

Family and Consumer Sciences e-Connection – July/August 2014

Dear Colleagues:

For me, August is a time of “newest”. When I was a child, we would go out shopping and buy “new” clothes and supplies for school. I have many family members who have their birthdays in August, so it was a time to celebrate the start of a new year for them. When I joined Extension, even though our Extension programming year may have officially started in January, for me it seemed August was when we were putting the finishing touches on the new programs we were offering in the community that year. And still today, even though I never have an “end” or a “start” to what I am doing, August always gives me a feeling of newness and excitement as faculty and students begin to return to campus.

For our work in Family and Consumer Sciences, we constantly need to be renewing our work and bringing the excitement of the new to those we serve. Our basic work will stay the same. We will keep improving the lives of Ohioans through healthy people, healthy finances and healthy relationship education and research. As society and families change, so must our work. We need to bring a newness and freshness to our work so that we engage today’s citizen and is relevant to their needs. Just this week new videos on food preservation from Linnette Goard and fresh from the garden from Shari Gallup were promoted through social media. You have new marketing materials to use with potential partners and collaborators. New or revised curriculums are being finalized. The new social media efforts are progressing so we can unveil them at the November FCS All Programs conference. New grant applications for continued and new initiatives are being submitted by state and local staff. And, each of you are working on new partnerships and initiatives in your county.

This newness, rooted in a very sound foundation of family and consumer sciences subject matter, will be the key to the success of our work, and the success of Ohio families.

“We work as a TEAM to provide the HIGHEST QUALITY PROGRAMS that are ROOTED IN RESEARCH and as a result SUBSTANTIALLY IMPACT OHIOANS”

Karen Bruns, PhD

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MARILYN R. SPIEGEL EXCELLENCE IN FCS AWARD AND THE HEALTHIES PROFESSIONAL DEVELOPMENT AWARDS

Again this year we will be awarding the Marilyn R. Spiegel Excellence in Family and Consumer Sciences award. This recognition of outstanding Family and Consumer Sciences work is awarded each year and includes a \$1,000 cash award. We also award cash awards of up to \$500 each to a current FCS employee in the areas of Health People, Health Finances and Healthy Relationships. All applications are due October 31st. Please watch your email for the announcement of these awards and the guidelines for application.

LOCAL FOODS SIGNATURE PROGRAM NEWS

Please join us in thanking Kate Shumaker, FCS/4-H Extension Educator and County Extension Director in Holmes County for her leadership with the Local Foods Signature Program. Kate transitioned her co-leadership role to Patrice Powers-Barker, FCS Extension Educator in Lucas County on July 1, 2014! Welcome Patrice and thanks for accepting a new leadership role!

CHILDHOOD NUTRITION SEMINAR - SAVE THE DATE

The Food Innovation Center will host a childhood nutrition seminar at the Blackwell Inn and Conference Center (2110 Tuttle Park Pl, Columbus, OH 43210) on November 20, 2014. The program will feature innovative practices across the food environment. The event is still in development so stay tuned for more details!

OSUE PROMOTION WORKSHOP – SAVE THE DATE

WHO: Extension faculty and A&P educators
WHAT: OSUE Promotion Workshop
WHEN: Session One - Wednesday, November 12, 2014
Session Two - Tuesday, January 27, 2015 (repeat of November)
WHERE: Administration Building Auditorium, Columbus, OH
Registration information will be available in September. Questions, contact Lisa Dune, dune.2@osu.edu

NATIONAL HEALTH OUTREACH CONFERENCE– SAVE THE DATE

Mark your calendar to attend the first annual National Health Outreach Conference May 6-8, 2015 at the Crowne Plaza Ravinia in Atlanta, Georgia. The theme of the conference will be “Promoting Connections to Create Healthy Individuals, Families and Communities. This conference builds on the former Priester National Extension Health Conference. The purpose of the 2015 conference will be to build a collaborative approach with organizations and agencies to achieve a healthier and safer America by promoting health and wellness, advancing health equity and reducing health disparities. Watch for more details as we get closer to the conference, but mark your calendar now.

RECORDING AND SLIDES FROM BBB WEBINAR ON ADOLESCENT BRAIN DEVELOPMENT

Better Brains for Babies (BBB) is a collaboration of state and local, public and private organizations dedicated to promoting awareness and education about the importance of early brain development in the healthy growth and development of infants and young children in Georgia. They have available a recording and slides on a recent Webinar titled: *The Ins and Outs of Adolescent Brain Development*. See more on their website at <http://www.bbbgeorgia.org/BBBwebinars.php>.

FCS MARKETING MATERIALS AVAILABLE

There are a number of marketing materials available for your use in promoting our programming throughout Ohio:

FOLDERS – We have several more boxes of Family & Consumer Science folders to share with you. Please let Terri Fisher (fisher.456) know how many empty you would like (you can customize your insert selection and print inserts off in your office). These folders are available for anyone meeting with decision makers and key agency/community people. We will send the folders via county mail, and the inserts are available at <http://fcs.osu.edu/fcs-extension-professionals> (FCS log-in required), or Terri can send you digital files.

POSTERS – We have more posters too! Let Terri know how many posters you'd like to use and they will be sent via County Mail.

BANNERS – Four banners are available for your use at events. They have our beautiful FCS Wordle on them. Please also let Terri know when you'd like to use a banner and she will add you to the reservation sheet. You will need to arrange pick-up and drop-off, as we are not able to ship the banners.

USDA FNA GRANT OPPORTUNITY – SCHOOL WELLNESS

USDA FNS hereby announces the availability of funds and opportunities to conduct comprehensive school wellness policy surveillance at multiple levels, including state- and school district-levels. The funds will support public or private, non-governmental research institutions (such as accredited institutions of higher education and/or non-profit organizations) to enter into a cooperative agreement with USDA FNS for school wellness policy surveillance, research, and reporting that complement other national existing school wellness policy surveillance systems and assist the USDA in fulfilling its Congressional monitoring and surveillance mandate, as delineated in the Healthy Hunger Free Kids Act (HHFKA). The purpose of this announcement, therefore, is to describe the new opportunity and solicit proposals to support these aims. For additional information visit: <http://www.fns.usda.gov/school-wellness-policy-cooperative-agreement>

PERSONNEL UPDATES

We welcome new Hancock County FCS Educator **Katie LaPlant**, Wayne County SNAP-Ed Program Assistant **Dea Earnsberger**, Crawford County SNAP-Ed Program Assistant **Becky Guinther**, Richland County SNAP-Ed Program Assistant **Margaret Lin**, Marion County SNAP-Ed Program Assistant **Kristen McNulty**, Fairfield County SNAP-Ed Program Assistant **Diane Sommers**, Lorain County SNAP-Ed Program Assistant **Alissa Brumbaugh**, and Brown County SNAP-Ed Program Assistant **Trish Koehler**.

KUDOS

Congrats go out to **Carolyn Gunther**, who is an investigator on a recently approved USDA multi-state project, which will identify best practices that parents utilize to promote positive eating behaviors associated with healthy weight among low-income, multi-ethnic early adolescents during independent eating occasions. She, along with a team across the county, will aim to explore and identify key parental practices (role modeling, making healthy foods available, and setting rules/expectations and other practices) that may impact eating behaviors and food choices during independent eating occasions and weight among low-income, multi-ethnic early adolescents, examine the association between key parental practices and positive eating behaviors during independent eating occasions among low-income, multi-ethnic early adolescents, examine the association between key parental practices and early adolescents' weight, and develop communications for parents and nutrition professionals.

Background: As children move from childhood to adolescence (i.e., during the early adolescent period, age 10-13 yo), they (naturally) begin to gain independence from their parent(s)/primary caretaker(s), having great potential to affect diet as children begin making significantly more decisions regarding their food/beverage intake without the input, oversight of their parents. These (new) moments of autonomy are referred to as 'independent eating occasions.' As might be expected, preliminary data indicate that independent eating occasions pose a nutritional risk to the diet, health of young adolescents. The goal of this project is to identify best practices that parents utilize to promote positive eating behaviors associated with healthy weight among low-income, multi-ethnic early adolescents during independent eating occasions.

The overall goal of this project is to identify best practices that parents utilize to promote positive eating behaviors associated with healthy weight among low-income, multi-ethnic early adolescents during independent eating occasions.

The specific objectives for the project are to:

1. explore and identify key parental practices (role modeling, making healthy foods available, and setting rules/expectations and other practices) that may impact eating behaviors and food choices during independent eating occasions and weight among low-income, multi-ethnic early adolescents.
2. examine the association between key parental practices and positive eating behaviors during independent eating occasions among low-income, multi-ethnic early adolescents

3. examine the association between key parental practices and early adolescents' weight
4. develop communications for parents and nutrition professionals

Member Names/State/Institution/Specialty:

Jinan Banna/HI/University of Hawaii/Nutrition education
 Mary Cluskey/OR/Oregon State University/Food choice; eating behavior among adolescents and young adults; dietary acculturation; healthy eating.
 Kay Hongu/AZ/University of Arizona/Nutrition education
 Carolyn Gunther/OH/Ohio State University/Childhood obesity prevention
 Paul Johnston/UT/Brigham Young University/International nutrition; micronutrient fortification; nutrition education
 Scottie Misner/AZ/University of Arizona/Nutrition education
 Marla Reicks/MN/University of Minnesota/Nutrition education
 Rickelle Richards/U/Brigham Young University/Community nutrition, with special emphasis in food insecurity and health
 Glade Topham/ OK/Oklahoma State University/Social scientist; children and families
 Siew Sun Wong/OR/Oregon State University/Community nutrition

LEADERSHIP MOMENTS: FIVE HAPPINESS HABITS

Ades, E. (2013). The positivity handbook

Pick ONE of these and practice the same one each day for the next 21 days.

1. Gratitude - Practice gratitude. Make a list three times a day of what you are grateful for and why.
2. Journaling - Spend two minutes writing about a meaningful moment, with details, to relive the moment.
3. Fun Fifteen - Spend fifteen minutes daily in a mindful exercise you enjoy.
4. Random Acts of Kindness - Start each day with one positive email written to someone in your network. Praise them.
5. Smile - Change one positive nonverbal behavior. Connect deeply with the person you're smiling at.

DATES TO REMEMBER

- July 14 FCS CarmenConnect call
- August 4-5 OATFCS Conference, Columbus, OH
- October 29 Live Healthy Live Well In-service
- November 18-19 FCS All Programs Conference
- December 9-11 OSU Extension Annual Conference and Research Colloquium

UPCOMING NATIONAL CONFERENCES

- December 4-5 Consumer Food Safety Education Conference, Arlington, VA

HELPFUL LINKS

- Extension Family and Consumer Sciences - <http://fcs.osu.edu/>
- OSUE FCS Facebook Page - <https://www.facebook.com/osuefcs>
- Community Nutrition Programs (EFNEP & SNAP-Ed) - <http://fnp.osu.edu/> and <http://efnep.osu.edu>
- Occasional Quantity Cook - <http://www.ag.ohio-state.edu/~ogc/>
- Universal Design - <http://ehe.osu.edu/ud/>
- Extension Intranet Calendar - <http://extensionstaff.osu.edu/events>
- OSU Extension Communiqué - <http://extensionstaff.osu.edu/communique>
- Extension Policy & Procedure Handbook - <http://extensionstaff.osu.edu/policy-and-procedures-handbook>
- eXtension - <http://www.extension.org/>
- Dining with Diabetes – <http://diabetes.osu.edu>
- NewStart – <http://newstart.osu.edu>
- Real Money, Real World - <http://realmoneyrealworld.osu.edu/>

Marketing

- Communication & Technology - <http://commtech.ag.ohio-state.edu/>
- Templates - <http://commtech.ag.ohio-state.edu/resources>

OSU Resources

- OSU Library - <http://library.osu.edu/>
- IRB - <http://orpp.osu.edu/irb/about/>
- OSU CARES - <http://osucares.osu.edu/>

Professional Associations

- American Association of Family & Consumer Sciences - <http://www.aafcs.org/>
- National Council on Aging - <http://www.ncoa.org/>
- National Council on Family Relations - <http://www.ncfr.org>
- National Extension Association of Family & Consumer Sciences - <http://www.neafcs.org>
- ESP - <http://www.espnational.org/>
- OAEP - <http://oeaa.osu.edu/>

Journals

- Journal of Extension - <http://www.joe.org/>
- The Forum for Family and Consumer Issues - <http://ncsu.edu/ffci/>

Blogs

- Eat, Save and Be Healthy - <http://osufcs.wordpress.com/>
- Safe Food Handling & Preservation - <http://safefoodforyourfamily.wordpress.com/>
- Live Healthy, Live Well - <http://livehealthyosu.com/>

Other

- CYFERnet (Children, Youth, Family Educational Resource Network) - <http://www.cyfernet.org/>
- MyMoney.gov - www.mymoney.gov
- National Collaborative on Childhood Obesity Research - <http://www.nccor.org/>



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
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COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES