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Influence of selected variables upon levels of nutrition practice use by various extension homemaker audiences in Tennessee

Helen Roberts Stocking

To the Graduate Council:

I am submitting herewith a thesis written by Helen Roberts Stocking entitled "Influence of selected variables upon levels of nutrition practice use by various extension homemaker audiences in Tennessee." I have examined the final electronic copy of this thesis for form and content and recommend that it be accepted in partial fulfillment of the requirements for the degree of Master of Science, with a major in Agricultural Extension.

Cecil E. Carter Jr., Major Professor

We have read this thesis and recommend its acceptance:

Robert S. Dotson, Reba Hendren

Accepted for the Council:
Carolyn R. Hodges

Vice Provost and Dean of the Graduate School

(Original signatures are on file with official student records.)

To the Graduate Council:

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recommend its acceptance:

Robert L. Dotson

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INFLUENCE OF SELECTED VARIABLES UPON LEVELS OF NUTRITION PRACTICE USE BY VARIOUS EXTENSION HOMEMAKER AUDIENCES IN TENNESSEE

A Thesis

Presented for the

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Degree

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Helen Roberts Stocking

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ABSTRACT

The purpose of this study was to determine the influence of selected independent variables upon the use of recommended nutrition practices by selected Extension audiences.

The population of the study included homemakers from 84 Tennessee counties. Homemakers interviewed were classified as: (1) home demonstration club members, (2) food stamp recipients, (3) young homemakers, (4) 4-H mothers, or (5) others. The sample included 1,610 homemakers made up of 230 food stamp recipients, 1,213 home demonstration club members and 167 young homemakers.

The data were organized under four major headings: (1) influence of homemakers' personal and family characteristics upon levels of nutrition practice use, (2) influence of information from mass media upon levels of nutrition practice use, (3) influence of individual and group instruction upon levels of nutrition practice use, and (4) influence of interest in attending workshops or series of meetings upon levels of nutrition practice use.

A contingency table analysis program was used in the analysis of relationships between the levels of nutrition practice use of the three homemaker audiences and 26 independent variables.

Homemakers were classified into low, medium, and high practice use levels and the number and percent of homemakers in different categories were shown for each audience.

The mean number of practices used by each audience according to the independent variables were also shown.

A chi-square statistical test of significance was used in the analysis of the data. Chi-square values which achieved the .05 level of significance were accepted as being statistically significant. Computations were done by the University of Tennessee Computing Center.

Major findings of this study were:

1. In the food stamp recipient audience homemakers living alone and homemakers having five or more persons living in the home used fewest nutrition practices.

2. Food stamp recipients and home demonstration club members having both a freezer and refrigerator used more nutrition practices than homemakers having neither or only one of these appliances.

3. The greater the number of sources of mass media used for nutrition information by food stamp recipients and home demonstration club members, the greater was their use of nutrition practices.

4. Nutrition practice use by food stamp recipients and home demonstration club members was significantly influenced by their exposure to individual and group instruction regarding nutrition.

5. The total number of sources of information used by food stamp recipients and home demonstration club members significantly influenced their use of nutrition practices.

6. Home demonstration club members nutrition practice use increased with the number of nutrition related meetings they were interested in attending.

Implications and recommendations also were included.

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CHAPTER I

THE PROBLEM AND ITS SETTING

I. INTRODUCTION

In 1974 the publication Extension Home Economics Focus was updated by a Task Force appointed by the Home Economics Subcommittee of ECOP (Extension Committee on Organization and Policy) American Association of Land Grant Colleges and State Universities and is known today as Focus II. This publication recognizes national situations and trends affecting individuals and families during the 1970's and influencing educational program directions in Extension Home Economics. The focus of home economics has been developed around six areas of national concern, one of which is human nutrition. The publication, in part, noted:

> Nutritionally inadequate food consumption still prevails among a high proportion of the American people, despite increasing consumer purchasing power. Nutritional problems are apt to be intensified among lower income families. Rising food costs, new knowledge in nutrition, new food products, and new developments in securing good nutrition give impetus to the increasing need for nutrition education (6:4).*

Knowledge of nutrition is not enough. To do a good job of Extension teaching requires the use of several methods--personal, group and mass approach. Age, income, education, social status, and general background

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*Numbers in parentheses refer to similarly numbered items in the Bibliography; those after the colon are page numbers.

are some of the characteristics that may influence the adoption of practices by homemakers (9:272).

Innovative educational programs that will be accepted and followed are a major need (20:18).

II. NEED FOR THE STUDY

From 1955 to 1965, a great deal of nutrition information was published and an army of teachers exposed their classes and audiences to large amounts of factual material on nutrition. A 1965 survey by the Department of Agriculture showed that in spite of this effort, apparently food practices worsened instead of improved. Sipple concludes that if the factual material was sound, methods of teaching need to be changed before any improvement in the situation can be expected (20:18).

The Federal Extension Service Subcommittee on Scope and Responsibility emphasized that the Extension Service must have a dynamic program--one constantly being modernized to keep pace with the ever-changing conditions facing the people it served. Programs and procedures appropriate and adequate yesterday are likely to be inappropriate today--and obsolete tomorrow (22:7).

Up to the present time, no completely effective methods for teaching nutrition have been devised. The public has been exposed to a considerable amount of information about food and nutrition, yet overall food practices have not improved appreciably (20:18).

Almost everyone has strong habits of eating and firmly fixed likes and dislikes about a number of things. A better understanding

of how these and other characteristics of homemakers influence their use of nutrition practices would be a great help to the Extension agent in planning an effective nutrition program.

III. STATEMENT OF THE PROBLEM

No formal attempt had been made on a state-wide basis in Tennessee to determine the relationship between the level of nutrition practice use by food stamp recipients, home demonstration club members and young homemakers and their personal and family characteristics, methods of receiving nutrition information and interest of homemakers in attending meetings related to foods. If Extension home economists in Tennessee were to plan nutrition programs to more adequately meet the needs of the homemaker in planning, buying and preparing nutritious meals data relating to these areas were needed. For this reason, this study was designed.

IV. PURPOSE OF THE STUDY

The purpose of this study then was to determine the influence of selected independent variables upon the use of recommended nutrition practices by selected Extension audiences (i.e., homemakers receiving food stamps, home demonstration club members and young homemakers).

The independent variables were organized into four categories. The four categories and the variables included in each category were as follows:

1. Homemakers' personal and family characteristics--age, number of persons living in the home under 21 years of age, number of persons

living in the home over 21 years of age, total number of persons living in the home, having a workable refrigerator, a workable freezer and both a freezer and a refrigerator in the home.

2. Homemakers' sources of nutrition information by mass media--by television, from radio, by telephone, from daily newspapers, from weekly newspapers, from other sources and the total number of mass media sources.

3. Homemakers' sources of nutrition information by individual or group instruction--from an Extension agent, from a home economics teacher, from the public health department, from other individual sources, from the actual number of individual sources, and from the total number of sources (mass media, individual and group).

4. Homemakers' interest in attending Extension workshops or series of meetings on: food buying, food preservation, meal planning, meat cookery, and other subjects, plus the total number of workshops or series of meetings the homemaker expressed interest in attending.

V. DEFINITION OF TERMS

The following definitions indicate how these terms were used in this study.

Food stamp recipient. Homemaker who purchased government food coupons to increase food purchasing power.

Home demonstration club member. Homemaker who was a member of an organized home demonstration club.

Young homemaker. Homemaker between 20 and 39 years of age.

Recommended nutrition practice. A practice appearing on the nutrition schedule developed by the Foods and Nutrition Specialists of The University of Tennessee as a desirable procedure for the homemaker to follow.

Low use of nutrition practices. Homemakers who used between zero and nine of the 16 recommended nutrition practices.

Medium use of nutrition practices. Homemakers who used 10 through 12 of the 16 recommended nutrition practices.

High use of nutrition practices. Homemakers who used 13 through 16 of the recommended nutrition practices.

VI. METHODS OF PROCEDURE

The Population

The population of this study included homemakers from 84 of Tennessee's 95 counties. Survey information was secured through interviews with homemakers by county Extension agents. The exact methods used for selecting the homemakers to be interviewed in each county are not known. However, the Agricultural Extension Service of The University of Tennessee suggested the "nth" number technique as one acceptable method to be used to draw limited numbers of names from listings of people or clubs so that the sample would be random, or representative, of an entire population. For this study, it was assumed

that most agents doing the interviewing did use the "nth" number technique.

Example of "nth" number technique:

Population. Homemakers on list = 510.

Sample size. Agent would interview 30 homemakers.

Interval between names on the list. Population divided by sample size gave the "nth" number. 510 ÷ 30 = 17. This meant every 17th homemaker on the list would be interviewed.

Starting point. A suggested way for deciding where in the list to start was by flipping a coin. If the coin came up heads, the interviews were started with #2 on the list, if tails with #3.

Replacement of individuals. If #2 was the starting point and she could not be located after two or three attempts, the agent went to #3 as the replacement. If #3 could not be located, the agent selected #1. If #1 was not available, the agent selected #4. If #4 was not located, the agent went to the last name on the list, and so on, down and up until an interview had been completed.

The audience to be interviewed (i.e., home demonstration club members, food stamp recipients, young homemakers, 4-H mothers, or others) was selected prior to pulling the sample of individuals from that particular audience list.

The Sample

For this study, three audiences consisting of 1,610 homemakers were chosen for analysis. There were 230 food stamp recipient

homemakers, 1,213 home demonstration club members and 167 young homemakers included in the analysis.

The Data

The instrument used to secure information was an interview schedule developed by the Food and Nutrition Specialists of The University of Tennessee Agricultural Extension Service, Foods and Nutrition Survey TAEE 416E 1a (See appendix).

The two-page interview schedule was designed to secure the following facts about the homemakers: age, number of persons living in the home who were over 21 years of age, number of persons living in the home who were under 21 years of age, and the total number of persons living in the home. Also, the interview schedule determined the number of workable freezers and refrigerators in the home, ways the homemaker received nutrition information, ways used by the homemaker to preserve food, which of 16 recommended nutrition practices the homemaker was following, and the interest of the homemaker in attending a workshop or series of meetings relating to certain areas of foods and nutrition.

Data were collected by Extension agents and the individual record forms were sent from the counties to the State Extension Office to be recorded.

Data Analysis

Data from the interview schedules were tabulated by the University of Tennessee Computing Center.

Data were organized on the basis of four main headings: (1) Influence of personal and family characteristics upon levels of nutrition practice use; (2) Influence of information from mass media upon levels of nutrition practice use; (3) Influence of individual and group instruction upon levels of nutrition practice use; and (4) Influence of interest in attending workshop or series of meetings upon levels of nutrition practice use.

A contingency table analysis program was used in the analysis of relationships between the levels of nutrition practice use of the three homemaker audiences and each of the 26 independent variables.

Homemakers were classified into low, medium and high nutrition practice use levels (i.e., the dependent variable). The number and percent of homemakers in different categories (i.e., independent variables) for each audience were shown in the tables.

The mean number of practices used for each of three audiences according to the independent variables were computed and also shown in the tables.

A chi-square statistical test of significance was used in the analysis of the data. Chi-square values which achieved the .05 level of significance were accepted as being statistically significant.

Although the term "influence" was used throughout the study, cause and effect were not shown and not implied by the use of this term.

CHAPTER II

RELATED LITERATURE

One of the greatest pains to human nature is the pain of a new idea. It is, as common people say, so "upsetting"; it makes you think that after all, your favorite notions may be wrong, your firmest beliefs ill-founded. Naturally, therefore, common men hate a new idea, and are disposed more or less to ill-treat the original man who brings it (Walter Bagehot, 1873, p. 169) (18:226).

Extension work grew out of a situation. It has come to be a system of service and education designed to meet the needs of people (9:3).

To help meet these needs, it is Extension's obligation to "communicate" ideas, skills or aptitudes from one person to another accurately and satisfactorily (9:264).

The Extension Service communicates research facts to the people who must make their own decisions. In arriving at their conclusions, however, people are influenced by the particular facts chosen to present, the way they are presented, the person presenting the facts, the institution represented, and other less obvious factors (9:265).

Adoption of ideas or practices depends on many things. Rates of adoption may be influenced by personal factors, social and economic factors, the nature of the practice itself and by change agents and other sources of information (12:162).

This chapter presents findings of available studies regarding characteristics of the three audiences included in this study (i.e., food stamp recipients, home demonstration club members and young homemakers) and also studies regarding the influence of individual, group and mass media on the adoption of practices.

I. CHARACTERISTICS OF FOOD STAMP RECIPIENTS

Mariner listed the characteristics associated with the poor as a low educational level, high unemployment, indecent housing conditions, deficient health services, and inadequate economic security (13:9).

Although all food stamp recipients are not necessarily among the "hard core" poor, it may be assumed that many of them are.

The Tennessee study done by Mariner brought out the fact that credit was used extensively in the purchase of high cost durables owned by the disadvantaged families, such as refrigerators, television sets, etc. These low-income homemakers regarded the television set as their primary means of information and recreation (13:39).

More than half the low-income homemakers stated they did not plan meals even a day or two ahead and "ran out of everything" before time to go shopping. Most did plan to stretch their food dollars by buying less expensive food and using government donated food (13:49).

A high percentage of the low-income homemakers interviewed by Mariner indicated a desire to learn more about menu planning and wanted more nutrition information (13:56). Many indicated they would like help in food buying (13:50).

It was also noted that many low-income homemakers did not participate in any community activity (13:60).

One study confirms that many poor families are multi-problem families--made up of individuals with little education and many health problems. These families live under crowded conditions, and are generally very pessimistic about life. The study suggests, however, that these people have a real desire for improvement and a willingness to work to improve their situation (3:160).

Farm operators in a Wisconsin study classified as low-socioeconomic families were characterized as having smaller farms and less farm and family income, less knowledge of agricultural agencies, little contact with the Extension Service, and low participation in community organizations (5:165).

Spindler and Browne point out that while income alone does not assure a "good" diet, 36 percent of those with incomes under $3,000 had poor diets (21:320).

Food stamps are used to increase a family's existing food purchasing power. Families are required to purchase food coupons in amounts that reflect their normal level of food expenditures based on family size and income. This on-going food purchasing power is then supplemented by additional food coupons provided free of charge (24:70).

Though the Food Stamp Program is designed to stretch limited budgets, it does not mean the food purchased will be more nutritious. Such an opportunity does provide some possibility of changing habits if there is some effort directed specifically to the families experiencing

this change (15:1). Thus, these food stamp recipients should be susceptible to influence by the teaching of nutrition concepts.

II. CHARACTERISTICS OF HOME DEMONSTRATION CLUB MEMBERS

To find out some of the social and economic characteristics of home demonstration club members the Federal Extension Service made a National Study in 1957 (23:1).

The study pointed up some general characteristics of home demonstration club members. About one-half lived on farms, and six out of ten were under 50 years of age. Most were full-time homemakers and high percentages were found to have low incomes. More than 90 percent of those under 40 years of age had children at home, almost two-thirds had children at home under 20 years of age. About three-fifths of the club members were high school graduates, a few had some college training, and one-half had studied home economics in school. One out of ten belonged to no organization other than a home demonstration club but one out of six belonged to five or more organizations. Ownership of home conveniences was high. One-third said they planned meals one or more days ahead (7:1,2).

Members were asked to rank their choices of five media for receiving information from the home demonstration agent. Meetings ranked first, bulletins second, newspapers or magazines third, television fourth and radio fifth. Women 30 and over named meetings to a greater degree than those under 30 years of age, those under 30 named television to a greater extent (23:5).

III. CHARACTERISTICS OF YOUNG HOMEMAKERS

Young people frequently enter marriage before their schooling is complete and almost totally without knowledge and skills necessary for the establishment and maintenance of a home and family. Because the first five years of a child's life are critical to its mental and emotional development, society must be concerned about the influence of young parents on future generations. It is particularly important that stable families be established so that the young can become contributing members of society (1:63).

Goble states that in the broad sweep of rapid change which requires movement of labor resources, young families no longer continue to live in the geographic area of the root family. Though mobility has improved the economic position of many young families, the improvement has increased the responsibilities for young homemakers since they may no longer rely on emergency help or advice from relatives (8:135).

Any endeavor to identify generally similar characteristics of young homemakers ends almost where it began; namely, that they are alike in being young and in being homemakers. However, young homemakers may be described as two groups, teens to early twenties and mid-twenties to thirties. A few live on farms, some reside in rural non-farm areas, but many are urban residents. Over half of the young women are married by the age of 20. One-third to one-half of all the youthful marriages (bride less than 18 years of age) involved premarital pregnancies (8:136).

Young homemakers are usually found in greater numbers in lower-priced housing developments, have been married a shorter period of time and have a shorter period of residency in the community. Education varies as does income. In an Indiana study, the range of education was from the sixth grade to a Master's degree, the median being a high school education (8:137).

In a study conducted in West Virginia, it was found that young homemakers have a definite opinion on how and when they would like to receive educational information. They preferred to receive their education programs by newsletters, magazines, or pamphlets, permitting them to learn at their own convenience, at the same time solve the travel and baby-sitting problems (19:35).

There were other variables that determined whether young homemakers would attend informal programs that could not be presented through mass media. They preferred evening meetings when husbands could keep children and the family car was available. Spring and fall were preferred seasons because of better weather and no interference with vacations (19:35).

IV. RESEARCH RELATED TO DIFFUSION AND ADOPTION

Diffusion, according to Rogers, is a special type of communication and communication is essential for social change (18:12). Diffusion is the process by which new ideas are communicated from a certain source to a receiver. A simplified but useful model is S-M-C-R. A source (S) sends a message (M) via certain channels (C) to the receiving individual (R) (18:11).

An innovation is a new idea, practice or object. Communication is the process by which ideas are transmitted from a source to a receiver, and the means used to send the message is the channel. A considerable time lag exists from the introduction of a new idea to its adoption. Change takes time, much time (18:16).

Because individuals do not generally adopt a practice all at once, Rogers lists five stages in the adoption process: awareness, interest, evaluation, trial and finally, adoption (16:19).

Neither do individuals adopt an innovation at the same time. Rogers categorized adopters following a bell-shaped curve beginning with innovators, then early adopters, rising to the highest point between the early majority and late majority and returning to a low point with the laggards (18:182).

It has been assumed that low-socioeconomic people are less concerned with innovations than are high-socioeconomic people. In a Wisconsin study, about half of the low-socioeconomic farmers said they were ready to adopt innovations, but only half actually did. Even though people are willing, economic and educational conditions may be such as to make change impractical at a given time (5:169).

Certain homemakers with direct contacts pass information on to other homemakers by word-of-mouth. This is called the "trickle-down process" and it is believed that many homemakers are reached by this method (17:3).

Wilson and Gallup contended that certain factors influence adoption of practices. Age did not seem to be an important factor

but educational training led to higher practice adoption. Practices tended to increase with the size of the farm and the place on the socioeconomic scale. The extent to which farmers and homemakers make contact with the Extension staff largely determines the adoption of recommended practices (25:24).

Ruby Craven said that the individual's idea of the amount of satisfaction to be derived from a course of action will be one factor influencing choices. She stated that family values have considerable influence on decisions--the higher the value placed upon social and educational aspirations and home conveniences, the higher the adoption of improved practices (4:24).

Rogers (18) lists many generalizations about the diffusion of innovations; below are a few relevant to this study:

1. Earlier adopters are no different from later adopters in age.

2. Earlier adopters have more years of education than do later adopters.

3. Earlier adopters are more likely to be literate than are later adopters.

4. Earlier adopters have higher social status than later adopters.

5. Earlier adopters have larger sized units (farm and so on) than later adopters.

6. Earlier adopters have greater intelligence than later adopters.

7. Earlier adopters have a more favorable attitude toward change than later adopters.

8. Earlier adopters have more social participation than later adopters.

9. Earlier adopters have more change agent contact than later adopters.

10. Earlier adopters have greater exposure to mass media communication channels than later adopters.

11. Earlier adopters have greater exposure to interpersonal communication channels than later adopters.

V. RESEARCH RELATED TO MASS MEDIA AND INTERPERSONAL CHANNELS

Researchers categorize communication channels as either (1) interpersonal or mass media in nature and (2) as originating from either localite or cosmopolite sources (18:252).

Mass media channels are those that involve a mass medium (radio, television, newspaper, etc.). These enable a source to reach an audience of many (18:252).

Interpersonal channels involve a face to face exchange. These channels have greater effectiveness if the receiver is resisting or is apathetic (18:252).

The two channels may best be combined to yield maximum results (18:260). Sill (1958) found that to maximize adoption the communication channels should be used in an ideal time sequence, progressing from mass media to interpersonal channels (18:256).

Word-of-mouth communication from a trusted personal source is more influential than mass media despite the prestige of the latter. In general, use of both is most effective of all (2:550).

In general, mass media are most useful as sources of initial information, with farm magazines and farm papers being used more frequently than newspapers, radio, or television. They are a factor at other stages (11:43).

Lionberger says that studies relating to radio as an educational medium are few and the role of television is inconclusive. He says that there is some evidence that publications are useful for supplementing educational television programs (11:45).

In a Tennessee study by Noble, the combination of radio and direct mail showed a slight advantage over direct mail alone (15:9).

The fact that neither radio nor television can be referred back to and the fact they do not lend themselves to two-way communication makes them less satisfactory after the awareness stage is past (11:49).

Cosmopolite channels are those from outside the social system being investigated. Channels of information from sources inside the social system are called localite channels (18:258).

The mass media exercise an important indirect influence through opinion leaders who listen and read in the media and pass on information and influence to their circle of acquaintances (2:550).

Berelson says people tend to see and hear communications that agree with what they themselves think (2:529). He adds that communication research strongly indicates the persuasive mass communication is in general more likely to reinforce the existing opinions of its audience than it is to change such opinions (2:541).

Among home demonstration club members in the 1957 Federal Extension Service survey, a higher proportion of club members preferred meetings

as their first choice over the other media. However, 44 percent did not list meetings as first choice. The choices of media for receiving information may be related to several factors, some of which are: orientation to the reception of information through the media; differences in effectiveness of the person using the media for presentation of the information; and education, employment, age and other characteristics of the person receiving the information (7:15).

Mass media can bring current knowledge to young families who often do not search for it unless a paramount need exists. Mass media such as newsletters make young families aware of new ideas and often suggest further references (19:36).

Kolasa reports that Fliegel (1961) in a food consumption study in Pennsylvania examined sources of information about food. While radio and television reached the largest number of people, few homemakers obtained new food ideas from those sources. In general, the informal sources--friends and neighbors--were cited as major sources of new ideas about food. Miss Kolasa postulates that the "friends and neighbors" received their information via some mass media (10:92).

Mass media sources appear to be used most at the awareness stage of the adoption process, after which they decline. Use of peer sources (neighbors, relatives, etc.), authoritative sources and commercial sources is low in the awareness stage, but increases as farmers pass through other stages of the adoption process (14:40).

Little work has yet been done on the effect of channel credibility in the diffusion process. An understanding of which channels have

relatively higher credibility could be extremely useful to change agents in selection of diffusion channels (18:265).

CHAPTER III

FINDINGS OF THE STUDY

The findings of this study will be presented in this Chapter under the major headings of: (1) influence of personal and family characteristics upon levels of nutrition practice use, (2) influence of information from mass media upon levels of nutrition practice use, (3) influence of individual or group instruction upon levels of nutrition practice use, and (4) influence of interest in attending workshop or series of meetings upon levels of nutrition practice use.

Each table presents analysis of a different independent variable and its relationship to the homemakers' level of nutrition practice use.

I. INFLUENCE OF PERSONAL AND FAMILY CHARACTERISTICS UPON LEVELS OF NUTRITION PRACTICE USE

In this section findings are presented regarding the influence of homemakers' age, total number of persons in the home, etc., upon the level of nutrition practice use by food stamp recipients, home demonstration club members and young homemakers.

Influence of Homemakers' Age on Levels of Practice Use

Data in Table I shows the relation of homemakers' age and levels of nutrition practice use for food stamp recipients, home demonstration

TABLE I

INFLUENCE OF HOMEMAKERS' AGE UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels* of Nutrition Practice Use	Age of Homemaker									
	20-39		40-59		60-Over		No Response		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient										
Low Use	46	54	33	54	43	60	8	67	130	56
Medium Use	24	28	14	23	17	23	2	16	57	25
High Use	15	18	14	23	12	17	2	17	43	19
Total	85	100	61	100	72	100	12	100	230	100
Mean No. Practices Used	9.0		8.5		8.1				8.6	
$X^2 = 1.6$ with 4df; $P > .05$										
Home Demonstration Club Members										
Low Use	103	25	104	20	82	29	13	81	302	25
Medium Use	167	41	207	41	114	41	2	13	490	40
High Use	137	34	199	39	84	30	1	6	421	35
Total	407	100	510	100	280	100	16	100	1213	100
Mean No. Practices Used	11.2		11.6		10.7				11.3	
$X^2 = 10.8$ with 4df; $P < .05$										
Young Homemakers										
Low Use	44	34								
Medium Use	53	40								
High Use	34	26								
Total	131	100								
Mean No. Practices Used	10.7									

* Homemakers who used between 0 and 9 of the 16 recommended nutrition practices were classified as low users, those using 10 through 12 practices medium users, and 13 through 16 high users.

club members and young homemakers. Comparison of nutrition practice use among homemakers in each of the three audiences revealed that a smaller percentage of the food stamp recipients (19 percent) than of either the home demonstration club members (35 percent) or the young homemakers (26 percent) were classified as high users of the nutrition practices. Home demonstration club members were using an average of 11.3 of the recommended nutrition practices compared to an average 10.7 by the young homemakers and 8.6 by the food stamp recipients.

Study of the figures in Table I also indicate that, on the average, the older food stamp recipients (those 60 and over) were using fewer of the recommended nutrition practices than were either the middle-age group (those 40 to 59) or the younger homemakers (20 to 39). These observed differences in practice use by homemakers who received food stamps, however, did not achieve the .05 level of significance when tested by the chi-square test.

Home demonstration club members in the 60 and over age group were using an average of 10.7 nutrition practices, compared to 11.6 by those 40 to 59 and 11.2 by those 20 to 39 years of age. When tested by the chi-square test, these observed differences in nutrition practice use by the various age groups did achieve the .05 level of significance. Thus, age was a factor significantly related to the level of nutrition practice use by home demonstration club members. Home demonstration club members who were 60 years of age or older were, on the average, using fewer of the nutrition practices.

Comparison of nutrition practice use by age of homemakers was not made for the young homemaker audience since they were all in the same age category (20 to 39).

Analysis of data in Table I indicated that age of homemakers was a significant factor related to nutrition practice use by home demonstration club members but that it was not significantly related for the homemakers who received food stamps. On the average home demonstration club members in the middle-age group (40-59) used more of the nutrition practices than those in any other age category and more than those in any other Extension audience. Older homemakers (60 and over) who were receiving food stamps were using the smallest number of nutrition practices.

Influence of Number of Persons Living in Home Under Twenty-one Years of Age on Levels of Practice Use

The data in Table II indicate that among food stamp recipients the fewest nutrition practices were used (an average of 7.2) in homes having 5 or more persons under the age of 21. Homes with 3-4 persons under 21 followed (an average of 8.1) with the greatest average use (9.3) in homes with 1-2 persons under 21. The pattern for the home demonstration club member and young homemaker audiences was the same with the fewest uses in the homes with 5 and over persons under 21, the most uses in homes where 1-2 persons were under 21.

Home demonstration club members showed the greatest mean number of recommended nutrition practices used, 11.5; young homemakers, 10.7; food stamp recipients, the fewest, 8.6.

TABLE II

INFLUENCE OF NUMBER OF PERSONS LIVING IN HOME UNDER TWENTY-ONE YEARS OF AGE UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Persons in Home Under 21									
	None		1-2		3-4		5-Over		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient										
Low Use	54	55	33	46	26	68	17	71	130	56
Medium Use	22	23	22	31	7	19	6	25	57	25
High Use	21	22	16	23	5	13	1	4	43	19
Total	97	100	71	100	38	100	24	100	230	100
Mean No. Practices Used			9.3		8.1		7.2		8.6	
$X^2 = 8.6$ with 4df; $P > .05$										
Home Demonstration Club Members										
Low Use	164	28	95	21	38	23	5	25	302	25
Medium Use	242	41	177	40	63	39	8	40	490	40
High Use	180	31	173	39	61	38	7	35	421	35
Total	586	100	445	100	162	100	20	100	1213	100
Mean No. Practices Used			11.5		11.5		10.8		11.5	
$X^2 = .46$ with 4df; $P > .05$										
Young Homemakers										
Low Use	17	36	32	35	8	30	1	33	58	35
Medium Use	20	43	33	37	14	52	2	67	69	41
High Use	10	21	25	28	5	18	0	0	40	24
Total	47	100	90	100	27	100	3	100	167	100
Mean No. Practices Used			10.7		10.6		10.0		10.7	
$X^2 = 3.4$ with 4df; $P > .05$										

In none of the audiences, food stamp recipients, home demonstration club members, or young homemakers, was the number of persons in the home under 21 years of age found to be significant at the .05 level as far as nutrition practices were concerned.

Influence of Number of Persons Living in Home Over Twenty-one Years of Age on Levels of Practice Use

A study of data in Table III shows that in homes of food stamp recipients with one, two or three and over persons over 21 years of age the greatest average number of nutrition practices used was in the homes with two persons over 21, the average being 9.6. Homes with three and over persons over 21 had an average practice use of 7.9, and in homes with one person over 21 the average practice use was 6.9.

Data for the young homemaker audience also showed that those with homes having two persons over 21 used the greatest average number of nutrition practices, 10.8, with an average of 9.9 in homes of one over the age of 21 and 8.4 in homes with three and over above 21.

In the home demonstration club audience there was only a small difference in the average number of practices used as related to the number of people in the home over 21 years of age. Homes with one person over 21 (an average of 11.0); homes with two persons over 21 (an average of 11.3); homes with three or more over 21 (an average of 11.8).

Ten percent of the young homemakers with three or more persons over 21 years of age in the home were at the high use level, 18 percent

TABLE III

INFLUENCE OF THE NUMBER OF PERSONS LIVING IN HOME OVER TWENTY-ONE YEARS OF AGE UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Persons in Home Over 21									
	None		1		2		3-Over		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient										
Low Use	5	72	56	74	59	45	10	59	130	56
Medium Use	1	14	15	20	37	29	4	23	57	25
High Use	1	14	5	66	34	26	3	18	43	19
Total	7	100	76	100	130	100	17	100	230	100
Mean No. Practices Used			6.9		9.6		7.9		8.5	
$X^2 = 18.1$ with 4df; $P < .05$										
Home Demonstration Club Members										
Low Use	22	58	46	25	211	24	23	20	302	25
Medium Use	11	29	76	41	361	41	42	37	490	40
High Use	5	13	62	34	305	35	49	43	421	35
Total	38	100	184	100	877	100	114	100	1213	100
Mean No. Practices Used			11.0		11.3		11.8		11.3	
$X^2 = 3.3$ with 4df; $P > .05$										
Young Homemakers										
Low Use	3	50	9	36	38	30	8	80	58	35
Medium Use	0	0	13	52	55	44	1	10	69	41
High Use	3	50	3	12	33	26	1	10	40	24
Total	6	100	25	100	126	100	10	100	167	100
Mean No. Practices Used			9.9		10.8		8.4		10.5	
$X^2 = 12.4$ with 4df; $P < .05$										

of the food stamp recipients with three or more above 21 were high level users, while 43 percent of the home demonstration club audience with three or more over 21 were at the high use level. Compared to the other two audiences the home demonstration audience had a larger percentage at the high use level in every category with one exception. In food stamp recipient homes with one person over 21, 66 percent were at the high use level compared to 34 percent of the home demonstration club audience and 12 percent of the young homemaker audience.

Data presented in Table III, therefore, indicated that the number of persons over 21 living in the homes was not significantly related to use of nutrition practices among the home demonstration club members. However, for the homemakers who received food stamps and those in the young homemaker audience, the number of persons over 21 living in the home was related to the homemakers' use of nutrition practices. Homemakers with three or more persons over 21 living in the home used fewer nutrition practices than did homemakers with one or two persons over 21 in the home. This was true for both the young homemaker and the food stamp recipient audiences.

Influence of Total Number of Persons in the Home on Levels of Practice Use

Table IV shows the influence of the total number of persons in the home upon the levels of nutrition practice use by food stamp recipients, home demonstration club members and young homemakers. Food stamp recipients who lived alone were the lowest users of the nutrition practices. Seventy-five percent of these homemakers were in the low practice use category. They were using an average of 6.4 of

TABLE IV

INFLUENCE OF THE NUMBER OF PERSONS IN THE HOME UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Number of Persons in Home							
	1		2-4		5-Over		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	34	75	53	43	43	68	130	56
Medium Use	8	18	34	28	15	24	57	25
High Use	3	7	35	29	5	8	43	19
Total	45	100	122	100	63	100	230	100
Mean No. Practices Used	6.4		9.7		7.7		8.6	
$X^2 = 23.4$ with 4df; $P < .05$								
Home Demonstration Club Members								
Low Use	42	28	204	24	44	23	302	25
Medium Use	64	43	351	41	73	38	490	40
High Use	43	29	301	35	76	39	421	35
Total	149	100	856	100	193	100	1213	100
Mean No. Practices Used	10.6		11.3		11.5		11.3	
$X^2 = 4.4$ with 4df; $P > .05$								
Young Homemakers								
Low Use	3	25	45	36	10	34	58	35
Medium Use	6	50	48	38	15	52	69	41
High Use	3	25	33	26	4	14	40	24
Total	12	100	126	100	29	100	167	100
Mean No. Practices Used	10.4		10.6		10.3		10.5	
$X^2 = 3.2$ with 4df; $P > .05$								

the 16 nutrition practices. The highest use of nutrition practices, among the food stamp recipient homemakers, was by those with from two to four persons in the family. They were using an average of 9.7 of the nutrition practices. A chi-square test of these differences indicated that size of family did have a significant positive influence upon the number of nutrition practices used by homemakers who were receiving food stamps.

Home demonstration club members with large families (five or more persons) were the highest users of the nutrition practices. These homemakers used an average of 11.5 of the nutrition practices. There was no significant difference, however, in the number of nutrition practices used by home demonstration club members who lived alone compared to those with two to four or five and over family members living at home. Thus, size of family did not influence the use of nutrition practices by home demonstration club members.

Young homemakers were using fewer of the nutrition practices than the home demonstration club members but more than the homemakers who received food stamps. Variation in the use of nutrition practices among homemakers with different size families was not significant at the required .05 level (chi-square test).

Finally, data presented in Table IV indicated that among home demonstration club members and young homemaker audiences family size did not influence the homemakers' use of nutrition practices. Among the food stamp recipients, however, family size had a significant influence on the number of nutrition practices used. Homemakers who

received food stamps and were living alone used the least number of nutrition practices (6.4 practices).

Influence of Having a Workable Refrigerator in the Home on Levels of Practice Use

According to the figures shown in Table V the food stamp recipients having no refrigerator were all in the low use category, using an average of only 2.3 nutrition practices. In the homes of food stamp recipients where there was a workable refrigerator, 55 percent were low users of the 16 nutrition practices, and 19 percent were at the high use level.

Only two home demonstration club members said they had no refrigerator. In the home demonstration club audience with refrigerators 41 percent were medium users of the nutrition practices, 35 percent were in the high practice use category and 24 percent were low users of nutrition practices.

There was not a young homemaker without a refrigerator. In the young homemaker audience 24 percent were in the high use, 41 percent in the medium use, and 35 percent in the low nutrition practice use category.

A chi-square test of these observed differences indicated that having a refrigerator was not a significant factor influencing the number of nutrition practices used by homemakers in any of the three Extension audiences. It should be observed, however, that only six of the 1,610 homemakers responding indicated they did not have a refrigerator.

TABLE V

INFLUENCE OF HAVING A WORKABLE REFRIGERATOR IN THE HOME UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Refrigerator in Home							
	Yes		No		No Response		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	123	55	4	100	3	100	130	56
Medium Use	57	26	0	0	0	0	57	26
High Use	43	19	0	0	0	0	43	19
Total	223	100	4	100	3	100	230	100
Mean No. Practices Used	8.7		2.3				8.6	
$X^2 = 3.2$ with 2df; $P > .05$								
Home Demonstration Club Members								
Low Use	289	24	0	0	13	76	302	25
Medium Use	488	41	1	50	1	6	490	40
High Use	417	35	1	50	3	18	421	35
Total	1194	100	2	100	17	100	1213	100
Mean No. Practices Used	11.3		11.5				11.3	
$X^2 = .65$ with 2df; $P > .05$								
Young Homemakers								
Low Use	58	35	0	0	0	0	58	35
Medium Use	68	41	0	0	1	100	69	41
High Use	40	24	0	0	0	0	40	24
Total	166	100	0	0	1	100	167	100
Mean No. Practices Used	10.5						10.5	

Influence of Having a Workable Freezer in the Home on Levels of Nutrition Practice Use

As seen in Table VI a total of 125 food stamp recipients said they did not have a home freezer, 102 did. Seventy-two percent of that audience having no freezer were in the low nutrition practice use category, while only 36 percent of those with freezers were low users of nutrition practices. Further study of the table reveals that of those food stamp recipients without a freezer only 6 percent were at the high level of nutrition practice use but 36 percent of those with freezers were in the high use category.

Similar results are seen in the home demonstration club and young homemaker audiences with fewer low users and more high users among those having a workable freezer in the home.

A look at the average number of nutrition practices used by the different audiences having a freezer in the home shows that the fewest practices were used by the food stamp recipients (10.5), young homemakers (10.7) were next and the highest number of nutrition practices were used by home demonstration club members (11.6).

A chi-square test indicated that having a home freezer did influence the number of nutrition practices used by food stamp recipients and home demonstration club members but did not significantly influence nutrition practice use among the young homemaker audience.

Influence of Having Both a Refrigerator and Freezer in the Home on Levels of Nutrition Practice Use

Table VII shows that whether the homemakers had neither, one or both a refrigerator and a freezer, more food stamp recipients were in

TABLE VI

INFLUENCE OF HAVING A WORKABLE FREEZER IN THE HOME UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Freezer in Home							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	3	100	37	36	90	72	130	56
Medium Use	0	0	29	29	28	22	57	25
High Use	0	0	36	35	7	6	43	19
Total	3	100	102	100	125	100	230	100
Mean No. Practices Used			10.5		7.1		8.6	
$X^2 = 39.8$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	24	69	199	20	79	41	302	25
Medium Use	5	14	402	41	83	43	490	40
High Use	6	17	383	39	32	16	421	35
Total	35	100	984	100	194	100	1213	100
Mean No. Practices Used			11.6		9.8		11.3	
$X^2 = 52.1$ with 2df; $P < .05$								
Young Homemakers								
Low Use	2	34	38	31	18	47	58	35
Medium Use	2	33	53	43	14	37	69	41
High Use	2	33	32	26	6	16	40	24
Total	6	100	123	100	38	100	167	100
Mean No. Practices Used			10.7		9.8		10.5	
$X^2 = 3.8$ with 2df; $P > .05$								

TABLE VII

INFLUENCE OF HAVING BOTH A REFRIGERATOR AND FREEZER IN THE HOME UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Refrigerator and Freezer in Home							
	Neither		1		Both		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	7	100	86	71	37	36	130	56
Medium Use	0	0	28	23	29	29	57	25
High Use	0	0	7	6	36	35	43	19
Total	7	100	121	100	102	100	230	100
Mean No. Practices Used	2.7		7.2		10.5		8.5	
$X^2 = 43.8$ with 4df; $P < .05$								
Home Demonstration Club Members								
Low Use	13	76	90	43	199	20	302	25
Medium Use	1	6	87	41	402	41	490	40
High Use	3	18	34	16	384	39	421	35
Total	17	100	211	100	985	100	1213	100
Mean No. Practices Used	8.9		9.8		11.6		11.2	
$X^2 = 86.3$ with 4df; $P < .05$								
Young Homemakers								
Low Use	0	0	20	46	38	31	58	35
Medium Use	1	100	15	35	53	43	69	41
High Use	0	0	8	19	32	26	40	24
Total	1	100	43	100	123	100	167	100
Mean No. Practices Used	12.0		9.9		10.7		10.5	
$X^2 = 4.9$ with 4df; $P > .05$								

the low nutrition practice use level than in either the medium or the high use level. However, of those having both a refrigerator and a freezer, 36 percent were low level users of nutrition practices compared with 71 percent of the homemakers having only one of the appliances. Thirty-five percent of the food stamp recipients owning both a refrigerator and a freezer were high users of nutrition practices compared to 6 percent of those with only one of the appliances.

More home demonstration club members (40 percent) fell into the medium practice use level than into either the low (25 percent) or the high use levels (35 percent). Over 81 percent of the home demonstration club members had both a refrigerator and a freezer compared to 73 percent of the young homemakers and 44 percent of the food stamp recipients.

Of the young homemakers only one had neither a refrigerator nor a freezer. In this audience, as in the other two audiences, those with both appliances used a higher number of practices than those with only one of them.

Whether or not the homemaker had neither, only one or both a refrigerator and a freezer was a factor which influenced the number of nutrition practices used by food stamp recipients and home demonstration club members. Homemakers having both a refrigerator and a freezer were using more nutrition practices than homemakers who had only a refrigerator or a freezer and more than those not having either a refrigerator or a freezer.

II. INFLUENCE OF INFORMATION FROM MASS MEDIA UPON LEVELS OF NUTRITION PRACTICE USE

This section presents the findings regarding the influence of information on nutrition received from television, telephone, daily and weekly newspapers, and other sources upon the level of nutrition practice use by food stamp recipients, home demonstration club members and young homemakers. The influence of the number of sources of mass media used is also presented.

Influence of Nutrition Information Received by Television on Levels of Practice Use

Reference to Table VIII discloses that the homemakers using food stamps who received nutrition information by television had a nutrition practice use level of 9.5, the food stamp recipients not receiving information by television had a practice use level of 7.8. Fifty-eight percent of the homemakers using food stamps indicated that they received nutrition information by television. Twenty-three percent of these homemakers receiving information by television were in the high level nutrition practice use category compared to only 10 percent in the high level use category of homemakers not receiving nutrition information by television.

Although 79 percent of the home demonstration club members said they had received nutrition information by television, the average number of nutrition practices used by them (11.3) was only slightly more than the average number of practices used by those members who did not receive nutrition information by television (11.0).

TABLE VIII

INFLUENCE OF NUTRITION INFORMATION BY TELEVISION UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Nutrition Information by Television							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	30	91	66	49	34	54	130	56
Medium Use	3	9	31	23	23	36	57	25
High Use	0	0	37	23	6	10	43	19
Total	33	100	134	100	63	100	230	100
Mean No. Practices Used			9.5		7.8		8.9	
$X^2 = 9.4$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	15	75	219	23	68	30	302	25
Medium Use	2	10	403	42	85	37	490	40
High Use	3	15	341	35	77	33	421	35
Total	20	100	963	100	230	100	1213	100
Mean No. Practices Used			11.3		11.0		11.3	
$X^2 = 4.9$ with 2df; $P > .05$								
Young Homemakers								
Low Use			41	32	17	46	58	35
Medium Use			54	42	15	41	69	41
High Use			35	26	5	13	40	24
Total			130	100	37	100	167	100
Mean No. Practices Used			10.7		9.7		10.5	
$X^2 = 3.9$ with 2df; $P > .05$								

Among the home demonstration club members the most were using from 9 to 12 of the 16 recommended nutrition practices. When tested by the chi-square test the differences in nutrition practice use by home demonstration club members who did and who did not receive nutrition information by television did not achieve the .05 level of significance. Thus, nutrition information by television was not a factor influencing the level of use of nutrition practices among home demonstration club members.

Thirteen percent of the young homemakers receiving no nutrition information by television were high level users of the 16 nutrition practices, while 26 percent of the young homemakers who had received nutrition information by television were at the high use level. Little difference was indicated at the medium use level where 42 percent of the young homemakers who had received television nutrition information placed, while almost that number, 41 percent who had received no nutrition information by television also were at the medium use level.

Review of the data in Table VIII discloses that substantially more home demonstration club members (79 percent) and young homemakers (78 percent) received nutrition information by television than did food stamp recipients (58 percent). The television information did not significantly influence the use of nutrition practices among the home demonstration club members or the young homemakers. However, there was a significant difference in the number of nutrition practices used by food stamp recipients receiving nutrition information by television and those not receiving that information.

Influence of Nutrition Information Received by Radio on Levels of Nutrition Practice Use

According to Table IX regardless of whether or not the homemaker had received nutrition information by radio, the highest percentage of food stamp recipients were in the low level use category relative to the 16 recommended nutrition practices. However, those homemakers receiving nutrition information by radio had a low use level of 38 percent, while those who did not receive nutrition information by radio had a low use level of 62 percent.

The table shows that, as a whole, food stamp recipients who did not receive nutrition information by radio had a lower average number of practices used, 8.0 than did those who received nutrition information by radio whose average number of practices used was 10.1.

Forty percent of the home demonstration club members were at the medium level of nutrition practice use, compared with 25 percent at the low use level and 35 percent at the high use level.

The young homemakers also had a larger number (41 percent) at the medium nutrition practice use level than at either the low (35 percent) or high use level (24 percent).

A further study of Table IX shows that 56 percent of the home demonstration club members received nutrition information from the radio compared to 47 percent of the young homemakers and 39 percent of the food stamp recipients. For the food stamp recipient audience and home demonstration club members a chi-square test indicated that nutrition information by radio did influence the number of nutrition

TABLE IX

INFLUENCE OF NUTRITION INFORMATION RECEIVED BY RADIO UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Nutrition Information by Radio							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	30	91	34	38	66	62	130	56
Medium Use	3	9	32	35	22	20	57	25
High Use	0	0	24	27	19	18	43	19
Total	33	100	90	100	107	100	230	100
Mean No. Practices Used			10.1		8.0		9.0	
$X^2 = 11.3$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	19	61	143	21	140	28	302	25
Medium Use	7	23	283	42	200	39	490	40
High Use	5	16	248	37	168	33	421	35
Total	31	100	674	100	508	100	1213	100
Mean No. Practices Used			11.4		11.1		11.3	
$X^2 = 6.5$ with 2df; $P < .05$								
Young Homemakers								
Low Use	6	74	23	29	29	36	58	35
Medium Use	1	13	34	44	34	42	69	41
High Use	1	13	21	27	18	22	40	24
Total	8	100	78	100	81	100	167	100
Mean No. Practices Used			10.7		10.3		10.5	
$X^2 = .87$ with 2df; $P > .05$								

practices used, but did not significantly influence nutrition practice use among the young homemaker audience.

Influence of Nutrition Information Received by Telephone on Levels of Nutrition Practice Use

Table X presents data relative to nutrition information received by telephone. This table discloses that only 21 percent of the food stamp recipients received nutrition information by telephone and of this group the highest percentage (42 percent) were at the medium nutrition practice use level. The average number of nutrition practices used by food stamp recipients who did not receive nutrition information by telephone was 8.2 compared to an average practice use of 11.2 for those who did receive information by telephone. When tested by the chi-square test these differences were found to be significant at the .05 level.

Fewer home demonstration club members (34 percent) who had received nutrition information by telephone were in the high use category than in the medium use category (43 percent), but more than were at the low use level (23 percent). There was only a small difference in the mean number of nutrition practices used by home demonstration club members who had received nutrition information by telephone and those who had not. The average mean number of practices used was 11.3 for those who had received nutrition information by telephone compared to an average of 11.2 for the members who had not.

The largest number of young homemakers (69 of the 167 or 41 percent) was in the medium nutrition practice use category. Forty-five percent

TABLE X

INFLUENCE OF NUTRITION INFORMATION RECEIVED BY TELEPHONE UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Nutrition Information by Telephone							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	30	91	11	23	89	60	130	56
Medium Use	3	9	20	42	34	23	57	25
High Use	0	0	17	35	26	17	43	19
Total	33	100	48	100	149	100	230	100
Mean No. Practices Used			11.2		8.2		9.0	
$X^2 = 19.8$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	23	52	129	23	150	25	302	25
Medium Use	12	27	249	43	229	39	490	40
High Use	9	21	198	34	214	36	421	35
Total	44	100	576	100	593	100	1213	100
Mean No. Practices Used			11.3		11.2		11.3	
$X^2 = 2.8$ with 2df; $P > .05$								
Young Homemakers								
Low Use	6	50	15	33	37	34	58	35
Medium Use	2	17	18	39	49	45	69	41
High Use	4	33	13	28	23	21	40	24
Total	12	100	46	100	109	100	167	100
Mean No. Practices Used			10.9		10.4		10.5	
$X^2 = .99$ with 2df; $P > .05$								

of the young homemakers who had not received nutrition information by telephone were in the medium practice use category compared to 39 percent who had received nutrition information by telephone.

In the three audiences, 21 percent of the food stamp recipients had received nutrition information by telephone, as had 47 percent of the home demonstration club members and 28 percent of the young homemakers. The average number of nutrition practices used by each of the three homemaker groups that had received nutrition information by this means appears to be similar; food stamp recipients 11.2, home demonstration club members 11.3, and young homemakers 10.9. The chi-square test shows the differences found in the number of practices used by home demonstration club members and young homemakers who were and those who were not receiving nutrition information by telephone were not significant.

Influence of Nutrition Information Received from Daily Newspapers on Levels of Nutrition Practice Use

Table XI shows the relation of nutrition information received from daily newspapers on levels of nutrition practice use among food stamp recipients, home demonstration club members and young homemakers.

When tested by the chi-square test the differences in nutrition practice use by food stamp recipients who did and who did not receive nutrition information from daily newspapers did achieve the .05 level of significance. Information from daily papers was an influencing factor in the nutrition practice use by food stamp recipients.

TABLE XI

INFLUENCE OF NUTRITION INFORMATION RECEIVED FROM DAILY NEWSPAPERS UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Nutrition Information by Daily Newspapers							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	30	91	25	29	75	68	130	56
Medium Use	3	9	27	31	27	25	57	25
High Use	0	0	35	40	8	7	43	19
Total	33	100	87	100	110	100	230	100
Mean No. Practices Used			11.2		7.2		9.0	
$X^2 = 39.8$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	21	53	184	23	97	27	302	25
Medium Use	9	23	344	42	137	38	490	40
High Use	10	24	285	35	126	35	421	35
Total	40	100	813	100	360	100	1213	100
Mean No. Practices Used			11.3		11.1		11.3	
$X^2 = 3.0$ with 2df; $P > .05$								
Young Homemakers								
Low Use	6	42	24	33	28	34	58	35
Medium Use	4	29	31	42	34	43	69	41
High Use	4	29	18	25	18	23	40	24
Total	14	100	73	100	80	100	167	100
Mean No. Practices Used			10.7		10.3		10.5	
$X^2 = .13$ with 2df; $P > .05$								

The influence of nutrition information from daily newspapers was less apparent among home demonstration club members. Those who had received nutrition information from daily newspapers had an average number of nutrition practices used of 11.3, while those who had received no nutrition information from the daily newspaper had an average number of practices used of 11.1. This indicated that nutrition information from daily newspapers did not have a strong influence on the number of practices used by home demonstration club members. The chi-square test shows that the differences are not significant.

Differences in the average number of practices used by young homemakers who received nutrition information from daily newspapers and those who did not are slight with an average nutrition practice use of 10.3 for those who did not receive nutrition information from daily newspapers and an average of 10.7 for those young homemakers who did. This difference is not significant at the .05 level.

A higher proportion of the home demonstration club members (67 percent) had received nutrition information from daily newspapers than had young homemakers (44 percent) or food stamp recipients (39 percent). Table XI indicates that nutrition information from daily newspapers had no significant influence on the number of practices used by the home demonstration club members or the young homemakers. Receiving nutrition information from daily newspapers had a significant positive influence on the food stamp recipients.

Influence of Nutrition Information Received from Weekly Newspapers on Levels of Nutrition Practice Use

Indications are, as seen in Table XII, that nutrition information from weekly newspapers had a definite influence on the homemakers using food stamps. Only 19 percent of the food stamp using homemakers who had not received information from a weekly newspaper were in the high nutrition practice use group, while 32 percent of those receiving nutrition information from that source were in the high use category.

Smaller differences appeared between the home demonstration club members who did and who did not receive nutrition information from weekly newspapers. At the medium use level, there was no difference in the percentage use between the two groups. However, when the high, medium and low use levels were compared, the difference was found to be significant at the .05 level (chi-square test). Home demonstration club members who received nutrition information from weekly newspapers were using more practices.

In the young homemaker audience that had received no information from weekly newspapers, 36 percent were in the low use, 41 percent in the medium use, and 23 percent in the high use group of nutrition practice uses. Among the young homemakers who had received nutrition information from weekly newspapers, 25 percent were in the low use, 52 percent in the medium use and 23 percent in the high use category of nutrition practice uses.

The average number of practices used by home demonstration club members who had received nutrition information from weekly newspapers (11.6) was only slightly more than the number used by young homemakers

TABLE XII

INFLUENCE OF NUTRITION INFORMATION RECEIVED FROM WEEKLY NEWSPAPERS UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Nutrition Information from Weekly Newspapers							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	30	91	11	29	89	56	130	56
Medium Use	3	9	15	39	39	25	57	25
High Use	0	0	12	32	31	19	43	19
Total	33	100	38	100	159	100	230	100
Mean No. Practices Used			10.6		8.6		9.0	
$X^2 = 9.0$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	20	57	124	21	158	27	302	25
Medium Use	7	20	243	41	240	41	490	40
High Use	8	23	222	38	191	32	421	35
Total	35	100	589	100	589	100	1213	100
Mean No. Practices Used			11.6		11.0		11.3	
$X^2 = 6.4$ with 2df; $P < .05$								
Young Homemakers								
Low Use	10	53	13	25	35	36	58	35
Medium Use	3	16	27	52	39	41	69	41
High Use	6	31	12	23	22	23	40	24
Total	19	100	52	100	96	100	167	100
Mean No. Practices Used			10.8		10.4		10.5	
$X^2 = 2.3$ with 2df; $P > .05$								

(10.8) or food stamp recipients (10.6). In the food stamp recipient and home demonstration club member audiences, the differences in the number of practices used were significant at the .05 level but were not significant for the young homemaker audience. Only 17 percent of the food stamp recipients said they received nutrition information from weekly newspapers while 31 percent of the young homemakers and 49 percent of the home demonstration club members did receive nutrition information from weekly newspapers.

Influence of Nutrition Information from Other Sources on Levels of Nutrition Practice Use

Table XIII presents data relative to other mass media sources of information used by food stamp recipients, home demonstration club members and young homemakers.

Fifty-six percent of the food stamp recipients were in the low, 25 percent the medium and 19 percent the high nutrition practice use category. Only 40 of the homemakers (17 percent) indicated that they used other sources of nutrition information. Thirty-eight percent of the home demonstration club members and 39 percent of the young homemakers used other sources of nutrition information. When tested by the chi-square test, the differences in nutrition practice use by those food stamp recipients who did and who did not use information from other sources was significant. Food stamp recipients who received nutrition information from other sources used more nutrition practices.

TABLE XIII

INFLUENCE OF NUTRITION INFORMATION FROM OTHER SOURCES UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Information on Nutrition from Other Sources							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	30	91	6	15	94	60	130	56
Medium Use	3	9	20	50	34	22	57	25
High Use	0	0	14	35	29	18	43	19
Total	33	100	40	100	157	100	230	100
Mean No. Practices Used			11.2		8.4		8.9	
$X^2 = 26.0$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	28	47	99	22	175	25	302	25
Medium Use	14	23	178	39	298	43	490	40
High Use	18	30	178	39	225	32	421	35
Total	60	100	455	100	698	100	1213	100
Mean No. Practices Used			11.5		11.2		11.3	
$X^2 = 5.9$ with 2df; $P < .05$								
Young Homemakers								
Low Use	11	55	21	32	26	32	58	35
Medium Use	4	20	27	42	38	46	69	41
High Use	5	25	17	26	18	22	40	24
Total	20	100	65	100	82	100	167	100
Mean No. Practices Used			10.6		10.4		10.5	
$X^2 = .46$ with 2df; $P > .05$								

Among the home demonstration club homemakers, there was not a wide variation of the three nutrition practice use levels between the homemakers who did or did not receive nutrition information from other sources. At the medium nutrition use level, 43 percent used no other source of nutrition information while 39 percent said they used information from other sources. These differences were significant at the .05 level.

Of the 65 (35 percent) young homemakers who indicated that they used other sources of nutrition information, the most (42 percent) were at the medium use level, the fewest (26 percent) at the high level of nutrition practice use. These differences did not achieve the .05 significance level.

Data in Table XIII indicated that receiving information from other sources did significantly influence the use of the 16 recommended nutrition practices by the food stamp recipients and home demonstration club members but did not significantly influence practice use among the young homemakers interviewed.

Influence of Number of Sources of Mass Media Used on Levels of Nutrition Practice Use

As seen in Table XIV, the food stamp recipients using only one source of nutrition information from mass media were the lowest users of the 16 nutrition practices. Seventy-three percent of those homemakers using food stamps were in the low practice use category. They were using an average of 6.8 of the nutrition practices. Among the food stamp recipients the highest users of the nutrition practices were those using three mass media sources. These homemakers were using an

TABLE XIV

INFLUENCE OF THE NUMBER OF SOURCES OF MASS MEDIA USED UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Number of Sources of Mass Media Used									
	1		2		3		4-Over		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient										
Low Use	37	73	27	50	9	27	7	19	130	56
Medium Use	12	23	16	30	8	24	16	43	57	25
High Use	2	4	11	20	16	49	14	38	43	19
Total	51	100	54	100	33	100	37	100	230	100
Mean No. Practices Used	6.8		9.1		12.0		11.4		9.5	
$X^2 = 39.4$ with 6df; $P < .05$										
Home Demonstration Club Members										
Low Use	44	36	61	27	59	23	118	21	302	25
Medium Use	40	33	87	38	113	43	242	42	490	40
High Use	37	31	79	35	90	34	211	37	421	35
Total	121	100	227	100	262	100	571	100	1213	100
Mean No. Practices Used	10.6		11.2		11.2		11.5		11.3	
$X^2 = 15.5$ with 6df; $P < .05$										
Young Homemakers										
Low Use	14	39	16	37	10	32	12	24	58	35
Medium Use	13	36	17	40	14	45	24	28	69	41
High Use	9	25	10	23	7	23	14	28	40	24
Total	36	100	43	100	31	100	50	100	167	100
Mean No. Practices Used										
$X^2 = 3.0$ with 6df; $P > .05$										

average of 12.0 of the nutrition practices. Not far behind in the average number of practices used were the food stamp recipients using four or more mass media sources of nutrition information. Their average practice use was 11.4. A chi-square test of these differences indicated that the number of nutrition sources of mass media used by the homemakers had a highly positive significant influence upon the number of nutrition practices used by the food stamp recipients.

Home demonstration club members using four or more nutrition sources of mass media were the highest users of the nutrition practices. They used an average of 11.5 of the nutrition practices, followed closely by the users of two and three mass media sources, both having an average nutrition practice use of 11.2. Home demonstration club members using only one source of nutrition mass media information used 10.6 of the nutrition practices. The number of sources of mass media used for nutrition information did significantly influence the number of nutrition practices used by home demonstration club members.

Among the young homemakers, those using four and over nutrition sources of mass media were the highest users of nutrition practices with an average of 11.2 nutrition practices used. There was no significant difference in the number of nutrition practices used by young homemakers who used one, two, three or four and over sources of mass media. Thus, the number of the sources of mass media used did not influence the use of nutrition practices by the young homemakers.

Homemakers who used three sources of mass media and were recipients of food stamps used the highest number of nutrition practices (12.0).

The differences in the number of sources of mass media used had a significant influence on the nutrition practice use of the food stamp recipients and the home demonstration club members, but not on the number of nutrition practices used by the young homemakers.

III. INFLUENCE OF INDIVIDUAL AND GROUP INSTRUCTION UPON LEVELS OF NUTRITION PRACTICE USE

This section presents the findings regarding the influence of individual and group instruction from Extension agents, home economics teachers, public health department officials and other sources upon the level of nutrition practice use by food stamp recipients, home demonstration club members and young homemakers. The influence of the actual number of sources of instruction is shown as well as the influence of the total number of sources of information (mass media and individual and group instruction).

Influence of Individual and Group Instruction from Extension Agents on Levels of Nutrition Practice Use

As seen in Table XV of a total of 230 food stamp recipients interviewed, 103 (45 percent) had received nutrition instruction from an Extension agent. This appears to have a definite influence on the use of nutrition practices by the homemakers using food stamps. The table shows that only 4 percent of the food stamp recipients who did not receive nutrition instruction from an Extension agent placed in the high nutrition practice use category, compared to 38 percent in that category of the homemakers who received nutrition instruction from an Extension agent.

TABLE XV

INFLUENCE OF INDIVIDUAL AND GROUP INSTRUCTION FROM EXTENSION AGENT UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Nutrition Information from Extension Agent							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	30	91	31	30	69	74	130	56
Medium Use	3	9	33	32	21	22	57	25
High Use	0	0	39	38	4	4	43	19
Total	33	100	103	100	94	100	230	100
Mean No. Practices Used			10.5		7.3		9.0	
$X^2 = 45.3$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	14	61	256	24	32	32	302	25
Medium Use	4	17	438	40	48	47	490	40
High Use	5	22	395	36	21	21	421	35
Total	23	100	1089	100	101	100	1213	100
Mean No. Practices Used			11.3		10.4		11.3	
$X^2 = 10.1$ with 2df; $P < .05$								
Young Homemakers								
Low Use	1	100	24	33	33	85	58	35
Medium Use	0	0	30	41	39	42	69	41
High Use	0	0	19	26	21	23	40	24
Total	1	100	73	100	93	100	167	100
Mean No. Practices Used			10.8		10.3		10.5	
$X^2 = .29$ with 2df; $P > .05$								

Ninety percent of the home demonstration club members had received nutrition instruction from an Extension agent. Forty percent of this group of home demonstration club members were at the medium level of nutrition practice use, 36 percent at high use level and 24 percent were at the low nutrition level of use.

Fewer of the young homemakers (44 percent) had received nutrition instruction from an Extension agent, than had the home demonstration club members (90 percent) or the food stamp recipients (45 percent). Among the young homemakers who had received nutrition instruction from an Extension agent, there were 26 percent in the high nutrition practice use category compared to 33 percent in the low use category. Both the home demonstration club members and food stamp recipients had a higher percentage in the high nutrition use category when the homemakers had received nutrition instruction from an Extension agent.

A look at the average number of nutrition practices used by the different audiences who did receive nutrition information from an Extension agent shows that the fewest practices were used by the food stamp recipients (10.5), young homemakers were next (10.8) with the highest number of nutrition practices being used by home demonstration club members (11.3).

A chi-square test indicated that receiving nutrition information from an Extension agent did influence the number of nutrition practices used by food stamp recipients and home demonstration club members but did not significantly influence nutrition practice use among the young homemakers.

Influence of Individual or Group Instruction from Home Economics Teacher on Levels of Nutrition Practice Use

As shown in Table XVI, 53 percent of the food stamp recipients who had received no nutrition instruction from a home economics teacher were low users of nutrition practices, while 32 percent of the users of food stamps who had received nutrition instruction from a home economics teacher were in the low nutrition practice use category. Among the food stamp recipients who had received nutrition instruction from a home economics teacher the highest percent was at the medium level of nutrition practices used (41 percent), next at the low use level (32 percent) and the fewest at the high use level of nutrition practices (27 percent).

In the home demonstration club audience receiving instruction from a home economics teacher 44 percent were high users of nutrition practices, 42 percent were in the medium practice use category and 14 percent were low users of nutrition practices.

Twenty-two percent of the young homemakers indicated they had received nutrition instruction from a home economics teacher. This was more than the home demonstration club members, 12 percent of whom had received instruction from a home economics teacher, also more than food stamp recipients of whom 10 percent had received such instruction. Among young homemakers receiving instruction from a home economics teacher, 46 percent were medium users of the 16 nutrition practices, 35 percent were at the high nutrition use level and a small 19 percent were low level users of the nutrition practices.

TABLE XVI

INFLUENCE OF INDIVIDUAL AND GROUP INSTRUCTION FROM HOME ECONOMICS TEACHER UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Nutrition Information from Home Economics Teacher							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	30	91	7	32	93	53	130	56
Medium Use	3	9	9	41	45	26	57	25
High Use	0	0	6	27	37	21	43	19
Total	33	100	22	100	175	100	230	100
Mean No. Practices Used			10.5		8.8		9.0	
$X^2 = 3.7$ with 2df; $P > .05$								
Home Demonstration Club Members								
Low Use	38	43	20	14	244	25	302	25
Medium Use	33	38	58	42	399	40	490	40
High Use	17	19	61	44	343	35	421	35
Total	88	100	139	100	986	100	1213	100
Mean No. Practices Used			12.0		11.2		11.3	
$X^2 = 8.4$ with 2df; $P < .05$								
Young Homemakers								
Low Use	11	53	7	19	40	37	58	35
Medium Use	3	14	17	46	49	45	69	41
High Use	7	33	13	35	20	18	40	24
Total	21	100	37	100	109	100	167	100
Mean No. Practices Used			11.2		10.2		10.5	
$X^2 = 6.2$ with 2df; $P < .05$								

A chi-square test of these observed differences indicated that whether or not the food stamp recipients had received instruction from a home economics teacher was not a significant factor in the number of nutrition practices used by the food stamp user. The chi-square test did indicate, however, that receiving instruction from a home economics teacher was a significant factor influencing the number of nutrition practices used by both young homemakers and home demonstration club members.

Influence of Individual or Group Instruction from Public Health Department on Levels of Nutrition Practice Use

One hundred and twelve homemakers (7 percent) received some instruction regarding nutrition from the public health department. Twenty percent of the food stamp recipients had received such instruction while only 5 percent of the home demonstration club members and 2 percent of the young homemakers had received nutrition advice from the health department.

Table XVII shows that the food stamp recipients having no nutrition instruction from the public health department used an average of 9.4 of the 16 nutrition practices, while those food stamp homemakers who did receive some nutrition instruction from the health department used fewer nutrition practices, 7.4. This difference was shown to be significant by the chi-square test at the .05 level.

Forty-eight percent of the home demonstration club members who received nutrition information from the health department were at the high use level while 14 percent were at the low use level. Home

TABLE XVII

INFLUENCE OF INDIVIDUAL AND GROUP INSTRUCTION FROM PUBLIC HEALTH DEPARTMENT UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Nutrition Information from Health Department							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	30	91	30	67	70	46	130	56
Medium Use	3	9	4	9	50	33	57	25
High Use	0	0	11	24	32	21	43	19
Total	33	100	45	100	152	100	230	100
Mean No. Practices Used			7.4		9.4		9.0	
$X^2 = 10.4$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	39	43	9	14	254	24	302	25
Medium Use	33	36	24	38	433	41	490	40
High Use	19	21	30	48	372	35	421	35
Total	91	100	63	100	1059	100	1213	100
Mean No. Practices Used			12.1		11.3		11.3	
$X^2 = 5.1$ with 2df; $P > .05$								
Young Homemakers								
Low Use	12	44	1	25	45	33	58	35
Medium Use	7	26	2	50	60	44	69	41
High Use	8	30	1	25	31	23	40	24
Total	27	100	4	100	136	100	167	100
Mean No. Practices Used			11.0		10.5		10.5	
$X^2 = .12$ with 2df; $P > .05$								

demonstration club members who did receive nutrition information from the health department did not differ significantly in their use of nutrition practices from those who did not receive nutrition information from this source.

One hundred and sixty-seven young homemakers were interviewed; only four said they had received any nutrition instruction from the public health department. The average nutrition practice use of the young homemaker who had received some nutrition instruction from the health department was 11.0, only slightly more than the 10.5 average number of nutrition practices used by those homemakers who had received no nutrition instruction from that source.

Data in Table XVII indicated that nutrition information from the public health department did not have a significant influence on the number of nutrition practices used by either the home demonstration club members or the young homemakers. Food stamp recipients who received nutrition information from the health department were using significantly fewer nutrition practices.

Influence of Individual or Group Instruction from Other Individual Sources on Levels of Nutrition Practice Use

The data in Table XVIII pertains to the influence of instruction from any sources other than an Extension agent, home economics teacher or the public health department. Only 11 percent of all the homemakers (10 percent of the food stamp recipients, 11 percent of the home demonstration club members and 14 percent of the young homemakers) indicated that they had any other individual source of nutrition instruction.

TABLE XVIII

INFLUENCE OF INDIVIDUAL AND GROUP INSTRUCTION FROM OTHER INDIVIDUAL SOURCES UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Nutrition Information from Other Sources							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	30	91	6	24	94	55	130	56
Medium Use	3	9	7	28	47	27	57	25
High Use	0	0	12	48	31	18	43	19
Total Use	33	100	25	100	172	100	230	100
Mean No. Practices Used			11.2		8.4		9.0	
$X^2 = 13.0$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	37	44	22	17	243	24	302	25
Medium Use	29	35	50	30	411	41	490	40
High Use	18	21	57	44	346	35	421	35
Total	84	100	129	100	1000	100	1213	100
Mean No. Practices Used			11.5		11.2		11.3	
$X^2 = 5.7$ with 2df; $P > .05$								
Young Homemakers								
Low Use	10	48	9	39	39	32	58	35
Medium Use	7	33	6	26	56	45	69	41
High Use	4	19	8	35	28	23	40	24
Total	21	100	23	100	123	100	167	167
Mean No. Practices Used			10.6		10.4		10.6	
$X^2 = 3.2$ with 2df; $P > .05$								

According to figures in Table XVIII, 55 percent of the food stamp recipients who had no other individual source of information were low level users of nutrition practices compared to 24 percent of the food stamp users having another individual source of nutrition instruction. The data show a substantial difference at the high nutrition practice use level also. Eighteen percent of the food stamp users having no other individual source of instruction were in the high level practice use category compared to 48 percent of the homemakers who did receive nutrition instruction from another individual source. These differences were significant at the .05 level.

The data show a similar use pattern among the home demonstration club members, but the differences between the group of homemakers having other individual sources of instruction and the group without such instruction is less than the differences among the food stamp homemakers. Twenty-four percent of the home demonstration club members with no other source of individual instruction were in the low nutrition practice use category, 35 percent were high users. Seventeen percent of that home demonstration club audience who did have another individual source of instruction were low users of nutrition practices, 44 percent were in the high use category. These differences were not significant at the .05 level.

Thirty-nine percent of the young homemakers indicating they had nutrition instruction from another individual source were in the low nutrition practice use category compared to 32 percent who did not have other sources of nutrition information. These differences were not significant.

Looking at the different audiences, Table XVIII shows that the fewest nutrition practices were used by food stamp recipients who had no other source of individual instruction, their average nutrition practice use being 8.4, while the food stamp users who had another individual source of instruction had an average practice use of 11.2. The difference in the nutrition practice use of the two categories of food stamp recipients was significant at the .05 level.

The chi-square test indicated that nutrition instruction from other individual scources did not significantly influence the number of nutrition practices used by home demonstration club members or by the young homemakers.

Influence of Actual Number of Individual Sources of Instruction on Levels of Practice Use

Table XIX shows the influence of the actual number of individual sources of instruction on the levels of nutrition practice use by food stamp recipients, home demonstration club members and young homemakers.

Food stamp recipients using only one source of nutrition instruction were the lowest users of the 16 nutrition practices. Sixty-two percent of these homemakers were in the low nutrition practice use category. They were using an average of 7.8 of the 16 recommended nutrition practices. The highest users of nutrition practices among the food stamp recipients were those using two sources of nutrition instruction. They were using an average of 12.4 of the nutrition practices. A chi-square test indicated that having two individual sources of nutrition instruction did influence significantly the number

TABLE XIX

INFLUENCE OF ACTUAL NUMBER OF INDIVIDUAL SOURCES OF INSTRUCTION UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Number of Individual Sources of Information Used									
	No Response		1		2		3		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient										
Low Use	61	71	64	62	5	15	0	0	130	56
Medium Use	23	27	20	20	9	27	5	56	57	25
High Use	2	2	18	18	19	58	4	44	43	19
Total	86	100	102	100	33	100	9	100	230	100
Mean No. Practices Used			7.8		12.4		12.1		9.2	
$X^2 = 36.0$ with 4df; $P < .05$										
Home Demonstration Club Members										
Low Use	39	43	223	25	36	18	4	11	302	25
Medium Use	34	37	358	41	86	43	10	28	490	40
High Use	18	20	297	34	78	39	22	61	421	35
Total	91	100	878	100	200	100	36	100	1213	100
Mean No. Practices Used			11.1		11.8		12.5		11.3	
$X^2 = 21.8$ with 6df; $P < .05$										
Young Homemakers										
Low Use	20	36	34	39	4	17	0	0	58	35
Medium Use	25	46	34	39	10	44	0	0	69	41
High Use	10	18	20	22	9	39	1	100	40	24
Total	55	100	88	100	23	100	1	100	167	100
Mean No. Practices Used			10.4		11.6		13.0		10.7	
$X^2 = 7.1$ with 4df; $P > .05$										

of nutrition practices used by food stamp recipients over those homemakers having only one source of individual instruction.

Home demonstration club members with three individual sources of nutrition instruction were the highest users of the nutrition practices. These homemakers used an average of 12.5 nutrition practices. The average number of nutrition practices used by home demonstration club members with two individual sources of nutrition instruction was 11.8, and those homemakers with one source used an average of 11.1 of the nutrition practices. Among home demonstration club members, the number of individual sources of nutrition instruction had a positive influence on the number of recommended nutrition practices used by these homemakers. A chi-square test showed the differences to be highly significant.

Though the young homemakers used more of the nutrition practices than did the food stamp recipients, they used fewer than the home demonstration club members. The young homemakers having one, two or three individual sources of nutrition instruction had an average number of nutrition practices used of 10.4, 11.6 and 13.0, respectively. These figures indicate that the number of nutrition practices used increased with the number of sources of instruction, but a chi-square test of these differences shows they were not significant among the young homemaker audience.

Influence of Total Number of Sources of Information (Mass Media and Individual and Group Instruction) on Levels of Nutrition Practice Use

Table XX shows the influence of the total number of sources of nutrition information by mass media and individual or group instruction on levels of nutrition practice use of food stamp recipients, home demonstration club members and young homemakers.

The figures in Table XX disclose that the highest number of nutrition practices were used by food stamp recipients using five or more sources of nutrition information. Forty-six percent of the food stamp recipients using five or more sources of nutrition information were at the high nutrition use level. Those food stamp recipients using the fewest nutrition practices were the homemakers having only one source of nutrition information. These homemakers used an average of 6.2 nutrition practices and 77 percent of them were at the low level of nutrition practices used.

With the exception of the five and over category, home demonstration club members used more of the nutrition practices than did the food stamp recipients. Those homemakers having two to four sources of nutrition information used 11.1 nutrition practices and 8.8 practices were used by the home demonstration club members with only one source of information.

Forty-one percent of the young homemakers were in the medium nutrition practice use category, with more of them being low level nutrition practice users (35 percent) than high level users (24 percent) of the 16 recommended nutrition practices.

TABLE XX

INFLUENCE OF TOTAL NUMBER OF SOURCES OF INFORMATION (MASS MEDIA AND INDIVIDUAL AND GROUP INSTRUCTION) UPON LEVELS OF NUTRITION PRACTICE USE BY FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Total Number of Sources of Information Used									
	No Response		1		2-4		5-Over		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient										
Low Use	37	88	24	77	59	57	10	19	130	56
Medium Use	5	12	7	23	26	25	19	35	57	25
High Use	0	0	0	0	18	18	25	46	43	19
Total	42	100	31	100	103	100	54	100	230	100
Mean No. Practices Used			6.2		8.5		11.9		9.1	
$X^2 = 39.6$ with 4df; $P < .05$										
Home Demonstration Club Members										
Low Use	15	75	15	60	146	27	126	20	302	25
Medium Use	3	15	9	36	218	40	260	42	490	40
High Use	2	10	1	4	181	33	237	38	421	35
Total	20	100	25	100	545	100	623	100	1213	100
Mean No. Practices Used			8.8		11.1		11.6		11.3	
$X^2 = 28.3$ with 4df; $P < .05$										
Young Homemakers										
Low Use	2	100	10	46	35	37	11	23	58	35
Medium Use	0	0	6	27	42	44	21	44	69	41
High Use	0	0	6	27	18	19	16	33	40	24
Total	2	100	22	100	95	100	48	100	167	100
Mean No. Practices Used			10.3		10.2		11.3		10.6	
$X^2 = 6.9$ with 4df; $P > .05$										

The number of sources of information used by the homemakers was a factor which significantly influenced the number of nutrition practices used by food stamp recipients and home demonstration club members. This was indicated by a chi-square test. The number of sources of nutrition information did not significantly influence the nutrition practice use of the young homemakers, the chi-square test revealed.

IV. INFLUENCE OF INTEREST IN ATTENDING WORKSHOP OR SERIES OF MEETINGS UPON LEVELS OF NUTRITION PRACTICE USE

In this section findings are presented regarding the influence of interest in attending a workshop or series of meetings in selected areas of nutrition interest: food buying, food preservation, meal planning, meat cookery and other nutrition subjects, upon the level of nutrition practice use by food stamp recipients, home demonstration club members and young homemakers. The influence of the total number of workshops or meetings the homemaker would be interested in attending is also shown.

Influence of Interest in Attending Workshop or Series of Meetings on Food Buying on Levels of Nutrition Practice Use

Table XXI gives insight into the interest of food stamp recipients, home demonstration club members and young homemakers in attending workshops or meetings relating to food buying, and how such interest influences the homemakers' use of recommended nutrition practices.

TABLE XXI

INFLUENCE OF INTEREST IN ATTENDING WORKSHOP OR SERIES OF MEETINGS ON FOOD BUYING UPON LEVELS OF NUTRITION PRACTICE USE OF FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Would Attend Workshop on Food Buying							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	18	35	40	65	72	61	130	56
Medium Use	11	22	15	25	31	26	57	25
High Use	22	43	6	10	15	13	43	19
Total	51	100	61	100	118	100	230	100
Mean No. Practices Used			7.6		8.1		7.8	
X^2 = .46 with 2df; P > .05								
Home Demonstration Club Members								
Low Use	92	33	52	19	158	24	302	25
Medium Use	114	41	105	38	271	41	490	40
High Use	69	26	118	43	234	35	421	35
Total	275	100	275	100	663	100	1213	100
Mean No. Practices Used			11.8		11.3		11.4	
X^2 = 5.5 with 2df; P > .05								
Young Homemakers								
Low Use	24	45	15	35	19	27	58	35
Medium Use	20	38	16	37	33	46	69	41
High Use	9	17	12	28	19	27	40	24
Total	53	100	43	100	71	100	167	100
Mean No. Practices Used			10.9		10.7		10.8	
X^2 = 1.1 with 2df; P > .05								

Of the 230 food stamp recipients interviewed, only 61 (27 percent) indicated an interest in attending a workshop or series of meetings pertaining to food buying. Of the homemakers in the food stamp recipient audience who indicated an interest in attending meetings related to food buying 65 percent were low level users of nutrition practices, 25 percent medium users and 10 percent were at the high level of nutrition practice use. Food stamp users who said they were interested in attending meetings on food buying were using an average of 7.6 nutrition practices while the homemakers not wishing to attend such meetings were using an average of 8.1 of the nutrition practices.

Fifty-five percent of the home demonstration club members indicated they were not interested in attending workshops or meetings on food buying. Thirty-five percent of those saying no were at the high level of nutrition practice use and 41 percent at the medium nutrition practice use level. There was only a slight difference in the average number of nutrition practices used between those homemakers showing an interest in attending meetings on food buying. Homemakers saying they would attend food buying meetings were using an average of 11.8 nutrition practices.

The young homemakers were using slightly fewer nutrition practices than were the home demonstration club members, but a bit more than the food stamp recipients. The young homemakers indicating they would attend meetings on food buying had an average nutrition practice use of 10.9, homemakers not interested in attending such meetings averaged 10.7 nutrition practice uses.

Sixteen hundred and ten homemakers were interviewed, of which 379 (24 percent) indicated an interest in attending a workshop or series of meetings on food buying. Home demonstration club members who would attend a workshop on food buying used the highest average number of nutrition practices (11.8) but only slightly more than the young homemakers (10.9) who used more than the food stamp recipients (7.6). Variation in the use of nutrition practices between the homemakers interested in attending a workshop or a series of meetings on food buying and homemakers not wishing to attend such meetings was not significant when measured by the chi-square test in any of the audiences, food stamp recipients, home demonstration club members or young homemakers.

Influence of Interest in Attending Workshop or Series of Meetings on Food Preservation on Levels of Nutrition Practice Use

The influence on the levels of nutrition practice use of the interest in attending a workshop or a series of meetings on food preservation by food stamp recipients, home demonstration club members and young homemakers is disclosed in Table XXII.

One hundred and twenty-four (54 percent) of the food stamp recipients showed no interest in workshops or meetings related to food preservation. Of the food stamp homemakers showing an interest in food preservation training, 49 percent were in the low nutrition practice category, 31 percent in the medium use category and 20 percent were high users of the nutrition practices. Food stamp recipients indicating

TABLE XXII

INFLUENCE OF INTEREST IN ATTENDING WORKSHOP OR SERIES OF MEETINGS ON FOOD PRESERVATION UPON LEVELS OF NUTRITION PRACTICE USE OF FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Would Attend Workshop on Food Preservation							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	18	35	27	49	85	69	130	56
Medium Use	11	22	17	31	29	23	57	25
High Use	22	43	11	20	10	8	43	19
Total	51	100	55	100	124	100	230	100
Mean No. Practices Used			9.2		7.3		7.8	
$X^2 = 7.8$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	95	34	56	21	151	23	302	25
Medium Use	115	41	103	38	272	41	490	40
High Use	72	25	113	41	236	36	421	35
Total	282	100	272	100	659	100	1213	100
Mean No. Practices Used			11.6		11.4		11.4	
$X^2 = 2.7$ with 2df; $P > .05$								
Young Homemakers								
Low Use	28	47	6	30	24	28	58	35
Medium Use	22	37	7	35	40	46	69	41
High Use	10	16	7	35	23	26	40	24
Total	60	100	20	100	87	100	167	100
Mean No. Practices Used			11.0		10.8		10.8	
$X^2 = .91$ with 2df; $P > .05$								

an interest in attending workshops in food preservation had an average nutrition practice use of 9.2, the homemakers who said they were not interested in such workshops had an average nutrition practice use of 7.3.

Fifty-four percent of the home demonstration club members indicated they were not interested in food preservation meetings. There was little difference in the number of nutrition practices used by the home demonstration club members who said they were interested in attending food preservation meetings and the homemakers who were not. The average number of nutrition practices used by the home demonstration club members interested in food preservation meetings was 11.6 compared to 11.4 uninterested in such meetings. Fifty-two percent of the young homemakers said they were not interested in meetings on food preservation. Thirty-five percent of the young homemakers who were interested in food preservation meetings were at the high nutrition practice use level with 35 percent being medium nutrition practice users and 30 percent of the young homemakers were at the low level of nutrition practice use.

Twenty-three percent of the homemakers interviewed indicated an interest in attending food preservation meetings or workshops, compared to 54 percent indicating no interest in receiving food preservation instruction. When tested by the chi-square test, the differences in nutrition practice use by food stamp recipients who did and who did not indicate an interest in attending food preservation meetings, did achieve the .05 level of significance. Interest in attending food

preservation meetings was an influencing factor in the nutrition practice use of the food stamp recipients.

The influence of interest in food preservation workshops by home demonstration club members and young homemakers did not significantly influence the number of nutrition practices used by these homemakers when tested by the chi-square test.

Influence of Interest in Attending Workshops or Series of Meetings on Meal Planning on Levels of Nutrition Practice Use

Table XXIII shows the influence of interest in attending meetings related to meal planning on the levels of nutrition practice use of food stamp recipients, home demonstration club members and young homemakers.

When tested by the chi-square test whether or not the homemakers were interested in meal planning workshops had no significant influence on the number of nutrition practices used by any of the three audiences, food stamp recipients, home demonstration club members or young homemakers.

Among the homemakers who were interested in meal planning workshops the average number of nutrition practices used did not differ largely with the three audiences. The highest average number of nutrition practices (11.5 practices) were used by home demonstration club members who were interested in attending a workshop on meal planning followed closely by the young homemakers with an average nutrition practice use of 10.7. Food stamp recipients used an average of 8.1 nutrition practices. Only 31 percent of the total audience expressed interest in attending food preservation workshops or meetings.

TABLE XXIII

INFLUENCE OF INTEREST IN ATTENDING WORKSHOP OR SERIES OF MEETINGS ON MEAL PLANNING UPON LEVELS OF NUTRITION PRACTICE USE OF FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Would Attend Workshop on Meal Planning							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	18	35	33	58	79	65	130	56
Medium Use	11	22	16	28	30	24	57	25
High Use	22	43	8	14	13	11	43	19
Total	51	100	57	100	122	100	230	100
Mean No. Practices Used			8.1		7.7		7.8	
$X^2 = .85$ with 2df; $P > .05$								
Home Demonstration Club Members								
Low Use	83	33	87	23	132	23	302	25
Medium Use	111	44	159	41	220	38	490	40
High Use	59	23	141	36	221	39	421	35
Total	253	100	387	100	573	100	1213	100
Mean No. Practices Used			11.5		11.4		11.4	
$X^2 = .73$ with 2df; $P > .05$								
Young Homemakers								
Low Use	25	47	21	36	12	22	58	35
Medium Use	21	40	21	36	27	48	69	41
High Use	7	13	16	28	17	30	40	24
Total	53	100	58	100	56	100	167	100
Mean No. Practices Used			10.7		11.0		10.9	
$X^2 = 3.2$ with 2df; $P > .05$								

Influence of Interest in Attending Workshop or Series of Meetings on Meat Cookery on Levels of Nutrition Practice Use

The influence of interest in meetings on meat cookery on the nutrition practice use by food stamp recipients, home demonstration club members and young homemakers is seen in Table XXIV.

Among the food stamp recipients who indicated an interest in meat cookery meetings most were low level users of the nutrition practices (56 percent). The percentage of the homemakers at the high and medium nutrition practice use levels was the same for both levels (22 percent). The food stamp recipients with no interest in attending meat cookery meetings had an average number of nutrition practices of 7.6 compared to an average number of nutrition practices of 8.4 for the homemakers who did express an interest in meat cookery meetings. These differences were significant at the .05 level (chi-square test).

Though the difference in the number of nutrition practices used by the home demonstration club members interested in attending meat cookery meetings and those homemakers not interested was smaller than between the food stamp recipients the difference between the two categories was significant as tested by the chi-square test. The average number of nutrition practices used by the home demonstration club members having an interest in attending meetings on meat cookery was 11.8, and for those homemakers not wishing to attend such meetings, the average nutrition practice use was 11.1.

Only 43 of the 167 young homemakers expressed interest in meat cookery meetings and those homemakers who did and those who did not

TABLE XXIV

INFLUENCE OF INTEREST IN ATTENDING WORKSHOP OR SERIES OF MEETINGS ON MEAT COOKERY UPON LEVELS OF NUTRITION PRACTICE USE OF FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Would Attend Workshop on Meat Cookery							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	18	35	30	56	82	66	130	56
Medium Use	11	22	12	22	34	27	57	25
High Use	22	43	12	22	9	7	43	19
Total	51	100	54	100	125	100	230	100
Mean No. Practices Used			8.4		7.6		7.9	
$X^2 = 8.2$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	89	33	81	19	132	26	302	25
Medium Use	113	41	163	39	214	41	490	40
High Use	70	26	178	42	173	33	421	35
Total	272	100	422	100	519	100	1213	100
Mean No. Practices Used			11.8		11.1		11.4	
$X^2 = 9.3$ with 2df; $P < .05$								
Young Homemakers								
Low Use	25	44	12	28	21	31	58	35
Medium Use	21	37	19	44	29	43	69	41
High Use	11	19	12	28	17	26	40	24
Total	57	100	43	100	67	100	167	100
Mean No. Practices Used			10.7		10.7		10.7	
$X^2 = .17$ with 2df; $P > .05$								

wish to attend meetings on cooking meats used the same average number of nutrition practices, 10.7.

Of all homemakers interviewed, 32 percent expressed an interest in attending meetings on meat cookery. Thirty-five percent of the home demonstration club members said yes, 26 percent of the young homemakers and 24 percent of the food stamp users were interested in meetings on cooking meats.

Influence of Interest in Attending Workshop or Series of Meetings on Other Subjects on Levels of Nutrition Practice Use

Table XXV pertains to the influence of interest in attending meetings on other nutrition subjects on levels of nutrition practices by food stamp recipients, home demonstration club members and young homemakers.

Among the food stamp recipients who were interested in attending other meetings, 42 percent were low level users of the nutrition practices, 23 percent were at the medium use level and 35 percent were at the high level of nutrition practice use. Food stamp homemakers saying they did not wish to attend other meetings used an average number of 7.5 nutrition practices while the homemakers who said they were interested in attending other meetings used an average number of 10.0 of the 16 nutrition practices. This difference, when measured by the chi-square test, was found to be significant at the .05 level.

The differences were not significant in the home demonstration audience or the young homemaker audience.

TABLE XXV

INFLUENCE OF INTEREST IN ATTENDING WORKSHOP OR SERIES OF MEETINGS ON OTHER SUBJECTS UPON LEVELS OF NUTRITION PRACTICE USE OF FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Would Attend Workshops on Other Subjects							
	No Response		Yes		No		Total	
	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient								
Low Use	18	35	11	42	101	66	130	56
Medium Use	12	23	6	23	39	26	57	25
High Use	22	42	9	35	12	8	43	19
Total	52	100	26	100	152	100	230	100
Mean No. Practices Used			10.0		7.5		7.8	
$X^2 = 15.6$ with 2df; $P < .05$								
Home Demonstration Club Members								
Low Use	95	33	30	29	177	21	302	25
Medium Use	120	41	36	35	334	41	490	40
High Use	74	26	38	36	309	38	421	35
Total	389	100	104	100	820	100	1213	100
Mean No. Practices Used			11.2		11.5		11.4	
$X^2 = 3.1$ with 2df; $P > .05$								
Young Homemakers								
Low Use	28	44	0	0	30	29	58	35
Medium Use	23	37	2	100	44	43	69	41
High Use	12	19	0	0	28	28	40	24
Total	63	100	2	100	102	100	167	100
Mean No. Practices Used			10.5		10.8		10.8	
$X^2 = 2.6$ with 2df; $P > .05$								

Home demonstration club members who were interested in attending other meetings had an average nutrition practice use of 11.2, while those homemakers not interested in the meetings used an average of 11.5 of the nutrition practices.

Only two young homemakers expressed an interest in attending other meetings.

Of the entire audience, food stamp recipients, home demonstration club members and young homemakers, 132 (8 percent) indicated an interest in attending a workshop or series of meetings on other nutrition subjects.

Influence of Total Number of Meetings and Workshops Interested in Attending upon Levels of Nutrition Practice Use

Table XXVI presents data relative to the influence of the total number of meetings and workshops food stamp recipients, home demonstration club members and young homemakers were interested in attending on the levels of nutrition practices used by the homemakers.

According to the table the fewest nutrition practices were used by food stamp recipients indicating an interest in attending three workshops. This category had the highest number of homemakers in the low practice use level (69 percent) and the fewest number in the high practice use level (8 percent). The highest number of nutrition practice users among the food stamp recipients were those homemakers expressing an interest in attending four workshops. They had an average nutrition practice use of 9.3.

The highest number of practices in the home demonstration club audience were used by the homemakers interested in attending five or

TABLE XXVI

INFLUENCE OF TOTAL NUMBER OF MEETINGS AND WORKSHOPS INTERESTED IN ATTENDING UPON LEVELS OF NUTRITION PRACTICE USE OF FOOD STAMP RECIPIENTS, HOME DEMONSTRATION CLUB MEMBERS AND YOUNG HOMEMAKERS

Extension Audiences and Levels of Nutrition Practice Use	Total Number of Workshops - Would Attend													
	None		1		2		3		4		5-Over		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Food Stamp Recipient														
Low Use	74	60	22	50	10	48	9	69	7	44	8	67	130	56
Medium Use	24	19	18	41	5	24	3	23	6	37	1	8	57	25
High Use	26	21	4	9	6	28	1	8	3	19	3	25	43	19
Total	124	100	44	100	21	100	13	100	16	100	12	100	230	100
Mean No. Practices Used	8.5		8.6		9.2		6.5		9.3		8.4		8.5	
$X^2 = 15.1$ with 10df; $P > .05$														
Home Demonstration Club Members														
Low Use	106	32	97	22	76	26	13	14	7	14	3	27	302	25
Medium Use	127	38	192	44	114	39	39	42	17	35	1	9	490	40
High Use	101	30	146	34	101	35	41	44	25	51	7	64	421	35
Total	334	100	435	100	291	100	93	100	49	100	11	100	1213	100
Mean No. Practices Used	10.7		11.3		11.3		11.9		12.2		12.6		11.2	
$X^2 = 30.4$ with 10df; $P < .05$														
Young Homemakers														
Low Use		46	19	26	10	33	2	33	2	67				
Medium Use	20	37	36	48	12	40	0	0	1	33				
High Use	9	17	19	26	8	27	4	67	0	0				
Total	54	100	74	100	30	100	6	100	3	100				
Mean No. Practices Used	9.8		10.8		11.1		11.5		9.0				10.5	
$X^2 = 15.1$ with 8df; $P > .05$														

more workshops. Sixty-four percent of these homemakers were at the high nutrition use level. A study of the table shows that in the home demonstration club member audience, those homemakers who would attend one or two meetings used the same average number of nutrition practices, 11.3. The homemakers who would attend three meetings had an average nutrition practice use of 11.9, and homemakers saying they would attend four meetings used an average of 12.2 of the 16 nutrition practices.

Only three young homemakers were interested in attending as many as four meetings. The average number of nutrition practices used by the young homemakers who would attend one meeting was 10.8, 11.1 for those young homemakers who were interested in attending two meetings and those homemakers who would attend three meetings used an average of 11.5 nutrition practices.

The percentage of homemakers interested in attending nutrition meetings decreased as the number of meetings increased. Thirty-three percent were interested in attending one meeting, 21 percent two meetings, 7 percent three meetings, 4 percent four meetings and 1 percent were interested in attending five or more meetings.

Among home demonstration club members, the number of meetings the homemakers were interested in attending did influence the homemakers' use of nutrition practices and the differences were found to be significant at the .05 level (chi-square test), but among the food stamp recipients and young homemakers audiences, the differences were not significant.

CHAPTER IV

SUMMARY OF MAJOR FINDINGS, IMPLICATIONS, AND RECOMMENDATIONS

I. PURPOSE

The purpose of this study was to determine the influence of selected independent variables upon the use of recommended nutrition practices by selected Extension audiences.

Specific Objective

1. To determine the influence of certain homemakers' personal and family characteristics upon levels of nutrition practice use by selected Extension audiences.

2. To determine the influence of information from mass media upon levels of nutrition practice use by selected Extension audiences.

3. To determine the influence of individual and group instruction upon levels of nutrition practice use by selected Extension audiences.

4. To determine the influence of interest in attending workshops or series of meetings upon levels of nutrition practice use by selected Extension audiences.

II. METHODS OF PROCEDURE

The Population

The population of this study included homemakers from 84 of the 95 counties in Tennessee. Homemakers were classified as: (1) home

demonstration club members, (2) food stamp recipients, (3) young homemakers, (4) 4-H mothers, or (5) others.

The Sample

The sample included 1,610 homemakers. The total included 230 food stamp recipients, 1,213 home demonstration club members and 167 young homemakers.

The Data

The data were collected by Extension home economists in 84 of Tennessee's 95 counties using an interview schedule developed by the Food and Nutrition Specialists of the University of Tennessee Agricultural Extension Service.

Analyses of data were done by the University of Tennessee Computing Center. The chi-square statistical test was used to determine significance of relationships. Chi-square values which achieved the .05 level of significance were accepted as being statistically significant.

III. FINDINGS OF THE STUDY

The findings of this study are presented under the major headings of: (1) influence of homemakers' personal and family characteristics upon levels of nutrition practice use, (2) influence of information from mass media upon levels of nutrition practice use, (3) influence of individual and group instruction upon levels of nutrition practice use, and (4) influence of interest in attending workshops or series of meetings upon levels of nutrition practice use.

Influence of Personal and Family Characteristics Upon Levels of Nutrition Practice Use

Age. Age of the homemakers was significantly related to nutrition practice use by home demonstration club members with those in the middle age group (40-59 years) using the most practices. Age was not significantly related to the number of nutrition practices used by the food stamp recipients. Comparison of nutrition practice use by age was not made for young homemakers since they were all in the same age category.

Number of persons in home under 21 years of age. The number of persons in the home under 21 years of age was not significantly related to the number of nutrition practices used by any of the Extension homemaker audiences studied.

Number of persons in home over 21 years of age. Data indicated that the number of persons over 21 living in the home was not significantly related to the use of nutrition practices among the home demonstration club members. Among the food stamp recipients and the young homemakers the number of persons over 21 living in the home was significantly related to the homemakers' use of nutrition practices. The fewest practices were used in the homes having only one person over 21.

Total number of persons in the home. Among food stamp recipients those living alone used the fewest nutrition practices. Food stamp recipients and young homemakers having five or more persons in the home used fewer practices than homemakers with two to four persons living in the home. Nutrition practices used by home demonstration club members and young homemakers were not significantly related to the number of persons living in the home.

Having a workable refrigerator in the home. Whether or not the family had a refrigerator was not significantly related to the number of nutrition practices used by any of the homemaker audiences. Almost all of those interviewed had a refrigerator.

Having a workable freezer in the home. Having a freezer in the home was significantly related to the number of nutrition practices used by food stamp recipients and home demonstration club members; those with a freezer used more practices.

Having both a refrigerator and freezer in the home. Food stamp recipients and home demonstration club members having both a refrigerator and a freezer were using significantly more nutrition practices than homemakers who had only one of these appliances. For the young homemaker audience having both a refrigerator and freezer was not related to the number of nutrition practices used.

Influence of Information from Mass Media Upon Levels of Nutrition Practice Use

Nutrition information by television. The food stamp recipients who received nutrition information by television used a significantly larger number of practices; but information by television did not significantly influence the practice use by home demonstration club members or young homemakers.

Nutrition information by radio. For the food stamp recipient and home demonstration club audiences, receiving nutrition information by

the radio was significantly related to their use of nutrition practices. Practices used by young homemakers were not significantly related to receiving nutrition information by radio.

Nutrition information by telephone. Use of the telephone to secure nutrition information increased the use of nutrition practices among food stamp recipients, but did not influence the practice use by home demonstration club members or young homemakers.

Nutrition information from daily newspapers. Information from daily newspapers had an influence on the use of nutrition practices by food stamp recipients. This information source did not significantly influence the nutrition practices used by home demonstration club members or young homemakers.

Nutrition information from weekly newspapers. In the food stamp recipient and home demonstration club audiences information from weekly newspapers did show a positive influence on their use of nutrition practices. This was not true for the young homemaker audience.

Nutrition information from other sources. Use of nutrition practices by food stamp recipients was greater when they used other sources of information; the practices used by home demonstration club members and young homemakers were not significantly influenced by securing nutrition information from other sources.

Number of sources of mass media used. The fewest nutrition practices were used by food stamp recipients having only one source

of nutrition information from mass media; the most practices were used by those having three sources of information. Home demonstration club members using four or more sources of mass media information had a significantly higher nutrition practice use than those with two or three sources. The nutrition practice use of young homemakers was not significantly influenced by the number of sources of mass media used.

Influence of Individual and Group Instruction Upon Levels of Nutrition Practice Use

Instruction from Extension agent. Securing information directly from an Extension agent had a significant positive influence on the use of nutrition practices by food stamp recipients and home demonstration club members, but did not influence the use of nutrition practices by young homemakers.

Instruction from home economics teacher. Receiving instruction in nutrition from a teacher of home economics had a significant positive influence on the use of nutrition practices by young homemakers and the home demonstration club members, but did not significantly influence the practices used by food stamp recipients.

Instruction from the public health department. Data indicated that nutrition instruction from the public health department did not significantly influence the use of nutrition practices by young homemakers or home demonstration club members. Food stamp recipients who secured information from the health department were homemakers who were using fewer nutrition practices.

Instruction from other individual sources. Nutrition practice use by food stamp recipients was significantly influenced by their use of other individual sources of instruction. Instruction from other sources did not influence the use of nutrition practices by home demonstration club members or young homemakers.

Actual number of individual sources. Food stamp recipients with only one individual source of instruction used the fewest practices. In the home demonstration club audience, nutrition practice use was influenced by the number of individual sources of information. Those using three or more sources also used the most practices. The number of individual sources of instruction did not significantly influence practice use by young homemakers.

Total number of sources. The total number of sources of information (i.e., mass, group and individual) used by food stamp recipients and home demonstration club members significantly influenced their use of nutrition practices; the fewest practices were used by homemakers with only one source of information and the most practices were used by homemakers having five or more sources of information. Total number of sources did not influence the practices used by young homemakers.

Influence of Interest in Attending Workshop or Series of Meetings Upon Levels of Nutrition Practice Use

Food buying. Interest in attending meetings on food buying did not significantly influence the use of nutrition practices in any of the homemaker audiences.

Food preservation. Interest in attending food preservation meetings was a significant factor in the use of nutrition practices by the food stamp recipients, but not by home demonstration club members or young homemakers.

Meal planning. Whether or not the homemakers were interested in meal planning workshops did not have a significant influence on the number of nutrition practices used by any of the three audiences.

Meat cookery. The influence of homemaker interest in meat cookery was significantly related to the number of nutrition practices used by food stamp recipients and home demonstration club members, but did not influence practice use by young homemakers.

Other subjects. The relationship between homemakers' interest in attending meetings on other nutrition subjects and the nutrition practice use by food stamp recipients was highly significant, but was not significant among home demonstration club members or young homemakers.

Total number of meetings. Among home demonstration club members nutrition practice use increased with the number of meetings they were interested in attending (the highest practice use was by those interested in attending five or more meetings). The total number of meetings food stamp recipients and young homemakers were interested in attending did not significantly influence their use of nutrition practices.

IV. IMPLICATIONS AND RECOMMENDATIONS

Based on the findings of this study the following implications were drawn and recommendations made:

1. The data indicated that homemakers who received food stamps were using fewer nutrition practices than either the home demonstration club members or the young homemakers. Among the food stamp recipients the lowest users of nutrition practices were homemakers who lived alone and those who had large families composed either of young children or older adults. Furthermore, the data indicated that the homemakers who received food stamps and were low users of nutrition practices were generally using fewer sources of nutrition information from mass media. They also had fewer personal contacts with Extension agents and home economics teachers but were being reached to a greater extent by the county health department. The low users of nutrition practices seemed to be most interested in receiving information about food buying. If Extension desires to reach homemakers with the greatest need for nutrition information it should make a strong effort to contact low income homemakers. Among this group the data showed the homemakers living alone and those with large families used the fewest recommended nutrition practices. These homemakers might be reached to a greater extent by Extension through cooperative programs with the health department.

2. The food stamp recipients were significantly influenced by nutrition information from all sources of mass media, and the data reveal that homemakers using only one source of nutrition information

used the fewest number of nutrition practices, while those with three sources of mass media information used the largest number of practices. If Extension wishes to reach these low income homemakers these data indicate that providing nutrition information by a combination of several sources of mass media and individual instruction methods might be considered.

3. The data indicate that home demonstration club members used a greater number of the recommended nutrition practices than did either of the other homemaker audiences. To help reach other homemakers who are using fewer of the recommended nutrition practices, perhaps Extension should seek the aid of home demonstration club members to a greater extent.

V. RECOMMENDATIONS FOR FURTHER STUDY

1. A more detailed study is needed to determine the influence of such personal characteristics as age, education, marital status, income, number of children, ages of children and others on the level of nutrition practice use of homemakers.

2. Further research is needed to determine the most effective approaches and methods for teaching nutrition to different homemaker audiences.

3. Additional research is needed to identify motivational factors useful in helping homemakers realize the benefits of adopting recommended nutrition practices.

4. Other studies should be conducted to determine ways Extension can work with other organizations and agencies in teaching nutrition to different homemaker audiences.

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APPENDIX

County _____ A, B, C, D, E
(Circle one)

THE AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF TENNESSEE
KNOXVILLE, TENNESSEE

FOODS AND NUTRITION SURVEY

Name of Homemaker _____ Address _____

Age Group (20-29) __, (30-39) __, (40-49) __, (50-59) __, (60 and over) __

1. Number of persons under 21 years of age who live in the home ___
   Over 21 ___

2. Check the following workable appliances in the home:

   Refrigerator ____, Freezer ____.

3. Check the following ways nutrition information is received:

   A. Mass media

      Television ____, Radio ____, Telephone ____, Daily Newspaper ____, Weekly Newspaper ____, Other _____ (Specify).

   B. Individual or group instruction on nutrition

      Extension Agent ____, Home Economics Teacher ____, Public Health ____, Other _____ (Specify).

4. Check ways used to preserve food:

   Canning ____, Freezing ____, Pickling ____, Drying ____.

RECOMMENDED NUTRITION PRACTICE	YES	NO	DNA*
(1) Kept on hand foods from each of the four food groups . . . . . Comment:			
(2) Before grocery shopping, checked food supply and restocked items in food groups that had been used . Comment:			

*DNA - Does not apply

	RECOMMENDED NUTRITION PRACTICE	YES	NO	DNA*
(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:			
(13)	Served stewed, baked, or broiled foods more often than fried ones . . . . . Comment:			

	RECOMMENDED NUTRITION PRACTICE	YES	NO	DNA*
(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:			

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

Helen Roberts Stocking was born in Independence, Virginia. She was educated in the public schools of McDowell County, West Virginia, graduating from Elkhorn High School. She attended Marshall College, Huntington, West Virginia, and was granted the Bachelor of Science degree with a major in Home Economics from Michigan State University. She will complete work at the University of Tennessee for a Master of Science degree in June, 1975 with a major in Agricultural Extension Education.

Mrs. Stocking has been employed by the Tennessee Agricultural Extension Service in Sullivan County since April, 1957.

She is a member of the National Association of Extension Home Economists, American Home Economics Association, and Epsilon Sigma Phi, Honorary Extension Fraternity. She received the Distinguished Service Award for exceptional work as a home demonstration agent in 1971.

She is married to Prescott N. Stocking and they have one daughter Ruthanne Stocking Hamilton and two grandchildren, Bryan and Jennifer Lynn.