

End of Year Report

School of Health Promotion and Human Development

2000-2001

Mission of the School of Health Promotion and Human Development

The mission of the School of Health Promotion and Human Development is to provide students with knowledge and skill in the areas of health promotion, human development, family and consumer education and nutritional sciences. Graduate and undergraduate curricula emphasize concepts of accountable choice, personal and family development, preventive health and education. (As outlined by Healthier People in Wisconsin- A Public Health Agenda for Year 2000). Coursework within the school will foster group collaboration and provide students with experiences that encourage the process of critical thinking, effective communication, and responding to challenges with professional competence. Graduate Students will contribute to the literature, develop competence as researchers, and become skilled and caring professionals. Adopted 11-1-96

Introduction to the Year

Dietetics Seniors Extremely Successful in Internship Placement

Internship placement on a national level is a strong indicator of program success. Across the nation, in ADA approved dietetics programs, students are placed at the rate of 52%. Our dietetics program enjoyed an 87% success ratio this past year. It appears that the revised curriculum introduced last year is meeting the required content knowledge as well as the areas of experience. In addition, junior level students are finding summer internships at a very high rate. 100 % of our juniors who applied for paid introductory summer internships were accepted in such prestigious places as Washington State University and Duke University.

National ADA Exam Success Rate Hits 100%

To become Registered Dietitians, UWSP dietetics majors are required to complete a one-year internship and then sit for the American Dietetics Association's national exam. Nine UWSP graduates took the exam and successfully passed to become Registered Dietitians. This is the second year that all UWSP students who took the exam passed.

New Foods Laboratory is a Hit!

A new foods laboratory was opened in the fall semester to support the revised dietetics curriculum. Utilizing UW-System remodeling funds (approximately \$106,000), Room 211 in the CPS building was gutted and a modern laboratory facility was created. Included in the project were food preparation areas, demonstration areas, cooking areas, storage areas and a classroom supported with full computer access. Current students enjoy state-of-the-art facilities and find that lectures and laboratories reflect competencies that meet the 2010 requirements set by the American Dietetics Association.

Kit Werner Elected President of Northwestern Wisconsin Dietetics Association

Kit Werner, Lecturer in Dietetics, was elected to serve as president of NWDA for year 2000/2001. Her leadership provides an avenue for networking and communication for Dietetics practitioners across the upper half of Wisconsin. Additionally, NWDA serves as a conduit to send issues and concerns from practitioners to the American Dietetics Association and keep members informed about national events and issues. The Northwestern Dietetics Association (NWDA) is a group of dietetics practitioners representing the areas of Green Bay, Central Wisconsin, LaCrosse, North Central Wisconsin and the Chippewa Valley.

HP/HD Sponsors High Quality Conferences

The School of Health Promotion and Human Development continued its outreach program by sponsoring two well-attended conferences. In March, it hosted a student conference called "The Nuts and Bolts of Health Promotion." One hundred and ten students representing nine universities from Wisconsin, Illinois and Minnesota took advantage of a host of nationally known speakers focusing on how to build a professional career in health promotion. The event was co-sponsored by the Wisconsin Association for Worksite Health Promotion. It was the largest student conference in the United States and students in the UWSP Health Promotion major gained experience in conference planning, advertising and conducting of the event. By all measures it was a huge success.

In April, HP/HD co-sponsored a conference entitled "Wisconsin Women Care." The conference grew out of a workshop sponsored by Women's Edge (The Coalition for Women's Economic Development and Global Equality and Partners for the Americas.) The conference, hosted in Stevens Point, was designed to educate women from the Midwest about the economic development needs of women and girls throughout the world and to empower participants to advocate for awareness and action on these issues in their own communities. Eight-five participants from around Wisconsin took advantage of the training provided. In addition to HP/HD, the event was co-sponsored by the Wisconsin/Nicaragua

Partners of the Americas, Inc. and the Economic Development and Gender Equity Association (EDGE) of Washington, D.C.

Family and Consumer Education Program Produces Results

Under the leadership of Dr. Cheryl Fedje, FCE graduates are much in demand. In 1996, 29 students were enrolled in the Family and Consumer Education major. Today, 72 students are enrolled in the program and an average of 12-14 annual graduates enjoy tremendous job success. A recent follow-up study of year 2000 graduates indicate 100% placement of teaching graduates. Ten new certified teachers began their careers in public schools of Wisconsin. Students began careers teaching in Waukesha, Green Bay, New London, Neenah, Cadott, D.C. Everest, Clintonville and Wrightstown school districts. One student found employment in San Francisco.

Professor Marty Loy Selected Outstanding Professor at UWSP

Dr. Marty Loy, Assistant Professor of Health Promotion, has been selected as one of eight University of Wisconsin-Stevens Point's "Outstanding Teachers" for the 2000/2001 school year. Marty is a specialist in teaching techniques of stress management, grief and grieving processes and concepts of holistic health. He serves the College of Professional Studies as the coordinator of the Teaching Partners program and serves the School as Coordinator of the Health Promotion undergraduate program. His students rate him as an exceptional instructor and a person they turn to for career and professional advice.

Certificate in Safety and Health Protection Receives Approval

Local professionals are now able to pursue certification in Safety and Health Protection and learn skills that deal with concepts of occupational health, risk management and employee safety. The new nine-credit certificate will be offered to working professionals who need to deal with employee health and safety issues. Dr. James Ramsay will coordinate the certificate and lead coursework. The certificate became available in the spring of 2001.

Graduate Faculty Revise Master's Degree in Human And Community Resources.

The Graduate Faculty revised the Human and Community Resources Master's Degree program to enhance course offerings and take advantage of the skills of the 12 graduate faculty members. A new version encourages students to complete thesis, projects and core coursework in a three-year cycle. Most of the students enrolled in this program are working professionals and take courses part-time over a number of years. The Master of Science degree is designed to broaden expertise in one of the following areas: Family and Consumer

Education, Child and Family Studies, Adult Education or Health Promotion and Community Resources. The new version became available in the spring of 2001.

Graduate faculty members continue to work on revision of the Nutritional Science Master's Degree program and hope to open a new version of this program in the Fall of 2002.

Faculty (selected activities)

Terry Aittama

Presentation: M. Loy and T. Aittama, What Employers Want: A National Survey of AWHP Professionals, Association for Worksite Health Promotion National Conference, Orlando, FL, September 2000.

Publication: Loy, Martin J. and Aittama, Terry, Hiring the Best: What Employers Seek, Journal of Worksite Health Promotion, Fall, 2000.

Anne Abbott

Publication: A. Abbott, Changes in Spirituality and Well-Being in a Retreat Program for Cardiac Patients, Journal of Alternative Therapies, December 2000.

Presentation: A. Abbott, Choice to Renew: Cardiac Rehabilitation from a Spiritual Wellness Perspective: Promoting Health and Preventing Disease, The American Association of Cardiopulmonary Rehabilitation, Tampa, FL, September 2000.

Poster Presentation: A. Abbott, Choice to Renew Retreat, An Alternative Strategy for Long Term Care of Chronic Disease: Our Promise to Future Generations, Wisconsin Public Health Association Summit, Madison WI, June 2000.

Served: Co-Chair for UWSP Director of Equity and Affirmative Action, 2000-2001.

Grants Received: \$4000 Lisa J. Cudahy Community Health Grant – Choice to Renew, Wisconsin Women's Health Foundation, Madison, WI. March, 2000. Additional support grants to this project brought in another \$4500.

Jasia Chitharanjan

Publication: Chitharanjan, JS, Nutritional Status of Preschool Children in Haiti Related to Mother's Participation in Women's Group, Doctoral Dissertation, UW-Madison, January 2001.

Co-Chair, Chronic Disease Team – Healthy People 2000 Portage County, 1999-2001.

Reviewer: The Journal of Nutrition Education, 2000-2001.

Completed: Master of Science – Preventative Health: Epidemiology and PhD – Nutritional Science and Nutrition Policy with a sociology minor, University of Wisconsin – Madison, January, 2001.

Maureen Ebel

Workshop Certification: Kripalu Center for Health and Yoga, Lenox, MA, August, 2000.

Grant Received: Program funding to teach Mom and Baby Yoga, Stevens Point YMCA, Stevens Point, Wisconsin, September 2000.

Cheryl Fedje

Publication: Fedje, C. (1991) Program misconceptions: Breaking the patterns of thinking, Journal of Family and Consumer Sciences Education, 17,2. P. 14-24.

Grant Received: Certified Skills for Co-op Family and Community Services Part I, Department of Public Instruction, Madison, WI, June 1-August 30, 2000 \$4020.

Grant Received: Certified Skills for Co-op Family and Community Services Part II, Department of Public Instruction, Madison, WI, November 1, 2000 – June, 2001 \$8000.

Managing Editor: Journal of Family and Consumer Science Education 1994-2000.

Jim Gingles

Consultant: Mental Health Departments, Wood and Portage Counties, Wisconsin 2000.

Presentation: Individualizing Behavior Management Techniques in the Preschool, Early Childhood Classroom, Wood County Head Start In-service Training, November 2000.

Judy Herrold

Skill Evaluator: State Emergency Medical Technician National Registry, Mid-State Technical College, Wisconsin Rapids, WI, April 2000.

Workshop Coordinator: Human Anatomy Update for Pre-Nursing A-P Students, Mid-State Technical College, Wisconsin Rapids, WI, December 2000.

Board Member of the Women's Athletic Fund, UWSP Foundation

Jane Jones

Publication: Jones J. and Bailiff, J. Loving Well: Helping Your Clients Create Healthy Relationships, Wisconsin Counselors Association Journal, Winter 2000.

Presentation: Creating Peace by Transforming Conflict and Toward Forgiveness and Peace, Transforming Business: Advancing Health and Productivity Conference – Iowa Wellness Council, October 2000.

Presentation: Towards Forgiveness and Peace, National Wellness Conference, Stevens Point, WI, July 2000.

TV Production: Assisted in the creation of a presentation on Dealing with Migraine Headaches, St. Michael's Hospital and Channel 9 TV, May 2000.

Marty Loy

Publication: Loy, Martin J. and Aittama, Terry, Hiring the Best: What Employers Seek, Journal of Worksite Health Promotion, Fall 2000.

Presentation: Hebert, Fred and Loy, Martin J., The Evolution of A Teacher-Professor: Applying Behavior Change Theory to Faculty Development, The International Society for Exploring Teaching Alternatives, Redondo Beach, CA, October 2000.

Publication: Malone, Janet and Loy, Martin, When a College Really Supports Teaching: The Development of a College-wide Focus on Teaching, The On-line Journal of Teaching Excellence, February 2001.

Presentation: Loy, Martin J, Adventure-Based Counseling with Bereaved Children and Adolescents, Association for Death Education and Counseling International Conference, Toronto, Canada, March 2001.

Steve McClaran

Publication: McClaran, S. R, What does the Literature Say Works Best for Better Long-Term Adherence to Physical Activity Programs? Wellness Management, Winter 2001.

Harms C.A., S. R. McClaran, G. A. Nickeke, D. Pegelow, W. Nelson and J. A. Dempsey. Effects of Exercise-induced Arterial O₂ Desaturation on VO₂ Max in Women, Medicine and Science in Sports and Exercise, 32: 1100-1108, 2000.

Certification Completed: Health/Fitness Instructor – American College of Sports Medicine, Fall 2000.

Kathy McKinney

Publication: Schiamberg, L.B., Paulson, S. F. & McKinney, K.G., Factors Influencing the Decision to Relocate at Retirement Among 40-65 year olds, Journal of Applied Gerontology, Fall 2000.

Publication: McKinney, K. G. (in press), Engagement in Community Service Among College Students: Is it Affected by Significant Attachment Relationships? Journal of Adolescence, Summer 2001.

Publication: McKinney, K. G. Identity Formation. In W. E. Craighead & C.B. Nemeroff (Eds.), The Corsini Encyclopedia of Psychology and Behavioral Science (3rd Ed.) New York, NY: John Wiley and Sons, 1509. 2001.

Research Consultant: Evaluation of a new program initiate in the Circuit Court of Oneida County, Rhineland, WI.

John Munson

Publication: National Standards for Intermediate Level Health Promotion Specialist, National Task Force Report. Worksite Health May 2001.

Consultant: Allegany College, The University of West Virginia, and Frostburg State University 2+2+2 Health Promotion Grant Project to develop a “seamless” health promotion undergraduate program that leads to master degree students (October 2000-February 2001).

Appointed to National Board: National Association for Public Worksite Health Promotion, 2-year appointment beginning October 2000.

Presentation: Success Isn't Accidental. Region IV Conference of the Association for Worksite Health Promotion, Detroit, MI April 2000.

Received Grant: \$2100 "Building a Network for the Recruitment of People of Color", University of Wisconsin –Stevens Point Academic Affairs Office, January, 2001.

Judie Pfiffner

Board Member: Copps Company Food For Life Program, Stevens Point, WI, 1999-2000.

Presentation: Fast Food Connection, Channel 9 Ministry-Health – Health Connection, April 2000.

Proposal Review: National Wellness Association Proposal Review Committee, 2000-2001.

Jim Ramsay

Publication: Ramsay, J. and J. Morrison, Expanding Campus Safety Objectives Under Constrained Resources, Occupational Safety and Health, March 2000.

Presentation: Ramsay, J. Diets, The Environment and the Health Promotion Practitioner: What to Think About Before You Give Advice, Association for Worksite Health Promotion International Conference, Orlando, FL, September 2000.

Presentation: Tomorrow's Health Specialist: Cross Training in Health Promotion and Occupational Safety, Society of Public Health Education 51st Annual International Conference, Boston, MA, November 2000.

Grant Received: \$7000 - Safety and Learning Laboratory Coordinator's Support, JJ Keller, Inc. September 2000.

Kit Werner

Presentation: Good Witch or Bad Witch: The Truth About Low-Carbohydrate Diets, Annual Diabetes Update for Health Care Professionals, Saint Joseph's Hospital, Marshfield, WI. November 2000.

Elected: President of Northwestern Dietetic Association 2000/2001.

Manual Preparation: Completed a new course manual to supplement teaching of FN 448 – Foodservice Operational Management.