

USDA-NIFA: Nutrition and Health Committee for Planning and Guidance

Our Mission: *Provide expert opinion to NIFA National Program Leaders regarding national health and nutrition policies and programs to strategically position the Cooperative Extension System for the future.*

**Annual Subcommittee Report for the Nutrition and Physical Activity Sub-Committee
August 2016-December 2017
Committee Membership**

Chairperson: Kathy Gunter, PhD, Oregon State University

Continuing Members:	Newer Members:
Anne Lindsay, PhD, University of Nevada, Reno	Emily Murphy, PhD, West Virginia University
Stephen Ball, PhD, University of Missouri	Michelle Byrnes, PhD, University of California, Davis
Deborah John, PhD, Oregon State University	
De'Shoin York, MPA, Southern University of Louisiana	
Donna Satterlee, EdD, University of Maryland, Eastern Shores	
Donna P. Brown, Delaware State University	
Samantha Harden, PhD, Virginia Tech	
Mattie Rasco, PhD, Alcorn State University	
Shewana Hairston-McSwain, MS, North Carolina A&T	
Kathleen Morgan, Dr.M.H, Rutgers University	
Beth Olson, PhD, University of Wisconsin, Madison	

Subcommittee Goals:

We had two primary goals during this reporting. **The first goal** was to gather evidence about what we are doing in the area of physical activity promotion, and to collect data about the factors associated with PA promotion efforts within cooperative extension. **The second goal** was to promote extension as a PA promotion partner within and outside of our organization. We have made significant strides collectively and in collaboration with other NIFA sub committees and other organization committees (e.g. The American College of Sports Medicine, Exercise is Medicine, Community Health Committee).

NPA Sub-Committee achievements are organized in alignment with stated goals:

Goal 1 (Understanding the Role of Extension in Physical Activity Promotion Efforts)

1. Led by Samantha Harden, a sub-set of committee members reviewed and reported the extent to which Cooperative Extension includes physical activity objectives in strategic planning. The following paper was published in October, 2016:
 - a. Harden, SM, Lindsay, A, Everette, A, and Gunter, KB. Systematic Review of Physical Activity Objectives in Cooperative Extension Strategic Plans: Findings and Implications

for Improved Public Health Impact. *Journal of Extension*, [On-line], 2016; 54(5), Article 5RIB2. Available at: <https://joe.org/joe/2016october/rb2.php>.

2. Led by the Committee Chair, committee members developed and disseminated a survey across cooperative extension to understand the barriers and supports related to promoting PA in cooperative extension. To date, 1049 responses have been recorded from 47 states. We have two abstracts under review at two different conferences (NHOC and ACSM) and a manuscript in preparation (all detailed below).
 - a. Gunter, KB and Harden, SM. Promoting Physical Activity via Cooperative Extension: What Do the Data Tell Us? Submitted to the National Health Outreach Conference, Bloomington, MN, May 2018.
 - b. Gunter, KB, Lindsay, A, Harden, SM. Promoting Physical Activity via Cooperative Extension. Submitted to the 2018 Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine, Minneapolis, MN, May 29 – June 2, 2018.
 - c. Gunter, KB, Harden, S, Lindsay, A, John, DH, Ball, S, Satterlee, D, Morgan, K. Promoting Physical Activity Via Cooperative Extension: What do the Data Tell Us? In preparation for submission to *Journal of Nutrition Education and Behavior*, April Special Issue Related to PA. January/February submission target.

Our next steps related to Goal 1 will be to consider developing trainings that may be needed to optimize the work of cooperative extension to engage in PA promotion efforts. Ideally, we hope to create online trainings that can be accessed by all states, and intentionally conduct evaluation of those trainings.

Goal 2 (Promoting Extension as a Capable and Committed Partner in PA Promotion Efforts)

1. **NPA Chair and Co-Chair and NPG Committee Chair** (Gunter, KB, Lindsay, AR, Harden, S. presented: “Squat, Curl, Flexion, EXTENSION: How the USDA Promotes Physical Activity.” Selected Tutorial Session. 2017 Annual Meeting, World Congress on Exercise is Medicine®, American College of Sports Medicine Denver, Colorado, May 30-June 3, 2017. **(developed and submitted a manuscript based on the tutorial session– in review)**
 - a. Harden, S, Lindsay, A, and Gunter, KB. Translating Evidence-based Physical Activity Programs Via Cooperative Extension. In review at *The Translational Journal of the American College of Sports Medicine*. Submitted, October, 2017.

Our meeting frequency is consistent. Barring unforeseen (or scheduled) barriers, we meet regularly on the first Wednesday of each month at 9am PST, 10am MST, 11am CST, 12 noon EST.

Upcoming Call Schedule: We will continue to meet the first Wednesday of each month at 9 am PST, 10am MST, 11am CST, 12 noon EST.