

2010 National EFNEP Coordinators' Conference

The Beacon Hotel - March 1-3, 2010
1615 Rhode Island Ave. NW, Washington, DC 20036

CONFERENCE AGENDA

Monday, March 1st

5:00pm Registration

6-7:30pm Opening Reception with light hors d'oeuvres

Tuesday, March 2nd

7:00am Registration and Continental Breakfast

8:00 Welcome and Opening Remarks
National Institute of Food and Agriculture Update
Ralph A. Otto, PhD, Interim Deputy Director, USDA-NIFA and Dan Kugler, PhD, Interim Deputy Administrator, Families, 4-H, and Nutrition, USDA-NIFA

8:30 **SESSION I: EFNEP, the Big Picture:** EFNEP is an important player in nutrition education efforts across the nation. This session will focus on how EFNEP fits into the national agenda and how our work supports the nutrition, obesity and food security emphases of the current administration.
Helen Chipman, PhD, RD, National Program Leader for Food and Nutrition Education, USDA-NIFA

9:30 Ice Breaker
Leslie Speller-Henderson, Assistant Professor, Tennessee State University

SESSION II: Developing and Sharing EFNEP's Public Value: The success of publicly funded education programs requires the ability to tell public value stories to a variety of stakeholders. This workshop will help you identify existing and emerging issues of public value, how EFNEP is addressing them, and how to tell the public value story through impact statements. Participants will also take time to begin crafting their own impact stories.
Nancy K. Franz, PhD, Professor, Extension Specialist Program Development, Virginia Tech (presenter); Linda T. Drake, MS, Nutritionist and EFNEP Director, University of Connecticut (facilitator); and Debra Jones, Health Specialist, Virginia State University (facilitator)

- 10:45** **Break**
- 11:00** **SESSION II (cont'd): Developing and Sharing EFNEP's Public Value**
- 12:00pm** **Lunch (provided)**
- 1:00** **Physical Activity Demonstration**
- SESSION III: Finding Qualified Paraprofessionals: Recruiting and Interviewing Techniques**: Finding qualified paraprofessionals is a challenge for many EFNEP coordinators. This presentation will cover the type of interviewing that would best fit EFNEP's needs, the design of an interview that focuses on core skills, common mistakes, common pitfalls, and challenges.
- Virginie Zoumenou, PhD, LDN, CNS, Extension Nutrition Specialist/1890 EFNEP Coordinator, University of Maryland Eastern Shore (presenter);*
Mary Kay Wardlaw, PhD, Director, Cent\$ible Nutrition Program, University of Wyoming (co-presenter/facilitator); and Jovita Lewis, Extension Specialist, Auburn University (co-presenter)
- 3:00** **Break**
- 3:30** **SESSION IV: Focusing on Participants: Recruiting, Retaining and Graduating:** Recruiting and retaining participants is critical to a successful EFNEP program. Learn recommendations from qualitative and quantitative data from a study conducted in the state of New York. The data is the result of focus groups with participants, interviews with agency partners and program managers/educators, and a statewide survey of program managers/educators. Then learn from best practices which will be shared by EFNEP professionals in three states.
- Jamie Dollahite, PhD, RD, Associate Professor of Community Nutrition and Director of the Food and Nutrition Education in Communities (FNEC), Cornell University (presenter); Gail Hanula, EFNEP Coordinator, University of Georgia (panelist); Lisa Jordan, Regional EFNEP Agent, Savannah, University of Georgia (panelist); Peggy Martin, EFNEP/FNP Coordinator, Iowa State University (panelist); Easter Tucker, Associate Professor, Nutrition, University of Arkansas (panelist); and Lue Jolly, EFNEP Coordinator, Florida A&M University (facilitator)*
- 5:00** **Adjourn / National Office Available**
- Evening** **Regional Dinners on your own**

Wednesday, March 3rd

7:00am **Continental Breakfast**

8:00 **SESSION V: Update from the National Office:** This session will allow the National EFNEP Office to provide updates on key items such as: EFNEP and SNAP-Ed, Reporting Requirements, Policy Document Revisions, Web-based Evaluation and Reporting, and Training.

***Helen Chipman**, PhD, RD, National Program Leader for Food and Nutrition Education, USDA-NIFA (presenter); **Janie L. Burney**, PhD, RD, Professor/Nutrition Specialist/EFNEP Coordinator, The University of Tennessee (co-presenter); and **Katherine L. Cason**, PhD, RD, LD, Professor, State EFNEP Coordinator, Director of the Center for Healthy Living, Clemson University (co-presenter)*

9:30 **Break**

10:00 **SESSION VI: National and Regional Updates, Research Related Efforts and University Sharing:** This session will be a fast-paced introduction to some of the work that is being done across the Land-Grant University system. Information will be presented in brief and the audience will have an opportunity to ask questions.

***Lois V. Sanders**, Assistant Director, 4-H/Family and Consumer Sciences Program/Assistant Professor, University of the Virgin Islands (facilitator)*

Part A: National and Regional Updates and Opportunities

NIFA Nutrition and Health Committee **Sandy Procter**, EFNEP Coordinator, Extension Specialist, Human Nutrition, Kansas State University

America on the Move, EFNEP Subcommittee **Sandra May**, MS, RD, Extension Associate, Louisiana State University

Dietetic Internship **Evelyn F. Crayton**, EdD, RD, LD, Assistant Director, Family and Consumer Sciences, Professor, Foods and Nutrition, Auburn University

EFNEP Western Region Project **Mary Wilson**, MS, RD, Extension Nutrition Specialist, University of Nevada, Reno

Part B: Research Related Efforts

Multi-State Research Project, NC1169: EFNEP Related Research, Program Evaluation and Outreach **Susan Baker**, EdD, Assistant Professor, EFNEP Coordinator, Colorado State University

Multi-State Research Project, W1005: An Integrated Approach to Prevention of Obesity in High Risk Families **Jacqueline Wilson**, MS, LDN, EFNEP Extension Educator, University of Illinois Extension

EFNEP Research Committee **Barbara Sutherland**, Program Director, EFNEP, University of California - Davis

Dissertation Research **Mary Kay Wardlaw**, PhD, Director, Cent\$ible Nutrition Program, University of Wyoming

Part C: University Sharing

EFNEP Success with Different Cultures *Wanda Lincoln, State Program Coordinator, Eat Well Nutrition Education Program, University of Maine*
Physical Activity Posters *Katie Mulligan, MS, RD, LDN, EFNEP Program Supervisor, University of Rhode Island*
Double Dutch Program *Marion R. Halim, Regional Coordinator, Lincoln University*

11:45 **Lunch (provided)**

12:45pm **SESSION VII: Creating a Public Value for Youth Impact:** This session will look at the past, present, and future of evaluating the impact of youth EFNEP. Discover the results of the EFNEP Youth Survey conducted in 2009 and explore reliability and validity issues. Work with EFNEP colleagues to determine what's next!
Beverly Phillips, MS, Coordinator EFNEP and SNAP-Ed, University of Wisconsin (presenter); Jean Anliker, Professor and Director, Extension Nutrition Programs, University of Massachusetts (presenter); and Nancy K. Franz, PhD, Professor, Extension Specialist Program Development, Virginia Tech (facilitator); and B. Elaine Freeney, EFNEP Coordinator, Prairie View A&M University (facilitator)

2:15 **Break**

2:30 **SESSION VIII: Teaching to Achieve Behavior Change:** Relevant, focused and experiential learning practices are critical in achieving behavior change. This session will focus on 1) motivating paraprofessional behavior change through adoption of a new teaching style and 2) motivating participant behavior change through use of an innovative walking DVD.
Eunice Amenyenu Bonsi, PhD, Associate Professor, Tuskegee University (introduction); Joyce R. McDowell, Associate Professor, Department of Human Nutrition and Leader Community Nutrition, OSU Extension, The Ohio State University (presenter); Maria Carmen Lambea, MD, MPH, CHES, Program Director, EFNEP, OSU Extension, The Ohio State University (presenter); and Debrah M. Palmer, PhD, Associate Professor/Extension Specialist in Community Nutrition, Rutgers University (presenter)

4:30 **SESSION IX: Program Highlight: Louisiana EFNEP:** This session will give us an opportunity to learn about EFNEP in Louisiana. The presentation will share successes related to responding to Hurricane Katrina, collaborations between the 1862 and the 1890 institutions and other successful partnerships/collaborations.
Heli Roy, PhD, RD, Associate Professor, Louisiana State University

5:00 **Closing Remarks**

5:15 **Adjourn / National Office Available**

CONFERENCE PLANNING COMMITTEE

(Alphabetical by First Name)

Our Appreciation

We would like to express our sincere appreciation to the 2010 Conference Planning Committee members for all of the time and energy they committed to making this conference a success!

Thank you,

Elizabeth Buckner, NEP Coordinator, University of Kentucky

Joan Doyle Paddock, Senior Extension Associate/EFNEP Coordinator, Cornell University

*Joyce R. McDowell, Associate Professor, Department of Human Nutrition and Leader
Community Nutrition, OSU Extension, The Ohio State University*

Karen Barale, EFNEP Coordinator, Washington State University

Mary McFerren, EdD, Project Director, EFNEP/SNAP-Ed, Virginia Tech

Mary Kay Wardlaw, PhD, Director, Cent\$ible Nutrition Program, University of Wyoming

Stephanie M. Blake, MA, Program Specialist, USDA-NIFA (co-chair)

*Suzanne Stluka, EFNEP Coordinator and Family Nutrition Program Coordinator, South Dakota
State University*

Sylvia Montgomery, Program Specialist, USDA-NIFA (co-chair)

*Virginie Zoumenou, PhD, LDN, CNS, Assistant Professor/Extension Nutrition Specialist, 1890
EFNEP Coordinator, University of Maryland - Eastern Shore*

PRESENTER AND PANELIST BIOS

(Alphabetical by First Name)

Beverly Phillips

Bev has been the state coordinator for Wisconsin EFNEP and SNAP-Ed programs at University of Wisconsin—Extension since 2003; prior to that she served as assistant state coordinator for 2 years and as a nutrition specialist for 10 years. She has worked on multi-state projects related to youth evaluation for EFNEP and SNAP-Ed for many years. She did her graduate work in nutritional sciences at Michigan State University. She enjoys her life outside of work with her husband, 3 grown children and a 2 year-old grandson.

Dan Kugler

Dr. Kugler seeks to create empowered partnerships among government, academia, and industry to identify and address current and future issues and needs, and bring about purposeful change. Dan is a member of the Senior Executive Service and provides leadership and administration to NIFA programs and issues in: water resources, soil/land and air resources; forest resources and products; global change; ecology; sustainable development; conservation; sustainable natural resource management; environmental quality; rangeland resources; and wildlife and fisheries. He also leads and oversees the NIFA programs for 4-H National Headquarters youth development, for food and nutrition education, and for family and consumer sciences. In the process of formal establishment of NIFA in USDA, he is designated as the transitional leader for the Institute of Youth, Family and Community. Education: BS in Physics, MS in Resource Development, and PhD in Agricultural Economics from Michigan State University.

Debrah Palmer

Dr. Debrah Palmer is nutrition specialist for Rutgers Cooperative Extension. She serves as the state EFNEP coordinator and the director of the New Jersey Food Stamp Nutrition Education Program and its corresponding statewide network. Her research interests surround issues related to the effective delivery and evaluation of nutrition education for limited-resource people. Her goals are to provide links to research-based information, which flows to the public through the programming efforts of county faculty; to share advances in nutrition education; and to identify opportunities for county faculty to increase their outreach efforts in their respective counties. In addition, Dr. Palmer is the Past-President of the Society for Nutrition Education.

Easter H. Tucker

Easter is currently employed as an Associate Professor - Nutrition with University of Arkansas Division of Agriculture Cooperative Extension Service. She has over 28 years of experience working with and teaching nutrition education to audiences across the state of Arkansas. Easter is responsible for coordinating the Expanded Food and Nutrition Education Program (EFNEP). Her responsibilities for EFNEP include developing and maintaining the budget, program development and implementation. Easter also coordinates the 1890 EFNEP. She trains staff at the county and state level. Easter also works on other nutrition related projects.

Eunice Bonsi

Eunice Bonsi is currently a Research Associate Professor at the Department of Foods and Nutritional Sciences and a State Extension Program Leader/Specialist, and the coordinator of EFNEP at Tuskegee University Cooperative Extension Program. Originally from Africa, and a faculty member at Tuskegee University for the past 20 plus years, she brings an array of personal deep understanding and experience in working with limited resource families, in both Africa and the US, working in Extension with limited resource families in Foods and Nutrition Education. She is involved in national and international sweet potato research for nutritional enhancement of families and children. She holds a PhD from the Pennsylvania State University, MS and BS (cum laude) from Washington State University, and BS from University of Ghana.

Gail Hanula

Gail Hanula is a faculty member in the Department of Foods and Nutrition at the University of Georgia. In her role as Extension Nutrition Specialist, she provides continuing education for County Extension Agents in Family and Consumer Sciences and 4-H. She has provided leadership for the Expanded Food and Nutrition Education Program for the past 10 years. Hanula is the lead author of "EFNEP Food Talk," an award-winning, theory-based nutrition curriculum. She holds a PhD in Health Promotion and Behavior from The University of Georgia's College of Public Health and a Master's degree in Foods and Nutrition.

Helen Chipman

For the past seven years, Dr. Chipman has provided national leadership to Land-Grant Universities that conduct low-income nutrition education. In this capacity, she has served as a liaison among universities and federal agencies and has fostered shared understanding across organizational systems and structures. Additionally, she has given leadership to the development of a socio-ecological program management and reporting system, paraprofessional core competencies, and two national reports. Prior to taking on these responsibilities, Dr. Chipman provided administrative leadership for the Expanded Food and Nutrition Education Program (EFNEP), Food Stamp Nutrition Education (FSNE) and its associated state nutrition network, and had teaching, advising, and research responsibilities as an extension specialist and professor at South Dakota State University. Dr. Chipman is a member of the American Dietetic Association, American Society for Nutrition, and the Society for Nutrition Education. She chairs the Journal Committee for the Journal of Nutrition Education and Behavior. She has given numerous refereed and invited presentations at regional and national meetings and one international meeting on topics as diverse as risk communication, community needs assessment, program management, theory, logic models, and program evaluation. Her publications focus primarily on low-income nutrition education programming and risk communication. Dr. Chipman received a PhD in Food Science and Human Nutrition from Colorado State University, Fort Collins Colorado, with an emphasis in applied nutrition education.

Heli Roy

Dr. Heli Roy received her BS degree from Syracuse University in Human Nutrition, her MS and PhD degrees from Louisiana State University in Human Ecology with a concentration in Nutrition. Her dissertation work was done at the Pennington Biomedical Research Center, internationally known obesity research center. She has taught courses in nutrition at Louisiana State University and nutrition and biochemistry at The University of Alabama. Previously, she was a researcher at Pennington Biomedical Research Center, and a public health nutritionist in Louisiana. Currently she is an associate professor at Louisiana State University. She is coordinating a statewide Expanded Food and Nutrition Education Program and she directs the Health and Nutrition Division Program of the LSU AgCenter. The Nutrition and Health Division currently has 5 state level faculty and 27 field faculty that have specialized in nutrition. In addition, she is an Outreach Coordinator for the Pennington Biomedical Research Center. Dr. Roy is a Registered Dietitian (since 1982) and is a member of Baton Rouge Dietetic Association, currently serving as president-elect, Louisiana Dietetic Association and ADA.

Jamie Dollahite

Jamie Dollahite, PhD, RD, is Associate Professor of Community Nutrition and Director of the Food and Nutrition Education in Communities (FNEC). Jamie has directed the FNEC programs, which include EFNEP and the SNAP-Ed work done through Cornell Cooperative Extension, since 1998. She has worked in the area of nutrition education for limited-resource audiences, that is designed to prevent obesity and chronic disease, for 20 years. Her work closely integrates research and extension, including studies of program management and delivery practices, the development of valid outcome measures to assess behavioral change among program participants, and access to food and to nutritional care for low-income people with chronic disease.

Janie Burney

Janie Burney is a professor at The University of Tennessee Extension in the department of Family and Consumer Sciences. She has been the state coordinator for EFNEP at UT for 20 years. She is a registered dietitian and her areas of expertise are in maternal and child nutrition, nutrition for low-income audiences and food safety for consumers. She is a member of the eXtension Community of Practice, Food, Families and Fitness and a leader in the newly formed eXtension Community of Practice, Food Safety. She is currently working on two food safety projects funded through the National Integrated Food Safety Initiative and one project funded through the Agriculture and Food Research Initiative. The Agricultural and Food Research Initiative grant examines the prevalence of over-diluting infant formula and adding cereal to formula and the relationship to infant growth. Results of the study will be used to develop nutrition messages targeted to mothers of infants.

Jean Anliker

Jean Anliker is a professor in the Department of Nutrition at the University of Massachusetts. She continues to serve as the Director of UMass Extension Nutrition Programs; a position she has held since 2001. Jean has won numerous awards for her research in the areas of obesity and food security. She holds a PhD in Human Nutrition from the University of Massachusetts, along with her RD credentials. Her most recent completed research support was titled "Tween POWER: Preventing Obesity through Wise Expenditures of Resources" where she worked with low-income Latino and White 11-14 year olds in program design, implementation, and evaluation.

Joyce McDowell

Joyce McDowell is Leader, Community Nutrition Projects, OSU Extension, The Ohio State University. In this position her leadership responsibilities include Ohio EFNEP and Ohio SNAP-Ed. She began her Extension career in a rural Appalachian Ohio county, Adams, where she trained, coached and supervised 3 EFNEP Program Assistants and provided leadership for EFNEP in that county. She began her statewide leadership of Ohio EFNEP in November 2005. She is actively engaged with connecting EFNEP to research and research to EFNEP with the goal of improving the health of low-income individuals through community nutrition education.

Jovita Lewis

Jovita Jones Lewis is employed with the Alabama Cooperative Extension System (Auburn University) as an Extension Specialist providing immediate supervision, training, and programmatic support to fourteen west central Alabama counties who participate in the Expanded Food and Nutrition Education Program (EFNEP). A 20 year Extension veteran, Jovita's interests lie in cutting-edge training and the motivation of the EFNEP paraprofessional.

Katherine Cason

Katherine Cason has worked with EFNEP for more than 20 years in South Carolina and Pennsylvania. Her current position is the Director for the Center for Healthy Living at Clemson University. She provides leadership to EFNEP, SNAP-Ed, and other nutrition education programs; conducts research in nutrition education, focusing on school-based interventions and programs for the Hispanic/Latino population; and leads two creative inquiry classes (undergraduate student research). She received her BS in Human Nutrition from Penn State, her MS in Human Nutrition from the Texas Woman's University and her PhD in Human Nutrition from Virginia Tech. She is also a Registered Dietitian.

Lisa Jordan

Lisa Jordan is a member of the Cooperative Extension faculty in Georgia, based in Savannah. In her role as a regional EFNEP Agent, she provides leadership for the program in five counties, supervising a staff of 7 paraprofessionals. She has been in this position for over nine years. Lisa holds a Master's degree in Adult Education from Armstrong State University.

Maria Carmen Lambea

Maria Carmen Lambea was trained as an MD in Mexico. As a physician she worked in the medical field for 6 years in Mexico, having contact during those years with Mexican populations of different socio-economic and educational levels, from urban and rural areas. She received a Master in Public Health degree from the Ohio State University, and during four years she worked in a nonprofit agency as a health educator and public health professional implementing health education programs in the Latino community in Columbus, Ohio. For the last four years she has been the EFNEP program coordinator in Ohio.

Mary Kay Wardlaw

Mary Kay is the Director of the Cent\$ible Nutrition Program at the University of Wyoming. She has been in this position for 5 years and with Cooperative Extension 24 years in county and state roles. She recently completed her PhD in Adult Education from the University of Wyoming and completed a research project looking at the long-term impacts of low-income nutrition education. Mary Kay enjoys quilting, reading, snowmobiling, and vacationing on the beach during Wyoming's long winter.

Nancy Franz

Nancy serves as Professor/Extension Specialist in program development for Virginia Cooperative Extension in the Department of Agricultural and Extension Education. She has served as an Extension agent, specialist, graduate student, and administrator over her life with Extension systems in Wisconsin, New York, New Hampshire, and Virginia. When she's not exercising her "extension gene" she loves to read, be outdoors doing silent sports, and consuming dark chocolate.

Peggy Martin

Peggy Martin is State Coordinator, EFNEP/FNP, at Iowa State University. She has had a connection with EFNEP throughout her 35 years of Extension. She has been a County EFNEP Supervisor, County Extension Director, Area Extension Director and now State Coordinator for Iowa. She loves finding ways to make the Peer Educators jobs less stressful and more effective.

Ralph Otto

Dr. Ralph A. Otto serves as the Interim Deputy Director of the National Institute of Food and Agriculture in USDA. In this position, he gives leadership to policy and programs that work through the university system to bring new knowledge to the American people. Dr. Otto has been with USDA since 1980 in a variety of positions that span rural development, natural resources, the environment, and international development. He has traveled to more than a dozen countries on short-term assignments on behalf of USDA, and was a Peace Corps Volunteer in Malaysia in the early 1970s. Dr. Otto is a native of New Jersey, and a current resident of northern Virginia. He is proud to have three degrees from Land-Grant Universities: a BS degree from Rutgers, an MS from Virginia Tech, and a PhD from Rutgers University, the latter two degrees with emphasis on the quantitative aspects of wildlife biology.

Virginie Zoumenou

Virginie Zoumenou is a faculty member in Human Ecology Department at The University of Maryland Eastern Shore (UMES) and Extension Nutrition Specialist for the University of Maryland Extension at UMES. She has provided leadership for the 1890 Expanded Food and Nutrition Education Program for the past three years. She enjoys spending her time developing 1890 EFNEP in the Maryland's Lower Eastern Shore Tri-county area (Wicomico, Worcester, and Somerset), hiring, and training paraprofessionals. She holds a doctorate in Biochemistry and Nutrition from Côte D'Ivoire (West Africa) and a PhD in Dietetics and Nutrition from Florida International University in Miami. She spent more than 20 years in Côte D'Ivoire and 5 years in Miami in teaching and research activities. She is a member of NIFA Nutrition and Health Planning and Guidance Committee and 1890 Task Force Consortia - Nutrition, Health, Wellness, and Obesity Initiative. She likes to spend time with her two children.