

End of Year Report
School of Health Promotion and Human Development
2001-2002

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

Faculty in the School of Health Promotion and Human Development continued their emphasis on teaching excellence with a flurry of activity surrounding improving laboratories, revising individual courses and creating new program thrusts.

Human Development and Family and Consumer Education faculty headed by Kathy McKinney received permission to begin offering the (CFLE) Certification as a Family Life Educator. This national certification is given when students meet course requirements and experiences. Students successfully completing these requirements will apply for provisional status beginning in the fall of 2002.

Dietetics faculty focused upon creation and implementation of a new Master's of Nutritional Sciences aimed at emphasizing community nutrition. An intensive, one-year program will be piloted beginning in the fall semester of 2002. The eventual aim of the program is to attract high quality students who will attend UWSP one year and then complete a one-year internship before sitting for national certification as a Registered Dietitian. Jasia Chitharanjan, Judie Piffner, Kit Werner and Annie Wetter have provided the leadership for this project.

Health Promotion faculty explored the creation of a collateral training program in massage therapy. This thrust will allow health promotion majors to receive the necessary training to sit for the national exam leading to becoming a "Certified Massage Therapist." If all goes well with the planning process, the initial group of students will start this collateral program in January of 2003.

Dietetics Seniors Extremely Successful in Internship Placement

Lisa Hilker, Valerie Beaver and Mae Lepak were selected and have accepted paid introductory summer internships in college and/or food service management settings. Lisa will be completing her internship at the University of Georgia, Valerie will intern with the University of Puget Sound and Mae will be at the University of California in Los Angeles. These internships are eight weeks in length and administered by Purdue University in conjunction with the Association of College and University Housing Officers International and the National Association of College and University Food Services. Internship placement is highly competitive and to have 3 students selected is quite a compliment to our dietetics program and instructors. Internships such as these are just one of the reasons why dietetics students at UWSP pass the National American Dietetics Association exam to become Registered Dietiticians at a near 100% success rate each year.

New Cafeteria Kitchen Enhances Dietetics Program

The College of Professional Studies cafeteria that serves as a working laboratory for dietetics majors was the recipient of \$72,000 of new kitchen equipment. Installation of new pizza ovens, steam kettles, combi-ovens, refrigerators, freezers, scales and food chillers brought the kitchen up to the highest commercial standards and allows senior level dietetics students to have hands-on experience with quality food preparation techniques and equipment. All senior level students have a management experience, food preparation experience and menu planning/pricing experience. This working laboratory provides a unique setting for student learning not often found in undergraduate programs. Funding for the upgrade came from Laboratory Modernization sources on campus.

Dr. Judith Herrold Retires

Judy Herrold served the School of Health, Exercise Science and Athletics and the School of Health Promotion and Human Development for the past 6 years. Prior to that she taught in the School of Health, Physical Education, Recreation and Athletics for 26 additional years. A specialist in Exercise Physiology and Anatomy, Judy taught thousands of students, preparing them for professional careers in physical education, athletic training, health promotion, occupational health and physical therapy. Additionally, Judy headed up advising processes for majors in physical education, dietetics and health promotion. Many a student

moved on towards graduation because of her dedication to details and sincere interest in seeing students choose educational paths best suited for them. Beyond the classroom and advising, Judy spent countless hours serving campus through university governance activities. She plans on traveling, doing more sailing and continuing her long-standing interest as a Certified Emergency Medical Technician.

Family and Consumer Education Graduates in High Demand

In the past 5 years, UWSP has graduated between 13-18 certified Family and Consumer Education majors who are teacher certified. Demand for these graduates has been extremely strong and 100% placement of graduates has resulted. The number of students pursuing teacher certifications has risen from 29 majors in 1996 to 80 majors in 2002. Teaching career opportunities in FCE appear to be strong for the next 7-10 years.

FCE Director, Cheryl Fedje Retires

Cheryl Fedje recently announced her retirement as a faculty member and coordinator of Family and Consumer Education. From 1992 – 1996 Cheryl served as the head of the school of Human Development and Nutritional Sciences. She began her career at UW-Stevens Point in 1981 teaching in Home Economics. Cheryl is seen as a State and National leader in Family and Consumer Education. She has served as editor and reviewer for the Journal of Family and Consumer Sciences Education and board member for the Wisconsin Family and Consumer Educators Council. In addition, Cheryl has been active in campus governance and has participated on many university committees. Cheryl has recently moved to the Madison area where she will enjoy her free time and work part-time in the School of Human Ecology at UW-Madison.

John Munson Concludes Administrative Career

In the fall semester of 2002, John will return to full-time teaching after a 20 year career in administration.

John began teaching at UWSP in 1975 and started his administrative career in 1979 as the Coordinator of General Instruction in the School of Health, Physical Education, Recreation and Athletics. For the next 14 years he headed the School of HPERA as Associate Dean and then in July of 1996 moved as the new School of Health Promotion and Human Development was created. During his career at UWSP he has served as head of two schools, Director of Athletics for one year, coach for 9 years, and professor of health promotion. He plans to continue full-time teaching and remain active in student advising and mentoring.

Marty Loy Selected as New Head of School

Marty's appointment as Head of the School of Health Promotion and Human Development began this summer. Marty holds a MS degree from UW-Oshkosh and a BS and Ph.D. from UW-Madison. He came to UWSP in 1987 serving his

first 11 years as UWSP's head wrestling coach. After completing his doctoral work in 1998, he began a faculty position, coordinated the Health Promotion Program, and coordinated the CPS Focus on Teaching Program. Recently he won the UWSP Excellence in Teaching Award. Marty's scholarship interests are in the areas of faculty development and child/adolescent grief and loss. Marty and Becky Loy have three children, Ted, John and Maria.

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.

Faculty (selected activities)

Terry Aittama

Publication: McClaran, S. R., J.P. Jones and **T. Aittama**. "Making it Stick: Improving Adherence to Physical Activity Programs. *Worksite Health*. 8 (2): 18-21.

Member: UWSP Environmental Health and Safety Committee, Employee Wellness Representative.

Member: UWSP Tobacco Free Coalition of Portage County, trained as a facilitator for the American Lung Association Freedom from Smoking Program, 2002.

Anne Abbott

Publication: **A. Abbott**. "Changes in Spirituality and Well-Being in a Retreat Program for Cardiac Patients." *Journal of Alternative Therapies*, July 2002.

Presentations: A. Abbott. "Spiritual Wellness, What is it? Is it Related to Health?" National Wellness Conference, July 2001; "What's Exciting about Health Promotion" School of Health Sciences, Oakland University, Rochester, MI June 2001.

Founder and Workshop Director: 10th Annual "Choice to Renew: A Retreat for Heart Patients and Their Families" Tomahawk, WI April 2001.

Jasia Chitharanjan

Reviewer, *Journal of Nutrition Education*, 1997-present.

Member, Board of Directors, Wisconsin-Nicaragua Partners of the Americas 2001-2002.

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

Maureen Ebel

Received Certification: "Yoga for Pregnancy", Kripalu Center for Yoga and Health, Lenox, MA., June, 2001.

Headed Board: The Gesell Parent Advisory Board, UWSP, 2001.

Cheryl Fedje

Grant Received: \$10,000 "Wisconsin's Cooperative Education Skills Standards Certificate Program for Family and Community Services". Department of Public Instruction, Madison, WI November 2001.

Peer Reviewer: *Journal of Family and Consumer Sciences Education*, 2001

Council Board Member: Wisconsin Family and Consumer Educators, 2001

Jim Gingles

Chair: School of Health Promotion and Human Development Personnel Committee, 2001/2002.

Board Member: Wood County Head Start Health Advisory Board, Wisconsin Rapids, WI. 2001/2002.

Consultant: Head Start Programs in Port Edwards, Vesper and Marshfield, WI. 2001/2002.

Jane Jones

Publications: McClaran, S. R., **J.P. Jones** and T. Aittama. "Making it Stick: Improving Adherence to Physical Activity Programs. *Worksite Health*. 8 (2): 18-21, 2001; Jones, J. and Bailiff, J. "Loving Well: Helping your Clients Create Healthy Relationships" *Wisconsin Counselors Association Journal*, Winter 2001.

Presentations: "J. Jones and Bailiff, J. "Loving Well I and Loving Well II" Meriter Hospital, Madison, WI, February, 2001; J. Jones. "You Hold the Power: Creation and Maintenance of Your Self-Esteem" National Wellness Conference, Stevens Point, WI. July 2001.

Marty Loy

Publications: **Loy, Martin J.** "Combining Heart and Work: A Prescription for a Stress-free Career". Communication Connection, Vol 15, No 3, Summer 2001; Hebert, Fred and **Loy, Martin J.**, The Evolution of A Teacher-Professor: Applying Behavior Change Theory to Faculty Development, book chapter in To Improve the Academy, Vol. 20, 2002, Anker Publishing;

Refereed Presentations: **Loy, Martin J.** "Adventure-Based Counseling with Bereaved Children and Adolescents". Association for Death Education and Counseling International Conference. Toronto, Canada, March 2001; **Loy, Martin J.** and Hebert, Fred. "The Evolution of a Teacher-Professor: Applying Behavior Change Theory to Faculty Development". Professional and Organizational Development International Conference, Saint Louis, MO, October 2001.

Service: Board of Directors Vice President for Camp Hope, and Director of Camp Hope for Adults.

Steve McClaran

Refereed Presentations: **McClaran, Steven R.** "The Effectiveness of Changing Attitudes Towards Physical Activity". American College of Sports Medicine National Conference, Baltimore, MD October, 2001; McClaran, Steven R. "Physical Activity Programs that Work: A Review of Worksite, Community and School Health Programs". American College of Sports Medicine National Conference, Saint Louis, MO, March, 2002.

Publications: **McClaran, S. R.**, J.P. Jones and T. Aittama. "Making it Stick: Improving Adherence to Physical Activity Programs. Worksite Health. 8 (2): 18-21, 2001; McClaran, S.R. "What does the Literature Say Works Best for Better Long-term adherence to Physical Activity Programs?". Wellness Management. 17(2):5-6, 2001.

Kathy McKinney

Publications: Schiamberg, L.B. & **McKinney, K.G.** "Factors Influencing the Decision to Relocate a Retirement among 40-65 year olds". Journal of Applied Gerontology, Spring 2001; **McKinney, K. G.** (in press) "Engagement in Community Service Among College Students: Is it Affected by Significant Attachment Relationships?" Journal of Adolescence.

Invited Presentation: **McKinney, K.G.**, Callahan, B & Knudson, T., "The Relationship Between Self Development and Individual Factors Among College Students Involved in Service-Learning". 30th Anniversary Conference for the National Society for Experiential Education, Kissimmee, FL, October 2001.

John Munson

Grants Received: \$24,850 Ramsay, J.(PI), **J. Munson** and A. Hoffman. "Using Peer Facilitators to Enhance Smoking Cessation Among Undergraduate Students." Wisconsin Center for Tobacco Research and Intervention, August 2001.

Chair: National Standards Taskforce for Undergraduate Academic Standards, Associate for Worksite Health Promotion Special Projects, 1997-2002.

Advisory Board Member: Allegany College, The University of West Virginia and Frostburg State University 2+2+2 Grant project to develop "seamless" health promotion programs that lead to a master's degree. October 2000-April 2002.

Judie Pfiffner

Board Member: Copps Company Food for Life Program, Stevens Point, WI 2001.

Program Planner: New Master's Degree in Nutritional Sciences at UWSP. Program to begin in Fall of 2002.

Jim Ramsay

Grants Received: \$24,850 Ramsay, J.(PI), J. Munson and A. Hoffman. "Using Peer Facilitators to Enhance Smoking Cessation Among Undergraduate Students." Wisconsin Center for Tobacco Research and Intervention, August 2001. ; \$7,000 "Safety and Learning Laboratory Support." JJ Keller, Inc., September 2001.

Peer Reviewed Presentations: Ramsay, J. "Relating Organizational Culture to Economic Effect in Occupational Safety and Health". Occupational Safety and Health Educator's Association annual conference, Atlanta, GA, June 2001; Ramsay, J. "Current Issues in Health Care Safety". National Safety Council International Congress, Atlanta, GA, September 2001; Ramsay, J. and J. Grzywacz. "Building Partnerships and Coalitions to Strengthen Community Capacity and Mobilization". Society of Public Health Education, 52nd annual International Meeting, Atlanta, GA, November 2001.

Lorrie Richardson

Consultant: Noel Learning Center "Parent Advisory Board", Stevens Point, WI. 2001 and St. Joseph's Child Care Center "Developmentally Appropriate Curriculum for Pre-School Children" Stevens Point, WI. 2001.

Web Page Creation: Created a new web page illustrating the services of the Gesell Institute for the Study of Children, UWSP, 2001

Kit Werner

Internship: Served as Assistant to Provost/Vice Chancellor of Academic Affairs, academic administrative intern, UWSP, 2001.

Past President: Northwest Dietetic Association of Wisconsin, 2001.

Grant Received: UW-System Race and Ethnicity Grant \$400 "Forming a Campus-Based Reading Seminar to Discuss Ronald Fernandez's book American Banquet of Cultures". UWSP, 2001.

Annie Wetter

Text Reviewer: Shawn M. Talbot, "The Health Professionals Reference for Dietary Supplement" Lippincott, Williams & Wilkins publishers.

Grant Received: \$4,000 Wisconsin Potato Growers Auxiliary – "Potato Recipe Evaluation Project.

Refereed Manuscript: Dumke CL, **Wetter AC**, Arias EB, Kahn CR, Cartee GD. Absence of Insulin Receptor Substrate-1 Expression Does Not Alter GLUT1 or GLUT4 Abundance or Contraction-Simulated Glucose Uptake by Mouse Skeletal Muscle. *Horm Metab Res* 33(12):696-700: Dec 2001.

Abstract: Wetter, AC, CD Economos. Relationship between quantitative ultrasound, physical activity and anthropometric measures in college age adults: Tufts Longitudinal Health Study. *J Bone Min Res* 16(1 suppl):S469, 2001.