



EFNEP

Connecting the Pieces

2016 National Coordinators' Conference
March 14-17, 2016 - Arlington, VA

***We would like to express our sincere appreciation to the
National 2016 EFNEP Coordinators' Conference
Planning Committee members:***

(Alphabetical by first name)

*Carrie Ashe, Montana State University
Debbie Luppold, University of New Hampshire
Denise Benoit-Moctezuma, University of Maryland
Eunice Bonsi, Tuskegee University
Imelda Galdamez, Michigan State University
Janice Smiley, Oregon State University (co-chair)
Jennifer Walsh, University of Florida
Leslie Speller-Henderson, Tennessee State University
Marly Diallo, USDA-NIFA
Mindy Meuli, University of Wyoming
Sandy Procter, Kansas State University
Sharon Porter, USDA-NIFA
Stephanie Blake, USDA-NIFA (co-chair)
Sylvia Montgomery, USDA-NIFA
Valerie Martin, USDA-NIFA*

***Thank you for all of the time and energy you committed to making this year's
conference a success!***

2016 National Coordinators' Conference Expanded Food and Nutrition Education Program (EFNEP)

*Hyatt Regency Crystal City
2799 Jefferson Davis Hwy
Arlington, VA 22202*

Monday, March 14th

TIME & LOCATION	ABOUT
AM/PM	Educational Visits Universities May Use this Time to Schedule Educational Visits with Partners and Stakeholders (optional)
11:00am – 12:30pm Planning Meeting	National Conference Planning Committee Pre-Conference Meeting (members only)
12:45pm – 3:45pm Pre-Conference <i>Arlington/Fairfax</i>	1890 EFNEP Coordinators Meeting
4:00pm – 5:30pm Pre-Conference <i>Arlington/Fairfax</i>	EFNEP/SNAP-Ed Informational Session This session is intended for EFNEP/SNAP-Ed personnel who work in a middle-manager organizational system. The goal of this pre-conference session is to begin gathering information to provide support and resources and/or facilitate training to support middle managers within the EFNEP system. These middle-management positions require a unique set of skills - including content knowledge and administrative/leadership capacity. This session is designed for middle managers who offer regional and/or direct supervision to paraprofessionals/peer educators with the intent to be able to draw upon each other's expertise so that we can assist each other in our daily work. <i>Facilitators: Virginia Tech</i>
5:30pm – 6:00pm Pre-Conference <i>Chesapeake View</i>	New EFNEP Coordinator and 1st Time Attendee Meet and Greet
3:00pm – 6:30pm <i>Regency Atrium Wall</i>	Registration
6:00pm – 7:30pm <i>Chesapeake View</i>	Welcome Reception
7:45pm <i>Meet in the lobby</i>	1890 Region Dinner

Tuesday, March 15th

TIME & LOCATION	ABOUT
7:00am – 9:00am ABCD Foyer	Breakfast Buffet
8:00am – 9:30am Regency Atrium Wall	Registration
9:00am – 10:00am Welcome & Keynote Address Regency Ballroom ABCD	From the DGAs to Everyday Inspirations Healthy eating is one of the most powerful tools at our disposal to reduce the onset of disease and decrease how much we spend on healthcare. This session will highlight the role of science in developing the <i>2015-2020 Dietary Guidelines for Americans</i> (DGAs) and how the <i>Guidelines</i> and key recommendations are put into action for consumers. Specifically, the new 'MyPlate, My Wins' campaign provides the building blocks – including innovative online tools and inspiring resources - to create healthy eating solutions for consumers across the country. Come to the table! Everyone has a role to play in encouraging easy, accessible, and affordable ways to support healthy eating at home, schools, workplaces and our communities. <i>Presenter: Angie Tagtow, USDA - Center for Nutrition Policy and Promotion</i>
10:00am – 10:45am Ice Breaker & Small Group Discussions Regency Ballroom ABCD	Dietary Guidelines Implementation Following the Dietary Guidelines Keynote session, an additional forty-five minute session will take place, starting with a short icebreaker activity and followed by small group discussions about implementing the guidelines. <i>Facilitator: Janice Smiley, Oregon State University</i>
10:45am – 11:15am ABCD Foyer	Morning Break Beverages available
11:15am – 12:15pm General Session Regency Ballroom ABCD	The Evolution of EFNEP - A Discussion with NIFA Senior Leadership One reason for EFNEP's success is that it constantly evolves to stay relevant and to meet the needs of the target audience. During this session, NIFA's Senior leadership team will briefly share their thoughts on the continuing evolution of EFNEP. Then, you are invited to share your ideas and suggestions and join the discussion about what we might accomplish as a partnership over the next five-years. <i>Presenters: Meryl Broussard & Denise Eblen, USDA - National Institute of Food and Agriculture (NIFA); Discussant: Dionne Toombs, USDA - NIFA</i>

<p>12:15pm – 1:45pm</p>	<p>Lunch & Regional Meetings</p> <ul style="list-style-type: none"> • Southern Region - Washington A • North Central Region - Washington B • Northeast Region - Regency Ballroom • Western Region - Regency Ballroom
<p>1:45pm – 3:00pm General Session Regency Ballroom ABCD</p>	<p>Connecting EFNEP Programming to Community Issues of Environmental and Cultural Influences</p> <p>This session will provide an overview of University of Maryland’s EFNEP tailored-intervention to better serve Refugee families; and North Carolina University’s EFNEP Intervention to help low income consumers increase access to local foods at farmers’ markets. Workshop participants will gain awareness and knowledge of environmental and cultural influences in the implementation of EFNEP programs to low-income participants. Attendees will gain knowledge on:</p> <ul style="list-style-type: none"> • Cultural influences with new groups when implementing EFNEP programming • Cultural adaptations to EFNEP nutrition education materials • Lessons learned and outcomes of introducing low-income consumers to farmer’s markets through guided tours • Best practices for partnerships addressing the issues of access to local foods <p><i>Presenters: Denise Benoit-Moctezuma, University of Maryland & Lorelei Jones, North Carolina University; Moderators: Imelda Galdamez, Michigan State University & Eunice Bonsi, Tuskegee University</i></p>
<p>3:00pm – 4:00pm General Session Regency Ballroom ABCD</p>	<p>Exploring the New Adult Behavior Checklist</p> <p>The behavior checklist for adult participants is being revised. An overview of the process will be shared with a focus on the current status and next steps for validity testing. The session will include a small group activity to demonstrate the benefit of cognitive interviewing to develop new checklist questions. Following this session, Coordinators will be able to:</p> <ul style="list-style-type: none"> • Describe the overall process for the behavior checklist revision and the purpose of each step • Identify example questions being tested for the different domains: Food Safety, Nutrition Practices, Food Resource Management, Food Security, and Physical Activity • Recognize the numerous state EFNEP programs that contributed to the project • Understand how to participate in the remaining testing process <p><i>Presenters: Karen Barale, Washington State University; Karen Franck, University of Tennessee; Susan Baker, Colorado State University; Tarana Khan, Clemson University; & Jennifer Walsh, University of Florida</i></p>
<p>4:00pm – 4:30pm ABCD Foyer</p>	<p>Afternoon Break Beverages & snacks available</p>

<p>4:30pm – 5:30pm General Session Regency Ballroom ABCD</p>	<p>Promoting Physical Activity to EFNEP Participants and Staff - Move More, Virginia!</p> <p>This session will provide a short background on the process of developing the <i>Move More, Virginia!</i> resources with guidance on how to replicate the process with your target audience, an interactive demonstration of the resources, a discussion of how to promote more physical activity into EFNEP lessons, and strategies for supporting Peer Educators' self-efficacy in incorporating physical activity into their programs. After this presentation, participants will be able to:</p> <ul style="list-style-type: none"> • Perform a needs assessment of their target audience to tailor physical activity resources to audience preferences • Identify strategies for promoting physical activity in EFNEP lessons • Develop training activities to improve Peer Educator self-efficacy in incorporating physical activity into programs <p><i>Presenter: Austin Brooks, Virginia Tech; Moderators: Mindy Meuli, University of Wyoming & Carrie Ashe, Montana State University</i></p>
<p>6:00pm Meet in the lobby</p>	<p>North Central Region Dinner</p>
<p>6:00pm Meet at Legal Seafood</p>	<p>Western Region Dinner Meet at the Legal Sea Foods Restaurant at 6pm. Reservation is under McGuffey or Meuli. www.legalseafoods.com/Restaurants/Arlington-Crystal-City</p>
<p>6:30pm Meet in the lobby</p>	<p>North East Region Dinner</p>

Wednesday, March 16th

TIME & LOCATION	ABOUT
<p>7:00am – 8:45am ABCD Foyer</p>	<p>Breakfast Buffet</p>
<p>7:00am Meet in the lobby</p>	<p>Morning Walk (optional) If you want to start your day with an early morning walk, meet us in the lobby at 6:55am. The group will leave the hotel at 7:00am. The walk is expected to last approximately 30 minutes. All levels of walkers welcome!</p> <p><i>Leader: Shea Austin, Tennessee State University</i></p>

<p>8:45am – 10:30am General Session Regency Ballroom ABCD</p>	<p>Morning Announcements & Ice Breaker</p> <p>Reframing PSEs: EFNEP’s Role in “Environmental Settings and Sectors of Influence” Change</p> <p>This session will share the latest guidance and best practices for implementing activities that would positively change participants’ settings and address sectors of influence. Participants will hear a summary of the 1890 pre-conference session and any questions that surfaced about PSE work in EFNEP. National leadership will also share information about EFNEP personnel roles and how they relate to “Environmental Settings and Sectors of Influence,” along with allowable EFNEP activities. Following Dr. Chipman, a representative from the national workgroup will discuss planned next steps to help with defining, identifying and evaluating “Environmental Settings” and “Sectors of Influence” efforts at regional and state levels. Best practice examples will be shared by Oklahoma State. At the end of the session, there will be an interactive time with conference participants learning how they may become involved and providing feedback to the committee. The goal of the session is to increase coordinators’ understanding of ways EFNEP can be involved in “Environmental Settings and Sectors of Influence” work.</p> <p><i>Presenters: Virginie Zoumenou, University of Maryland Eastern Shore; Helen Chipman, USDA - NIFA; & Debra Garrard-Foster, Oklahoma State University; Moderator & Presenter: Sandy Procter, Kansas State University</i></p>
<p>10:30am – 10:45am ABCD Foyer</p>	<p>Morning Break Beverages Available</p>
<p>10:45am – 11:15am General Session Regency Ballroom ABCD</p>	<p>ECOP IS YOU!</p> <p>ECOP IS YOU! That’s Michelle Rodgers’ motto this year as she chairs the Extension Committee on Organization and Policy (ECOP), the representative leadership and governing body of Cooperative Extension nationwide. Dr. Rodgers will engage you in a face-paced presentation answering why you’re on-the-ground outreach and engagement with EFNEP targeted audiences goes hand-in-hand with ECOP’s national leadership. Learn how to be a part of a nationwide movement to change the culture of health, ask questions of one of the Nation’s top Extension leaders, and go home with news you can use.</p> <p><i>Presenter: Michelle Rodgers, University of Delaware</i></p>
<p>11:15pm - 12:30pm Regency Foyer</p>	<p>Exhibit/Poster Session Detailed poster descriptions are included starting on p.11</p>
<p>12:30pm – 1:30pm Chesapeake View</p>	<p>Lunch</p>

<p>1:45pm - 2:30pm Breakout Session A</p>	<p>A1. What YOUR Regional Nutrition Education Centers of Excellence (RNECE) Are Doing and How They May Impact Your Work - Regency ABCD</p> <p>This session will provide a presentation on the regional nutrition education centers of excellence. Participants will have an opportunity to have regional discussions on research projects relevant to EFNEP.</p> <p><i>Presenters: Janet Kurzynske, University of Kentucky; Joan Paddock, Cornell University; Jo Britt-Rankin, University of Missouri; Karen Franck, University of Tennessee; Lorelei Jones, North Carolina State University; Karen Barale, Washington State University; Susan Baker, Colorado State University; Mira Mehta, University of Maryland; & Jennifer McCaffrey, University of Illinois</i></p>
	<p>A2. Choose Health: Food, Fun, and Fitness - Hands-On Interactive Learning for 8 - 12 Year Olds - Washington A</p> <p>Workshop participants will get a detailed overview of the Choose Health: Food, Fun and Fitness (CHFFF) curriculum, experience some of the interactive activities, and learn about recent evaluation results. CHFFF is an award-winning, research-based nutrition and fitness curriculum for 8 to 12 year olds that uses experiential learning to teach healthy eating and active play. Recently revised and updated, and now for sale through the 4-H Mall, CHFFF targets behaviors research shows to be most important for preventing childhood obesity and chronic disease.</p> <p><i>Presenter: Wendy Wolfe, Cornell University</i></p>
	<p>A3. EFNEP and 4-H: Successes and Challenges – A Brainstorming Session - Washington B</p> <p>During this brainstorming/sharing session, participants will provide input on what’s working well and what’s not in collaborations among EFNEP and 4-H. What are your successes and what are your challenges? What would your ideal partnership with 4-H look like? Can you provide examples of other successful partnerships that may serve as a model? Please come and share your insights and recommendations!</p> <p><i>Facilitator: Toija Riggins, USDA - NIFA</i></p>
	<p>A4. The Effect of EFNEP on Participants’ Diet Quality: Does Supermarket Access Matter? - Arlington Room</p> <p>Session participants will gain insight into how the commercial food environment shapes the effectiveness of EFNEP outcomes. How much does access to supermarkets make a difference in the diet outcomes of EFNEP participants? This session will provide the opportunity to discuss research findings on whether EFNEP effectiveness depends on supermarket access. This session will include the opportunity for attendees to discuss how food access impacts the effectiveness of EFNEP as well as other potential environmental barriers to improvements in diet.</p> <p><i>Presenters: Rachel Spencer, Michael Thomsen, & Serena Fuller, University of Arkansas</i></p>

<p>2:45pm – 3:30pm Breakout Session B</p>	<p>B1. What YOUR Regional Nutrition Education Centers of Excellence (RNECE) Are Doing and How They May Impact Your Work - Regency ABCD</p> <p>This session will provide a presentation on the regional nutrition education centers of excellence. Participants will have an opportunity to have regional discussions on research projects relevant to EFNEP.</p> <p><i>Presenters: Janet Kurzynske, University of Kentucky; Joan Paddock, Cornell University; Jo Britt-Rankin, University of Missouri; Karen Franck, University of Tennessee; Lorelei Jones, North Carolina State University; Karen Barale, Washington State University; Susan Baker, Colorado State University; Mira Mehta, University of Maryland; & Jennifer McCaffrey, University of Illinois</i></p>
	<p>B2. Innovation in EFNEP - Washington A</p> <p>This session will provide a brief overview and work to date of the Technology Initiative and the Social Media Committee. Participants will discuss trends in technology and social media, and will leave with a sense of how this impact their own state/program.</p> <p><i>Presenters: Jennifer McCaffrey, University of Illinois & Austin Brooks, Virginia Tech</i></p>
	<p>B3. What Do Our Participants Think about the 24-Hour Recall? A Multi-State Study - Washington B</p> <p>Session participants will gain insight regarding EFNEP participant perceptions of the 24-hour recall tool. We know what we think but do we know what they think? Join us to hear what participants have to say about the 24-hour diet recall tool. This session describes work conducted by a multi-state team that explored individuals’ feelings and attitudes about the 24-hour recall as delivered by educators in the field. The session includes an interactive component where attendees ‘think through’ how the results might influence their own 24-hour diet recall process.</p> <p><i>Presenters: Serena Fuller, University of Arkansas & Brenda Sheik, Oklahoma State University</i></p>
	<p>B4. Musical Food Groups - Arlington Room</p> <p>This group activity session will be a replica of a physical activity lesson designed to help elementary-aged children learn about foods in each of the five food groups on MyPlate. Based on the game, musical chairs, participants are divided into five groups using a number countdown. The group of 1’s can be vegetables, the group of 2’s, fruits, etc. They will write the name of a food in their assigned food group on an index card and congregate in the middle of the room. When the music begins, participants will run to one of the posters of Myplate (with names of food) on the wall. Only one food from each food group is permitted with each MyPlate poster. Once all of the MyPlate posters have 5 people standing by them, the music stops. Anyone left not standing with a MyPlate poster must sit down. If any of the posters have duplicate food groups represented, that entire group sits out and poster is also removed. One of the posters is removed, and the game starts over again and is repeated until only one MyPlate poster remains.</p> <p><i>Presenter: Debbie Goddard, Tennessee State University</i></p>

3:30pm – 4:00pm ABCD Foyer	Afternoon Break Beverages & snacks available
4:00pm – 5:30pm General Session Regency Ballroom ABCD	National Update: Connecting Current and Future Directions This session is an opportunity to hear from EFNEP’s National Program Leader and Program Coordinator. They will address current and emerging program priorities – progress, lesson learned, and new developments. Discussion points will include the Dietary Guidelines and Senior Leadership sessions, national goals, 5-year plan process, program policy clarifications, volunteerism, and other relevant topics. This session will conclude with special recognitions, including the contributions of Mary Jane Willis who was a champion of EFNEP for more than 40 years. <i>Presenters: Helen Chipman & Stephanie Blake, USDA - NIFA</i>

Thursday, March 17th

TIME & LOCATION	ABOUT
7:00am – 9:00am ABCD Foyer	Breakfast Buffet
9:00am – 10:30am General Session Regency Ballroom ABCD	EFNEP Building Relationships for Recruitment and Retention This session will be interactive, and hands-on based on adult learning principles to develop a “community of practice” that will enhance our authenticity, and credibility within our practice to meet the needs of our program assistants and the families that we serve. In order to overcome participation barriers strategy was developed to motivate parents through a reward system called “EFNEP Champion Parents”. Both types of relationship development will drive recruitment and retention. Attendees will: <ul style="list-style-type: none"> • Explore the reason relationships are vital to recruitment and retention in the EFNEP program • Brainstorm how to build relationships within and without our organizations • Understand how relationships can enable policy and how policy has the potential to disengage relationship <i>Presenters: Shea Austin, Tennessee State University & Maribet Brute, University of Maryland; Moderators: Debbie Luppold, University of New Hampshire & Leslie Speller-Henderson, Tennessee State</i>
10:30am – 11:00am ABCD Foyer	Morning Break Beverages Available

<p>11:00am – 11:45am General Session Regency Ballroom ABCD</p>	<p>Program Highlight: A Nutrition Response To A Drinking Water Crisis In Flint, MI A change in the water source for Flint, MI residents in April 2014 has been associated with elevated blood levels in children and a drinking water crisis in the city of Flint. With Michigan State University Extension’s close, on-the-ground connection, we have been in a unique position to both identify issues in Flint and mobilize solutions to local problems. MSU Extension’s EFNEP and SNAP-Ed funded nutrition professionals have worked closely with the local health department, agencies and health care providers since the lead issue was uncovered. In this session you will learn about the strategies being used during this time of citywide trauma to help doctors, public health providers, parents, caregivers and partners protect residents against lead absorption and address this public health emergency.</p> <p><i>Presenters: Dawn Contreras, Deanna East, & Erin Powell, Michigan State University</i></p>
<p>11:45am – 12:00pm Regency Ballroom ABCD</p>	<p>Closing Remarks & Conference Adjourns</p>
<p>12:30pm – 2:00pm Post-Conference</p>	<p>National Conference Planning Committee Post-Conference Debrief (members only)</p>
<p>PM</p>	<p>Educational Visits Universities May Use this Time to Schedule Educational Visits with Partners and Stakeholders (optional)</p>

Friday, March 18th

TIME & LOCATION	ABOUT
<p>AM/PM</p>	<p>Educational Visits Universities May Use this Time to Schedule Educational Visits with Partners and Stakeholders (optional)</p>

Poster Abstracts

Curriculum/Teaching Approaches/Program Materials

#1 EFNEP's Eating Smart and Moving More...Strategies, Revisions, and Results

Lorelei Jones, Carolyn Dunn, & Cathy Thomas, NC State University

EFNEP's Eating Smart and Moving More curriculum was originally developed in 2006 by NC State University in partnership with the NC Division for Public Health. The curriculum is one of the top three curricula utilized by EFNEP across the nation. Each lesson challenges participants to make positive changes to achieve good nutrition, increase physical activity, practice food resource management skills, and practice proper food safety techniques. The 21-lesson curriculum uses video, dialogue, hands-on and experiential learning to engage participants. Each lesson includes a PowerPoint presentation with speaker notes, lesson plan and participant handout. With feedback from users, participants, and partners, the development team has revised the curriculum every five years to coincide with the release of new Dietary Guidelines from the USDA. With each revision, current research based nutrition messaging and strategies for working with EFNEP audiences have been implemented. North Carolina EFNEP impact data show consistent results over the 10-year period the curriculum has been utilized. This poster will provide an overview of the educational theory guiding lesson structure for the curriculum, provide a snapshot of the 2016 revisions including "media moments" designed to engage participants beyond the classroom, and examine North Carolina impact data over the past 10 years of implementation.

#2 Kickin' It with UEFNEP

Andrea Morris, Terence K. Martin, Susana Rodriguez, Carmen Martinez, & Carolina Hurtado, Alabama A&M University

The prevalence of childhood obesity/overweight continues to be an issue of concern within the United States. Although children from all ethnic backgrounds can be at risk, Latino children tend to be at a higher risk. As of September, 2014, 38.9% of Latino children ages 2-19 were obese or overweight. Reaching out to this population to improve their risk of developing nutritional related chronic diseases is the mission of the Urban Expanded Food and Nutrition Education Program (UEFNEP). A new initiative, "Kickin' It with UEFNEP", was designed by UEFNEP staff to help reach more Hispanic participants and increase physical activity and healthy eating. This initiative will focus on healthy eating and physical activity for young athletes and will target young Soccer League players ages 5-17 in DeKalb, Limestone, Madison, Marshall, and Morgan Counties. The program delivery will consist of 6 to 10 lessons implemented at soccer fields 30 minutes prior to soccer practice. Hands-on interactive lessons will include healthy eating and snacking as well as ways to incorporate fun physical activities necessary for young athletes. Two lessons will allow athletes to prepare easy and quick healthy snacks that they can make and enjoy at home after practice. Best practices highlighted by this initiative include audience appropriateness, collaboration and experiential activities.

#3 Surgeon General's Step It Up Initiative: Strategies for Implementation with EFNEP

Participants *Karen Franck, University of Tennessee; Samantha Harden, Virginia Tech; & Annie Lindsay, University of Nevada*

Many EFNEP participants fall short of physical activity (PA) guidelines. Step It Up! is the Surgeon's General 2015 Call to Action to promote increased PA through walking and walkable communities. This initiative advocates walking as a strategy to

promote health and physical activity for people of all ages and abilities while valuing the need for socio-ecological efforts to address the built environment and its influence on access and availability of PA. The national Nutrition and Health Committee for Planning and Guidance connects nutrition and physical activity experts with NIFA leadership to provide guidance for Extension programs. This committee is leading an effort to promote the Step It Up! Call to Action throughout Extension including EFNEP. Strategies for implementation include how to promote programs, policies, and community designs to support walking throughout communities, how to educate people about the benefits of walking and safe places to walk, and how to deliver information about best-practices related to walking through direct education, social media and community engagement. This poster will provide information about the initiative, different methods for involving EFNEP audiences through direct education and advocacy efforts, and ways to involve partners and community members as advocates for increased walkability in low-income neighborhoods.

#4 EFNEP Urban Gardens

Jo Britt-Rankin, Candy Gabel, & Donna Mehrle, University of Missouri

According to the Food & Agriculture Organization (FAO), "Gardening can enhance food security in several ways, most importantly through: 1) direct access to a diversity of nutritionally-rich foods; 2) increased purchasing power from savings on food bills and sales of garden products; and 3) fall-back provision during seasonal lean periods." To aid in increasing EFNEP participants food security, University of Missouri EFNEP paraprofessionals provided the Eating from the Garden curriculum in the St. Louis and Kansas City metropolitan areas. Thirteen paraprofessionals provided education at four locations with a total of 30 raised beds. Each location was limited to no more than \$25 worth for seeds, plants and materials. With less than \$100 of inputs, these 30 raised beds produced over \$4,000 of produce (retail value). Each EFNEP

participant was responsible for maintaining the garden. These participants acquired basic gardening skills so that they could raise a portion of their food in the future as well as basic nutrition education lessons. Participants were able to not only grow their own food, but participate in hands-on food preparations so that they could replicate the recipes in their own home

#5 Today's Mom

Stephanie Helms, Barb Struempler, & Jovita Lewis, Auburn University

A totally revised/updated Today's Mom, a nutrition education program for limited resource moms-to-be as a nutritional approach to combat infant mortality will be premiered. Data show that individuals of limited resources are at higher risk of delivering low birth-weight babies than the rest of the population. Pregnancy-related health outcomes are influenced by factors such as race, ethnicity, age, income, and most importantly, a woman's health. As a practiced-based initiative, Today's Mom teaches limited resource moms-to-be nutrition along with healthy lifestyle choices to help ensure successful birth outcomes. The six Today's Mom lessons clearly state goals, and have verbal and written instructions along with interactive activities designed to help moms-to-be learn to make healthy diet and physical activity choices for themselves and their babies. The six lesson themes build upon each other to provide moms-to-be with a comprehensive understanding of how to care for themselves and their babies pre- and postnatal. The lessons are entitled: Hello Baby, Building Baby, Feeding Baby, Fun in the Kitchen with Baby, Eating on the Run with Baby and Welcome Home Baby. The instructional design of Today's Mom is based primarily on the principles of adult learning and the Social Cognitive Learning Theory. Today's Mom embraces the teaching method of Set, Say, Show, Do, and Apply. A pilot study of Today's Mom was conducted involving 271 young women. The required WebNEERS evaluation tools plus a follow up evaluation to new mom after the birth of the babies was conducted. All forms, evaluations, and artwork can be

customized for your state. These products can be found on our website www.aces.edu/todaysmom.

#6 EFNEP in a Medical Clinic: Customizing

8 lessons *Katie Panarella, University of California Agriculture & Natural Resources; Mical Kay Shilts, California State University Sacramento; & Marilyn Townsend, University of California, Davis*

Background: EFNEP is traditionally not embedded within a medical center setting; the potential for synergism exists. EFNEP would benefit from new opportunities for participant recruitment and new site options to teach classes.

Purpose: Explore the feasibility of adapting the existing adult EFNEP curriculum for a medical clinic setting.

Methods: With the Affordable Care Act, medical clinics and hospitals are held more accountable for behavioral outcomes by patients. Consequently, physicians are recognizing they do not have the time, expertise, nor training to facilitate behavior change for diet and/or physical activity among patients or parents of patients. Consequently, a collaboration between EFNEP and a medical clinic at a teaching university [University of California Davis] was established. The Depart. of chair and clinic director are enthusiastic and support the effort. The purpose of this study was to explore the feasibility of adapting the adult EFNEP core curriculum to a medical clinic setting involving 30 doctors who are serving a 1 year residency. Target audience and curriculum content were discussed at two meetings of pediatric medical clinic and EFNEP staff. Included from the medical clinic were the medical director, the pediatric endocrinologist and director of the Obesity Clinic, head nurse for pediatrics, administrative nurse, and from EFNEP, the UC Davis nutrition specialist, EFNEP director, research staff and EFNEP staff. It was decided to target Spanish speaking parents of young children, the primary audience at this medical center. The

physicians do not speak Spanish. Three meetings with the EFNEP Director, UC Davis Human Development Specialist, EFNEP staff and bi-lingual EFNEP educator were conducted to determine how to tailor the content of the lessons to match the needs of the EFNEP guidelines while adapting to the clinic environment and this audience with limited English skills. Google docs was used to enable all team members to add and edit the lesson plans.

Results: It was decided that eight 90 minute lessons would be optimal for this setting to cover all necessary content while not being burdensome for the parent. The California EFNEP requirement is 8 lessons, 60 minutes each. Eating Smart Being Active (ESBA) served as the core curriculum. To customize the lessons to a Spanish speaking audience with young children, relevant recipes were selected, handouts were translated, assessment tools and promotional materials used photos representing the target audience. To address pediatric obesity prevention, guided goal setting based on the Healthy Kids obesity risk assessment tool replaced the self-set goal setting in ESBA. Parenting topics and motivational modeling were added to further address determinants of pediatric obesity. My Healthy Plate activities were included to address recommended food group proportions and child appropriate portion sizes. Feasibility testing of the eight lessons will commence in winter 2016.

Lessons learned: Customizing an existing EFNEP curriculum to fit the needs of a medical clinic setting takes considerable time and collaboration. Use of Google docs facilitated multiple team members from various locations to work on the same document.

Funding: This project was supported by Agriculture and Food Research Initiative Grant no. 2010-85215-20658 from the USDA National Institute of Food and Agriculture, obesity – 93330.

#7 Engaging EFNEP Participants and Partners

Beyond the Lesson: Social Media Video

Development Supporting of EFNEP Goals

Suzanne P. van Rijn, Emily Foley, & Tony Benavente, North Carolina State University

In 2011, EFNEP in North Carolina conducted four focus groups to inform a strategy for continued engagement with participants through social media. The focus groups identified the platforms they used and specific details that would attract them to use the site for nutrition education information. One of the platforms requested was short informational videos that could help them apply what they learned in class. A challenge to producing the requested videos was one of how to produce high quality videos that were both short and informational and required minimal staff time. Funds were secured from external resources to purchase the equipment and software needed to accomplish the task. This poster will review the overall process for social media video development that supports EFNEP goals. Best practices for scheduling, casting, scripting, blocking, filming, and editing will be shared.

#8 An Assessment of Social Media Use among University of Florida IFAS Extension EFNEP

Participants *Jennifer Walsh & Lacey Corrick, University of Florida*

Low-income Americans use social media increasingly at a similar rate as those with higher income. A survey was conducted to assess social media use among University of Florida IFAS Extension EFNEP participants. Survey items included demographics, frequency and preference of use for five social media platforms, methods used to access social media, and interest to connect with EFNEP on social media. Available in English and Spanish, the survey was distributed during EFNEP programming and completed voluntarily by participants. Once collected, EFNEP

paraprofessionals entered all responses into Qualtrics. Currently, 393 responses have been collected. Most participants were female (n=339), 18 to 39 years (n=72). Two-thirds were Hispanic/Latino, 80% White, and 20% Black/African American. Facebook (62%) and YouTube (38%) were used almost every day while Twitter (77%), Pinterest (72%) and Instagram (58%) were almost never used. About three-quarters (n=264) selected Facebook as their favorite social media platform. To access social media, 83% use smart phones/tablets, 40% home computers/laptops, and 6% public computers/laptops. Finally, 74% reported that they would connect with EFNEP using Facebook, with only 32% selecting YouTube and 15% Instagram. EFNEP coordinators may find this approach and data useful in exploring social media with other audiences.

#9 Spend Smart. Eat Smart.: Using Technology to Extend the Learning

Jody Gatewood, Katy Moscoso, & Christine Hradek, Iowa State University

Spend Smart. Eat Smart. is a unique collection of web-based resources for EFNEP participants, staff and partners. The content is designed specifically for users with low income and novice cooking skills. These online tools serve several purposes:

- Maintain connection with EFNEP participants following program completion ensuring continued access to healthy recipes and cost saving tools.
- Provide resources to new and experienced staff.
- Connect partners in Iowa and beyond with ISU Extension and Outreach materials.

The resources include a website (www.extension.iastate.edu/foodsavings), Facebook page, blog, Pinterest, and Twitter. The website content is organized around the principles

of healthy nutrition and cost savings in three different phases: Plan, Shop, and Eat. The site includes 182 recipes, 'how to' videos, and lessons on label reading and unit pricing. The social media accounts provide research-based tips and trusted resource links to followers multiple times each week. Using iPads, and promotional materials, EFNEP program assistants and Nutrition and

Wellness specialists share the resources available through Spend Smart. Eat Smart. with participants and partners around Iowa. In 2015 there were 165,114 unique visitors to the website which is a 139% increase in the last 3 years. Currently there are 1,951 likes on the Facebook page and approximately 3,000 blog readers.

Research

#10 **RNECE Project Update: Evaluation of a PSE plus Social Media Approach on SNAP-Ed and EFNEP Participant Outcomes**

Serena Marie Fuller, Pam Pruett, & Holley Tucker, University of Arkansas Cooperative Extension Service

We are investigating the efficacy of a curriculum that includes policy, system and environmental (PSE) approaches as well as social media messages using two delivery methods. The first delivery method is by paraprofessional and the second is a volunteer delivery method. The project tests the Faithful Families Eating Smart Moving More (FFESMM) curriculum, utilizes a quasi-experimental, non-equivalent group design, with sites selected from a convenience sample. The social media groups were randomized. The four arms are, delivery by an EFNEP paraprofessional paired with a church layperson(s), with and without social media; or delivery by a trained community volunteer, paired with church layperson(s) with and without social media. The target sample size is 10 faith-based communities in five counties with approximately 20 participants per site for a total target sample size of 200. Individual outcome effectiveness measures include a 16-item behavior checklist, group delivered 24-hour recall, BMI, and blood pressure. These measures are collected at entry, exit and 3-months after exit. The PSE approach will be assessed at baseline and 3-months after exit using the Community Health Assessment Survey. This project has received IRB approval and is currently

in the site recruiting stage with individual education to start in early February.

#11 **Connecting the Pieces through Implementation Research – Regional Nutrition Education Centers of Excellence**

Ann Vail, University of Kentucky; Jamie Dollahite, Cornell University; Dennis Savaiano, Purdue University; Alice Ammerman, University of North Carolina; & Susan Baker, Colorado State University

Regional Nutrition Education and Obesity Prevention Centers of Excellence (RNECE) are pointing the way to good nutrition by strengthening EFNEP and SNAP-Ed programs' evidence base. Four Regional Centers were tasked through a 2014 USDA grant with connecting implementation and research by evaluating program effectiveness, identifying research opportunities, and building research collaborations. RNECE – National Coordination Center was charged with connecting the Centers to inform implementers, researchers, policy makers, and stakeholders of progress towards objectives. Each Regional Center developed a comprehensive approach to investigate direct education and Policy, Systems, and Environment change (PSE) research important to the region. Diverse examples of the work are highlighted. RNECE – North East is conducting a systematic review on direct education and/or PSE change literature to identify research opportunities. RNECE – West is working with NC2169 multi-state Agricultural

Experiment Station research project and the EFNEP Behavior Checklist Committees to validate the new nutrition questions used to evaluate program effectiveness. RNECE – South is strengthening the evidence of the Faithful Families Eating Smart and Moving More program. RNECE – North Central is developing an affiliates program that will link researchers to implementers and vice versa with the goal of enhancing the effectiveness of EFNEP and SNAP-Ed programs.

#12 EFNEP in a Medical Clinic: Recruitment of Participants *Katie Panarella, University of California, Agriculture and Natural Resources; Marilyn Townsend, University of California, Davis; & Mical Kay Shilts, California State University, Sacramento*

Background: EFNEP is traditionally not embedded within a medical center setting; the potential for synergism exists. EFNEP would benefit from physician referrals of low-income patients meeting EFNEP guidelines. Physicians and the medical clinic would benefit from patients/parents receiving nutrition lessons.

Purpose: Explore the feasibility of having physician referrals of parents to EFNEP classes.

Methods: With the Affordable Care Act, medical clinics and hospitals are held more accountable for behavioral outcomes by patients.

Consequently, physicians are recognizing they do not have the time, expertise nor training to facilitate behavior change for diet and/or physical activity among patients or parents of patients.

Consequently, a collaboration between EFNEP and a medical clinic at a teaching university [University of California Davis] was established.

The purpose of this study was to explore the feasibility of using physician referral for EFNEP and housing EFNEP classes within the clinic facility. A referral process was discussed and developed at two meetings of pediatric medical clinic and EFNEP staff. Included from the medical clinic were the medical director, the pediatric

endocrinologist and director of the Obesity Clinic, head nurse for pediatrics, administrative nurse, and from EFNEP, the UC Davis nutrition specialist, EFNEP director, and EFNEP staff. It was decided to have physicians refer parents of patients meeting criteria: patient is a young child at the clinic, family is low-income and child is at risk for obesity. Physicians requested that EFNEP target the clinic's low-income Spanish speaking Medicaid clientele. Although many cultural groups are served by these clinics, the Spanish speaking families are the greatest in number. Rx referral sheets were developed and printed in pads of 50, simulating the dimensions of drug prescription pads. If criteria met, the doctor completes the referral sheet during the medical visit for the child and the parent adds contact information.

Referral sheets were then placed in designated referral boxes [created just for this study] at the front desk at each clinic. Referrals were made at both well child and specialty clinics at the UC Davis Medical Center facility and the off-site community clinic facility. EFNEP signs about nutrition education lessons were posted. A formal EFNEP presentation describing the project/study was made at a meeting of the resident doctors.

Results and lessons learned: Although the physician residents and faculty professors, including the Pediatrics clinic director and Pediatrics department chair, enthusiastically supported the concept of having nutrition education lessons in the clinics provided by EFNEP, the actual implementation faced hurdles. Training the resident physicians required numerous reminder sessions. The recruitment process with physicians referring parents of child patients to EFNEP, required twice the number of weeks anticipated to initiate. The success of the Rx referral pads is to be determined.

Funding: This project was supported by Agriculture and Food Research Initiative Grant no. 2010-85215-20658 from the USDA National Institute of Food and Agriculture, obesity – 93330.

Presenter Bios

Alphabetical by first name

[Angela Tagtow, MS, RD, LD](#)

Executive Director, USDA Center for Nutrition Policy and Promotion

Appointed in July 2014, Angela Tagtow is the Executive Director for the Center for Nutrition Policy and Promotion (CNPP) at the U.S. Department of Agriculture (USDA) in Washington, D.C. CNPP works to improve the health and well-being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. Specifically, the Center oversees the state-of-the-art systematic nutrition research reviews of the Nutrition Evidence Library, population-based nutrition and economic analyses, Dietary Guidelines for Americans, the national iconic symbol for healthy eating MyPlate and consumer-based nutrition education resources, and innovative digital tools for consumers. As a registered dietitian, Tagtow brings to the Federal government almost 25 years of experience in food and nutrition policy, public health nutrition, surveillance systems, research, professional and consumer communication, social marketing, training and education.

[Austin Brooks, MS, RD](#)

Project Coordinator, Virginia Family Nutrition Program (EFNEP & SNAP-Ed)

Austin Brooks, MS, RD is the Project Coordinator for the Virginia Family Nutrition Program's Nutrition and Physical Activity Social Media and Support Initiative, where she creates and shares nutrition and healthy lifestyle content in digital formats. She is the co-chair of the EFNEP Social Media Committee and assisted in the creation of the EFNEP Social Media Toolkit and co-authored the National Guidelines for Use of Social Media in EFNEP. Austin also serves on the EFNEP Technology Committee as well. She graduated from Virginia Tech with a Bachelor of Science in

Human Nutrition, Foods and Exercise and from the University of Vermont's Master of Science in Dietetics program and dietetic internship. While at the University of Vermont, Austin examined the feasibility of online nutrition education for WIC mothers and presented the findings in a poster session at the 2012 Academy of Nutrition and Dietetics' Food and Nutrition Conference and Expo.

[Brenda Sheik, MPA](#)

Evaluation Specialist, Oklahoma State University

Brenda Sheik started her extension career in 1986 as a county educator in Beaver County, located in the Oklahoma Panhandle. Along with a co-worker, she piloted the SNAP-Ed program in Oklahoma as an Area Coordinator in 1995 and began serving Oklahoma's EFNEP and SNAP-Ed programs as the evaluation specialist in 2000. In that role she led a group of professional and paraprofessional staff in the development of the 24-Hour Food Recall video training package, which is distributed nationally. She has served on the WebNEERS beta testing team for several years and led a subcommittee of that group in the development of a series of four national webinars in 2015 and is currently a member of the team charged with piloting the WebNEERS mentoring project. She is an avid cyclist and walker and enjoys doing stained glass.

[Dawn Contreras, Ph.D.](#)

Institute Director, Michigan State University Extension

Dr. Dawn Contreras is the Director of the Health and Institute at Michigan State University Extension. She has been in her current position since 2010. In the twenty-five years prior to her current role Dr. Contreras served first as a County Home Economist and later as an Extension Specialist in Family and Consumer Sciences. Her

collaborations and contributions in research articles, posters and presentations at state and national meetings are numerous. She is a recipient of many honors and education/research awards. She is currently a PI or Co-PI on six different health and nutrition grants totaling over 12 million dollars. Dr. Contreras believes that the synergy that happens through collaboration is one of the most important tools in preventive care.

[Deanna East, MS](#)

Associate State Leader, Michigan State University Extension

Deanna East is the Associate State Leader for the Health and Nutrition Institute at Michigan State University (MSU) Extension. She is also currently the MSU Extension Flint Response Effort Coordinator. Prior to her current positions she served in the roles of District Coordinator, County Extension Director, SNAP-Ed Supervisor and Parenting Educator. She has been employed with MSU Extension since 2003. She has a Master's Degree in Education with an emphasis in Guidance and Development from Central Michigan University and is currently working on her PhD. in Educational Leadership from Central Michigan University. In her role as Flint Response Coordinator she has been instrumental in coordinating efforts between researchers, faculty, partners and educators.

[Debbie Goddard, MS, DTR](#)

Coordinator, Nutrition Education Programs, Tennessee State University

Debbie Goddard currently serves as the Coordinator of Nutrition Education Programs for Tennessee State University's Cooperative Extension program, working with the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Education Program (SNAP-Ed). She earned a BA degree from Murray State University in French and English, a BS degree from Tennessee State University in Family & Consumer Sciences/Dietetics, and an MS

degree from Middle Tennessee State University in Human Sciences/Nutrition and Food Science and she is a member of and a registered dietetic technician (DTR) with the Academy of Nutrition and Dietetics. She is also an active member of the Society for Nutrition Education Behavior and the National Extension Association of Family and Consumer Sciences. She teaches online nutrition classes in the Culinary Arts Department for Nashville State Community College as an adjunct and online nutrition classes at Middle Tennessee State University as an adjunct. She has presented multiple webinars for the Tennessee State University Virtual Coffee shop, a monthly live webinar offered to faculty and staff as well as people in the community. The topics have included "Understanding Diabetes", "A Nutritional Approach to Managing Stress", "Packing Healthy School Lunches", "Reducing Your Risk For Alzheimer's Disease with Diet", and "Food Allergies", to name a few. She has also served on the Tennessee Obesity Taskforce and the Tennessee Food Policy Council and is an active volunteer with the Juvenile Diabetes Research Foundation. She has worked on several grant-funded research projects; more recently, "Barriers to Self-Management among African Americans with Type 2 Diabetes" and "Assisting Parents to Purchase for Children's Health." Her leisure hobbies include snow skiing and snowshoeing (actually any kind of play in the snow activities), scuba diving, backpacking, canoeing, and travel.

[Debra Garrard-Foster, MS](#)

Community Nutrition Education Program Coordinator, Extension Asst. Specialist, Oklahoma State University

Debra Garrard-Foster, MS, is currently an Extension Assistant Specialist in the Nutritional Sciences Department at Oklahoma State University. She serves as the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Education Assistance Program-Education (SNAP-Ed) Coordinator for Extension in Oklahoma. Working with low-income

families is one of Debra's passions. Her responsibilities include managing the professional and paraprofessional staff that provides nutrition education in twenty-eight of Oklahoma's counties, as well as statewide program coordination and reporting for both programs. She has assisted with multi-state EFNEP research projects such as the EFNEP Adult Behavior Checklist Cognitive Interviews. Chaired and co-chaired the past two Southern Region meetings. Debra is currently co-chairing the EFNEP PSE work group as well as serving on the Regional Center for Nutrition Education and Obesity Prevention Center of Excellence-Southern Region.

[Denise Benoit-Moctezuma, MPH](#)

Regional EFNEP Coordinator, University of Maryland

Denise Benoit-Moctezuma has over 17 years of experience in community health/nutrition, including managing diabetes education projects along the Texas-Mexico border and leading curriculum development and implementation/evaluation of nutrition, cooking, gardening, and physical activity interventions with limited-income youth, pregnant teens, and families from racially/culturally diverse backgrounds in Maryland. For the past 11 years, she has served as a regional program coordinator with the Expanded Food and Nutrition Education Program (EFNEP) at the University of Maryland Extension-Prince George's and Cecil Counties. She received her B.S. in Biology/Premed from the University of Texas-San Antonio and her Master's in Public Health - Global Health Promotion from George Washington University's School of Public Health.

[Denise Riordan Eblen, Ph.D.](#)

Deputy Director, USDA - NIFA

As Deputy Director at USDA's National Institute of Food and Agriculture (NIFA) in Washington D.C. Dr. Denise Eblen leads NIFA's Institute of Food Safety and Nutrition (IFSN), which supports

research, education and extension activities in food safety, food quality, nutrition and obesity. IFSN manages a budget of about \$225M annually for competitive and capacity grants. Prior to joining NIFA in 2015 she held the position of acting Deputy Assistant Administrator for the Office of Public Health Science at USDA's Food Safety and Inspection Service (FSIS), working her way up from her introduction to FSIS as the agency's first Food Safety Fellow in 2001. At FSIS she led the staff responsible for providing the agency with the scientific leadership necessary to support the science-based food safety programs and policies implemented by FSIS to reduce foodborne illnesses and deaths. Prior to joining FSIS she held a research associate position at USDA's Agricultural Research Service (ARS) in Wyndmoor, PA, studying the safety of produce. A native of Ireland, Dr. Eblen is a naturalized U.S. citizen. She holds a B.S. in Human Nutrition from the University of Ulster at Coleraine in Northern Ireland, an M.S. in Food Science from Queen's University, Belfast, and a Ph.D. in Food Safety Microbiology from the University of Ulster at Jordanstown, Northern Ireland.

[Dionne Toombs, Ph.D.](#)

Director, Division of Nutrition, USDA - NIFA

Dr. Dionne Toombs is the Director for Nutrition in the Institute of Food Safety and Nutrition at USDA's National Institute of Food and Agriculture (NIFA). She is responsible for providing scientific and managerial leadership and direction for human nutrition programs that support research, education, and extension. Dr. Toombs leads various activities for Human Nutrition programs that foster the development of national priority setting of projects to address critical needs. Prior to this role she was a National Program Leader and led competitive research programs in USDA's largest competitive grants program, the Agriculture Food and Research Initiative (AFRI). She administered competitive grants programs in human nutrition, food science and technology, and food safety. Dr. Toombs directed the Small Business Innovation Research Program Food

Science and Nutrition area, a program at USDA that is administered exclusively by NIFA. This program competitively funds qualified small businesses to support high quality, advanced research concepts related to important scientific problems and opportunities in agriculture that could lead to significant public benefit. Dr. Toombs holds a Ph.D. in Nutritional Sciences from Howard University, a M.S. in Food Science from Alabama & M University and a B.S. in Biology from Bethune-Cookman University.

[Erin Powell, MS, RD](#)

Extension Educator, Michigan State University Extension

Erin Powell is an Extension Educator for the Health and Nutrition Institute at Michigan State University (MSU) Extension. In her current role Erin supervises SNAP-Education and EFNEP staff in Genesee County, which includes the city of Flint, MI. She is also the state lead for MSU Extension's policy system and environmental change initiatives and provides oversight for social media and distance learning work within nutrition programs. She is a registered dietitian who received her undergraduate degree in dietetics from Ohio State University and completed her dietetic internship and Master's degree in nutrition from Kent State University. Erin's work in Flint since the beginning of the city's drinking water crisis has been to create and disseminate lead-focused nutrition materials, coordinate nutrition interventions and facilitate collaboration among partners.

[Helen Chipman, Ph.D., R.D.](#)

National Program Leader for Food and Nutrition Education, USDA - NIFA

Helen Chipman serves as National Program Leader for Food and Nutrition Education at the National Institute of Food and Agriculture (NIFA), USDA. With an emphasis on low-income nutrition education, Dr. Chipman administers the Expanded Food and Nutrition Education Program (EFNEP), liaisons with the Food and Nutrition

Service (FNS) and other partners on the Supplemental Nutrition Assistance Program – Education (SNAP-Education), and represents NIFA in administering the FNS- and NIFA-funded SNAP and EFNEP: Nutrition Education and Obesity Prevention Regional Centers of Excellence (RNECE) Program. Through these programs and other responsibilities, Dr. Chipman fosters shared understanding across organizational systems and structures. She led the development and implementation of a socio-ecological framework for nutrition education, a national online program monitoring, evaluation, and reporting system, and paraprofessional core competencies. She oversees data aggregation and national reporting for two programs. With FNS partners, she now co-leads SNAP-Education and EFNEP program implementation research on direct education, messaging, and policy, systems, and environmental change. Prior to her Federal appointment, Dr. Chipman had similar program administrative and research responsibilities as an extension specialist and professor at South Dakota State University. Dr. Chipman is a member of the Academy of Nutrition and Dietetics and the Society for Nutrition Education and Behavior. She has presented regionally, nationally, and internationally on topics as diverse as risk communication, community needs assessment, program management, logic models, and program evaluation. Her publications focus primarily on low-income nutrition education programming and risk communication.

[Janet Kurzynske, Ph.D.](#)

Professor, University of Kentucky

Janet Kurzynske is a Professor and Nutrition Specialist in the Department of Dietetics and Human Nutrition, School of Human Environmental Sciences, College of Agriculture, Food and Environment. She has worked for 25 years in Extension starting her career as the Specialist for EFNEP. Later she became the KY Director/PI and National Liaison for CYFAR (Children, Youth, and Families at Risk) program, SNAP-ED KY CES PI, and CYFERnet- Program

Director. Presently, she is the co-PI for three grants: Rural Child Poverty Nutrition Center; Regional Nutrition Education and Obesity Prevention Centers of Excellence, National Coordination Center; and KY's CDC funded grant Programs to Reduce Obesity in High Obesity Areas. She is the PI for two CYFAR grants one of which works with absent fathers and the other with unstably housed youth. As the Director for the Research Center for Families and Children, her interests are cross cutting.

Jennifer McCaffrey, Ph.D., MPH, RD

Assistant Dean, Family and Consumer Sciences, University of Illinois Extension

Jennifer McCaffrey is the Assistant Dean for the Family and Consumer Sciences programs at University of Illinois Extension. In her position she focuses on building healthier families by providing statewide leadership for Extension programs in nutrition, family relationships, and personal finance. She loves the opportunity to work collaboratively with community partners to address health issues and is passionate about building systems to help Illinois residents live a healthy lifestyle. McCaffrey started her career 16 years ago with EFNEP and enjoys the opportunity to continue to work with the program and see it grow. McCaffrey earned her PhD in Public Health from the University of Illinois Chicago and Masters in Public Health from University of Minnesota. She is a registered dietitian having earned her degree in Dietetics from the University of Wisconsin.

Jennifer Walsh, Ph.D., RD

Nutrition Education Coordinator, University of Florida

Jennifer Walsh is the Nutrition Education Coordinator for the Expanded Food and Nutrition Education Program (EFNEP) at the University of Florida, overseeing the state EFNEP team and providing guidance to county faculty and staff. She also conducts research related to nutrition education and eating behavior among audiences

with limited resources. She is a registered dietitian and a member of the Academy of Nutrition and Dietetics and the Society for Nutrition Education and Behavior.

Jo Britt-Rankin, Ph.D.

Associate Dean/Program Director for Human Environmental Sciences Extension, University of Missouri

Dr. Jo Britt-Rankin received her Bachelor's degree in Human Development & Family Studies from the University of Illinois in 1989. She went on to receive her Master's degree in Nutrition from the University of Missouri—Columbia in 1992. She then earned her doctorate in 2000 from the University of Missouri. She has held a variety of higher educational positions, including graduate instructor, Regional Nutrition Specialist, and State Nutrition Specialist and Administrative Director for the Family Nutrition Education Programs (SNAP Ed and EFNEP). Currently, she serves as Associate Dean/Program Director for Human Environmental Sciences Extension at the University of Missouri. In this position, she has statewide responsibility for design, implementation and evaluation of educational programs developed by faculty in the areas of Personal Financial Planning, Housing & Environmental Design, Family Strengthening, Nutritional, Health & Physical Activity and Food Safety. As an Extension Professor in the Department of Nutrition & Exercise Physiology, Dr. Britt-Rankin serves as the Administrative Director of the EFNEP and SNAP Ed programs. Dr. Britt-Rankin also serves as a Facilitator for the Mizzou Advantage Program's Food for the Future Initiative. This strategic initiative is lead through the Provost's office and is comprised of four dynamic initiatives that are collectively called the Mizzou Advantage. The Food for the Future Initiative capitalizes on MU's strengths in plant and animal sciences; food safety and biosecurity; food systems; research on aging, obesity and public health; and food-related work within the arts, humanities and social sciences.

[Joan Paddock, MPH, RD](#)

EFNEP Coordinator, Cornell University

Joan Paddock is EFNEP Coordinator for the Cornell University Cooperative Extension program in New York. She is a member of the RNECE-Northeast leadership team and serves as representative of the Center for this breakout session.

[Karen Barale, MS, RD, CD](#)

Associate Professor, Washington State University

Karen Barale is currently an Associate Professor in the Extension Youth and Family Program Unit at Washington State University. She serves as the Expanded Food and Nutrition Education Program (EFNEP) Coordinator in Washington State as well as the co-director of the Western Region Nutrition Education and Obesity Prevention Center of Excellence. She holds a Clinical Associate Professor appointment in the Department of Health Services, School of Public Health at the University of Washington.

[Karen Franck, Ph.D.](#)

Assistant Professor, University of Tennessee Extension

Karen Franck is the Program Evaluator for the University of Tennessee Extension Department of Family and Consumer Sciences. She has been the Lead Evaluator for EFNEP and SNAP-Ed at UT and is co-chair for the EFNEP Behavior Checklist Revision Committee. She is the Co-Director for the RNECE-PSE Change Center. She has program evaluation experiences with different FCS programs funded through CDC, USDA, and the National 4-H Council.

[Lorelei Jones, M.Ed.](#)

EFNEP Coordinator and RNECE-South Co-Director, NC State University

Lorelei Jones has more than 32 years experience in community nutrition education. She is the Coordinator of the Expanded Food and Nutrition Education Program (EFNEP) at NC State University and the Co-Director of the SNAP-Ed and EFNEP

Regional Nutrition Education and Obesity Prevention Center of Excellence –Southern Region (RNECE-South). Lorelei is the lead author of the curriculum, Families Eating Smart and Moving More, a curriculum developed in partnership with North Carolina Cooperative Extension and North Carolina Division of Public Health based on current dietary guidance from USDA and a member of the curriculum development team for Faithful Families Eating Smart and Moving More. The curricula have been shown to be effective in increasing fruit and vegetable consumption and increasing physical activity, proven strategies for obesity prevention.

[Maribet Brute, MPH](#)

EFNEP Coordinator in Baltimore City, University of Maryland Extension

Maribet Brute received her Bachelor of Science degree in Biology from Antillean Adventist University, Puerto Rico, and a Masters of Public Health, in Nutritional Epidemiology and Public Health Nutrition from Loma Linda University, School of Public Health, California. She was involved with the Hispanic community in San Bernardino, Riverside and Los Angeles Counties, California, working with different well-known organizations such as Loma Linda University, Cedars-Sinai Medical Center, and County of San Bernardino Department of Public Health. She co-authored peer-reviewed articles about Diabetes Education in the Hispanic community. Maribet volunteered with the American Heart Association (AHA) Go Red for Women/Portu Corazón in Los Angeles Region for 10 years as a Health/Nutrition Educator and is currently part of the AHA Go Red for Women National Spokesperson Panel. She's a member of the American Public Health Association (APHA) and APHA Latino Caucus; and enjoys music, astronomy, snorkeling, and spend time with family.

Meryl Broussard, Ph.D.

Associate Director, Programs, USDA - NIFA

Dr. Meryl C. Broussard currently serves as Associate Director for Programs at the National Institute of Food and Agriculture (NIFA). He was appointed to this position in January of 2014. In this position, he provides broad leadership for NIFA's \$1.5 billion science portfolio and oversight for NIFA's four Science Institutes and the Center for International Programs. He also, oversees NIFA's Planning, Accounting, and Reporting Staff. Prior to this appointment he served as Deputy Director for Agriculture and Natural Resources at NIFA. He was appointed to this position in October of 2010. Dr. Broussard joined the Office of the Director as the Interim Deputy Director for NIFA in November of 2009. One of his primary assignments when joining the Office of the Director was to provide agency wide leadership for the planning and implementation of the reorganization and establishment of NIFA as mandated in the 2008 Farm Bill. Prior to joining the Office of the Director at NIFA, he served as Deputy Administrator for Plant and Animal Systems (PAS), NIFA, a position he held since July 1, 2007. In 2002, he was appointed as the Director of the Animal Systems team at CSREES. He joined the Department of Agriculture in 1985 as the first National Program Leader for Aquaculture where he provided leadership for the development and implementation of major research and extension educational programs in aquaculture. He is also a past President of the World Aquaculture Society. Before joining USDA, Dr. Broussard held several faculty positions at Texas A&M University and spent four years working in aquaculture development programs in the Philippines. He received his Ph.D. degree from Texas A&M University with a major in Wildlife and Fisheries Sciences-Aquaculture. He received his B.S. and M.S. degrees from the University of Memphis majoring in Biology-Vertebrate Zoology. He is a native of New Orleans and currently resides in northern Virginia.

Michael R. Thomsen , Ph.D.

Professor, University of Arkansas

Michael R. Thomsen is a Professor of Agricultural Economics in the University of Arkansas Division of Agriculture. Mike's research, teaching, and outreach programs emphasize food market behavior and food policy. Recently, his research has focused on the interface between the food marketing system and human health with a specific emphasis on linkages between the commercial food environment and childhood obesity. Mike enjoys walks in the park and reading with his two daughters.

Michelle Rodgers, Ph.D.

Associate Dean and Director of Cooperative Extension and Outreach, University of Delaware

Michelle S. Rodgers brought her visionary leadership to the University of Delaware in April 2012. As Associate Dean and Director of Cooperative Extension and Outreach, she provides overall leadership for programs, personnel and the organizational development of the University of Delaware Cooperative Extension. Dr. Rodgers is putting her more than 30 years of Extension experience to work to help foster collaborations committed to serving the needs of Delaware's agriculture, families and communities and to deliver outcomes through the organization's statewide programs. She is a member of the College of Agriculture and Natural Resources leadership team focused on internal and external operations and relationships. She is a catalyst who is helping the College of Agriculture and Natural Resources get from where it is today to its desired future. On the national level, Dr. Rodgers currently serves as chair of ECOP (Extension Committee of Organization and Policy) and served as co-chair of the ECOP Health Task Force. She is a fellow in the Food System Leadership Institute (FSLI) and past president of the Journal of Extension Board of Directors. She serves on the Northeast Regional Center for Rural Development Board of Directors and the National 4-H Council Board of Trustees. Prior to coming to

the University of Delaware, Dr. Rodgers spent five years as Associate Director at Michigan State University Extension. Her Extension career began at Pennsylvania State University where she served in multiple roles, including county educator and in the later years as regional director. She holds a B.S. degree in Home Economics Education from Indiana University of PA, and a Master's degree in Rural Sociology and Ph.D. in Agricultural Education, both from Penn State University. Her scholarly interests include high performance teams, operational outreach partnerships, evaluation competencies, leadership and change theory, incorporation of technology as a delivery method, and strategies for increasing adult learning and retention. She has received several national and regional awards and honors, including a National Extension Leadership Development internship, Penn State Outreach and Cooperative Extension Vice Presidents Leadership Award, the Mary Nell Greenwood Extension Evaluation Award and the Working Differently award from eXtension.

[Mira Mehta, Ph.D.](#)

Director, Maryland EFNEP, University of Maryland

Dr. Mira Mehta serves as Director of the Expanded Food and Nutrition Program in the Department of Nutrition and Food Science at the University of Maryland. The primary focus of her programming is to develop, implement and evaluate intervention programs for food insecure, immigrant, refugee and diverse communities at high risk for Type 2 diabetes and other diet related non-communicable chronic disorders. Her research interests lie in the areas of obesity and Type 2 diabetes in populations which disproportionately bear the double burden of hunger and adiposity; and health disparities resulting from gender and race/ethnicity. She is currently PI of the Transforming Lifestyles: Integrating Direct Nutrition Education with Physical Activity Using the Health Care System Expansion Model" through an award by the federally funded North-east Regional Nutrition

Education and Obesity Prevention Centers of Excellence (RNECE) at Cornell University

[Rachel Spencer, MS](#)

Graduate Research Assistant, University of Arkansas

Rachel A. Spencer is a graduate research assistant currently earning her M.S. in Agricultural Economics at the University of Arkansas. Her undergraduate degree in public health from the University of Georgia serves as a platform for her current research regarding access to healthy food and sustainable food systems. As an undergraduate she interned at the Centers for Disease Control and Prevention's Environmental Health Services Branch. Rachel moved to Arkansas as part of a national service organization called FoodCorps to build a school garden program and teach middle school science at a district in the rural Ozark Mountains. In her spare time Rachel pursues her love of public policy through leadership in graduate student government and advocacy to support farm to school programs and healthy school meals.

[Sandy Procter, Ph.D., RD, LD](#)

Extension Specialist and Coordinator, EFNEP & SNAP-Ed, Kansas State University

Sandy has been privileged to be Kansas EFNEP Coordinator since 1998. While working in that role, I completed my doctorate degree in 2006, with a research focus on maternal and infant nutrition. So now I serve Kansas as Extension specialist in that subject matter area, with state SNAP-Ed coordinator added to the mix in 2011. My interest in policy, system and environmental changes through nutrition education and Extension programming stems from these combined roles.

[Serena Fuller, PhD, RDN](#)

Associate Professor/EFNEP Coordinator, University of Arkansas

Serena is an Associate Professor of Nutrition and Food Safety and EFNEP Coordinator for the

University of Arkansas System Cooperative Extension Service. She has held this position for the last two years. Prior to her move to Arkansas from California she was awarded a USDA/NIFA subcontract to conduct SNAP outreach assistance and was the recipient of multiple foundation grants to conduct community based nutrition education for food insecure populations. She is the lead investigator for one arm of the multi-state research effort, EFNEP Related Research, Program Evaluation and Outreach, conducting qualitative evaluation work on the 24-hour diet recall. In her spare time Serena enjoys playing outside with her daughter and husband.

[Shea Austin, MS](#)

Area EFNEP Specialist, Tennessee State University

Shea Austin is an Area Specialist with Tennessee State University's EFNEP program. Prior to working with TSU's EFNEP program, Shea was a Family and Consumer Sciences Agent with the University of Tennessee Extension in Lincoln County for 10 years. Shea received her BS in Human Sciences, Child Development and Family Studies from Freed-Hardeman University in 1996. She received her MS in Human Sciences, Child Development and Family Studies from Middle Tennessee State University in 2001. She is currently ABD in a doctoral program in Adult Education at the University of Memphis. Her research interests include rural poverty, single mothers, adult education, and community sustainability. Shea lives in Fayetteville, TN with her three daughters.

[Stephanie M. Blake, M.A.](#)

Program Coordinator, USDA - NIFA

Stephanie Blake began her tenure at the United States Department of Agriculture in September of 2004 as an intern in the Office of Planning and Accountability. In December of 2004 she completed her Master's Degree in Social Psychology at American University and in July of 2005 she accepted a full time Social Science

Analyst position in the Office of Planning and Accountability. In May of 2006, she was recruited into a Program Specialist position and began working with the Expanded Food and Nutrition Education Program (EFNEP). Stephanie currently serves as the Program Coordinator for EFNEP in the Institute of Food Safety and Nutrition; the first such position at the National Institute of Food and Agriculture. Stephanie's responsibilities include providing programmatic leadership and oversight to the 1862 and 1890 Land-Grant Universities and Colleges. She also has major responsibilities working with Clemson University to design WebNEERS, a web-based evaluation and reporting system; designing and delivering training to the universities; coordinating with National EFNEP Committees to meet objectives; and maintaining program integrity and accountability.

[Susan Baker, EdD](#)

Associate Professor / Extension Specialist, Colorado State University

Dr. Susan Baker is currently an Associate Professor and Extension Specialist in the Department of Food Science and Human Nutrition at Colorado State University. She serves as the director of the Western Region Nutrition Education and Obesity Prevention Center of Excellence as well as the Expanded Food and Nutrition Education Program (EFNEP) in Colorado. Dr. Baker also serves as the current co-chair of NC2169, a multi-state Ag Experiment Station Research Project entitled: EFNEP Related Research, Program Evaluation and Outreach. The training and development of paraprofessional nutrition educators is one of Susan's passions. She coauthored a book entitled Maximizing Paraprofessional Potential. Dr. Baker led the development of a comprehensive nutrition education curriculum for use by paraprofessional nutrition educators entitled Eating Smart • Being Active and she is currently leading a major revision of this curriculum. The curriculum is being used by more than 46 US states and territories. Dr. Baker's research interests include

nutrition education implementation research and the evaluation of nutrition education interventions with women of childbearing age, and youth from low-income populations.

[Tarana Khan, PhD](#)

State Program Coordinator, Clemson University

Tarana graduated from Clemson University in 2013 with a doctorate in Food Technology. Her graduate work focused on assessing the Physical Activity Behavior Change of Adults in EFNEP: item generation and testing the validity and reliability. Tarana received Master's degree in Food and Nutrition from Tuskegee University in Alabama. She had a BS (Hons.) and MS in English literature from JN University in Bangladesh. Tarana started as an EFNEP Area Coordinator with Auburn University in Alabama in 1995. She joined Clemson University in South Carolina as a 4-H Agent in 2000 and became EFNEP Coordinator in 2003. Tarana provides leadership to develop, implement and evaluate the strategic plans for EFNEP. Conducts program review; coordinate program evaluation and program enhancement.

[Toija Riggins, PhD](#)

National Program Leader, Positive Youth Development Program Quality and Accountability, USDA - NIFA

Dr. Riggins oversees national research and impact evaluation of 4-H positive youth development programs. She focuses on enhancing data collection/systems, evaluation design, program quality and accountability. She has worked at USDA's Food and Nutrition Service, NYC Dept. of Education, and Girl Scouts of the USA.

[Virginie Zoumenou, PhD CNS LDN](#)

Associate Professor/State Extension Nutrition Specialist/1890 FCS Program/EFNEP Director, University of Maryland Eastern Shore

Dr. Zoumenou earned a PhD in Biochemistry and Nutrition (1994) (National University of Abidjan

Côte d'Ivoire) and a PhD in Dietetics and Nutrition (2006) (Florida International University). Dr. Zoumenou develops and conducts Extension education programs and research programs emphasizing the nutritional needs throughout the life cycle with particular target on obesity, food safety and health. She is also the leader of 1890 FCS program and 1890 EFNEP at UMES. Dr. Zoumenou was recently honored with the: 2015 1890s Region Excellence in Extension award by ECOP and NIFA; the 1890 Excellence in Extension Award in FCS by the 1890 Association of Extension Administrators, the White House President's Volunteer Service Award (2010-2012), and the 2013 Robert F. Allen Symbol of H.O.P.E. (Helping Other People through Empowerment). She is also the Director of the "Center for Obesity Prevention Serving Preschoolers, their Siblings, and Caregivers" at UMES.

[Wendy Wolfe, PhD](#)

Research Associate, Cornell University

Wolfe is a Research Associate in the Division of Nutritional Sciences at Cornell University, where she received her Ph.D. in 1991. After conducting research in a variety of areas, including childhood obesity and the role of the school environment, she joined the Cornell Cooperative Extension state nutrition team in 2003 to focus on youth nutrition and childhood obesity prevention, frequently collaborating with the state 4-H program. Dr. Wolfe was a key author of the Cornell on-line course "Preventing Childhood Obesity: An Ecological Approach," is an active member and former chair of the statewide CCE Youth Healthy Eating and Active Living Program Work Team, and was the founding chair of the statewide coalition "New York State Action for Healthy Kids." Prior to getting her PhD, Dr. Wolfe worked as a Public Health Nutritionist and WIC Coordinator for the St. Regis Mohawk Tribe in northern NY, and as a researcher and nutrition trainer for the Navajo Nation in NM and AZ.

EFNEP Years of Service

EFNEP could not be successful without its extremely dedicated and passionate staff. Congratulations to the following individuals on the milestones they have reached in their years of service with EFNEP!

5 Years

- ☆ **Stephanie Diehl**, Virginia Tech
- ☆ **Danetta M. Jones**, Fort Valley State University
- ☆ **Mary Lou Kiel**, Pennsylvania State University
- ☆ **Yvonne Matthews**, Lincoln University
- ☆ **Roslyn Mills**, Rutgers - the State University of New Jersey
- ☆ **Dionne Toombs**, USDA – National Institute of Food and Agriculture
- ☆ **Jacquelyn White**, Prairie View A&M University

10 Years

- ☆ **Jessica Atkinson**, Texas A&M University
- ☆ **Stephanie Blake**, USDA – National Institute of Food and Agriculture
- ☆ **Eunice Bonsi**, Tuskegee University
- ☆ **Dawn Contreras**, Michigan State University
- ☆ **Deanna East**, Michigan State University
- ☆ **Susan Finneseth**, North Dakota State University
- ☆ **Elaine Freeney**, Prairie View A&M University
- ☆ **Marion R. Halim**, Lincoln University
- ☆ **Melissa Maulding**, Purdue University
- ☆ **Stephanie McDonald-Murray**, North Carolina State University
- ☆ **Leslie Speller-Henderson**, Tennessee State University
- ☆ **Carolyn J. Williams**, Prairie View A&M University
- ☆ **Virginie Zoumenou**, University of Maryland - Eastern Shore

15 Years

- ☆ **Cami Wells**, University of Nebraska - Lincoln
- ☆ **Dorothy Wilson**, Langston University
- ☆ **Wendy Wolfe**, Cornell University

20 Years

- ☆ **Rebecca Fiame**, American Samoa Community College
- ☆ **Stephanie Helms**, Auburn University
- ☆ **Jovita Lewis**, Auburn University
- ☆ **Lisa Sullivan-Werner**, University of Massachusetts

25 Years

- ☆ **Paula Peters**, Kansas State University

35+ Years

- ☆ **Janice Smiley**, Oregon State University (37)
- ☆ **Linda Drake**, University of Connecticut (44)



Key Locations

- Hyatt Regency Crystal City at Reagan Na...
- Ronald Reagan Washington National Air...
- Metro Station - Crystal City
- Crystal City Shops

Restaurants

- Legal Sea Foods
- Kabob Palace
- Enjera Restaurant
- Jaleo
- Portofino Restaurant
- Restaurant Mez
- Cafe Italia Restaurant
- Athena Pallas Greek Restaurant
- Harar Mesob Ethiopian Restaurant

