of Vitamin C, and 94 percent reportedly ate at least one serving of green or yellow vegetables on the day preceding the interview. Only 46 percent of the adults in families of home demonstration club members drank two glasses of milk daily. All children in families of home demonstration club members drank one or more glasses of milk on the day prior to interview.

Petonnet (14:32) states that the LaHalle public housing residents had to purchase all food in markets and that the poor were not able to shop as efficiently as consumers who had more money. Because they had neither the money to buy more food nor adequate home facilities to store it, they found it necessary to buy food in smaller quantities. Also

they often were unable to afford transportation to shopping centers where supermarket prices are lower.

Petonnet (14:104) felt the idea commonly held by the middle class, that the eating process is a social activity, an experience to be shared pleasantly with one or more others, was a concept that might have been foreign to some of the poor. She also stated that the poor probably had even less tendency than the nonpoor to make food choices for the sake of health. They had learned to be realistic and not expect optimum good health.

Gifft, Washbon and Harrison (10:324) point out that the lack of money affects every aspect of living for the poor and near-poor. A continual struggle to make ends meet inevitably means that once hunger pangs are satisfied food becomes less important to poor families than many of their other problems.

Seiders (14:123) in a 1972 study of Extension Food and Nutrition Educational Program in Tennessee families reported that more homeowners than others tended to have adequate diets. The same study indicated that urban families had significantly lower percents of homemakers with adequate servings from several of the food groups than was true of rural nonfarm or farm families. Public housing homemakers are urban.

Forty-eight percent of the Bolivar public housing homemakers studied by David (4:34) reported they planned each meal as they started preparing it. Eight percent said they always followed recommended practices in meal planning, while more than 68 percent said they followed recommended practices sometimes and 24 percent said they never followed recommended practices in meal planning.

Davis' (4:53) report indicates that 35 percent of adults in the families living in the Bolivar public housing usually drank two glasses of milk a day, while 31 percent drank 1 glass a day. Only 3 percent of the children in the project had four glasses of milk both on the day preceding the interview and usually.

C. RELATED TO FACTORS INFLUENCING ADOPTION OF  
NUTRITIONAL PRACTICES BY HDCHs AND PHHs

Various sources have reportedly been used by homemakers for receiving nutritional information. In the 1971 survey by the Tennessee Agricultural Extension Service, 73 percent of the home demonstration club members reported television as a useful source, 53 percent radio, 53 percent daily newspapers, 43 percent weekly newspapers, and 35 percent other sources. Thirty-six percent reported using four or more sources of mass media. The Extension Agent was listed as a source by 68 percent of those surveyed. Fifty-nine percent used only one source for nutritional information.

Fifty-six percent of those surveyed had a workable freezer and 99 percent had a refrigerator.

Thirty-three percent of the home demonstration club members indicated they would like to attend a meal planning workshop, 31 percent a meat cookery workshop, 27 percent a food buying workshop, and 20 percent a food preservation workshop.

In the 1971 Weakley County study, Prince (16:48) found that 76 percent of home demonstration club members had reported using 7 or more

sources for receiving information about food preparation and food buying. Ninety-six percent interviewed stated they had received training in food buying, preparation, or meal planning.

Seventy-six percent of the Weakley County home demonstration club members reported growing gardens. Ninety-one percent indicated they canned and froze surplus vegetables for later use.

According to Prince (16:77) the three largest sources from which home demonstration club members reported receiving information on meal planning other than individuals were 93 percent home demonstration club meetings, 93 percent, daily newspapers, 62 percent, and university publications, 58 percent. The three largest sources of information reported on food preparation by club members were home demonstration club meetings 93 percent, farm magazines, 62 percent, daily newspapers, 60 percent. The largest sources of information reported on food buying by club members were home demonstration club meetings, 91 percent, university publications, 62 percent, and farm magazines and daily newspapers, 58 percent. Friends or neighbors were a source of information about meal planning for 80 percent, while the home agent was a source for 96 percent. Ninety-one percent talked to the home agent about food preparation and 93 percent about food buying.

Stockings' (19:37) findings indicated that 58 percent of homemakers using food stamps received nutritional information from television, 39 percent from radio, 21 percent by telephone, 39 percent from daily newspapers, and 17 percent received information from weekly newspapers. Forty-five percent of the food stamp recipients had received nutrition

instructions from an Extension Agent. The study shows that while food stamp recipients had received no nutrition instructions from the Public Health Department, 48 percent of home demonstration club members had.

Stockings' (19:61) Sullivan County study disclosed that the highest number of nutrition practices was used by food stamp recipients using five or more sources of nutrition information. Only 27 percent of the food stamp recipients surveyed indicated an interest in attending a workshop or series of meetings pertaining to food buying. Fifty-four percent of the food stamp recipients and HDC members showed no interest in workshops or meetings related to food preservation. Thirty-five percent of the home demonstration club members and 27 percent of the food stamp users were interested in meetings on cooking meats.

Very little information was available pertaining to public housing homemakers' use of nutrition, particularly with regard to the sources used.

## CHAPTER III

### METHODS OF PROCEDURE

#### A. POPULATIONS AND SAMPLES

The populations of this study included 313 home demonstration club members and 297 public housing homemakers from Giles County. Survey information was secured through interviews with homemakers. The "nth" number technique was the method used for securing names of home demonstration club members and public housing homemakers to be interviewed.

Two random samples of subjects for this study were used. One sample consisted of 25 home demonstration club members; the other sample consisted of 25 public housing homemakers.

#### B. THE INTERVIEW SCHEDULES

The Tennessee Nutrition Survey schedule developed by the Agricultural Extension Service, The University of Tennessee, Knoxville, was used to obtain data. A copy of the schedule is included in the Appendix. The nutrition schedule dealt with meal planning, storage, food preparation, and food preservation. Sixteen recommended nutritional practices were included. Face data were obtained with a general information schedule related to socioeconomic factors developed by the researcher (See Appendix).

### C. INTERVIEW TECHNIQUE AND DATA COLLECTION

Interviews were conducted in the homes of the subjects. The homemakers were told that the interviewer was a member of the Giles County Agricultural Extension staff who was making a study of the food and nutrition practices of homemakers as a basis for program planning. It was further explained that the interviewer was writing a paper on this subject and anonymity was assured.

### D. HANDLING OF DATA AND ANALYSES

Data from the interview schedules were tabulated by the interviewer. Socioeconomic characteristics, nutritional practices used, and sources of information for the two groups were compared.

Data were computed in numbers, percents, averages and medians where appropriate. Differences between groups of nine percent or larger were considered to be "consequential" and were discussed.

## CHAPTER IV

### FINDINGS OF THE STUDY

As stated earlier, this study was undertaken to compare the nutritional practices of selected Giles County home demonstration club members with those of public housing homemakers. Both of the random samples of 25 each were personally interviewed by the writer.

The interview schedule included certain social characteristics of the respondents, specific nutritional practices used, and factors thought to influence adoption of the nutritional practices. Presentation below will follow these headings.

#### A. CHARACTERISTICS OF HOMEMAKERS AND THEIR FAMILIES

Characteristics of all homemakers (HDCHs, PHHs) interviewed will be comparatively discussed below as proposed in the purposes of the study.

##### Employment of Homemakers

Tables I and II include data regarding the employment of the homemakers. Reference to Table I shows that 84 percent of all homemakers did not work outside the home. When HDCHs, 88 percent, and PHHs, 80 percent, were compared, it was noted that more of the latter than the former were employed, 12 percent of the former and 8 percent of the latter working full-time outside the home. Also 12 percent of PHHs and none of the HDCHs were employed part-time. Thus, more PHHs tended to be employed than was true for HDCHs interviewed.

TABLE I  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND  
TOTALS WORKING OUTSIDE THE HOME

| Reported Working<br>Outside the Home | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|--------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                     |                                      |                 |                |
| Did not work outside<br>the home     | 84                                   | 88              | 80             |
| Full-time                            | 10                                   | 12              | 8              |
| Part-time                            | 6                                    | 0               | 12             |
| Total                                | 100                                  | 100             | 100            |

TABLE II  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS ACCORDING  
TO TYPES OF WORK OUTSIDE THE HOME

| Type of Work<br>Outside the Home | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                 |                                      |                 |                |
| Did not work<br>outside the home | 84                                   | 88              | 80             |
| Professional                     | 6                                    | 12              | 0              |
| Wage earner                      | 6                                    | 0               | 12             |
| Maid                             | 4                                    | 0               | 8              |
| Business                         | 0                                    | 0               | 0              |
| Retired                          | 0                                    | 0               | 0              |
| Total                            | 100                                  | 100             | 100            |

As seen in Table II, working PHHs were doing more different kinds of work outside the home, most reporting "wage earner," 12 percent, and "maid," 8 percent, while those who were working HDCHs were classified "professional," 12 percent. Some not working outside the home reported receiving money from home sewing, 12 percent, and baby sitting, 4 percent.

### Children in Families

Tables III and IV include data about the children of homemakers. Table III indicates that 40 percent of all homemakers did not have girl children, 38 percent did not have boys, 22 percent did not have any children, 66 percent did not have children living at home and 68 percent did not have children depending on them for support. It is further indicated that 28 percent of HDCHs did not have children, 48 percent had 1-2 and 24 percent had 3 or more; while 16 percent of PHHs did not have children, 40 percent had 1-2, 44 percent had 3 or more. Thus, consequentially more PHHs tended to have more children than HDCHs. Relatively little difference is noted between the two groups regarding percents of children living at home and those dependent for support excepting that consequentially more PHHs had 3 or more living at home and dependents for support.

Table IV shows that 75 percent of all homemakers surveyed did not have children between the ages of 9-19, 20 percent had 1-2 children between ages 9-19 and 6 percent had 3 or more children between ages 9-19. Little difference occurred between the two groups.

TABLE III  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS HAVING CHILDREN

| Children                      | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...              |                                      |                 |                |
| <u>Girls:</u>                 |                                      |                 |                |
| None                          | 40                                   | 48              | 32             |
| One-Two                       | 42                                   | 36              | 48             |
| Three or More                 | 18                                   | 16              | 20             |
| <u>Boys:</u>                  |                                      |                 |                |
| None                          | 38                                   | 48              | 28             |
| One-Two                       | 54                                   | 44              | 64             |
| Three or More                 | 8                                    | 8               | 8              |
| <u>Total Children:</u>        |                                      |                 |                |
| None                          | 22                                   | 28              | 16             |
| One-Two                       | 44                                   | 48              | 40             |
| Three or More                 | 34                                   | 24              | 44             |
| <u>Living at Home:</u>        |                                      |                 |                |
| None                          | 66                                   | 64              | 68             |
| One-Two                       | 24                                   | 32              | 16             |
| Three or More                 | 10                                   | 4               | 16             |
| <u>Dependent for Support:</u> |                                      |                 |                |
| None                          | 68                                   | 64              | 72             |
| One-Three                     | 22                                   | 32              | 12             |
| Three or More                 | 10                                   | 4               | 16             |
| Total                         | 100                                  | 100             | 100            |

TABLE IV  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS HAVING  
CHILDREN BETWEEN AGES 9-19

| Children         | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|------------------|--------------------------------------|-----------------|----------------|
| ... Percents ... |                                      |                 |                |
| None             | 74                                   | 72              | 76             |
| One-Two          | 20                                   | 24              | 16             |
| Three or More    | 6                                    | 4               | 8              |
| Total            | 100                                  | 100             | 100            |

Reference to Table V shows that 74 percent of homemakers surveyed did not have any children in school, while 20 percent had 1-2 children in school and 6 percent had 3 or more children in school. When groups were compared, it was found that 24 percent of HDCHs had 1-2 children in school, 16 percent PHHs had 1-2 children in school. Four percent of the former and 8 percent of the latter had 3 or more children in school. Thus, data in Tables IV and V appear to be identical and supportive.

Study of data in Tables VI and VII shows the percents of homemakers who had children in 4-H at study time or had ever had children in a 4-H club. It may be noted in Table VI that 96 percent did not have children in 4-H. When comparison was made, 92 percent of HDCHs did not have children in 4-H, while 100 percent of PHHs did not have children in 4-H.

TABLE V  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS HAVING  
CHILDREN ATTENDING SCHOOL

| Number of Children<br>Attending School | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                       |                                      |                 |                |
| None                                   | 74                                   | 72              | 76             |
| One-Two                                | 20                                   | 24              | 16             |
| Three or More                          | 6                                    | 4               | 8              |
| Total                                  | 100                                  | 100             | 100            |

TABLE VI  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS WHO HAD  
CHILDREN IN 4-H AT TIME OF THE STUDY\*

| Children in 4-H<br>at Time of Study | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                    |                                      |                 |                |
| None                                | 96                                   | 96              | 100            |
| Had Children in 4-H                 | 4                                    | 8               | 0              |
| Total                               | 100                                  | 100             | 100            |

\*Only two homemakers, both HDCHs, had children in 4-H at time of study. Each had one child in 4-H club.

TABLE VII

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS EVER HAVING HAD  
CHILDREN IN 4-H, TOTAL NUMBER AND AVERAGES

| Children Ever<br>in 4-H                                      | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|--------------------------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                                             |                                      |                 |                |
| None                                                         | 66                                   | 52              | 80             |
| Had Ever Had Children<br>in 4-H                              | 34                                   | 48              | 20             |
| Total                                                        | 100                                  | 100             | 100            |
| ... Number of Children                                       |                                      |                 |                |
| Total Number Children<br>Ever in 4-H                         | 28                                   | 21              | 7              |
| Average Number Children<br>Ever in 4-H of Those<br>Reporting | 1.6                                  | 1.8             | 1.4            |

As seen in Table VII, 66 percent of all homemakers surveyed had never had any children in 4-H. When comparison was made, 52 percent of HDCHs and 80 percent of PHHs had never had children in 4-H. Thus 34 percent of all homemakers surveyed had at some time had children in 4-H, 48 percent of the former and 20 percent of the latter. HDCHs had had a total of 21 children in 4-H for an average of 1.8 for those reporting; while PHHs had had 7 for an average of 1.4.

#### Place of Residence

Tables VIII and IX include data about the place and kind of residence of the homemakers. Reference to Table VIII shows that 18 percent of all homemakers were farm residents, 22 percent were rural nonfarm and 60 percent were urban. When the two groups were compared, 36 percent of HDCHs were farm, 44 percent were rural nonfarm and 20 percent were urban; while all PHHs were urban.

Reference to Table IX reveals that 56 percent of all homemakers rented their homes, 40 percent owned and 4 percent were "other" (e.g., living with family). Only 12 percent of HDCHs rented their homes, while 80 owned and 8 percent were "other" (e.g., living with family). Of course, 100 percent of the PHHs rented.

#### Age and Marital Status of Homemakers

Tables X and XI show the ages and marital statuses of the homemakers surveyed. The median age for all homemakers surveyed was 65 years. HDCHs were slightly younger with a median age of 57 years; while PHHs were older with a median age of 69 years (see Table X). Table X indicates

TABLE VIII  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
ACCORDING TO HOME LOCATION

| Location of Residence | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-----------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...      |                                      |                 |                |
| Urban                 | 60                                   | 20              | 100            |
| Rural Nonfarm         | 22                                   | 44              | 0              |
| Farm                  | 18                                   | 36              | 0              |
| Total                 | 100                                  | 100             | 100            |

Note: Urban in this thesis refers to those living within the city limits of Pulaski, Tennessee.

TABLE IX  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTAL  
ACCORDING TO HOME OWNERSHIP

| Home Ownership   | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|------------------|--------------------------------------|-----------------|----------------|
| ... Percents ... |                                      |                 |                |
| Rent             | 56                                   | 12              | 100            |
| Own              | 40                                   | 80              | 0              |
| Other            | 4                                    | 8               | 0              |
| Total            | 100                                  | 100             | 100            |

TABLE X  
PERCENTS OF GILES COUNTY HDCHs, PHHs ACCORDING  
TO AGE GROUP AND MEDIANS

| Ages of Homemakers<br>in Years | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|--------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...               |                                      |                 |                |
| 20-24                          | 2                                    | 0               | 4              |
| 25-34                          | 8                                    | 8               | 8              |
| 35-44                          | 12                                   | 12              | 12             |
| 45-54                          | 10                                   | 16              | 4              |
| 55-64                          | 18                                   | 24              | 12             |
| 65 or More                     | 50                                   | 40              | 60             |
| Total                          | 100                                  | 100             | 100            |
| Median Age                     | 65 Yrs                               | 57 Yrs          | 69 Yrs         |

TABLE XI  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
ACCORDING TO MARITAL STATUS

| Homemakers' Marital<br>Status | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...              |                                      |                 |                |
| Widowed                       | 48                                   | 28              | 68             |
| Married                       | 36                                   | 64              | 8              |
| Divorced                      | 6                                    | 0               | 12             |
| Separated                     | 6                                    | 4               | 8              |
| Unmarried                     | 4                                    | 4               | 4              |
| Total                         | 100                                  | 100             | 100            |

that more than two-thirds of all homemakers surveyed were 55 years of age or older. Sixty-four percent of the HDCHs and 72 percent of PHHs were 55 years or older. Few in either group were under 35 years of age.

Table XI reveals that nearly one-half, 48 percent, of all homemakers surveyed were widowed, 36 percent were married and equal 6 percents were divorced and separated. Sixty-four percent of HDCHs were married; while 68 percent of PHHs were widowed. Also 12 percent of the latter were divorced and 8 percent were separated.

#### Major Occupations

Table XII shows that 52 percent of all homemakers surveyed did not report occupations of husbands. In households with occupations of husbands reported 14 percent were retired; 10 percent were professional, and like percents of 6 each were full-time farmers, wage earner and "other" (e.g., unknown or unemployed). Several consequential differences were noted when comparisons were made with the two groups. For example, while only 32 percent of HDCHs did not report occupations, 72 percent of PHHs did not. Also while like 20 percent of each of the HDCHs husbands were retired or had professional occupations, only 8 percent of the PHHs husbands were retired and none had professional occupations. None of HDCHs listed "other," though 12 percent of PHHs did so. The reverse was true for full-time farmers.

#### Income

Tables XIII and XIV include data describing the sources and amounts of income reported by the homemakers. Reference to Table XIII shows

TABLE XII

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
ACCORDING TO HUSBAND'S MAJOR OCCUPATION

| Husband's Major<br>Occupation | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...              |                                      |                 |                |
| Not Reported                  | 52                                   | 32              | 72             |
| Retired                       | 14                                   | 20              | 8              |
| Professional                  | 10                                   | 20              | 0              |
| Full-Time Farmer              | 6                                    | 12              | 0              |
| Wage Earner                   | 6                                    | 4               | 8              |
| Business                      | 4                                    | 8               | 0              |
| Part-Time Farmer              | 2                                    | 4               | 0              |
| Other                         | 6                                    | 0               | 12             |
| Total                         | 100                                  | 100             | 100            |

TABLE XIII

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
ACCORDING TO SOURCES OF INCOME\*

| Source of Income          | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|---------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...          |                                      |                 |                |
| Social Security           | 64                                   | 52              | 76             |
| Aid to Dependent Children | 10                                   | 4               | 16             |
| Old Age Assistance        | 8                                    | 0               | 16             |
| Assistance from Children  | 4                                    | 4               | 4              |
| Other                     | 6                                    | 4               | 8              |

\*Some received more than one source of income; therefore, percent does not add up to 100.

TABLE XIV  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
ACCORDING TO APPROXIMATE MONTHLY FAMILY  
INCOME AND ESTIMATED MEDIA INCOMES

| Monthly Income                    | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-----------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                  |                                      |                 |                |
| Less Than \$100                   | 14                                   | 4               | 24             |
| Between \$100 and \$200           | 40                                   | 16              | 64             |
| Over \$200 but Less<br>Than \$300 | 8                                    | 4               | 12             |
| Over \$300 but Less<br>Than \$400 | 10                                   | 20              | 0              |
| Over \$400 but Less<br>Than \$500 | 4                                    | 8               | 0              |
| Over \$500 per Month              | 24                                   | 48              | 0              |
| Total                             | 100                                  | 100             | 100            |
| Estimated Median Income           | \$185                                | \$475           | \$140          |

that 64 percent of all homemakers surveyed received income from Social Security. When comparison was made, it was found that 52 percent of the HDCHs and 76 percent of the PHHs received money from Social Security. Ten percent of all interviewees received Aid to Dependent Children, 8 percent from Old Age Assistance, 4 percent assistance from their own children and 6 percent from other sources (e.g., child support). When the two groups are compared it may be noted that 4 percent of the HDCHs and 16 percent of the PHHs received Aid to Dependent Children, while 16 percent of PHHs and none of the HDCHs received Old Age Assistance.

Table XIV reveals the estimated media incomes of all homemakers surveyed to be \$185 per month. All PHHs and nearly one-fourth (24 percent) of the HDCHs reported a total income of less than \$300 income per month. Nearly one-half (48 percent) of the HDCHs reported receiving \$500 or more per month. HDCHs' median, \$475, was considerably higher than PHHs' \$140 as expected.

#### Educational Status

Reference to Table XV indicates that the median educational level was 8th grade for all homemakers surveyed—10th grade for HDCHs and 5th grade for PHHs. Fifty-four percent of all homemakers had completed 9th grade or more. Fully 80 percent of the HDCHs and only 28 percent of the PHHs had completed 9th grade or more. Thus more HDCHs had completed more formal school work.

#### Workable Appliances

Table XVI reveals the workable appliances homemakers had. All homemakers surveyed had refrigerators, 94 percent had electric ranges,

TABLE XV

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS ACCORDING  
TO EDUCATION LEVELS ATTAINED AND MEDIANs

| Educational Grade Level | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...        |                                      |                 |                |
| 0                       | 2                                    | 0               | 4              |
| 1-8                     | 44                                   | 20              | 68             |
| 9-12                    | 46                                   | 64              | 28             |
| College 1-2             | 6                                    | 12              | 0              |
| College 2-4 or More     | 2                                    | 4               | 0              |
| Total                   | 100                                  | 100             | 100            |
| Median Grade Level      | 8th Grade                            | 10th<br>Grade   | 5th<br>Grade   |

TABLE XVI

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
ACCORDING TO WORKABLE APPLIANCES\*

| Workable Appliances       | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|---------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...          |                                      |                 |                |
| Refrigerator              | 100                                  | 100             | 100            |
| Electric Range            | 94                                   | 88              | 100            |
| Separate Freezer Unit     | 52                                   | 92              | 12             |
| Gas Range                 | 6                                    | 12              | 0              |
| Total Workable Appliances | 100                                  | 100             | 100            |

\*Remaining percent from 100 did not have freezers.

52 percent had workable freezers and 6 percent had gas ranges. Consequential differences are seen between HDCHs, and PHHs, having freezers (92 percent versus 12), electric ranges (88 percent versus 100) and gas ranges (12 percent versus none). Thus, though all had workable ranges and refrigerators, more HDCHs had separate workable freezers.

### Gardens

Thirty-six percent of all homemakers surveyed had a place for a garden (See Table XVII). Consequential difference is seen between the two groups regarding garden space. Seventy-two percent of the HDCHs had space, while none of the PHHs did.

TABLE XVII

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS HAVING  
A PLACE FOR A VEGETABLE GARDEN

| Place for a Vegetable<br>Garden        | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                       |                                      |                 |                |
| Did Not have Vegetable<br>Garden Place | 64                                   | 28              | 100            |
| Had Vegetable Garden<br>Place          | 36                                   | 72              | 0              |
| Total                                  | 100                                  | 100             | 100            |

Study of Table XVIII reveals that 56 percent of the HDCHs actually had gardens in 1974. Since none of the PHHs had garden sites, none had gardens, though window boxes and container gardens were possibilities.

TABLE XVIII  
 PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
 GROWING A GARDEN IN 1974

| Grow A Garden       | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|---------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...    |                                      |                 |                |
| Did Not Have Garden | 72                                   | 44              | 100            |
| Had Garden          | 28                                   | 56              | 0              |
| Total               | 100                                  | 100             | 100            |

### Food Preservation

Table XIX data indicate methods used to preserve food. The average number of methods used by all homemakers reporting was 2.0, 2.7 for HDCHs and 0.4 for PHHs. Sixty-eight percent of all homemakers surveyed preserved some food. Fifty-four percent canned, 52 percent froze, 42 percent pickled and 6 percent used drying as a method. All differences noted in the table were consequential. For example, while 88 percent of the HDCHs canned, only 20 percent of the PHHs did. Eighty-eight percent of the HDCHs froze food; only 16 percent of the PHHs did. Eighty percent of the HDCHs and only 4 percent of the PHHs did some pickling. Twelve percent of the HDCHs and none of the PHHs used drying as a method of food preservation.

TABLE XIX

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS USING SOME FORM OF FOOD PRESERVATION AND AVERAGE NUMBER OF METHODS USED\*

| Food Preservation System Used                     | All Homemakers Interviewed (N=50) | HDCHs (N=25) | PHHs (N=25) |
|---------------------------------------------------|-----------------------------------|--------------|-------------|
| ... Percents ...                                  |                                   |              |             |
| None Used                                         | 32                                | 0            | 60          |
| Canning                                           | 54                                | 88           | 20          |
| Freezing                                          | 52                                | 88           | 16          |
| Pickling                                          | 42                                | 80           | 4           |
| Drying                                            | 6                                 | 12           | 0           |
| Average Number of Methods Used By Those Reporting | 2.0                               | 2.7          | 0.4         |

\*Percents do not total 100 since some reported more than one method.

### Church Attendance

Seventy percent of all homemakers surveyed attended church weekly. The vast majority of HDCHs, 88 percent, and about one-half, 52 percent, of the PHHs reported attending church weekly (see Table XX).

### Membership In Organizations

Table XXI shows that 34 percent of all homemakers surveyed held membership in some civic or social organization. Sixty-four percent of the HDCHs and only 4 percent PHHs held such membership.

## B. NUTRITION PRACTICES USED

As seen in Table XXII, percents and average percents of homemakers were compared to determine which recommended nutrition practices were being used and not used. Reference to the end of the table discloses that 53 percent of all homemakers used each of 16 practices considered. Sixty-five percent of HDCHs and 42 percent of PHHs, on the average, used each of the 16 practices.

Since some practices were not applicable to some homemakers (e.g., children had 3 or 4 glasses of milk or its equivalent daily, nutritious snacks, dieting, freezing or canning practices if no freezing or canning), an additional effort was made to summarize remaining practices. The total average percent for possible practices, then, was 64 percent for all, 73 percent for HDCHs and 55 percent for PHHs.

### Shopping Practices

Two shopping practices, Practice #1, "Before grocery shopping, checked food supply and restocked items in food groups that had been

TABLE XX

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
ACCORDING TO WEEKLY CHURCH ATTENDANCE

| Church Attendance     | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-----------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...      |                                      |                 |                |
| Attended Weekly       | 70                                   | 88              | 52             |
| Did Not Attend Weekly | 30                                   | 12              | 48             |
| Total                 | 100                                  | 100             | 100            |

TABLE XXI

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
ACCORDING TO MEMBERSHIP IN CIVIC  
OR SOCIAL ORGANIZATIONS

| Membership in Civic or<br>Social Organizations | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|------------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                               |                                      |                 |                |
| Were Members                                   | 34                                   | 64              | 4              |
| Were Not Members                               | 66                                   | 36              | 96             |
| Total                                          | 100                                  | 100             | 100            |

TABLE XXII

PERCENTS AND AVERAGE PERCENTS OF GILES COUNTY HDCHs,  
PHHs AND TOTALS ACCORDING TO RECOMMENDED  
NUTRITION PRACTICES

| Practice                                                                                                 | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------------------------------------------------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                                                                                         |                                      |                 |                |
| A. Shopping (Subtotal)                                                                                   | 65                                   | 68              | 62             |
| 1. Before grocery shopping checked food supply and restocked items in food groups that had been used.    | 66                                   | 64              | 68             |
| 2. When grocery shopping, tried to get the most food value for money spent.                              | 64                                   | 72              | 56             |
| B. Planning and Storage (Subtotal)                                                                       | 64                                   | 75              | 53             |
| 3. Kept on hand foods from each of the four food groups.                                                 | 82                                   | 96              | 68             |
| 4. In planning meals included citrus fruits or other sources of Vitamin C foods each day.                | 70                                   | 84              | 56             |
| 5. Planned for at least one serving of a dark green leafy or yellow vegetable four or five times a week. | 68                                   | 84              | 52             |
| 6. In planning meals included at least one iron-rich food in addition to two servings of meat each day.  | 56                                   | 64              | 48             |

TABLE XXII  
(continued)

| Practice                                                                             | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|--------------------------------------------------------------------------------------|--------------------------------------|-----------------|----------------|
| 7. Adult family members had at least two glasses of milk or its equivalent each day. | 32                                   | 40              | 24             |
| 8. Children had three or four glasses of milk or its equivalent each day.            | 20                                   | 24              | 16             |
| 9. Had two servings of meat or other source of protein each day.                     | 66                                   | 80              | 52             |
| 10. When selecting protein foods, frequently included poultry and fish.              | 70                                   | 80              | 60             |
| 11. Provided family members with nutritious snack foods.                             | 28                                   | 32              | 24             |
| 12. When dieting, selected a wide variety of foods from the four food groups.        | 32                                   | 32              | 32             |
| C. Preparation (Subtotal)                                                            | 84                                   | 96              | 72             |
| 13. Served stewed, baked, or broiled foods more often than fried ones.               | 84                                   | 96              | 72             |

TABLE XXII  
(continued)

| Practice                                                                                                                | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------------|----------------|
| D. Preservation<br>(Subtotal)                                                                                           | 41                                   | 66              | 15             |
| 14. When canning at home,<br>canned all low-acid<br>food in a pressure<br>canner according to<br>recommended practices. | 34                                   | 56              | 12             |
| 15. Canned fruits and<br>tomatoes in a water<br>bath.                                                                   | 30                                   | 52              | 13             |
| 16. When preserving food<br>by freezing, blanched<br>all vegetables before<br>freezing.                                 | 38                                   | 68              | 8              |
| Total Average Percent of<br>16 Practices                                                                                | 53                                   | 65              | 42             |
| Total Average Percent of<br>Possible Practice Used*                                                                     | 64                                   | 73              | 55             |

\*Some practices were not applicable to some homemakers.

used," and Practice #2, "When grocery shopping, tried to get the most food value for money spent," were used by 66 percent and 64 percent of all homemakers surveyed, respectively.

When HDCHs and PHHs were compared, it was found that 64 percent of the former and 68 percent of the latter used Practice #1. A consequential difference is seen between the two groups on Practice #2, 72 percent of the former and 56 percent of the latter using it. This possibly suggests that the more affluent HDCHs were possibly more concerned about quality of food items and the poorer PHHs necessarily tended to look more at quantity.

#### Planning and Storage Practices

Ten planning and storage practices studied were:

Practice #3. "Kept on hand foods from each of the four food groups";

Practice #4. "In planning meals, included citrus fruits or other sources of Vitamin C foods each day";

Practice #5. "Planned for at least one serving of a dark green leafy or yellow vegetable four or five times a week";

Practice #6. "In planning meals, included at least one iron-rich food in addition to two servings of meat each day";

Practice #7. "Adult family members had at least two glasses of milk or its equivalent each day";

Practice # 8. "Children had three or four glasses of milk or its equivalent each day";

Practice # 9. "Had two servings of meat or other sources of protein each day";

Practice #10. "When selecting protein foods, frequently included poultry and fish";

Practice #11. "Provided family members with nutritious snack foods";

Practice #12. "When dieting, selected a wide variety of foods from the four food groups."

Percents of all homemakers using planning and storage practices ranged from 20 percent on Practice #12 to 82 percent on Practice #3. The average percent use for all 10 practices in this group was 64 percent.

Consequential differences between the HDCHs and PHHs may be observed on all practices excepting Practices #10 and #12. Higher percents of HDCHs were using all group practices excepting #10, where percents were the same.

#### Preparation Practice

The single food preparation practice, Practice #13, "Served stewed, baked, or broiled foods more often than fried ones," was used by 84 percent of all homemakers surveyed. Again consequential difference is seen between the two groups on Practice #13--96 percent of HDCHs and 72 percent of PHHs using it.

#### Preservation Practices

Three food preservation practices Practice #14, "When preserving foods by freezing, blanched all vegetables before freezing," Practice #15, "When canning at home, canned all low-acid food in a pressure canner according to recommended practices," Practice #16, "Canned fruits and tomatoes in a water bath," were used by 38, 34 and 30 percents of all homemakers surveyed, respectively.

Consequential differences were seen between the two groups on all three preservation practices--Practice #15, a difference of 60 percent, Practice #16, a difference of 44 percent, and Practice #14, a difference of 39 percent. This possibly suggests either that most PHHs did not preserve food and/or that they did not use recommended practices.

#### C. FACTORS POSSIBLY INFLUENCING PRACTICE USE AND ADOPTION

##### Extension Involvement

Tables XXIII, XXIV, XXV, XXVI, and XXVII include data concerning the homemakers' previous involvement in Extension programs and information activities. Table XXIII shows that 24 percent of all homemakers surveyed were at one time members of a 4-H club, 36 percent of HDCHs and 12 percent of PHHs had at some time been members. This was a difference of consequence.

Table XXIV shows that 62 percent of all homemakers surveyed had friends in a HDC. As might be expected, all HDCHs and only 24 percent of PHHs had friends in a HDC.

Table XV shows that 56 percent of all homemakers surveyed knew the location of the Giles County Extension Office. Nearly all, 96 percent of the HDCHs, but only 16 percent of the PHHs knew the location.

Forty-eight percent of all homemakers surveyed had visited the Giles County Extension Office. When the two groups were compared, 92 percent of the HDCHs and 4 percent of the PHHs had visited the office. This may be seen in Table XXVI.

TABLE XXIII

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
WHO HAD BEEN MEMBERS OF 4-H

| Former 4-H Members          | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-----------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...            |                                      |                 |                |
| Had Not Been 4-H<br>Members | 76                                   | 64              | 88             |
| Had Been 4-H<br>Members     | 24                                   | 36              | 12             |
| Totals                      | 100                                  | 100             | 100            |

TABLE XXIV

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
WHO HAD FRIENDS IN A HDC

| Freinds in Home<br>Demonstration Club Work | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|--------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                           |                                      |                 |                |
| Had HDC Friends                            | 62                                   | 100             | 24             |
| Did Not Have HDC<br>Friends                | 38                                   | 0               | 76             |
| Totals                                     | 100                                  | 100             | 100            |

TABLE XXV

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS WHO KNEW THE  
LOCATION OF THE GILES COUNTY EXTENSION OFFICE

| Knowledge of Location<br>of Extension Office | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                             |                                      |                 |                |
| Knew Location                                | 56                                   | 96              | 16             |
| Did Not Know Location                        | 44                                   | 4               | 84             |
| Total                                        | 100                                  | 100             | 100            |

TABLE XXVI

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS WHO  
HAD EVER VISITED GILES COUNTY EXTENSION OFFICE

| Visited the<br>Extension Office | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|---------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                |                                      |                 |                |
| Had Not Visited Office          | 52                                   | 8               | 96             |
| Visited Office                  | 48                                   | 92              | 4              |
| Total                           | 100                                  | 100             | 100            |

TABLE XXVII

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS WHO HAD EVER  
TELEPHONED THE GILES COUNTY EXTENSION OFFICE

| Telephone Calls to<br>Extension Office | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                       |                                      |                 |                |
| Had Not Telephoned                     | 52                                   | 4               | 100            |
| Had Telephoned                         | 48                                   | 96              | 0              |
| Total                                  | 100                                  | 100             | 100            |

Forty-eight percent of all homemakers surveyed had telephoned the Giles County Extension Office. When the two groups were compared, it was noted that 96 percent of HDCHs and none of the PHHs had ever telephoned the Extension Office (see Table XXVII).

#### Mass Media

Tables XXVIII, XXIX, XXX, and XXXI present data showing the availability of mass media in the homes of all homemakers surveyed. Reference to Table XXVIII indicates that the average number received was 1.3 newspapers for all homemakers, 1.9 for HDCHs and .6 for PHHs. Forty-six percent of all homemakers reportedly received the Citizen and 30 percent the Free Press. Thirty percent of all homemakers surveyed did not receive a newspaper. While only 12 percent of HDCHs did not, nearly one-half (48 percent) of the PHHs did not receive any newspaper.

Table XXIX shows that the average number of magazines received by all homemakers surveyed was 1.5. While for HDCHs it was 1.6, it was 1.0 for PHHs. Sixty percent of all homemakers surveyed, 32 percent of HDCHs and 88 percent of PHHs, did not receive any magazines.

As seen in Table XXX all homemakers surveyed had an average of 1.7 radios, HDCHs 2.4 and PHHs 1.0. Sixty-four percent of all homemakers surveyed had one radio while 34 percent had 2 or more. A consequential difference is seen between the two groups with 36 percent of HDCHs and 92 percent of the PHHs having one radio. Sixty-four percent of HDCHs and only 4 percent of PHHs had 2 or more. Table XXXI shows that 72 percent of all homemakers surveyed had black and white television and

TABLE XXVIII  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
ACCORDING TO NEWSPAPERS RECEIVED\*

| Newspaper Received                            | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-----------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                              |                                      |                 |                |
| None                                          | 30                                   | 12              | 48             |
| <u>Citizen</u>                                | 46                                   | 72              | 20             |
| <u>Free Press</u>                             | 30                                   | 40              | 20             |
| <u>Tennessean</u> (Sunday)                    | 26                                   | 36              | 16             |
| Other                                         | 24                                   | 40              | 8              |
| Average Number Received<br>by Those Reporting | 1.3                                  | 1.9             | 0.6            |

\*Some received more than one; therefore, percents do not add up to 100.

TABLE XXIX

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS ACCORDING TO  
MAGAZINES RECEIVED MONTHLY AND AVERAGES\*

| Type of Montly<br>Magazine Received           | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-----------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                              |                                      |                 |                |
| None                                          | 60                                   | 32              | 88             |
| Women's                                       | 28                                   | 52              | 4              |
| Church                                        | 14                                   | 24              | 4              |
| Farm                                          | 12                                   | 24              | 0              |
| News                                          | 6                                    | 8               | 4              |
| Sports                                        | 2                                    | 4               | 0              |
| Other                                         | 22                                   | 44              | 0              |
| Average Number Received<br>By Those Reporting | 1.5                                  | 1.6             | 1.0            |

\*Some received more than one magazine; therefore, percents do not add up to 100.

TABLE XXX  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
AND AVERAGE NUMBER HAVING RADIOS

| Number of Radios         | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|--------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...         |                                      |                 |                |
| None                     | 2                                    | 0               | 4              |
| One                      | 64                                   | 36              | 92             |
| Two or More              | 34                                   | 64              | 4              |
| Total                    | 100                                  | 100             | 100            |
| Average Number of Radios | 1.7                                  | 2.4             | 1.0            |

TABLE XXXI  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
ACCORDING TO TYPES OF TELEVISION\*

| Type of Television  | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|---------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...    |                                      |                 |                |
| Had Black and White | 72                                   | 72              | 76             |
| Had Color           | 30                                   | 44              | 16             |

\*Three PHHs had no TV and 4 HDCHs had 2; therefore, percents do not add up to 100.

30 percent had color TVs. While 44 percent of the HDCHs had color TV, only 16 percent of the PHHs had it.

### Sources of Information

Tables XXXII, XXXIII, XXXIV, XXXV, XXXVI, XXXVII, and XXXVIII include data indicating sources for information regarding improvement of home and family life of homemakers surveyed. Table XXXII shows the average number of sources reported by all homemakers reporting sources was 0.7 source--0.8 source for HDCHs and 0.1 source for PHHs. Sixteen percent of all surveyed mentioned a friend, while 42 percent had not sought any help. When HDCHs and PHHs were compared, 28 percent of the former cited friends versus only 4 percent of the latter reported seeking help from a friend. Sixteen percent of the former reported use of an Extension worker while none of the latter had used an Extension worker. Also, 12 percent of the HDCHs had sought help from ministers and teachers; while none of the latter had sought help from either of these sources. The table also reveals that 18 percent of all homemakers surveyed used "other" as the most frequently mentioned source of information (e.g., family, OEO). Only 4 percent HDCHs reportedly used "other" as a source, while 32 percent of PHHs did.

Table XXXIII discloses that 48 percent of all homemakers surveyed were using printed Extension material. Ninety-six percent of HDCHs and none of the PHHs had used Extension materials.

More than one-third (34 percent) of all homemakers surveyed had received information from the Health Department (see Table XXXIV). Forty percent of HDCHs and 28 percent of the PHHs had received such aid.

TABLE XXXII  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
REPORTEDLY SEEKING HELP TO IMPROVE HOME  
AND FAMILY LIFE BY SOURCES OF HELP\*

| Sources of Help                                          | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                                         |                                      |                 |                |
| None Sought                                              | 42                                   | 36              | 48             |
| Friend                                                   | 16                                   | 28              | 4              |
| Extension Worker                                         | 8                                    | 16              | 0              |
| Social Worker                                            | 8                                    | 4               | 12             |
| Teacher                                                  | 6                                    | 12              | 0              |
| Minister                                                 | 6                                    | 12              | 0              |
| Public Health Worker                                     | 4                                    | 4               | 4              |
| Mental Health Worker                                     | 4                                    | 0               | 8              |
| Other                                                    | 18                                   | 4               | 32             |
| Average Number of Sources<br>Reported by Those Reporting | 0.7                                  | 0.8             | 0.1            |

\*Since some indicated more than one source, percents do not add up to 100.

TABLE XXXIII

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
USING PRINTED EXTENSION MATERIAL IN 1974

| Use of Printed<br>Extension Material | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|--------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                     |                                      |                 |                |
| Not Using Material                   | 52                                   | 4               | 100            |
| Using Material                       | 48                                   | 96              | 0              |
| Total                                | 100                                  | 100             | 100            |

TABLE XXXIV

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS RECEIVING  
INFORMATION FROM COUNTY HEALTH DEPARTMENT

| Information from County<br>Health Department | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                             |                                      |                 |                |
| Did Not Receive Information                  | 66                                   | 60              | 72             |
| Received Information                         | 34                                   | 40              | 28             |
| Total                                        | 100                                  | 100             | 100            |

TABLE XXXV

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS RECEIVING  
INFORMATION FROM OFFICE OF ECONOMIC OPPORTUNITY

| Information from Office<br>of Economic Opportunity | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                                   |                                      |                 |                |
| Did Not Receive Information                        | 84                                   | 88              | 80             |
| Received Information                               | 16                                   | 12              | 20             |
| Total                                              | 100                                  | 100             | 100            |

TABLE XXXVI

PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS RECEIVING  
NUTRITION INFORMATION FROM MASS MEDIA AND  
AVERAGED NUMBER OF SOURCES USED\*

| Nutrition Information<br>Received from Mass Media           | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-------------------------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                                            |                                      |                 |                |
| None                                                        | 42                                   | 0               | 84             |
| Extension Publications                                      | 40                                   | 80              | 0              |
| Radio                                                       | 34                                   | 64              | 4              |
| Television                                                  | 34                                   | 60              | 8              |
| Newspapers                                                  | 30                                   | 56              | 4              |
| Magazines                                                   | 26                                   | 52              | 0              |
| Average Number of Sources<br>Reported by Those<br>Reporting | 1.6                                  | 3.1             | 1.2            |

\*Percents do not add up to 100 since some reported receiving  
information from more than one source.

TABLE XXXVII

PERCENTS AND AVERAGE NUMBERS OF GILES COUNTY HDCHs, PHHs AND  
TOTALS ACCORDING TO MOST HELPFUL SOURCES OF INFORMATION  
ABOUT WAYS TO IMPROVE THEIR HOMES\*

| Home Improvement<br>Information Sources             | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|-----------------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                                    |                                      |                 |                |
| None                                                | 32                                   | 0               | 64             |
| Home Demonstration<br>Club Meetings                 | 44                                   | 88              | 0              |
| Publications from<br>Extension Office               | 18                                   | 36              | 0              |
| Magazines                                           | 16                                   | 32              | 0              |
| Television                                          | 16                                   | 12              | 20             |
| Radio                                               | 12                                   | 12              | 12             |
| Newspapers                                          | 6                                    | 8               | 4              |
| Publication from<br>Other Agencies                  | 0                                    | 0               | 0              |
| Other                                               | 0                                    | 0               | 0              |
| Average Number of<br>Sources for Those<br>Reporting | 1.1                                  | 1.9             | 0.4            |

\*Percents do not add up to 100 since some reported more than one source.

TABLE XXXVIII

PERCENTS AND AVERAGE NUMBER OF SOURCES REPORTED BY  
GILES COUNTY HDCHs, PHHs AND TOTALS ACCORDING TO  
WAYS OF IMPROVING LIVING CONDITIONS IN THE HOME

| Home Living Conditions<br>Information Source             | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------------------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...                                         |                                      |                 |                |
| None                                                     | 48                                   | 28              | 68             |
| Extension Home Economist                                 | 22                                   | 44              | 0              |
| Neighbor or Friend                                       | 10                                   | 16              | 4              |
| Welfare Agencies                                         | 2                                    | 0               | 4              |
| Home Economics Teacher                                   | 2                                    | 4               | 0              |
| Health Department                                        | 2                                    | 0               | 4              |
| Other                                                    | 14                                   | 8               | 20             |
| Total                                                    | 100                                  | 100             | 100            |
| Average Number of Sources<br>Reported by Those Reporting | 0.6                                  | 0.7             | 0.3            |

Table XXXV reveals that only 16 percent of all homemakers surveyed had received information from the Office of Economic Opportunity (OEO) center. Twelve percent of HDCHs and 20 percent of the PHHs had received OEO information.

Table XXXVI shows 58 percent of all homemakers surveyed used mass media as a means of receiving nutrition information. Average number of sources reported by those reporting was 1.6 sources of all homemakers surveyed--3.1 sources for HDCHs and 1.2 sources by PHHs. Forty percent of all homemakers used Extension publications, 34 percent each used television and radio, 30 percent newspapers and 26 percent used magazines. Eighty percent of the HDCHs and none of the PHHs used Extension publications, while 64 percent of the former and 4 percent of the latter used radio. Fifty-six percent of HDCHs and only 4 percent of PHHs used newspapers. Sixty percent of the former and 8 percent of the latter reported television. Fifty-two percent of the former and none of the latter used magazines as a nutrition source.

Table XXXVII includes sources homemakers found most helpful in giving them information about ways to improve their homes. The average number of sources for those reporting was 1.1 for all surveyed--1.9 percent for HDCHs and only 0.4 sources for PHHs. Forty-four percent of all surveyed (88 percent of HDCHs and no PHHs) indicated home demonstration club meetings as a source, 18 percent used Extension publications, 16 percent used magazines and television, 12 percent radio and 6 percent newspapers. Thirty-two percent of all homemakers surveyed (i.e., PHHs) did not seek help. A consequential difference is seen between the two

groups as to seeking help in improving their homes. One hundred percent of all HDCHs sought help, while 64 percent of PHHs did not seek help. PHHs named only radio, newspapers, and television as helpful sources of information about ways to improve their homes.

Table XXXVIII includes sources of receiving information for improving living conditions in the home. Of all homemakers reporting, the average number of sources was 0.6, 0.7 for HDCHs and 0.3 for PHHs. Forty-eight percent of all homemakers surveyed reportedly did not seek help. When compared, 28 percent HDCHs and 68 percent PHHs did not seek help. Several other consequential differences were noted. As expected, 44 percent of HDCHs sought help from an Extension Home Economist, while none of the PHHs had sought help from this source. Sixteen percent of HDCHs reportedly sought help from neighbors or friends, 4 percent of them from Home Economics teacher and 8 percent of them from other sources (e.g., television, family). PHHs seeking help reported only 4 sources; 4 percent from neighbors or friends, welfare agencies and Health Department, and 20 percent from other (e.g., television, family).

#### Interest in Attending Extension Type Meeting on Food and Nutrition

Table XXXIX indicates interest of homemakers in attending a workshop or series of meetings pertaining to foods. All homemakers surveyed indicated an interest in attending meetings on 1.2 such topics. HDCHs were interested in an average of 2.1, while PHHs were interested in only 0.3 topics.

TABLE XXXIX  
PERCENTS OF GILES COUNTY HDCHs, PHHs AND TOTALS  
INTERESTED IN ATTENDING A WORKSHOP OR SERIES  
OF MEETINGS PERTAINING TO FOOD PREPARATION  
AND PRESERVATION AND AVERAGES\*

| Attending Meeting          | All Homemakers Interviewed<br>(N=50) | HDCHs<br>(N=25) | PHHs<br>(N=25) |
|----------------------------|--------------------------------------|-----------------|----------------|
| ... Percents ...           |                                      |                 |                |
| None                       | 4                                    | 8               | 0              |
| Food Buying                | 32                                   | 52              | 12             |
| Food Preservation          | 30                                   | 52              | 8              |
| Meal Planning              | 28                                   | 48              | 8              |
| Meat Cookery               | 26                                   | 52              | 0              |
| Other                      | 4                                    | 8               | 0              |
| Average Number of Meetings | 1.2                                  | 2.1             | 0.3            |

\*Some were interested in attending one or more meetings, some were not interested in attending any; therefore percents do not add up to 100.

The differences portrayed, then, in Table XXXIX between HDCHs and PHHs serve to round out and typify the extremes faced as Extension education strives to develop educational nutrition efforts appropriate for these two important groups.

## CHAPTER V

### SUMMARY AND IMPLICATIONS

#### A. SUMMARY

The problem with which this study was involved had to do with a benchmark look at the characteristics, nutritional practices, interests and motivations of Giles County Home Demonstration Club Homemakers (HDCHs) and Public Housing Homemakers (PHHs) in the City of Pulaski, as a basis for planning Extension educational programs in nutrition for both groups.

The stated purposes of the study, then, were to comparatively characterize HDCHs and PHHs regarding selected items, to comparatively analyze nutrition practices used by those in each group, and to identify some of the important factors influencing homemakers in these Extension audiences to adopt and use recommended nutritional practices considered in the study.

A review of related literature disclosed the fact that considerable previous work had been done in certain areas of practice adoption and use and less in others. Similar studies were found to have been conducted in at least three other counties in Tennessee at earlier dates, and a Statewide survey placing focus on some of the same practice areas was made in 1971. However, a comparative study of Giles County HDCHs and PHHs had never been conducted.

Identical samples of 25 each were personally interviewed from the two study populations of 313 HDCHs and 297 PHHs in Giles County. A

practice checklist developed by nutrition specialists at the University of Tennessee and a schedule formulated by the researcher were used to collect data from the random samples. Data were analyzed in simple numbers, percents, averages and medians.

#### Major Findings Regarding Characteristics

Consequential differences (i.e., those reaching or exceeding 9 percent) were noted to exist between HDCHs and PHHs with regard to a number of socioeconomic characteristics. Those of major interest are listed below.

1. Number of children--more PHHs than HDCHs had more children.
2. Location of residence of HDCHs and PHHs--the former tended to live on the farm or in rural nonfarm situations, while the latter were all urban.
3. Ages--HDCHs (median 57 years) were younger than PHHs (median 69 years).
4. Marital status--nearly two-thirds of HDCHs were married and living with their husbands, while most PHHs were widowed, divorced or separated.
5. Major occupation of husband--HDCHs husbands were retired, professionals or full-time farmers, while the few reported by PHHs were retired or other.
6. Income--HDCHs had a median monthly income of \$475, more than double that of PHHs, \$140.
7. Educational level--HDCHs' median grade level was 10th grade, compared with 5th grade for PHHs.

8. Workable appliances--Consequentially more HDCHs than PHHs had separate freezer units and gas ranges.

9. Garden sites and gardens--consequentially more HDCHs than PHHs had and used garden sites.

10. Use of different forms of food preservation--more HDCHs than PHHs reported food preservation using canning, freezing, pickling and drying processes.

11. Church attendance and membership in organizations--consequentially more HDCHs than PHHs attended church weekly and were members in civic and social organizations.

#### Major Findings Regarding Nutrition Practice Use

The findings indicated consequential differences in the use of most of the sixteen recommended nutrition practices studied. Differences showed greater use by HDCHs than PHHs on most practices, including the following:

1. Practice #2, When grocery shopping, tried to get the most food value for money spent--used by 64 percent of all, 72 percent HDCHs and 56 percent PHHs.

2. Practice #3, Kept on hand foods from each of the four food groups--used by 82 percent of all, 96 percent HDCHs and 68 percent PHHs.

3. Practice #4, In planning meals included citrus fruits or other sources of vitamin C foods each day--used by 70 percent of all, 84 HDCHs and 56 percent of PHHs.

4. Practice #5, When selecting protein foods, frequently included poultry and fish--used by 70 percent of all, 80 percent HDCHs and 60 percent PHHs.

5. Practice #6, Planned for at least one serving of a dark green leafy or yellow vegetable four or five times a week--used by 68 percent of all, 84 percent of HDCHs and 52 percent of PHHs.

6. Practice #7, Had two servings of meat or other source of protein each day--used by 66 percent of all, 80 percent of HDCHs and 52 percent of PHHs.

7. Practice #8, In planning meals included at least one iron-rich food in addition to each serving of meat each day--used by 56 percent of all, 64 percent of HDCHs and 48 percent of PHHs.

8. Practice #9, Adult family members had at least two glasses of milk or its equivalent each day--used by 32 percent of all, 40 percent of HDCHs and 24 percent of PHHs.

9. Practice #13, Served stewed, baked, or broiled foods more often than fried ones--used by 84 percent of all, 96 percent of HDCHs and 72 percent of PHHs.

10. Practice #14, When preserving food by freezing, blanched all vegetables before freezing--used by 38 percent of all, 68 percent of HDCHs and 8 percent of PHHs.

11. Practice #15, When canning at home, canned all low-acid foods in a pressure canner according to recommended practices--used by 34 percent of all, 56 percent of HDCHs and 12 percent of PHHs.

12. Practice #16, canned fruits and tomatoes in a water bath--used by 38 percent of all, 68 percent of HDCHs and 8 percent of PHHs.

### Major Findings Regarding Factors Regarding Possibly Influencing Practice Adoption and Use

Though statistical analyses were not done, and average practice use and characteristic analyses above and below the mean were not included, certain factors studied undoubtedly influenced practice adoption and use. Those, other than characteristics presented above might include the following:

1. Participation in and use of Extension activities and services--HDCHs knew about, participated in and used activities and services more than PHHs.
2. Use of mass media--HDCHs had greater access to information through newspapers, magazines, radio and colored TV than PHHs.
3. Sources of family life assistance--HDCHs sought and used advice of friends, Extension workers, teachers, and ministers more than PHHs.
4. Sources of useful information--more HDCHs received printed materials from Extension, while more PHHs got theirs from the county health department.
5. Interest in attending meeting--more HDCHs were interested in attending meetings pertaining to food use than PHHs.

### B. IMPLICATIONS AND RECOMMENDATIONS

In regard to implications of study findings for Giles County educational programs, it would appear that the two audiences studied are vastly different and demand use of different approaches and methods.

The HDCHs were younger, richer, better educated, and closer to Extension and its programs. Their use of nutrition practice was higher,

under 60 percent being considered low. Their sources of information included HDC meetings, publications from the Extension Office and various mass media. Their greatest interest in attending meetings would be for topics like food buying, meal planning and meat cookery. Therefore, the above presently used approaches and methods should continue to be used and improved upon.

The PHHs are some what limited because of education, low income and other socioeconomic characteristics.

They will have to be reached on a near one-to-one basis through home visits, newsletters, correspondence courses, and possibly in small groups.

Recommendations for further study might include the following:

1. Data from this study could be statistically analyzed.
2. Data from each audience could be studied to identify characteristics of homemakers above and below average within audiences.
3. Similar studies could be conducted as a basis for educational program planning for young homemakers and other audiences.

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## BIBLIOGRAPHY

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## APPENDIX

### GILES COUNTY FOOD & NUTRITION SURVEY

#### General Information

1. Do you work outside the home?

- ☐ a. Full-time (40 hours or more per week)
- ☐ b. Part-time (less than 40 hours)
- ☐ c. Do not work outside home

2. What type of work do you do?

- ☐ a. Homemakers
- ☐ b. Professional (specify) \_\_\_\_\_
- ☐ c. Business (specify) \_\_\_\_\_
- ☐ d. Main
- ☐ e. Wage Earner
- ☐ f. Retired
- ☐ g. Other (specify) \_\_\_\_\_

3. How many children do you have?

- ☐ a. Girls
- ☐ b. Boys
- ☐ c. Total number
- ☐ d. Living at home
- ☐ e. Dependent on you for support

4. How many children do you have who are between the ages of 9 and 19?

- ☐ a. Not any
- ☐ b. One
- ☐ c. Two
- ☐ d. Three
- ☐ e. Four
- ☐ f. Five
- ☐ g. Six
- ☐ h. Over six

5. How many children do you have attending school?
- ☐ a. Not any
  - ☐ b. One
  - ☐ c. Two
  - ☐ d. Three
  - ☐ e. Four
  - ☐ f. Five
  - ☐ g. Six
  - ☐ h. Over six
6. Do you have any children who are presently a member of a 4-H Club?
- ☐ a. Yes
  - ☐ b. No
  - ☐ c. If so how many are presently members?
7. Have any of your children ever belonged to a 4-H Club?
- ☐ a. Yes
  - ☐ b. No
  - ☐ c. If so how many?
8. Were you ever a member of a 4-H Club?
- ☐ a. Yes
  - ☐ b. No
  - ☐ c. If so for how long?
9. Are you a member of a Home Demonstration Club?
- ☐ a. Yes
  - ☐ b. No
  - ☐ c. If so, for how long have you belonged?
10. Have you ever been a member of a Home Demonstration Club?
- ☐ a. Yes
  - ☐ b. No
  - ☐ c. If so, for how long?
11. Do you have friends that belong to a Home Demonstration Club?
- ☐ a. Yes
  - ☐ b. No

12. Do you know where the Giles County Extension Office is located?

- ☐ a. Yes
- ☐ b. No

13. Have you ever been in the Giles County Extension Office or telephoned the office?

- ☐ a. Yes
- ☐ b. No

Telephoned

- ☐ a. Yes
- ☐ b. No

14. Where is your home located?

- ☐ a. Farm
- ☐ b. Rural nonfarm
- ☐ c. Urban
- ☐ d. Other (specify) \_\_\_\_\_

15. Do you own or rent your home?

- ☐ a. Rent
- ☐ b. Own
- ☐ c. Other (specify) \_\_\_\_\_

16. In which age group do you belong?

- ☐ a. 20-24
- ☐ b. 25-34
- ☐ c. 35-44
- ☐ d. 45-54
- ☐ e. 55-64
- ☐ f. 65 or above

17. What is your marital status?

- ☐ a. Married
- ☐ b. Husband living at home
- ☐ c. Widowed
- ☐ d. Divorced
- ☐ e. Unmarried

18. If you have a husband, what is his major occupation?

- ☐ a. Full-time farmer
- ☐ b. Part-time farmer
- ☐ c. Wage earner
- ☐ d. Business (specify) \_\_\_\_\_
- ☐ e. Professional (specify) \_\_\_\_\_
- ☐ f. Retired
- ☐ g. Other (specify) \_\_\_\_\_

19. From what sources (other than employment) do you receive income?  
(Check all that apply)

- ☐ a. Old age assistance
- ☐ b. Social Security
- ☐ c. Aid to dependent children
- ☐ d. Assistance from your children
- ☐ e. Other (specify) \_\_\_\_\_

20. What is your approximate monthly family income?  
(Check one)

- ☐ a. Less than \$100
- ☐ b. Between \$100 and \$200
- ☐ c. Over \$200 but less than \$300
- ☐ d. Over \$300 but less than \$400
- ☐ e. Over \$400 but less than \$500
- ☐ f. Over \$500 per month

21. What is the highest grade you completed in school?

0   1   2   3   4   5   6   7   8   9   10   11   12

College   1   2   3   4

22. What newspaper do you take?

\_\_\_\_\_

23. What magazines do you take? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

24. How many operating radios do you have in your home? \_\_\_\_\_

25. Do you have a black and white television?

- ☐ a. Yes
- ☐ b. No

26. Do you have a Color TV?

- ☐ a. Yes
- ☐ b. No

27. During the past year with whom have you talked about ways to improve your home or family life?

- ☐ a. Minister
- ☐ b. Social Worker
- ☐ c. Friend
- ☐ d. Extension Worker
- ☐ e. Public Health Worker
- ☐ f. Teacher
- ☐ g. Mental Health Worker
- ☐ h. Other (specify) \_\_\_\_\_

28. Have you used any printed material from the Extension Office in the past year?

- ☐ a. Yes
- ☐ b. No
- ☐ c. If so, what \_\_\_\_\_

29. Have you received any information from the County Health Office?

- ☐ a. Yes
- ☐ b. No

30. Have you received any information from the O.E.O. Center?

- ☐ a. Yes
- ☐ b. No

31. Have you, within the past year received nutrition information from:

- ☐ a. Radio
- ☐ b. Newspaper
- ☐ c. Magazine
- ☐ d. TV
- ☐ e. Extension publication

32. Which of the following has been the most helpful source of information about ways to improve your home?

- ☐ a. Radio
- ☐ b. Newspaper
- ☐ c. Magazine
- ☐ d. TV
- ☐ e. Publication from the Extension Office
- ☐ f. Publication from other agencies
- ☐ g. Home Demonstration Club Meetings
- ☐ h. Other (specify) \_\_\_\_\_

33. Who has been most helpful to you within the past year, concerning ways to improve living conditions in your home?

- ☐ a. Neighbor or friend
- ☐ b. Welfare agencies
- ☐ c. Extension Home Economist
- ☐ d. Home Economics Teacher
- ☐ e. Health Department
- ☐ f. Other (specify) \_\_\_\_\_

34. Do you have a workable \_\_\_\_\_ Refrigerator; \_\_\_\_\_ Freezer; \_\_\_\_\_ Gas Range; \_\_\_\_\_ Electric range; \_\_\_\_\_ Other range.

35. Do you have a place for a vegetable garden?

- ☐ a. Yes
- ☐ b. No
- ☐ c. If so size and location \_\_\_\_\_

36. Do you plan to have a garden this year?

- ☐ a. Yes
- ☐ b. No

37. Did you preserve food last year by:

Canning \_\_\_\_\_; Freezing \_\_\_\_\_; Pickling \_\_\_\_\_; Drying \_\_\_\_\_.

38. Approximately how many packages or jars did you:

can \_\_\_\_\_; Freeze \_\_\_\_\_; Pickle \_\_\_\_\_; Dry \_\_\_\_\_.

39. Do you attend church weekly?

- ☐ a. Yes
- ☐ b. No

40. Are you a member of any civic or social organization?

- ☐ a. Yes
- ☐ b. No
- ☐ c. If so, what \_\_\_\_\_

## RECOMMENDED NUTRITION PRACTICE

YES NO DNA\*

- (1) Kept on hand foods from each of the four food . . . . .

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

- (11) Provided family members with nutritious snack foods . .

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

## RECOMMENDED NUTRITION PRACTICE (Cont.)

YES NO DNA\*

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

Comment: \_\_\_\_\_

- (14) When canning at home, canned all low-acid foods in a  
pressure canner according to recommended practices . .

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

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

Comment: \_\_\_\_\_

\*DNA - Does Not Apply

## SUGGESTION FOR COUNTY PROGRAM PLANNING

Would you be interested in attending a workshop or series of meetings in  
any of the following areas? (Check one or more)

\_\_\_\_\_ a. Food Buying

\_\_\_\_\_ b. Food Preservation

\_\_\_\_\_ c. Meal Planning

\_\_\_\_\_ d. Meat Cookery

\_\_\_\_\_ e. Other (Please specify) \_\_\_\_\_

\_\_\_\_\_

## VITA

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