

## Extension Walk Our Talk Survey

The April 2008 issue of Journal of Extension contains a commentary from the National Network for Sustainable Living Education (NNSLE) entitled "Sustainable Living Education: A call to all Extension." Within the NNSLE document is the statement: "Extension must become the model for others to emulate. We have to walk our talk. Extension staff members will "learn by doing" as we green our own lifestyles, offices, campuses and 4-H camps. As a result, we will radically shrink our ecological footprint and visually demonstrate the knowledge and practices we are teaching."

Today, more than ever, Extension is scrutinized and evaluated for its benefits or relevance to the public. We need to begin with ourselves. This survey has met the University of Missouri Institutional Review Board criteria for exempt approval.

Please place a check by all the actions you practice either at home or at work. This survey is being completed by Extension personnel across the US. All responses are anonymous. Your responses will help capture what is being done in various states, differences or similarities across the nation, and indicate practices where impediments may exist.

### 1. At HOME I...

- Print on both sides of paper
- Print less
- Recycle aluminum
- Recycle glass
- Recycle paper
- Recycle cardboard
- Recycle plastic bottles
- Compost paper (shredded junk mail!)
- Compost grass clippings, leaves, and other yard waste
- Compost kitchen scraps
- Use re-usable shopping bags
- Bank or pay bills online (no paper copies mailed to you)
- Bank or pay bills online (reduced amount of paper copies mailed to you)
- Other: \_\_\_\_\_

### 2. For question 1, what is/are your motivation(s) for doing these items? (example: want to, local ordinance, free compost)

Write-in response

**3. Of the items listed above that you are currently NOT doing at your home, which one are you most interested in starting?**

Write-in response

**4. At WORK I...**

- Print on both sides of paper
- Print less (ex. save emails on computer, not by printing them out)
- Offer newsletters on-line or as email attachments (pdf version)
- Recycle aluminum
- Recycle glass
- Recycle paper
- Recycle cardboard
- Recycle plastic bottles
- Compost paper (after shredding)
- Compost grass clippings, leaves, and other waste from building grounds
- Compost food scraps
- Other: \_\_\_\_\_

**5. For question 4, what is/are your motivation(s) for doing these items at work? (example: want to, ordered to, etc.)**

Write-in response

**6. Of the items listed above that are currently NOT being done where you work, which one are you most interested in seeing started?**

Write-in response

**7. At HOME I...**

- Adjust the thermostat for when no one is home
- Have and use a programmable thermostat
- Turn electronic devices off when not being used
- Use power strips to completely turn off electronic devices (no "phantom" losses)
- Have installed compact fluorescent bulbs
- Periodically change air filters on heating/cooling system
- Periodically have heating/cooling system tuned-up
- Have purchased Energy Star appliances

- Have installed a radiant barrier in attic
- Have installed additional insulation in attic
- Have installed insulation in basement or crawlspace
- Have caulked or sealed air gaps
- Did a home renovation (energy efficient windows, doors, or other items)
- Have installed a solar water heater
- Have installed a solar attic fan
- Have installed solar exterior lighting
- Have installed solar power for home (partial)
- Have installed solar power for home (total)
- Turn off unneeded lights or reduced wattage of bulbs
- Have applied energy-saving window film to windows
- Other: \_\_\_\_\_

**8. For question 7, what is/are your motivation(s) for doing these items at home? (example: reduce power bill, tax credit, climate change concerns)**

Write-in response

**9. Of the items listed above that you currently have NOT done, which one are you most interested in doing? (Assume that cost is not a factor.)**

Write-in response

**10. At WORK I...**

- Adjust thermostat for when no one is in the office
- Use a programmable thermostat
- Put computer and/or printer in "sleep mode" when not being used
- Turn electronic devices off when not being used
- Use power strips to completely turn off electronic devices (no "phantom" losses)
- Turn off unneeded lights
- Other: \_\_\_\_\_

**11. For question 10, what is/are your motivation(s) for doing these items at work? (example: want to, required, office competition)**

Write-in response

**12. At the building where I WORK...**

- The heating/cooling air filters are replaced on a schedule
- The heating/cooling system gets periodic tune-ups
- There are Energy Star appliances
- A radiant barrier has been installed in the attic
- Additional attic insulation has been installed
- Additional basement or crawlspace insulation has been installed
- Air gaps have been caulked or sealed
- An energy conservation renovation was done (windows, doors, or other items)
- There is a solar water heater
- There is a solar attic fan
- There is solar exterior lighting
- The building is solar powered (partial)
- The building is solar powered (total)
- Energy-saving window film has been applied to the windows
- Unneeded lights have been turned off or had the bulb wattage reduced
- Lighting has been switched to compact fluorescent bulbs or T8 lighting
- Other: \_\_\_\_\_

**13. Of the items listed in questions 10 & 12 that are currently NOT being done, which one do you think is most important to implement where you work?**

Write-in response

**14. At HOME I...**

- Buy foods in-season
- Buy local (farmers' markets, etc)
- Grow some of my own vegetables and fruits
- Eat more alternative protein sources and less meat
- Other: \_\_\_\_\_

**15. For question 14, what is/are your motivation(s) for doing these items at home?**

Write-in response

**16. At WORK I...**

- Pack my lunch
- Visit local farmers' market or produce stand
- Other: \_\_\_\_\_

**17. For question 16, what is/are your motivation(s) for doing these items at work?**

Write-in response

**18. At HOME I...**

- Ride a bike for errands
- Combine errands to reduce car trips
- Have a high mpg vehicle (30+ mpg, regular fuel)
- Have an alternative fuel or electric vehicle
- Have my vehicle maintained (tire pressure, air filter, etc.)
- Other: \_\_\_\_\_

**19. For question 18, what is/are your motivation(s) for doing these items at home?**

Write-in response

**20. At WORK I...**

- Carpool to Extension staff meetings
- Carpool to conferences
- Carpool to programs
- Ride a bike or walk to work
- Take public transportation to work
- Walk to lunch
- Combine office errands to reduce car trips
- Telecommute to work
- Hold virtual meetings (internet, conference calls, etc.)
- Other: \_\_\_\_\_

**21. For question 20, what is/are your motivation(s) for doing these items at work?**

Write-in response

**22. What do you see as examples of impediments to sustainable practices at work, at home, or in the community?**

- No or limited community recycling program
- No or limited public transportation
- No safe bike route to work or stores
- No or limited bike racks at work or stores
- Too expensive
- Takes too much time
- No or limited support from administration
- No or limited support from local elected officials or boards
- No farmers' market
- Don't know where to start or what will have the best benefit for the least cost
- Confusion over what is, or isn't, the better "sustainable" choice
- I live in a rental unit, and the landlord isn't interested.
- Other: \_\_\_\_\_

**23. In what state is your office located?**

Write-in response

**24. Is your county best described as urban or rural?**

- Urban
- Rural
- Not sure (transitional)

**25. Is your office located on-campus or off-campus (county based)?**

- On-campus
- Off-campus (county based)
- Other: \_\_\_\_\_

**26. How many years have you worked with Cooperative Extension?**

- 0-5
- 6-10

- 11-15
- 16-20
- 20+

**27. What is your primary area of responsibility? (Urban Horticulture, Row crop, Livestock, FCS, etc.)**

Write-in response

**28. What is your age group?**

- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79+

**29. Are you male or female?**

- Male
- Female

**30. What is your highest level of education?**

- Highschool or GED
- 2-yr degree
- 4-yr degree
- post-graduate degree
- Other: \_\_\_\_\_