



Healthy People
Healthy Finances
Healthy Relationships



FCS e-Connection – September 2012

Dear Colleagues:

Below are highlighted a few conversations I had recently:

- I had dinner with a friend that has judged 4-H projects for over 30 years. She talked about how she saw those as mini teaching opportunities. She judged projects for me when I was in the county, and she did see judging as teaching time. The 4-Hers listened to her, respected her suggestions, would make those changes and demonstrated their growth as the years progressed.
- A 4-H mother shared with me again this summer her frustration of her daughter's first judging experience. The judge knew very little about the subject matter of the project and did not ask any questions that challenged her daughter. The 4-Her did very well, but felt she had a terrible judging experience. I hear about this first judging experience every year after their judging....and that their experiences are so much better now than they were that first year.
- I ran into a 4-H educator who shared with me how much they missed their FCS educator. The educator commented about how the FCS educator knew the subject matter of a huge percentage of their county's projects (foods/nutrition and clothing). The FCS educator gave leadership to insuring that the 4-Hers got the subject matter info that was important for them to be successful. But also, the FCS educator knew the judges, knew who was good, who had the expertise, and who would be good judges. The 4-H educator said they had a void in their programming without having an FCS educator.

These three conversations reinforced for me a piece I read this summer by John Maxwell. He discussed that good leaders “complete” each other, rather than “compete” against each other. In Extension programs, our programs and our educators “complete” each other. For FCS, the 4-H program provides a vehicle and methodology for us to have substantial impact on children and families through FCS subject matter. Many families today are eating healthy, managing their money and raising their children on lessons they learned through their 4-H participation...all FCS subject matter. For 4-H, FCS helps to bring the subject matter and expertise that is needed to give children the experiences they need to grow into healthy and productive adults...a main goal of the 4-H program.

As a result, together, we “*Work as a TEAM to provide the HIGHEST QUALITY PROGRAMS that are ROOTED IN RESEARCH and as a result SUBSTANTIALLY IMPACT OHIOANS*”. In this case we are achieving this goal because the 4-H program and FCS program are “completing” each other, rather than “competing” against each other.

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FCS EXTENSION WEBSITE ADJUSTMENTS

Jonathan Tascoe, our FCS Extension webmaster, has made a couple of updates to the FCS “for professionals” webpages to make finding items a little easier. These updates include a new set of quicklinks based on Google analytics for the most frequently clicked items. The quicklinks for EFNEP and FNP appear in their own blocks, and just above them is a link to all the other general “for professionals” resources page. Note that you will still use the menu links on the left-hand side to navigate, too. Additionally, Jonathan made changes so bookmarks that go directly to any “for professionals” pages will work better, which means if you do bookmark a “for professionals” page you will have to enter your username and password to access it.

FCS Marketing Committee Update

The FCS Marketing Committee had a display at the OATFACS conference held August 8th at the Hilton at Easton (pictured are Liz Smith and Marilyn Rabe). The display featured our new FCS banner, FCS tablecloth, FCS shirts, and FCS bookmark. The teachers in attendance received an e-store flyer of the products FCS has for sale, the FCS bookmarks, as well as information about the upcoming LHLW (Live Healthy. Live Well) challenge. The information was well received and several teachers indicated a desire to purchase materials. We will have a similar display at NEAFCS Annual Session. The FCS bookmarks are a 2.5”x3.5” cardstock version of the banner with a QR code for the FCS Extension website. Each County will receive approximately 100 bookmarks in county mail in the near future.



OHIO ATTORNEY GENERAL'S CONSUMER ADVOCATE NEWSLETTER

Sign up to receive the latest consumer advocate news from the Ohio Attorney General's Office at <http://ohioattorneygeneral.gov/Briefing-Room/Newsletters/Consumer-Advocate-%281%29>

ELECTRONIC SUBMISSION OF IRB DOCUMENTS

All Institutional Review Board (IRB) documents are now to be submitted electronically using a new web site – [IRB Submit](#). IRB Submit is an intermediate step as we continue to develop a fully-electronic protocol submission system for human subjects research. Using IRB Submit, you will be able to upload all of your IRB documents (initial review, amendments, continuing reviews, event reports, final study reports, exempt research applications) for review by the Biomedical Sciences, Behavioral and Social Sciences, or Cancer IRBs, as well as submissions requiring WIRB pre-review. Documents can be uploaded in any file format (DOC, PDF, JPEG, etc.). Paper submissions (and duplicate copies) will no longer be required as of July 30th. Submission forms and signature requirements remain the same. Visit the Office of Responsible Research Practices (ORRP) [web site](#) for IRB Submit access (link in the left-hand menu bar) and instructions. Visit the Protocol Lookup site (<http://orrrp.osu.edu/plink/>) to check your CITI and COI status, and for a listing of protocols for which you are associated. For more information, contact Susan Ebert at (614) 292-0184 or ebert.55@osu.edu.
(Source: *Office of Responsible Research Practices*)

PROCESS TO ACCESS CITI COURSES CHANGED

The Collaborative Institutional Training Initiative (CITI) on-line training modules are a requirement of any key personnel working on IRB-approved research protocols. CITI provides online coursework in human subjects protection, responsible conduct of research, good clinical practices, and export control. In the past, CITI courses used a registered CITI username and password. That has changed. You now use your Ohio State username (last name.#) and password. Instructions can be found at: <http://orrrp.osu.edu/irb/training/citiinstructions.cfm>.
(Source: *OSU Today*)

WHITE HOUSE CITES CENSUS BUREAU AS FEDERAL DIGITAL LEADER

“America’s Economy,” the U.S. Census Bureau’s first mobile application, is now available for iPhone [here](#) and iPad [here](#). The America’s Economy mobile app provides updated statistics on the U.S. economy, including monthly economic indicators and economic trends. The app consolidates indicators from the Census Bureau, the Bureau of Economic Analysis and the Bureau of Labor Statistics, which produce monthly and quarterly snapshots of key sectors within the U.S. economy. It provides smartphone and tablet users with real-time releases of 16 key government statistics that drive business hiring, sales and production decisions useful to small businesses, the construction industry, the banking industry, journalists, economists, planners, policymakers and anyone who wants to monitor U.S. economic data. To learn more about the economic statistics the Census Bureau produces, visit: <http://www.census.gov/econ/>
(Source: *Census Bureau*)

YOUNG COUCH POTATOES

A new [study](#) from the University of Montreal found a correlation between children’s early television watching habits and their later physical health characteristics. After studying more than 1,300 children longitudinally, researchers discovered a link between the amount of TV watched by 2- to 4-year-olds and increased waist size at age 10. They also saw a decrease in children’s athletic capabilities at this later age. On average, 2-year-old children participating in the study were watching TV more than 8 hours per week, despite [recommendations](#) from the American Academy of Pediatrics (AAP) that children at this age should not watch *any* TV. The study found that 4-year-olds view an average of 14 hours of television each week, consistent with the AAP recommendation that children of this age watch no more than one to two hours of TV per day.

NATIONAL SURVEY OF CHILD AND ADOLESCENT WELL-BEING WAVE 2 REPORT: CHILD WELL-BEING

The Office of Planning, Research and Evaluation (OPRE) at the Administration of Children and Families (ACF/HHS) has released a report from the National Survey of Child and Adolescent Well-Being entitled “NSCAW Wave 2 Report: Child Well-Being”. This report is the first in a planned series of descriptive reports based on cross-sectional data from the 18-month follow-up from the second cohort of NSCAW, a nationally representative, longitudinal survey focusing on children who come to the attention of the child welfare system through investigation by child protective services. The report describes the development and functioning of the children in the sample at the time of the follow-up.

The summary section of the report notes: “Eighteen months after the close of investigation, children reported for maltreatment in 2008 were below the same-aged general child population average on social-emotional, cognitive, language, daily living skills, behavioral, and social skill-based domains. Overall, 42.3% of children 1 to 5 years old had a score indicating developmental problems. Among school-aged children and adolescents, 9.6% showed some risk of low academic achievement, 35.6% had emotional or behavioral problems, and 10.7% had both.”

To access the OPRE web page dedicated to this study, please go to http://www.acf.hhs.gov/programs/opre/abuse_neglect/nscaw/index.html

To access the report, go to http://www.acf.hhs.gov/programs/opre/abuse_neglect/nscaw/reports/nscaw2_well.pdf

SOCIAL MEDIA TIPS

Jamie Seger, FCS Program Coordinator in Miami Co., recently attended the “Social Media 4 Non-Profits” workshop, and shares the following: According to workshop presenters, Facebook has become more of a photo-driven site and Twitter a link-driven site. Meaning that you will get a lot more engagement from posting photos on Facebook than links. If you’d like to view many of the conference’s presentations, check out-- http://www.facebook.com/l/JAQEW7-1DAQGseTU0dRhwyupZ0zx-svwtZ9VIUuo3nAf3_A/www.slideshare.net/SM4nonprofits

SPECIAL ISSUE ON CHILDHOOD OBESITY AND SCHOOLS

Childhood Obesity, a peer-reviewed journal from Mary Ann Liebert, Inc., publishers, has published a [special issue { http://online.liebertpub.com/toc/chi/8/4 }](http://online.liebertpub.com/toc/chi/8/4) dedicated to the role that schools can and should play in providing and encouraging healthy nutrition and good eating habits to help stem the tide of the obesity epidemic in children and adolescents. The special issue provides comprehensive coverage of food policy, systems, and programs to improve food culture, practices, and nutrition standards in the school environment, and is available free on the [Childhood Obesity](http://www.liebertpub.com/chi#utm_source=PR&utm_medium=email&utm_campaign=CHI) website:

http://www.liebertpub.com/chi#utm_source=PR&utm_medium=email&utm_campaign=CHI

(source: August Food Innovation center “Obesity Update” newsletter)

FARM TO SCHOOL MONTH (ALMOST HERE!)

It’s so hard to believe, but October and Farm to School Month are almost here. Please start your F2S Month planning and promotion, and be sure to check out the tools, resources and contest at www.farmtoschoolmonth.org. Read multiple articles focused on Farm to School including [Focusing on farm-to-school](#), [School Lunch Milk Cartons Take A Hit In New Ad Campaign](#), and [FOOD: NC Farms Supplying More Food To Local Schools](#). The upcoming issue of *Childhood Obesity* will focus on school food. There is a lot of content related to farm to school strategies, logic models, research etc. at:

<http://online.liebertpub.com/toc/chi/8/4>

LOWE'S TOOLBOX FOR EDUCATION

Lowe's Charitable and Educational Foundation (LCEF) knows how hard you work for your kids and your community and we're dedicated to helping your parent-teacher group achieve even more for your school. Apply for our Toolbox for Education Grant now and build on your already impressive parent group success with Lowe's. The deadline for this is October 12 or the first 1500 applications. To apply for this grant, visit <http://www.toolboxforeducation.com/>

(Source: Lowe's)

AGING NEWS AT OHIO STATE

The summer edition of "Aging News at Ohio State," published by the OSU Office of Geriatrics and Gerontology, is now available on-line at <http://ogg.osu.edu/2012/07/>. This issue contains information about geriatric dentistry, National Falls Day, a research opportunity in caregiving, conference announcements, aging education training, and more. Please feel free to share the newsletter with other colleagues who may have an interest in its contents. For further information or if you have a news item for a future newsletter, contact Michelle Myers at michelle.myers@osumc.edu.

AHAM: EDUCATE TO BE SAFE! FREE SAFETY BROCHURES

As a public service and to promote safe use of appliances, AHAM would like to offer us safety brochures: "Helpful Hints for Using Your Clothes Dryer Safely and Effectively," "Recipe for Safer Cooking," "Stay Safe! Top Tips for Using Your Electric Heater Safely" and "Protect Against Range Tipping" free of charge! These brochures are great for handing out at events and to incorporate into fire safety education programs. You can view examples of these brochures on the AHAM website here

<<http://www.aham.org/consumer/ht/d/sp/i/1071/pid/1071>> . AHAM will provide you with small quantities of the brochures at no cost. However, large orders may require payment for shipping charges. To order these brochures, please order brochures online here <<http://www.aham.org/ht/d/Store/name/FIRESAFETY/pid/>> .

We will ship your brochures within 2 weeks of receiving your order. If there are any questions, contact Nick Baker at nbaker@aham.org.

(Source: AHAM)

NORTH CENTRAL REGION SARE YOUTH EDUCATOR GRANT PROGRAM

The 2013 North Central Region - Sustainable Agriculture Research and Education Program (NCR-SARE) Youth Educator Grant Call for Proposals is now available. Youth Educator Grant projects provide opportunities for youth in the North Central Region to learn more about sustainable agriculture (farming and ranching that is ecologically sound, profitable, and socially responsible). Educators use the grants to encourage young people and their parents to try sustainable practices and see sustainable agriculture as a viable career option. Projects should help youth discover that sustainable farming and ranching is profitable; good for families, communities, and their quality of life; and good for the environment long term. Grants are awarded at a \$2,000 maximum, and a total of approximately \$20,000 is available for this program. Grant recipients have 25 months to complete projects. Interested applicants can find the call for proposals online as well as useful information for completing a proposal at <http://www.northcentralsare.org/Grants/Our-Grant-Programs/Youth-Educator-Grant-Program>. Proposals are due by 4:30 pm, Thursday, November 15, 2012 at the NCR-SARE office in Saint Paul, MN. Potential applicants with questions can contact Joan Benjamin at jbenjami@umn.edu or [573-681-5545](tel:573-681-5545) or [800-529-1342](tel:800-529-1342).

2013 NATIONAL URBAN EXTENSION CONFERENCE

This conference will be held May 6-9, 2013 in Overland Park, KS and is being hosted by K-State Research and Extension <<http://www.ksre.ksu.edu/>>. OSUE central administration will sponsor travel costs for up to 10 OSUE participants at \$500 per person. The conference planning committee is seeking proposals for concurrent and poster session presentations related the conference goals. If you present a paper at the conference, the additional \$300 support will be available this year too. Submission deadline is September 28, 2012 online at <http://www.dce.k-state.edu/conf/urban-extension/sessions>. Conference website:

:<<http://success.ksu.edu:81/CT00033501MjMz.HTML?D=2012-07-23>> dce.k-state.edu/conf/urban-extension/

Conference goals include:

- * Build cultural competency skills and the ability to successfully navigate differences
- * Acquire strategies to build community capacity utilizing the strengths of diverse audiences
- * Develop skills in building strategic collaborative partnerships
- * Investigate innovative funding strategies and the development of public-private partnerships
- * Explore effective technologies for delivering urban extension programs
- * Explore contemporary and emerging issues for urban extension programming.
- * Strengthen programming effectiveness through networking with and learning from urban extension focused colleagues
- * Demonstrate techniques to evaluate, document and communicate positive impacts of urban extension programming

We are quite thankful to Keith Smith, Ken Martin and Greg Davis for their funding support! Participants will jointly construct and submit a plan of action for consideration by Administrative Cabinet 30 days following the end of the conference. (The UMAT group will lead this.) We will have a simple Travel Fund Application Form available in December (or as soon as papers are accepted) so you'll know about funding.

OHIO RURAL HEALTH CONFERENCE/HEALTH EDUCATORS' INSTITUTE

The Ohio State Office of Rural Health is pleased to announce that registration is now open for the 2012 Rural Health Conference! The Flex Annual Meeting will be included as part of the Rural Health Conference. The conference will be held on Oct. 17-18th at Deer Creek State Park Lodge and Conference Center, located about 45 miles south of Columbus. For the second year, the Rural Health Conference will be held concurrently with the Ohio Society for Public Health Education's (SOPHE) Health Educators' Institute. Please note that registration is only available online. To register and learn more details, please visit the Ohio SOPHE website at <http://www.ohiosophe.org>. There is no fee to register for the Rural Health Conference, which will run all day on Wednesday, Oct. 17th and continue through noon on Thursday, Oct. 18th. If you would like to stay for the remainder of the 2012 Health Educators' Institute, which begins mid-day on Wednesday, Oct. 17th and will conclude on Friday, Oct 19th, please see information provided on the Ohio SOPHE website regarding additional requirements for registration: <http://www.ohiosophe.org/calendar/2012-rural-health-conference>

KUDOS

- Joseph Maiorano, FCS Educator, Harrison Co and members of the CYFERnet Parent/Family Editorial Board, contributed to the recent CYFERnet Hot Topic: Rebuilding Families Affected by Incarceration. Check it out at: <http://www1.cyfernet.org/hotnew/08-12-arditti.html>
- Family and Consumer Sciences professionals presenting at the Society for Nutrition Education and Behavior Conference, July 14-18, in Washington D.C. included Ana Claudia Zubieta, OSU Extension, Human Nutrition, a team member with Lauren Manganiello and Joyce McDowell. They presented the results of the study "Validation of a Questionnaire Assessing Vegetable and Food Consumption Behaviors in Low-Income Children".

WELCOME TO THE FCS EXTENSION FAMILY! & PERSONNEL UPDATES

We are excited to welcome two new state-based faculty who start September 1:

- Jim Bates is our new Assistant Professor and Field Specialist for Family Wellness. His office is room 151C Campbell Hall. Jim and his family moved to the Columbus area from South Dakota, where Jim was previously on the faculty at South Dakota State University.
- Carolyn Gunther is our new Assistant Professor and State Specialist for Community Nutrition Education. Her office is room 313 Campbell Hall. Carolyn had been working as an adjunct assistant professor and on special projects in the EHE Office of Research.

We are also excited to welcome our new county-based personnel:

- Stacy Buchheit, EFNEP PA, Columbiana County

- Nina Solomon, DLS PA, Butler County

LEADERSHIP MOMENTS: THE NO COMPLAINING WEEK PERSONAL ACTION PLAN

From: Gordon, J. (2008). *The no complaining rule: positive ways to deal with negativity at work*. Hoboken, NJ: John Wiley & Sons.

Day 1: Monitor your thoughts and words. You'll be amazed at the thoughts and pop into your head and come out of your mouth.

Day 2: Make a gratitude list. Write a list of things you are thankful for.

Day 3: Take a thank-you walk. While you're walking, think of all the things you are grateful for.

Day 4: Focus on the good stuff. Focus on what is right with your life, rather than what is wrong.

Day 5: Start a success journal. Write down all the great interactions and accomplishments you have had today.

Day 6: Let go. Make a list of the things you would like to complain about. Go through the list and identify the things that are within your control that you have the power to change and identify those things that are beyond your control.

Day 7: Breathe. Spend 10 minutes in silence. Throughout the day, anytime you find yourself feeling stressed or wanting to complain, stop for 10 seconds and breathe (Gordon, pp. 129-131).

The No Complaining Rule is available on loan from the Ohio State University Leadership Center. To borrow this resource or any other resource, please go to the resource search page

<http://164.107.48.88/winnebago/index.asp?lib=???>

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

DATES TO REMEMBER

- September 18-20 Farm Science Review-London, OH
- October 25 Dining with Diabetes Training
- 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 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

2013

- Feb. 20-22 Tri-State Diversity Conference, Marriott Airport, Hebron KY
- April 16 & 17 Priester Health Conference, Corvallis, OR
- May 6-9 National Urban Extension Conference, Overland Park, KS
- Sept. 15-19 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
- 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

- 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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