

NORTH CAROLINA STATE COLLEGE OF  
AGRICULTURE AND ENGINEERING,  
NORTH CAROLINA COUNTIES AND  
UNITED STATES DEPARTMENT OF  
AGRICULTURE COOPERATING

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF NORTH CAROLINA  
STATE COLLEGE STATION, RALEIGH, N. C.

EXTENSION SERVICE

November 7, 1946

TO: Home and Farm Demonstration Agents  
Assistant Home and Farm Demonstration Agents  
County and District Health Officers

The development of a health program under the joint auspices of the Public Health Department and the Agricultural Extension Service, State College, has been underway for some time, and we are pleased to let you know that our first steps are completed as set forth in the attached plan.

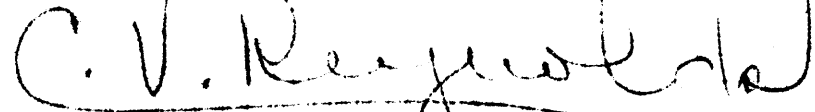
You can be assured that this joint program has our full approval. More than that, we are most desirous that the plan should meet with the success which it well deserves. We trust, therefore, that you will use your best efforts to implement and continue these joint activities in your area until the objectives are attained.

With kind regards and good wishes, we are

Sincerely yours,



I. O. Schaub, Director  
Agricultural Extension Service



Carl V. Reynolds, M. D.  
State Board of Health

COOPERATIVE EXTENSION WORK

IN

AGRICULTURE AND HOME ECONOMICS

STATE OF NORTH CAROLINA

STATE COLLEGE STATION, RALEIGH, N. C.

NORTH CAROLINA STATE COLLEGE OF  
AGRICULTURE AND ENGINEERING,  
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EXTENSION SERVICE

HOME DEMONSTRATION WORK

November 10, 1946

Dear Home and Farm Agents:

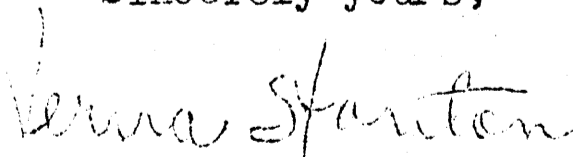
Last spring farm people throughout the State asked that we help them with some of their problems which concern whole communities, but with which they have had little assistance. We know that better results are obtained through co-ordinated efforts and in cooperation with the Public Health Department. We are beginning a long-time program with Health as our No. 1 Problem in the State. You will be interested in the program as it relates directly to Extension: Foods in Relation to Health; Sanitation in Relation to Health and Housing in Relation to Health.

We, as Extension workers, have a contribution to make in informing farm people of ways and means to solve their problems. It is believed that home and farm agents and members of the Health Department, working together with leaders in a community can attack and solve these problems which mean so much in the lives of all the people. How it will be handled in the county is a matter for you to work out with the Health Department and leaders. There are suggestions in the program which you may wish to use.

It is hoped that each county in the State will work on one or more county-wide problems and one or more community problems in 1947. Let us use our best efforts in working on each of these until we see results in every county.

With best wishes for your success, I am

Sincerely yours,



Verna Stanton  
Assistant State Agent

NORTH CAROLINA

JOINT HEALTH PROGRAM

Coordinators - Public Health Department  
Agricultural Extension Service

The purpose of a coordinated program of health by the Public Health Department and the Agricultural Extension Service in North Carolina is: To carry on educational work which will make the people aware of the existing health problems and how they can share in solving them. Three hundred thousand (300,000) farm families have a tremendous stake in a program of this kind. To acquaint the personnel involved with services rendered by each agency, the following information is submitted.

ORGANIZATION FOR CARRYING ON PROGRAM

EXTENSION SERVICE	PUBLIC HEALTH DEPARTMENT
<u>State Level:</u>	<u>State Level:</u>
Director - Dr. I. O. Schaub Asst. Director - John W. Goodman State H. D. Agent - Ruth Current Asst. State Agent - Verna Stanton	Division of Administration - State Health Officer and Secretary of Board of Health - Dr. C. V. Reynolds
<u>District Agents:</u> 1. Northwestern - Anamerle Arant 2. Southwestern - Mrs. Esther Willis 3. Northeastern - Pauline Smith 4. Southeastern - Mrs. Mary McAllister 5. Western - Anna C. Rowe 6. At Large - Mrs. Pauline Hotchkiss	Division of Maternal and Child Health - Dr. G. M. Cooper
<u>Specialists:</u> Nutrition - 1. Virginia Wilson 2. Horticulture - H. R. Niswonger Food Conservation and Marketing - 1. Ruby Scholz 2. Clothing - 1. Willie N. Hunter 2. Julia McIver Home Management and House Furnishings - 1. Pauline E. Gordon 2. Rose Ellwood Bryan 3. Lorna Langley Housing - D. S. Weaver Family Life - Mrs. Virginia S. Swain Home Beautification - John H. Harris Girls' 4-H Club Leader - Eleanor Barber	Division of Epidemiology - Dr. J. Roy Hege  Division of Industrial Hygiene - Dr. C. J. Swisher  Division of Oral Hygiene - Dr. E. A. Branch  Division of Local Health Administration - Director, Dr. R. E. Fox Dr. W. P. Richardson  Division of Sanitary Engineering (Typhus and Malaria Control also) - J. M. Jarrett Charles White
<u>Negro District Agents:</u> 1. Western - Mrs. Dazelle F. Lowe 2. Southeastern - Wilhelmina R. Laws 3. Northeastern - Mrs. Willette Marritt	Division of Nutrition - Dr. W. P. Jacocks Dr. Bertlyn Bosley
<u>Negro Subject Matter Specialists:</u> 1. Genevieve Kyer 2. Willa B. Eaton	<u>District Consultants:</u> 1. Mable Todd 2. Mrs. Lela A. Mackey 3. Alice J. Keaton 4. Dorothy Kiely
	Division of T. B. - Dr. T. F. Vestal
	Division of Laboratory Hygiene - Dr. J. H. Hamilton
	Venereal Disease Education - Graphic Div. Dr. T. D. Johnson
	School-Health Coordinating Service - Dr. C. P. Stevick C. E. Spencer

EXTENSION SERVICE	PUBLIC HEALTH DEPARTMENT
<p><u>County Level:</u> County Home Demonstration Council County U.S.D.A. Council</p> <p><u>Local Level:</u> Organization in 100 counties: 178 White Home Demonstration Agents 46 Negro Home Demonstration Agents 12,000 Neighborhood Leaders 2,175 Home Demonstration Clubs 55,185 Home Demonstration Club Members 1,800 4-H Clubs 90,000 boys and girls</p> <p>Every club has a health leader. Health is a part of all Home Demonstration and 4-H Club programs as: foods and nutrition, clothing, housing, management, food conservation, and family life.</p> <p>This is illustrated by the <u>Month-by-month programs</u> in 1946: <u>Home Demonstration:</u> 1. Growing Foods for Health 2. Homestead Planning 3. The Work Saving Kitchen 4. Let's Save the Food We Grow 5. Care of Sewing Machine 6. What Shall We Eat? How to Serve It. 7. Finishing Touches for the Home 8. Planned Recreation 9. Shoes and Feet 10. What We Earn and How to Use It 11. Arts and Crafts 12. Christmas Program</p> <p><u>4-H Girls:</u> 1. Table Manners 2. Eggs and Their Place in the Diet 3. Wardrobe Planning 4. Color and Color Combinations 5. Production of Clean and Wholesome Milk 6. Home Visits 7. Home Visits and Project Work 8. Planned Recreation 9. Shoes and Feet 10. Finishing Touches for the Girl's Room 11. Achievement Days 12. Christmas Program</p> <p>Training meetings held for agents by specialists every two months. Agents train project and neighborhood leaders.</p>	<p><u>County Level:</u> Health Officers Supervisor of Nurses Health Nurses: a. 93 counties have health county or district department service. 20 of these are without health officers now. b. 300 health nurses now employed - need 600-700 to meet requirement of one for every 5,000 people.</p> <p>Clinic Nurse Sanitarian Venereal Disease control person 21 Health Educators in 18 counties Clerical help</p> <p>Approximately a total of 1,000 workers in field of Public Health Service in N.C.</p> <p><u>Program on County Level:</u> Communicable disease control Maternal and child health School health Oral hygiene T. B. Control V. D. Control Malaria and Typhus Control Nutrition Health Education Sanitation - milk, food, and general General Adult - Industrial Hygiene, cancer, heart, etc. Consultation service from all divisions of State Board of Health</p>

PROBLEM	PUBLIC HEALTH	EXTENSION SERVICE	MATERIALS
<p>1. HEALTH</p> <p>To become familiar with and utilize the local health services of your community.</p>	<p>1. Health officers or other staff members will arrange training session, including tour with the Home Demonstration Club women.</p> <p>2. Health Department may be encouraged to prepare an outline of facts about the health department, particularly regarding clinic schedule. This is to be distributed by the club leaders.</p>	<p>1. Home agents will contact the local Health Department to arrange with the health officer, or other staff members, for a training session for health leaders to acquaint them with local health services</p> <p>2. Agents will call together the leaders from all Home Demonstration Clubs. (Preferably this meeting will be at the Health Department to include an introductory session and a tour through the Health Department.) The discussion and tour might include:</p> <ul style="list-style-type: none"> <li>a. Introduction to staff members.</li> <li>b. Functions of health officers, nurses, sanitarians, health educators, and others.</li> <li>c. Source of public health funds.</li> <li>d. Functions of the local health department.</li> <li>e. Public Health services available to all.</li> <li>f. Clinic schedule. Possible health department clinics:</li> <ul style="list-style-type: none"> <li>(1) Tuberculosis</li> <li>(2) Venereal Disease</li> <li>(3) Maternity</li> <li>(4) Well-baby</li> <li>(5) Pre-school</li> <li>(6) Immunization</li> <li>(7) School Clinics</li> <li>(8) Planned parenthood.</li> <li>(9) Food Handlers</li> </ul> </ul>	<p>Film: 16 mm. <u>Know your Health Department</u></p> <p>Available from: The Film Clerk, N.C.State Board of Health, Raleigh, N. C.</p>

PROBLEM	PUBLIC HEALTH	EXTENSION SERVICE	MATERIALS
	<p>3. Health Department may also supply information regarding care of the physically handicapped and institutional care for the mentally sick, aged, and others.</p>	<p>3. Other county or State Health services available to communities:</p> <ul style="list-style-type: none"><li>a. Care of the physically handicapped<ul style="list-style-type: none"><li>(1) Vocational Rehabilitation</li><li>(2) Crippled children clinic</li><li>(3) Speech correction clinic annually in summer at UNC</li></ul></li><li>b. Welfare Department in cooperation with Health Department serves as a certifying organization for persons entering local and State institution for the handicapped, mentally sick, aged, and others.</li></ul> <p>4. Agents and Leaders will conduct an educational program to familiarize club members and every person in the community with available health services and how to utilize them.</p> <p>5. Incorporate in program immediate and long-time objectives for solution of the most outstanding health problems, or problems such as county-wide program to promote wide immunization for diphtheria, whooping cough, typhoid and smallpox.</p>	

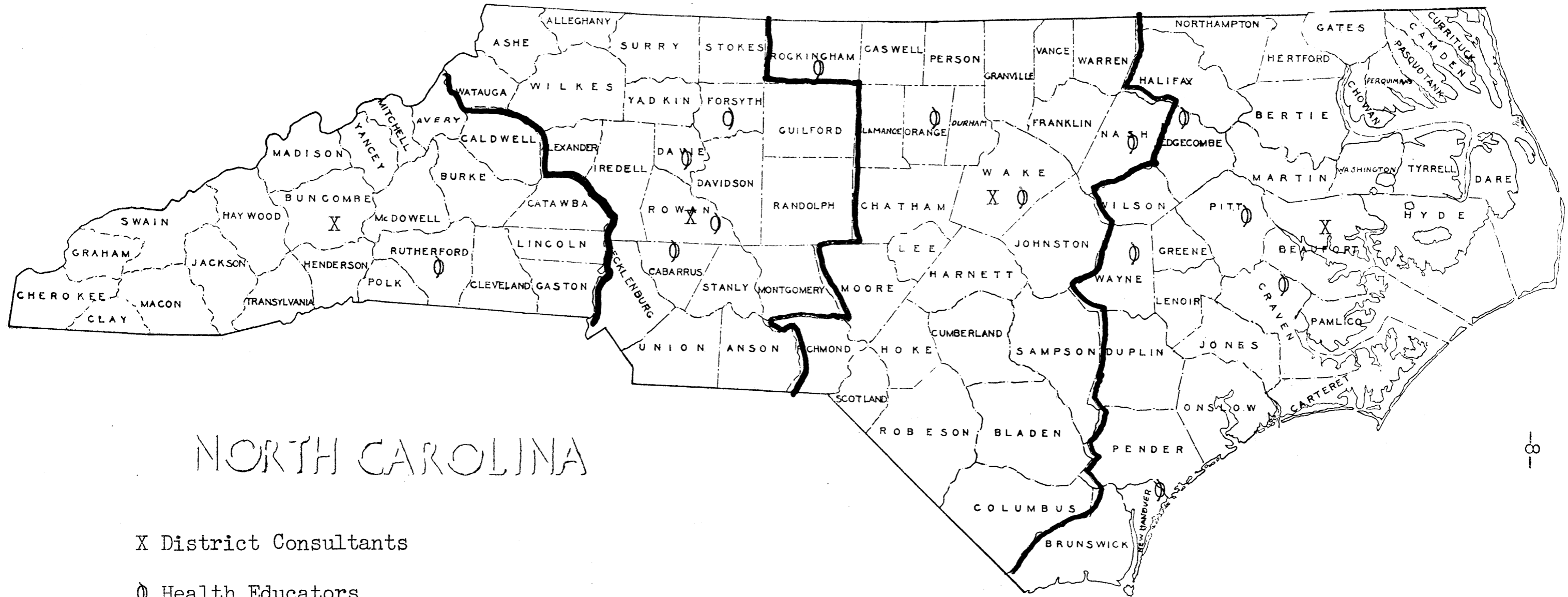
PROBLEM	PUBLIC HEALTH	EXTENSION SERVICE	MATERIALS
<p>1. Poor Nutrition due to:</p> <p><u>a.</u> Inadequate production or selection of kind and amounts of food needed to meet the requirements of a well-balanced year-round food supply.</p> <p><u>b.</u> Failure to practice various types of conservation methods to insure availability of well-balanced diet every season of the year.</p> <p><u>c.</u> Not planning and eating 3 meals every day consisting of sufficient amounts of the Basic 7 to meet bodily needs for optimum health.</p> <p><u>d.</u> Using food preparation methods which waste food value.</p> <p><u>e.</u> Inadequate school lunches for many children.</p>	<p>Nutrition Division:</p> <p>1. Objectives:</p> <p><u>a.</u> To determine the prevalent dietary practices in the State.</p> <p><u>b.</u> To conduct an educational program through Health Departments, schools and adult groups for the purpose of extending nutrition information to all the people. The aim of the educational program is to help to improve the nutritional well-being of men, women, and children by enabling them to understand the importance of recognizing, selecting, and eating, daily, those foods which supply the dietary factors essential for good health.</p> <p><u>c.</u> To help establish in each community a sense of responsibility for the nutritional status of each of its citizens.</p> <p><u>d.</u> To seek and use resources outside the health department in an effort to avoid duplication of activities and to enhance the effectiveness of nutrition education through joint planning and work with other agencies.</p>	<p>1. <u>Agents assisted by Leaders</u> obtain factual information showing inadequacies of food produced and consumed by people in the county.</p> <p><u>a.</u> From N.C. Department of Agriculture and any other available source.</p> <p><u>b.</u> Simple surveys conducted in county. (Questionnaire to be formulated by professional workers and leaders).</p> <p>2. Conduct an educational program based on factual information.</p> <p><u>a.</u> What is a well-planned year-round food supply and how much of this is it advisable for people in country to produce.</p> <p><u>b.</u> Methods to use in producing and conserving foods needed.</p> <p><u>c.</u> Need of adequate school lunch for every child as means of improving and maintaining high nutritional status of people in county.</p> <p><u>d.</u> How to select and prepare foods needed to make diet adequate for optimum health.</p> <p><u>e.</u> Conduct special nutrition project in Clay and Cherokee counties in T.V.A. areas with school children in grades 1-4, in cooperation with the Nutrition Division of the State Board of Health with special emphasis on the school program. Agents will give general supervision to teachers conducting projects, visit parents to keep them informed of activities and give assistance in making needed dietary improvements.</p>	<p>1. Pamphlets on gardening, canning, freezing, storing, drying, food preparation available from Co. Home Dem. office.</p> <p>2. <u>Films</u></p> <p><u>a. Something You Didn't Eat</u> 16mm sound, color. Available from Office of Information, U.S.D.A. Washington 25, D. C.</p> <p><u>b. Can All You Can</u> 16mm sound, color from N.C. Agricultural Service, State College, Raleigh</p> <p><u>c. Live at Home</u> 16mm sound, color from U.S.D.A. Washington 25, D. C.</p>

PROBLEM	PUBLIC HEALTH	EXTENSION SERVICE	MATERIALS
	<p>2. Procedures:</p> <p>These objectives are promoted through:</p> <ul style="list-style-type: none"><li>a. Health Departments</li><li>b. Schools</li><li>c. Community Organizations</li></ul> <p>by means of,</p> <ul style="list-style-type: none"><li>conferences</li><li>workshops</li><li>in-service training programs</li><li>surveys</li></ul> <p>To implement the work the State has been divided into four sections with a nutrition consultant in each as follows:</p> <p>Eastern, Dorothy Kiely Headquarters, Raleigh</p> <p>Middle, Mrs. Lela Mackey Headquarters, Raleigh</p> <p>Piedmont, Mable Todd, Headquarters, Raleigh</p> <p>Mountain, Alice Glenn Keaton Headquarters, Raleigh</p> <p>Consultants will be available for advice and assistance in any nutrition program which is carried out in any county in her area. All consultants appreciate fully the need for close cooperation with Extension Service workers.</p>		

PROBLEM	PUBLIC HEALTH	EXTENSION SERVICE	MATERIALS
<p><b>2. Sanitation</b></p> <p><b>A. Home</b></p> <p>(1) Safe Water Supply            (2) Sanitary Privy            (3) Garbage Disposal            (4) Milk Care            (5) Insect Control            (6) Rodent Control            (7) Cleanliness around barns and outbuildings</p> <p><b>B. School</b></p> <p>(1) Safe Water Supply            (2) Sanitary Toilet facilities            (3) Clean Buildings and Grounds            (4) Adequate Lighting            (5) Grade A Lunchroom            (6) Garbage Disposal            (7) Insect Control            (8) Rodent Control</p> <p><b>C. Community</b></p> <p>(1) Sanitation of churches and community buildings, consisting of (1), (2), (3), (6), (7), above.</p> <p>(2) Insist that all places in community serving food meet Grade A sanitary requirements.</p>	<p>Sanitarian will train leaders within a county upon request, acquainting them with sanitary code related to each problem and the resources within the county for maintaining high sanitary standards.</p> <p>Local and State Departments will make analyses of water and milk.</p> <p>Local and State Departments will furnish publications regarding specific sanitation problem, such as:            Specifications of Pit Privy,            Protection of Private Water Supplies.            Sewage Disposal            Etc.</p>	<p><u>Agents</u> will contact sanitarian and request assistance in solving <u>one or more</u> of the sanitation problems chosen by county.</p> <p><u>Leaders</u> conduct community survey to determine outstanding problems. (Questionnaire to be formulated by professional workers and leaders in the county).</p> <p>Incorporate in all Extension programs in the county immediate and long time plans for solution of imminent sanitation problems, attacking each in order of importance.</p>	<p>Film strip, <u>Safe Water</u>, from State Board of Health through Local Health Department.</p> <p>16mm films:</p> <p>1. <u>Water, Friend or Enemy</u>, (also from Health Department)</p> <p>2. <u>Your Daily Milk</u></p> <p>3. <u>The House Fly</u></p>

NUTRITION DIVISION

Consultants' Areas



PROBLEM	PUBLIC HEALTH	EXTENSION SERVICE	MATERIALS
<p>3. <u>Housing</u></p> <p>A. Convenient, safe, and adequate water supply:            (1) Location of cistern in home            (2) Means of heating water            (3) Chemical for softening water</p> <p>B. Bathroom for new and remodeled homes</p> <p>C. Better Lights</p> <p>D. Heating</p> <p>E. Clean, Comfortable, Sanitary Kitchens</p>		<p><u>Agents</u> will incorporate in all Extension programs in the county immediate and long-time plans for convenient hot and cold water in home.</p> <p><u>Leaders</u> will conduct Survey to determine the problem in this field.</p> <p><u>Agents</u> demonstrate safe and adequate lights in adult, older youth, and 4-H clubs.</p> <p><u>Agents</u> will give demonstration in clubs on convenient ways of heating farm homes.</p> <p>Demonstration home will be set up in communities.</p> <p>Community meetings on kitchen improvement.</p> <p>Result demonstrations on Kitchen Improvement</p>	<p>Slides prepared by N.C. Agricultural Extension Service</p> <p>Slides prepared by N.C. Agricultural Extension Service.            "The Modern Farm Kitchen"</p>

JOINT  
HEALTH - EXTENSION PROGRAM

Raleigh  
State Board of Health

Nutrition Division

1 Director  
2 Principal Nutritionists  
3 Junior and Senior Nutritionists  
5 Junior and Senior Nutritionists  
1 Secretary

Education

Health Department - Nurses  
Sanitarians  
Health Educators  
Others

Clinics

Allied Health Agencies -  
Welfare Workers  
Extension Service  
Red Cross

Schools

Community Organization  
Industry  
State and Private Institutions  
Field Training

Raleigh  
State Agricultural Extension Service

Home Demonstration Division

Director, Extension Service  
Asst. Director  
State Home Demonstration Agent  
Asst. State Agent  
Nutrition Specialists  
Home Management Specialists  
Housing Specialists

Local

County Extension Agents

Education:

County Home Demonstration Council  
County U. S. D. A. Council  
Home Demonstration Clubs  
4-H Clubs