

**National Institute for Food and Agriculture Nutrition and Health Committee  
for Planning and Guidance  
End of Year Report, Oct 2010 -Sept 2011  
Submitted October 28, 2011 by Ellen Schuster, Chair**

The Nutrition and Health Committee for Planning and Guidance formed in October 2008 to work with NIFA National Program Leaders to strategically position Extension for the future. The committee consists of 17 members led by chair Ellen Schuster (Missouri), past-chair Melinda Manore (Oregon), and chair-elect Andy Crocker Crocker (Texas). The committee met via teleconference on a monthly basis. Katherine Cason (South Carolina) served as secretary and recorded minutes of our meetings. New officers for 2012-13 include Katherine Cason (South Carolina) as Chair- Elect. We have not yet identified a secretary. Two national program leaders, Drs. Jane Clary and Cindy Reeves have joined the group along with Sylvia Montgomery and Stephanie Blake, also from USDA.

All committee minutes and documents can be found on a password protected Google website available to committee members only at <https://sites.google.com/site/nifanutritionhealth/>  
A public website continues to be available at [http://www.nifa.usda.gov/nea/food/in\\_focus/health\\_if\\_committee.html](http://www.nifa.usda.gov/nea/food/in_focus/health_if_committee.html)

Over the course of its third year, the committee has completed the following tasks:

- Resubmitted a research article to Journal of Extension based on the data collected from the on-line survey asking Extension Specialists about nutrition and health programs across the Extension system. Reference: Purcell N, Bowen E, Zoumenou V, Schuster ER, Boggess M, Manore MM, Gerrior SA. A survey to identify Extension professional's strengths and needs related to nutrition and health programs. *J Extension* (accepted for publication).
- Distributed an on-line survey via several nationwide listserves (fnemail; sneeze; health, EFNEP coordinators, Snap-Ed) about their use of MyPyramid and MyPlate in July 2011 and questions they had; there were 55 respondents. Results were shared via the nationwide listserves.
- Delivered a 90-minute webinar on September 19<sup>th</sup> about USDA's MyPlate and DGA Consumer Messages Campaign with the Center for Policy and Promotion's Dr. Robert Post, Jackie Haven and Shelley Maniscalco to answer questions received in the on-line survey disseminated in July 2011. Over 400 people registered. The pdf from the webinar was distributed to various national listserves and an audio recording of the webinar was available for one month after the date of the webinar. Several respondents sent emails expressing their appreciation for the webinar.
- Emails sent to several nationwide list serves (fnemail; sneeze; health, EFNEP coordinators, Snap-Ed) to communicate information about the committee's year-end report, the Executive Summary in process, new members and on-going committee membership.
- Presentations and announcements at national professional meetings (SNE, National EFNEP Meeting) about our committee. As a result of these presentations, announcements, the committee received increased interest in our work.
- Revised the operating procedures for the subcommittee composition, functions and responsibilities, including selection and rotation of committee members.

### **Subcommittee Reports:**

- **Communications:** Wiki page continues to receive submissions including a food safety app. Since its rollout June 2010 it had 5,901 visits. Sixteen states & DC plus two external publishing companies have submitted 49 items. Biographies of national program leaders as well as contact information was added to the Collaborate wiki page at

<http://collaborate.extension.org/wiki/USDA->

[NIFA Nutrition and Health Committee for Program Planning and Guidance#Curriculum Review](http://collaborate.extension.org/wiki/USDA-NIFA_Nutrition_and_Health_Committee_for_Program_Planning_and_Guidance#Curriculum_Review)

- **Evaluation:** March 2011 Helen Chipman, National Program Leader, Food and Nutrition Education spoke to our committee about national indicators. Subcommittee members will be pilot-testing national indicators just released. They will be involved in training and communication about the national indicators.

- **Professional Training:** The Committee approved \$2550 in funding for this subcommittee project to help health and nutrition Extension specialists understand webinar technology. This project will focus on a literature review identifying the best approaches to providing effective education through webinars and interview organizations that have a successful webinar framework in place. A summary/Powerpoint of the results of the literature review will be shared as well as an abstract for publication.

- **Curriculum Oversight:** National survey results indicated a need for an easy-to-use, comprehensive tool that describes the components of high quality curricula. In response to this need, our committee developed recommendations and a curriculum checklist based on best practices gleaned from state Extension systems identified through the survey and expert opinion of committee members. A manuscript including the recommendations and checklist was submitted and accepted for publication as a 'tools of the trade' article in the Journal of Extension. Reference: Coleman G., Byrd-Bredbenner C, Baker S, Bowen E. Best Practices for Extension Curricula Review. *J Extension* - published April 2011 at <http://www.joe.org/joe/2011april/tt1.php>. A system for curriculum review was added to the Collaborate wiki page at [http://collaborate.extension.org/wiki/Curriculum Reviewers](http://collaborate.extension.org/wiki/Curriculum_Reviewers) - there are currently four reviewers from four different institutions available.

- **Nutrition and Physical Activity (PA):** Dr. Joel Williams, specialist from Clemson University, joined the subcommittee. Subcommittee is working on an Exercise is Medicine (EIM) community/Extension approach. An *American College of Sports Medicine (ACSM) EIM Committee/Public Health Prevention Committee* was initiated by Melinda Manore. This committee co-chairs are Dr. Linda Houtkooper and Dr. Joel Williams and includes all PA state specialists in the U.S. Linda Houtkooper and Melinda Manore were selected to be on the President's Council on Fitness, Sport and Nutrition Science Board. Drs. Manore and Houtkooper from the Nutrition and PA subcommittee and Drs. Reeves and Kretsch from USDA are on the ACSM, ADA, USDA Energy Balance Work Group planning an Expert Panel Conference for Fall 2012 in Washington DC. The tentative title of the conference is "Energy Balance Crossroads – Translating the Science into Action.

The committee added two outside members: Dr. Linda Houtkooper (Arizona) and Anne Lindsay (Nevada). We also created a list of national PA Extension Specialist and Experts (n=8), which was provided to the USDA Program Leaders and Dr. Molly Kretsch at USDA ARS. The committee also provided feedback on materials for the evaluation committee, J of Extension article, National PA Plan, and possible involvement with the ACSM and their EIM on Campus Initiative. Some committee members (Manore, Houtkooper) and ACSM leadership met with Drs. Susan Welsh and Molly Kretsch at the ACSM Annual Meeting in Baltimore to determine how USDA can partner with ACSM.