

Walk in the shoes of a Florida Farmer

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Karen Stauderman
Commercial Horticulture Extension Agent III
UF/IFAS Extension Volusia County



SITUATION

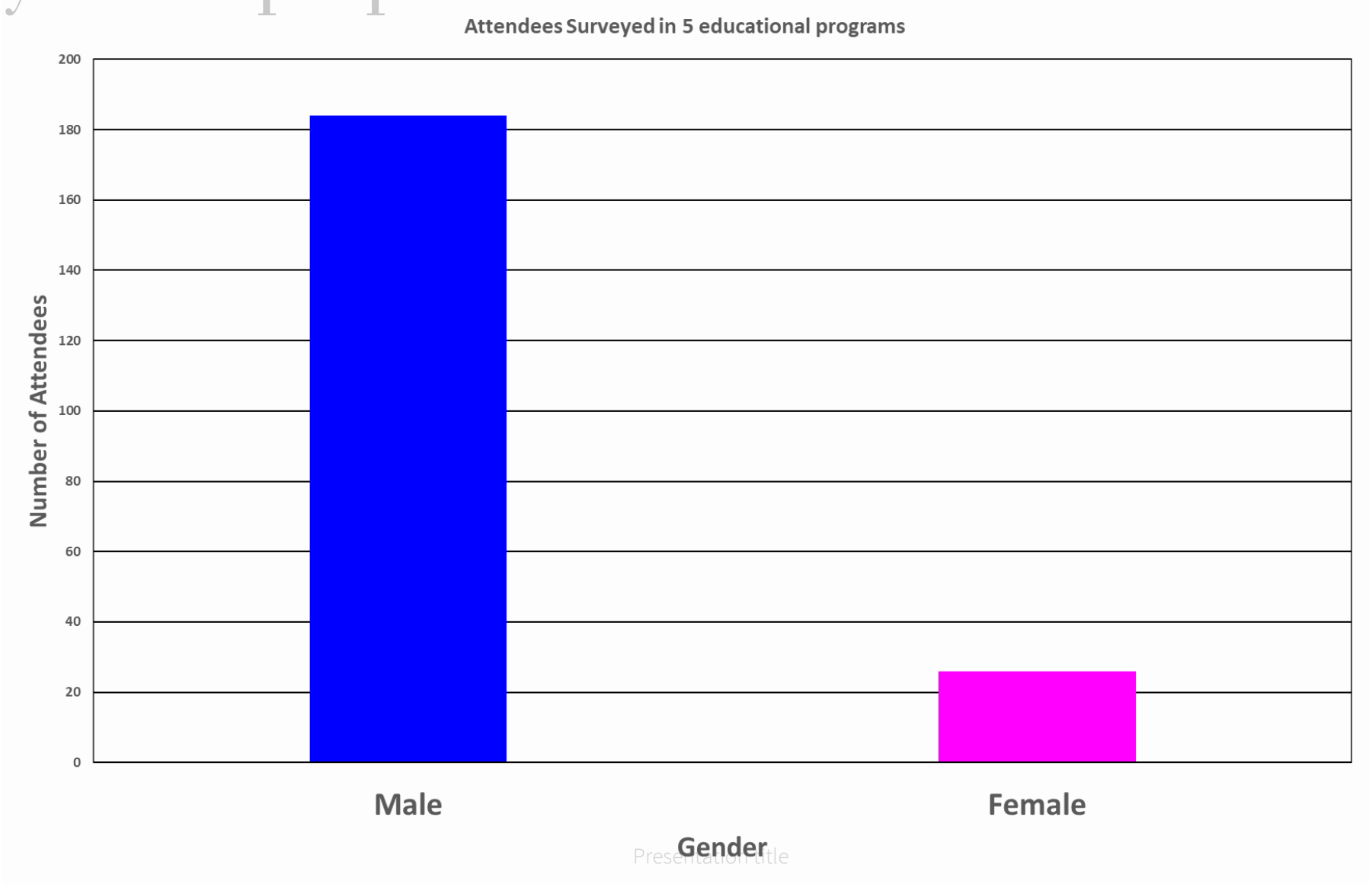
- Work shoes are aimed at Northern farmers/workers (snow, loamy substrates, mud, cold temperature climates)
- Lack of proper footwear for our semi-tropical climate
- We are reluctant to seek help with our feet
- Efforts are needed to educate clientele on proper footcare and shoe safety



OBJECTIVES

1. After three months, 50% attendees in one of three extension programs will change one behavior and/or adopt a new practice to improve their foot health (exercises, inserts, socks, etc...) and improve their physical mobility.
2. A 50% increase in knowledge gain on foot care, safety, and symptoms of potential foot health risks.

Surveyed 210 people



Biggest Complaints of our feet:



69% (n=88) of the audience in attendance were experiencing foot issues at the present time.

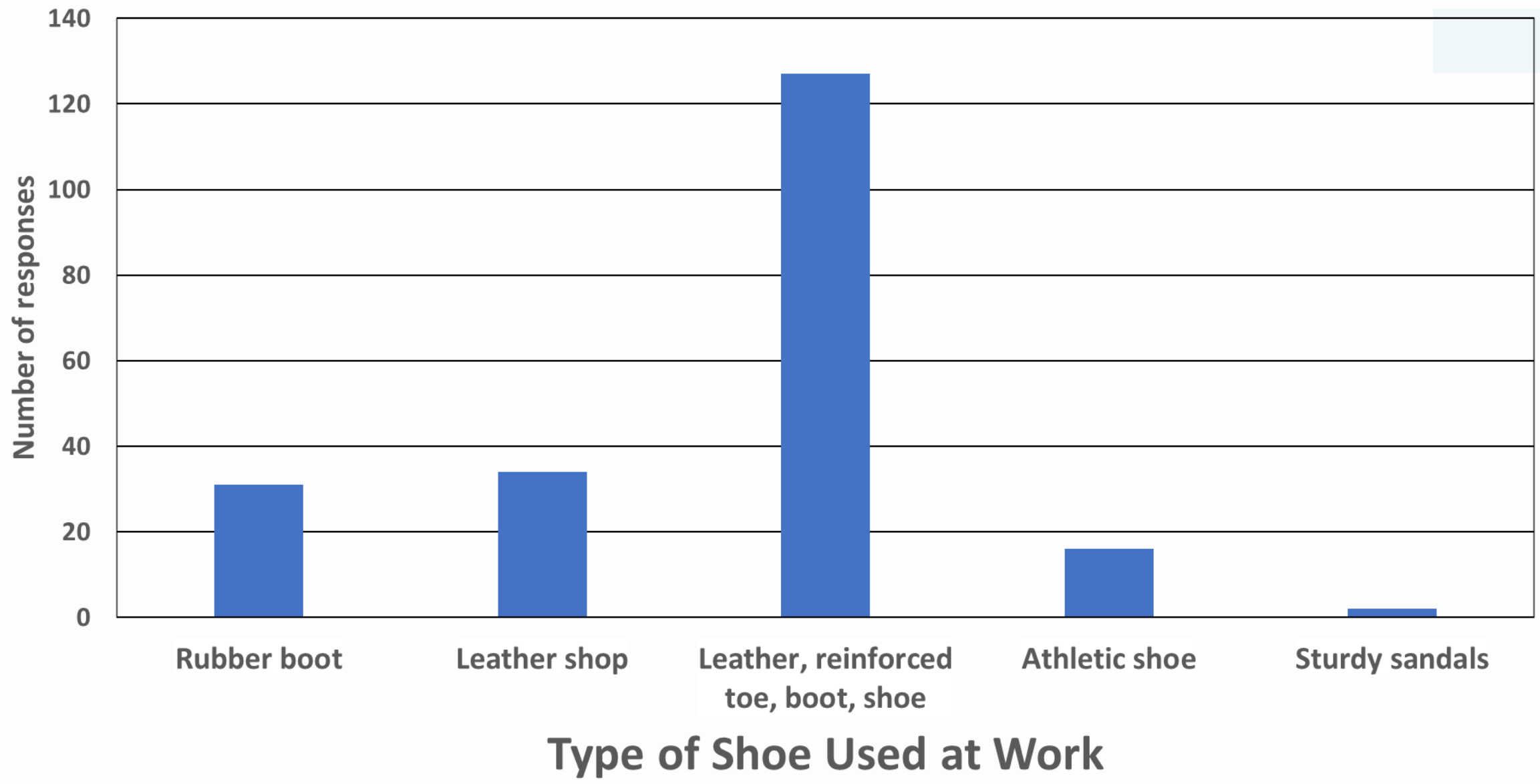
Pain or Soreness	48%
Hammer toe, bunions (athletics foot/nail fungus)	17.2%
Leg pain	20.6%
Fallen arches	6.9%
Other – tingly, burning or dry skin	5.1%
None of the above	31%

Prior to program, How do you rate your current health? Average overall perceived foot health was 70.5% (40 attendees self-assessed)

Top 12 Brand of Shoes used (n=174 surveyed)

Brand of Shoe	Top Percent	Number of people
Wolverine	23%	16
Timberland	14.5	10
Ariat	13	9
Red Wing	8.7	6
Keen	5.8	4
New Balance	5.8	4
Sketchers	5.8	4
Rockport	5.8	4
Carharrrt	4.3	3
Bates	4.3	3
Brahma	4.3	3
Irish Setter	4.3	3

Responses to Work Shoe Type



Mean Price Attendees spend on Work Wear



MATERIALS & METHODS

Extension Instructional Education

Offered 3 programs including one on-site field day

Surveyed

- Surveyed 210 attendees
- Pre and post knowledge and behavior changes.



Futuristic shoes

- Shoe AI technology
- Shoe diversity
- Advancements in PPE



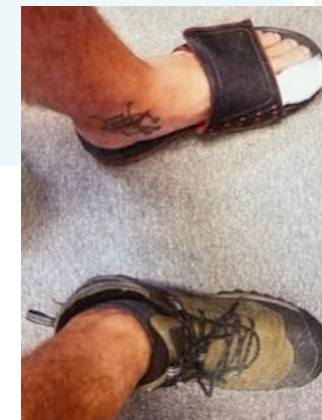
Diagnostic Assessment

- Walking gait assessment
- Self assessment pain



Foot Safety

- Sock wear
- Footwear
- Physical symptoms



Foot Health

- Demonstrated feet/leg exercises
- Orthotics



MEET THE DOCTOR



Dr. Antony Merendino, DPM

Assistant Professor. Orthopedic foot & Ankle Surgery
Specialist and Surgeon

UF Orthopaedics and Sports Medicine Institute,
Gainesville, FL



Results

- 94% of attendees learned about new shoe technology.
- 89% increased knowledge of foot care, safety, and potential foot health risks.
- 100% students found the information to be helpful in their daily life.
- 97% gained relief and improved foot health as reported in a self-assessment survey.

Results

- 92% of attendees (n=40) were committed to changing their behavior to improve their feet.
 - Leg/Feet exercises 87.5%
 - Different type/brand of shoe 62.5%
 - Topical creams & medications 40%
 - Insoles, arch support inserts, etc... 62%
 - Visit with a podiatrist/specialist 60%

Impact

3 Months Post Survey....How are we doing?

- Prior to program, Average overall perceived foot health from attendees was 70.5% (40 attendees self assessed)
- After 3 months, The average overall perceived health was 80.7% (n=14) (100% is perfect)
- That was an improvement of 10.2% in 3 months!!
- Dr. Antony Merendino was asked to speak to FDOT and a BMPL future grower meetings.

Conclusion

Grower Comments

- “impressed with the quality, expertise, and uniqueness of the speakers.”
- “impressed that a podiatrist/surgeon would take time from his schedule at the hospital to speak with ‘a group of fern growers’ in the field.
- “This was the most rewarding field day I’ve ever participated in.”
- “I never would have thought to have a podiatrist come for a field day to talk to farmers and expect them to take their shoes off and participate.”



Presentation title



THANK YOU

Karen Stauderman

Kstauderman@ufl.edu

