



Healthy People  
Healthy Finances  
Healthy Relationships



## FCS e-Connection – July 2012

Dear Colleagues:

This is such an exciting time for Family and Consumer Sciences Extension professionals! There is growing need for what we teach. We are receiving requests from consumers and decision makers to address issues related to teaching....

- the basic skills of cooking to a generation that grew-up in the fast food lane
- householders who want budgeting help
- parenting education programs for divorcing parents who are being referred by judges
- employees looking for educational sessions required by their employers (and insurance companies) on health and wellness
- individuals and families eager to learn thrifty food shopping and basic nutrition
- those new to home food preservation, eager to freeze, can and dry their harvest

When I started working in university-wide outreach and engagement (almost 20 years ago!), we had a national leader in outreach and engagement that accused higher education of practicing “Hubris” – excessive pride or arrogance as it related to community engagement. As a result, we were failing to be good community partners. That conversation has stuck with me and has framed much of my thinking about how I do my work.

It applies to the requests we are receiving today. Do we believe “well of course, we are the ones to teach this”? “We have taught this for years, no big deal”. Or, are we thinking – “How can we improve on our history of teaching in these areas?” “Who else is being asked to teach this subject matter?” “What is our niche in teaching in this area?” “How can we be better than anyone else in teaching in this area?” “How do we respond quickly with high quality programs so that we are the ones people come to in the future?”

Family and Consumer Sciences is a very strong and important program --- a profession of which I am very proud to be a part. But, we cannot take anything for granted. We cannot assume “of course we are the ones to teach this subject matter” and let it stop there. If we practice Hubris the future will not be as bright because we will miss opportunities. If we keep in mind the threats to our success, our weaknesses and our potential competition, we will be stronger. We will be open to improving, being creative, coming up with new ways of teaching, challenging ourselves to go the extra step and being better FCS professionals. We open the door to....

*Working as a TEAM to provide the HIGHEST QUALITY PROGRAMS  
that are ROOTED IN RESEARCH and as a result SUBSTANTIALLY IMPACT OHIOANS*

It is when we practice humility and challenge ourselves to be better, that we really have something to be “excessively proud” of! Thanks for all you do!

*Karen Bruns, PhD*

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## IN THIS ISSUE . . .

- Home Food Preservation Materials – update from Linnette Goard
- Food Safety Hotline
- FCS Signature Program Leaders
- Signature Program Involvement
- Health Behavior Theory & Practice Webinar
- County Wellness Initiative Update
- America's Children In Brief: Key National Indicators Of Well-Being, 2012
- "KIDDIO" App May Help Parents Get Kids to Eat More Vegetables
- Society for Nutrition Education and Behavior Conference-Presenters
- Call for Proposals - Ohio 4-H Volunteer Conference
- 1<sup>st</sup> Annual Food Safety Midwest Workshop
- Promotion Training - Save the Date
- Rural Health Conference/Health Educators' Institute
- Funding Opportunities Database Changed
- Ask an Expert Response Team - Prompt Action Required
- Kudos
- Welcome to the FCS Extension Family! & Personnel Updates
- Leadership Moments
- Dates to Remember
- Upcoming National Conferences
- Helpful Links

## HOME FOOD PRESERVATION MATERIALS – UPDATE FROM LINNETTE GOARD

We are still in the process of updating the FCS website, but all of the Home Food Preservation materials have been updated and are available on the FCS Professionals resources page, click on Food Safety. All the resources can be accessed through this page. This includes the power points, end of program survey and marketing materials. We will again be collecting the evaluation forms and will be able to provide you county data at the end of the year. Please send them to Linnette Goard. Also if you want to publicize your upcoming food preservation programs, I will have them listed on the Food Safety public page. Just send me the date, location, and a contact number. If you have any other suggestions for the Food Safety pages, please let me know. It is a work in progress.

## FOOD SAFETY HOTLINE

As you are aware, questions about food safety are frequently received in our county Extension offices. For counties without Family and Consumer Sciences educators, you have often turned to a neighboring educator, Linnette Goard, our field specialist in food safety or eXtension. Another very valuable resource is just a phone call or email away. The Ohio State University Food Safety Hotline provides reliable, accurate information on the safe handling of food. The Hotline is available Monday through Friday from 9:00 a.m. until 5:00 p.m. by calling 1-800-752-2751 (toll-free in Ohio). After hours, consumers can leave a message and phone number to get a response. The Ohio State University's Food Safety Hotline is also available by e-mail: [foodsafety@osu.edu](mailto:foodsafety@osu.edu). You can also visit the Ohio State University Extension Ohioline web site at [www.ohioline.osu.edu](http://www.ohioline.osu.edu). Click on the link Food and then click on Food Preservation. There are over 25 recipes and instructions for home preservation methods to choose from.

## FCS SIGNATURE PROGRAM LEADERS

FCS Extension educators are providing leadership for 3 of our 7 Signature Programs:

- Dining with Diabetes – Shari Gallup
- Real Money. Real World – Kathy Michelich
- Local Foods – Kate Shumaker is co-leader along with Mike Hogan

## SIGNATURE PROGRAM INVOLVEMENT

Learn more about the new Signature Programs by visiting [www.extension.osu.edu](http://www.extension.osu.edu); follow the links at the end of the intro sentences. With the diverse knowledge and the valuable consumer/family perspective we bring to issues, there is much we can contribute to all of the signature programs. As you become involved, please share with Karen and Kirk. Recall that

all OSU Extension employees are expected to contribute to the success of our signature programs. Contributing means many things and takes many forms, from content development and delivery, to handling program logistics, to promoting programs with clientele and stakeholders. Contribute at the level and to the extent appropriate for your job role.

### **HEALTH BEHAVIOR THEORY & PRACTICE WEBINAR**

Save the Date! August 30, 2012 from 3:30-5:00 p.m. Faculty and Staff from Ohio State University Extension and College Of Public Health will present state-of-the-art health behavior theories and how to apply them in public health, Extension, and health care practice. CHES, Dietetic CEUs and AAFCS PDEs applied for. Registration information forthcoming. Cost will be \$5 for non-CEU participants and \$30 for CEU participants. Contact Dan Remley for more information.

### **COUNTY WELLNESS INITIATIVE UPDATE**

There are 25 counties presently participating in the County Employee Benefits Consortium of Ohio. Eleven of those counties are served at least part-time by an OSU Extension FCS Educator. Since the first of the year, the FCS educators in those 11 counties have made contact with their county's Employee Wellness Team contact and have initiated conversations about how OSU Extension can support the Wellness Team efforts and goals. In most cases, OSU Extension already had a history of working with Wellness Teams to provide various health related programming and materials. Educators are now trying to increase awareness in the local communities about additional ways they can assist with proactive wellness education and activities. Contact Carol Chandler for more information.

### **AMERICA'S CHILDREN IN BRIEF: KEY NATIONAL INDICATORS OF WELL-BEING, 2012**

Each year since 1997, the Federal Interagency Forum on Child and Family Statistics has published a report on the well-being of children and families. The Forum updates 41 indicators annually. View the 2012 report at <http://childstats.gov/>. The child well-being indicators span seven domains: Family and Social Environment, Economic Circumstances, Health Care, Physical Environment and Safety, Behavior, Education, and Health. This year's update report reveals that preterm births declined for the fourth straight year and that the adolescent birth rate declined. Average mathematics scores for 4th- and 8th-grade students increased, and the violent crime victimization rate among youth decreased. However, the percentage of children living in poverty increased, and the percentage of children with at least one parent employed full time, year round decreased.

### **"KIDDIO" APP MAY HELP PARENTS GET KIDS TO EAT MORE VEGETABLES**

When complete, "Kiddio: Food Fight!" will give parents of preschoolers a fun, interactive way to learn some of the best approaches for getting their kids to eat more vegetables. The game will offer users a series of short, interactive episodes that feature "Kiddio," an appealing preschooler who doesn't like vegetables. Parents can customize the game so that Kiddio's temperament matches that of their child. The videogame project, funded by ARS and a grant from the National Institute of Child Health and Human Development, will draw upon five studies that the Houston scientists have conducted over the past decade. These studies, involving thousands of parents, kids, and nutrition-related professionals, are examples of what has become known as "behavioral nutrition," a comparatively new scientific discipline that has roots in both psychology and nutrition. [Read more](#) about this research in the July 2012 issue of Agricultural Research magazine.

### **THE SOCIETY FOR NUTRITION EDUCATION AND BEHAVIOR CONFERENCE**

Thanks to those who presented at this year's Society for Nutrition Education and Behavior Conference in Washington D.C. Their presence shows the efforts that FCS professionals take to be grounded in their specialization and subject matter. Congratulations go out to the following presenters for their outstanding work.

#### *A validation Study: Child Vegetable and Fruit Consumption Questionnaire*

Lauren Manganiello, MS, Ohio State University, Joyce McDowell and Maria Carmen Lambea, OSU Extension (Joyce and Maria Carmen had mentored Lauren on this outstanding and award winning Masters project that she developed through EFNEP)

### *Mobilizing Rural Low-income Communities to Assess and Improve the Ecological Environment to Prevent Childhood Obesity*

Valentina Remig, PhD, RD, RADA, Kansas State University, Jamie Seger, OSU Extension (Jamie was a part of the team presenting related to our AFRI Grant)

### *Technology Trends for the 21<sup>st</sup> Century Nutrition Practice*

Speakers Patricia Brinkman, Ohio State University Extension and Lisa Barlage, MS, Ohio State University

### *Building Healthy Families and Preschoolers: A Systems Approach for Lifelong Health*

Speaker Pat Brinkman, MA, BS, Ohio State University Extension

### *Evaluating Face Validity of an Arabic-translation of a Food Security Questionnaire*

Fatima Al-Ghadban, MS, RD, Ohio State University-Graduate student with Joyce McDowell and Hugo Melgar-Quinonez on her committee.

## **CALL FOR PROPOSALS - OHIO 4-H VOLUNTEER CONFERENCE . . .**

The Ohio 4-H Volunteer Conference (OVC) and Ohio 4-H Teen Conference (OTC) will again be held simultaneously at the Greater Columbus Convention Center on Saturday, March 9, 2013. Extension Professionals are encouraged to share their expertise, and submit proposals as they see appropriate; this is definitely a multi-disciplinary opportunity.

Additionally, please share this information with highly qualified volunteers and teen leaders and encourage them to submit proposals. Proposals must be submitted by August 31st online at:

<http://www.zoomerang.com/Survey/WEB22FZQ7C3WLC/>.

This link and the learning tracks can also be found at: <http://www.ohio4h.org/volunteerconference>. A separate survey will be launched for poster session proposals. Watch for this link to be available soon at the Ohio 4-H Volunteer Conference website. Please contact Amanda Forquer ([forquer.13@osu.edu](mailto:forquer.13@osu.edu)) with any questions.

## **1<sup>ST</sup> ANNUAL FOOD SAFETY MIDWEST WORKSHOP**

The 1<sup>st</sup> Annual Food Safety Midwest Workshop will be held on Thursday, September 13, 2012 in Fort Wayne, Indiana. There are nationally recognized speakers from the region and that the keynote speaker is the National Program Leader in Food Safety from USDA-ARS. It is a very exciting program and a good step forward in developing partnerships across the region. As part of the grant, each of the 3 universities is offering complimentary registrations for the first 25 faculty, staff, and/or students (from each university) that register. **To register, simply go to <http://bit.ly/fsmmeeting>.** Once you are in the website, you will need to create an account for yourself, and then you can enroll. If you are one of the first 25 from each university, select that option for a "free registration." If you have any questions about the program, please contact Richard Linton at [linton.60@osu.edu](mailto:linton.60@osu.edu) directly.

## **PROMOTION TRAINING - SAVE THE DATE . . .**

We encourage all FCS Educators to work toward promotion and to make plans to attend one of two training sessions: December 18, 2012 and January 16, 2013. Both sessions will be held at the Nationwide and Ohio Farm Bureau 4-H Center. More details and registration information will be available at a later date. Bev Kelbaugh gives leadership to these workshops, in close collaboration with Ken Martin, our OSU Extension Department Chair. You can contact Bev or Ken with any questions you make have.

## **RURAL HEALTH CONFERENCE/HEALTH EDUCATORS' INSTITUTE**

This year's combined Rural Health Conference and Health Educators' Institute will take place October 17-19 at the Deer Creek Lodge, Mt. Sterling, OH. It is presented by the Ohio Department of Health, Rural Health Program and the Ohio Society for Public Health Education. Watch for more details, including registration information, at <http://www.ohiosophe.org>

## **FUNDING OPPORTUNITIES DATABASE CHANGED**

Ohio State transitioned from the COS Pivot (Community of Science) funding opportunities database to InfoEd SPIN on July 1. SPIN offers similar functionality in funding searches and alerts at a fraction of the cost of COS. InfoEd SPIN is now live and can be accessed at <http://infoedglobal.com/>. The SPIN suite of products includes SPIN, a searchable funding database; GENIUS, a tool for creating profiles; and SMARTS, a tool for setting up customized email reports and alerts. Faculty, staff, and student researchers who currently use COS will find SPIN to be very similar in operation. However, we will be providing

training and educational materials for using the new system (creating accounts, building profiles, setting up email alerts). Visit <http://research.osu.edu/2012/06/infoed-spin-training/> for more information.

## ASK AN EXPERT RESPONSE TEAM - PROMPT ACTION REQUIRED

Our current Ask an Expert (AaE) average response time is 63 hours, 1.3 times longer than our goal of responding within 48 hours. Here are some ways to help speed up our response rate:

1. Be sure to take some action as soon as possible, even if you are unable to answer the question. Your options include:
  - Answering the question. If you can answer the question, please do so quickly.
  - Asking for more information. You can reply with a request for more information or ask questions to clarify.
  - Assign the question to someone who can better answer the question.
  - Select the “hand off to a Wrangler” feature. This pushes the question back to a Wrangler so they can reassign the question.
2. Be sure your geographic and area of expertise settings are correctly set. This helps the Wranglers quickly assign questions to the right person.
  - Your geographic preference should be your county or counties. This is especially important for support staff and 4-H to make sure time-sensitive questions are quickly routed. These can be set at: <http://www.extension.org/aae/prefs/location>.
  - Set your area of expertise settings at: <http://www.extension.org/aae/prefs/expertise>. If your area of expertise is not available, leave it unchecked.

If you have questions, contact Jerry Thomas ([thomas.69@osu.edu](mailto:thomas.69@osu.edu); 419-306-9400).

## KUDOS

**Tasha Snyder**, State Specialist, HDFS, has been appointed by Dean Cheryl Achterberg as the interim department chair for HDFS.

Congrats to the following who will present concurrent sessions next month at the Ohio Assn. of Teacher of Family & Consumer Sciences (OATFACS) conference:

- *Right on the Money: Talking Dollars and Sense with Parents and Kids* - **Carol Chandler**, FCS Educator in Union Co., and Ruth Budd, community partner.
- *Setting Your Curriculum Table with USDA's "My Plate"* - **Dan Remley**, Food, Nutrition & Wellness Field Specialist
- *Jumpstart to a Healthy and Prepared Workforce of Students!* - **Linnette Goard**, Food Safety, Selection & Management Field Specialist

A paper by Lauren Jones, Cornell, **Caecilia Loibl**, Consumer Sciences, and Sharon Tennyson, Cornell, was recently listed on Social Science Research Network's top 10 download list for: ERN: Econometric Studies of Households' Consumption Patterns. In case you'd like to read it for yourself, here is the citation info and hyperlink: "Jones, Lauren Eden, Loibl, Caecilia and Tennyson, Sharon L., The Effects of CARD Act Disclosures on Consumers' Use of Credit Cards (June 15, 2012). Available at SSRN: <http://ssrn.com/abstract=2034419> or <http://dx.doi.org/10.2139/ssrn.2034419>

## WELCOME TO THE FCS EXTENSION FAMILY! & PERSONNEL UPDATES

We are very pleased to welcome **Amanda Rysz** as our “new Sandy Bryan.” Amanda started as our FCS Extension Administration Office Admin. Associate on June 27. You will hear Amanda's voice when you call our main phone number (614-688-5378). Her email is [rysz.4@osu.edu](mailto:rysz.4@osu.edu).

Farewell to Sylvia Altenburger, FNP, and Valerie White, EFNEP. Sylvia accepted the Learning Specialist position at Rhodes State College in Lima, Ohio. This position will get her back closer to her home and family but she says she will sadly miss the OSU Extension family that she has known for 18 years. Valerie is pursuing a medical degree at Ohio University. We wish them the best and thank them for their dedicated service to FCS Extension!

## LEADERSHIP MOMENTS: COMMUNICATING BELIEF AND CONFIDENCE

From: Losoncy L. & Walsh, C. (2011). *On: a brilliant way to live and work*. Sanford, FL: DC Press.

The poet Goethe observed, "If you want someone to develop a trait, treat them as though they already have it." One of the best predictors of an individual or a team's performance is their expectations. Theodore Roosevelt concluded that if you believe you can you were half way there. Winning teams expect to win. Losing teams aren't sure. Research in education provides support for the idea if a teacher believes in a student and expects the student to do well, her belief communicates confidence which plays a role in influencing the student's own positive expectations.

Think about it for a moment. If someone believes in us and communicates that confidence along with a belief that our work is important, we will have a tendency to take a renewed look at ourselves. Deep down we may hope the person is right so we try to prove the trusting person right. The fact that some psychologists tell us we only use 10% of our potential demonstrates that there is always room for improvement. And the cause of this improvement may be someone's trust that communicates belief and confidence (Losoncy & Walsh, 2011, p. 104).

*On* is available from the OSU Leadership Center. [Click here to borrow this resource](#) or any other resource. Once you are on our website, click on the Spectrum icon.

(*Leadership Moments* is reprinted with permission from the OSU Leadership Center <http://leadershipcenter.osu.edu>.)

## UPCOMING EVENTS

Good afternoon,

The FNP business meeting is scheduled to be presented using Webex. Presentation topics will include information from Robert Concitis, Bette Hartschuh, and the FNP State Team. Below is the information for the upcoming FNP Business Meetings, which will be held via Webex. You should plan to attend ONE of the meetings below. Your choices are:

Tuesday, August 21, 9:30 – 11:30 AM

Tuesday, August 28, 1:00 – 3:00 PM

## DATES TO REMEMBER

- July 30 Healthy People face to face Meeting - time and location TBA
- October 25 Dining with Diabetes In-Service - 4-H Center
- October 31 Healthy People WebEx 10-11:30am
- November 13-14 Fall Community Nutrition/All FCS Extension Conference - Ohio Union
- December 4 Association Meetings, NWOFB 4-H Center
- December 5 OSU Extension Annual Conference – Ohio Union
- December 18 P&T Training Session – 4-H Center
- January 16, 2013 P&T Training Session – 4-H Center

## UPCOMING NATIONAL CONFERENCES

- September 24-28, 2012 NEAFCS Annual Conference, Columbus, OH
- Oct. 1-4 National eXtension Conference, Renaissance Hotel, Oklahoma City, OK
- October 6-10 ESP 2012 National Conference, Mobile, AL
- October 15-16 Financial Literacy Leadership Conference, Washington, DC
- Feb. 20-22, 2013 Tri-State Diversity Conference, Marriott Airport, Hebron KY
- April 16 & 17 Priester Health Conference, Corvallis, OR
- Sept. 15-19, 2013 Galaxy IV Conference, Pittsburgh, PA

## HELPFUL LINKS

- Extension Family and Consumer Sciences - <http://fcs.osu.edu/>
- OSUE FCS Facebook Page - <https://www.facebook.com/osuefcs>
- Community Nutrition Programs (EFNEP & FNP) - <http://fnp.osu.edu/> and <http://efnep.osu.edu>
- Occasional Quantity Cook - <http://www.ag.ohio-state.edu/~oqc/>
- Universal Design - <http://ehe.osu.edu/ud/>
- Extension Intranet Calendar - <http://intranet.ag.ohio-state.edu/calendar/>
- OSU Extension Communiqué - [http://www.ag.ohio-state.edu/~intranet/news\\_matrix.php?newsletter=1](http://www.ag.ohio-state.edu/~intranet/news_matrix.php?newsletter=1)
- Extension Policy & Procedure Handbook - <http://extadmin-cms.ag.ohio-state.edu/policy-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***

- EBSCOhost literature search database - <http://library.ohio-state.edu/record=e1000149~S7> (be sure to use the off-campus sign in link)
- IRB - <http://orrrp.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](http://www.mymoney.gov)
- National Collaborative on Childhood Obesity Research - <http://www.nccor.org/>

### **Family and Consumer Sciences**

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