

Family and Consumer Sciences e-Connection – May/June 2014

Dear Colleagues:

You just received the announcement for the call for posters for the Family and Consumer Sciences All Programs Conference in November. Later this summer you will receive the call for presentations and posters for the OSU Extension Annual Conference Research Colloquium. As you are completing those applications I challenge you to show how the scholarship and research of family and consumer sciences is making a difference in people's daily lives.

What research, theory, literature and best practices guide why we teach and how we teach certain subjects? How and why do we know what we know? We teach Family and Consumer Sciences content because we believe that it makes a difference in the quality of life that people live. But, how do we know that?

Research is the method we use to determine what we know about strong relationships, good nutrition and healthy personal finance – and how our subject area can affect people. We form an idea. We set up a method to test if that idea is true. We then use what we learned through the research to help us with the theories that guide new research and how we deliver programs. We use the literature and reports from research to provide us with the content for our programs. We look at best practices that we or others have tested to develop and deliver programs.

It is our commitment to the research, sound theories, literature and best practices that guides our work and elevates the quality of the family and consumer sciences program. It is that sound scholarship basis that should be shared as we submit proposals for these two upcoming conferences.

Now is the time to share with your colleagues the scholarship that is guiding your work!

I look forward to seeing your posters and presentations at these two end of year events.

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

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PERSONNEL UPDATES

This month we welcome Ross County EFNEP Program Assistant **Julie Tapp**, Montgomery County EFNEP Information Associate **Debbie Long**, Greene County SNAP-Ed Program Assistant **Debora Custer**, Fayette County SNAP-Ed Program Assistant **Sarah Sowell**, Clermont County SNAP-Ed Program Assistant **Anna Saunders**, and Hancock County FCS Educator **Shawn Ochs**!

KUDOS

Kudos go out to **Carolyn Gunther** on receiving the 2014 Engagement Impact Grant in the amount of \$60,000! She and her team have been working very hard planning to launch the project, *Camp NERF: A Summer Intervention Designed to Empower Disadvantaged Children to Make Healthy Dietary and Physical Activity Choices and Prevent Unhealthy Weight Gain*. The 10-week camp is grounded in an existing, evidence-based curriculum and infused with cognitive behavioral techniques.

Carolyn Gunther has also been appointed the American Society for Nutrition representative on the Nutrition Educator Competency Task Force within the Society of Nutrition Education and Behavior. The task force reviews and revises the core competencies of nutrition educators.

Caezilia Loibl and **Tasha Snyder**, along with Travis Mountain, also get kudos for presenting “Connecting Saving and Food Security: Evidence From an Asset-Building Program for Families in Poverty.”

Congratulations to **Mike Betz**, along with Jill Clark, who were awarded a \$20,000 OSU CARES Seed Grant for “Producing Energy, Protecting Food: The Impact of Shale Energy Development on Food Access in Rural Communities.” The grant will be used to study how sudden increases in population due to shale gas development affect food access for original residents over the short and long term.

Carol Smathers, along with Theresa Ferrari and Phyllis Pirie were awarded a \$16,000 OSU CARES Seed Grant for “Water First for Thirst: Promoting Healthier Beverage Consumption through Youth Advocacy.” With this grant, the group plans to develop a curriculum containing activities that will engage teens in promoting policy and practice changed related to decreasing consumption of sugar-sweetened beverages and increasing availability of healthier beverage choices.

Kate Homonai is also part of a team along with Electra Paskett and Darla Fickle, who received a \$20,000 OSU CARES Seed Grant for “Putting Healthy Food on the Table.” This project will encourage healthy eating through a wide array of programming on producing, purchasing, preparing, and preserving fruits and vegetables, thereby increasing access to healthy fruits and vegetables all year round among residents in Vinton County.

Congrats to the “Live Healthy Live Well” Team, who is the recipient of the ESP North Central Region’s Distinguished Team Award, which will be given at the 2014 ESP National Conference in Indianapolis, IN on October 8th. Team members for this award included **Lisa Barlage, Michelle Treber, Pat Brinkman, Cindy Shuster, Beth Stefura, Marie Economos, Marilyn Rabe, Susan Zies, Carol Chandler, Liz Smith, Cheryl Barber Spires, and Linnette Goard**.

Kudos also to recipients of the Ohio JCEP May 2014 professional development awards below:

- **Betsy DeMatteo**, \$350 to participate in the Association of Financial Counseling, Planning and Education Symposium
- **Cheryl Barber Spires**, \$300 to participate in a Certificate of Training in Adult Weight Management Program
- **Bridgette Kidd**, \$200 to attend the Association of State Public Health Nutritionist Annual Conference

MARKETING TIDBIT AND TOOL

Do you want to look at the FCS Talking Points prior to your next meeting with the county commissioners, agency director or other community member? Just click on your smart phone! The Marketing Team has developed a webpage www.go.osu.edu/talkpoints that can be saved on the home screen of your smart phone and then looks like an app. The page contains all the FCS talking points from our marketing plan. Read Jamie Seger's latest ed-tech blog to learn more. See <https://u.osu.edu/extensionedtech/2014/06/02/ed-tech-in-action-fcs-talking-points-web-app/>

EXTENSION CENTENNIAL-SHARE YOUR STORIES

As many of you are aware, the Cooperative Extension System is celebrating its 100th birthday this year. Extension is, and always has been, about the people that it benefits, and to celebrate NIFA wants to hear from them. We are reaching out on social media to gather stories from people all across the United States to get their personal stories of how Extension has impacted their life. We're asking people to post stories, photos, videos, etc. to Twitter, Facebook, Instagram, YouTube, blogs or any other social media site, using the hashtag #Ext100Years and then tweet it to us at [@usda_nifa](https://twitter.com/usda_nifa). We plan to share some of our favorite stories with everyone.

To kick things off, NIFA's director Sonny Ramaswamy recorded this [video message on YouTube](#). You can help us in two ways:

1. Share your story with us. We want to hear from those who have worked in Extension too. How have you seen it work in your life? In the lives of others?
2. Can you pass this message along? Feel free to tweet or Facebook this out with a link to the YouTube video or email to your contacts. We want this to go far and wide across the country, so we're going to need some help in getting the message out to all Americans. You can either pass along the YouTube video or the attached graphic that explains what we're looking for.

Don't forget to use the hashtag #Ext100Years and tweet to us at @usda_nifa. We look forward to hearing from you!

CALL FOR EVENTS: YP4H HEALTH & WELLNESS EVENTS CALENDAR

Are you (or someone you know) organizing an upcoming health and wellness event? This is your friendly monthly reminder to submit your events to the Your Plan for Health (YP4H) Health & Wellness Events Calendar at <http://yp4h.osu.edu/events-and-challenges/submit-event>. Complete event submission guidelines are listed on the online submission form. Events must be open to Ohio State faculty and staff. Once approved and posted, your event will appear online at <http://yp4h.osu.edu/events-and-challenges/events>.

TRI-STATE DIVERSITY CONFERENCE CALL FOR PROPOSALS

The Tri-State Diversity Conference is hosted by four land grant universities from Indiana, Kentucky, and Ohio. It is designed for administrators, faculty, and staff from Cooperative Extension, research, and academic programs; private and public university representatives; K-12 educators; community outreach leaders; health and social services professionals; employers and supervisors; human resource staff; elected and appointed officials; and all others wanting to expand diversity efforts and increase cultural understanding in their communities and workplaces.

Proposals for presentations are being invited for the 2015 conference on best practices, curriculum models, research, professional development training, and success stories for implementing diversity initiatives in a variety of settings. The Planning Sub-Committee is seeking proposals for beginning, intermediate, and advanced levels of diversity learning. These proposals are peer-reviewed and you will be notified by **August 15, 2014** if your presentation has been selected for presentation at the 2015 conference.

For the full details on how to submit your proposal, visit <http://ces.ca.uky.edu/tristatediversityconference/> and click on the Call for Proposals section.

SAVE THE DATE-WEBINAR ON "THE POSITIVE DEVELOPMENT OF YOUTH: COMPREHENSIVE FINDINGS FROM THE 4-H STUDY OF POSITIVE YOUTH DEVELOPMENT"

Derived from a relational developmental systems theoretical perspective, the 4-H Study of Positive Youth Development (PYD) tested the idea that, when the strengths of youth are aligned with key resources in their context, for example, youth development programs such as 4-H, PYD would develop. Assessing over 7,000 youth (and over 3,500 of their parents) from 42 states and across Grades 5 to 12, the results of the 4-H Study supported this idea and, as well, identified the individual and contextual bases of PYD and, in turn, the links between PYD and youth contributions to their communities. Reviewing the model of PYD that we tested, Richard M. Lerner (Principal Investigator), Jacqueline V. Lerner (Scientific Director), and Kristina Callina (Project Director) will present the key findings from the study and, in particular, the results pertinent specifically to youth participating in 4-H. The implications of the findings of the study for future research, for youth development programs, and for social policy are discussed. After this presentation, Drs. Lerner, Lerner, and Callina will participate in a Q & A session with webinar participants.

You can join the webinar on **Monday, June 9** from 3-4pm EST at: <http://connect.ksre.ksu.edu/navy4h/>

FAO AND NATIONAL GEOGRAPHIC COLLABORATE ON THE FUTURE OF FOOD

Food and Agriculture Organization of the United Nations (FAO) and the National Geographic Society are teaming up to raise public awareness of food and agriculture topics and the question of how to feed 9 billion people by 2050. They are collaborating on an 8-month "Future of Food" series that will run in National Geographic magazine and online at <http://food.nationalgeographic.com/>. The series' themes include: food and agricultural statistics and trends, feeding megacities in a world of changing demographics, reducing food loss and waste, the role of animal and insect protein in diets, and global forestry issues.

(Source: NIFA)

GUIDELINES FOR MEDIA PORTRAYALS OF OBESITY

The media is an influential source of information about obesity, and shapes public understanding and attitudes about this important health issue. From network news to daily newspapers, obesity has become a fixture of daily headlines throughout the United States, and while this certainly raises the profile of obesity and its serious health implications, media representatives often unknowingly depict obesity, and those affected by it, in a negative light.

In an effort to educate media representatives on how to appropriately discuss the disease of obesity in the media, the Obesity Action Coalition (OAC), along with The Rudd Center for Food Policy and Obesity and The Obesity Society (TOS) have developed the Guidelines for Media Portrayals of Individuals Affected by Obesity.

The guidelines focus on areas of journalistic reporting such as:

Respect Diversity and Avoid Stereotypes

Use Appropriate Language and Terminology (People-First Language for Obesity)

Conduct Balanced and Accurate Coverage of Obesity

Select Appropriate Picture and Images of Individuals Affected by Obesity

Obesity should be treated just like any other disease in the media. It is the hope of the OAC, The Rudd Center and TOS, that the media will adhere to these guidelines when covering the topic of obesity and those affected by it.

To view the Guidelines for Media Portrayals of Individuals Affected by Obesity, please click [here](#).

MARK YOUR CALENDARS: OHIO 4-H FOUNDATION GRANT WEBINAR

Please join Dale Arnold, 4-H Foundation Grants Committee Chair in a CarmenConnect Meeting. This is your opportunity to learn what the committee looks for in a grant application, review successful tips on grant writing and preparing budgets, the importance of your Impact Report, and when to submit an Off-Cycle grant. There will be four sessions to choose from. Please share this link with other Extension employees or local volunteers who are interested in collaborating with you on your next program!

Thursday, August 14, 2014 at 9:00am and 12:00 p.m.

Thursday, September 11, 2014 at 9:00 a.m. and 12:00 p.m.

To join the meeting:

<http://carmenconnect.osu.edu/r6mk3y6pvcml/>

Room Passcode: grant

USDA ANNOUNCES \$78 MILLION AVAILABLE FOR LOCAL FOOD ENTERPRISES

Agriculture Secretary Tom Vilsack today announced that USDA is making a historic \$78 million investment in local and regional food systems, including food hubs, farmers markets, aggregation and processing facilities, distribution services, and other local food business enterprises.

As a result of the 2014 Farm Bill, the Farmers Market and Local Food Promotion Program was created to help market and promote support for local food enterprises. As a result, \$30 million will be available to farmers markets, other direct producer-to-consumer venues, and other businesses in the local food supply chain. For marketing and promoting local food businesses, \$15 million is available and an addition \$15 million will go towards marketing farmers markets and to other direct to consumer outlets.

See the full news release [here](#).

(Source: *United States Department of Agriculture*)

LEADERSHIP MOMENTS: CHANGE: A NEVER-ENDING JOURNEY

Kets de Vries, M. F. R. (2011). *The hedgehog effect: the secrets of building high performance teams*. San Francisco: John Wiley & Sons.

We all tend to talk big when it comes to change. But how many of the hundreds of new leaves we promise to turn over have even been looked at? The only true sign that change has been achieved is a new way of behaving. Inner transformation only takes place once a new way of looking at things has been internalized. The final part of the individual change process also involves proactively reshaping our internal world and the acceptance of a new way of doing things. We discard past patterns of thinking, feeling, and acting as we begin to turn towards the future. A shift in attitude and behavior culminates in the redefinition, and even reinvention, of our self (p. 173).

The Hedgehog Effect 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.

DATES TO REMEMBER

- June 18 Healthy Finances team meeting
- June 24 FCS CarmenConnect call
- July 14 FCS CarmenConnect call
- August 4-5 OATFCS Conference, Columbus, OH
- November 18-19 FCS All Programs Conference
- December 9-11 OSU Extension Annual Conference and Research Colloquium

UPCOMING NATIONAL CONFERENCES

- June 24-27 Association for Communication Excellence Annual Conference, Portland, OR
- June 26-30 Groves Conference on Marriage and Family, State College, PA
- 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/~oqc/>
- 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/>



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