

School of Health Promotion & Human Development 2002-03 Year-End Report

Overview

Faculty in the School of Health Promotion and Human Development have been busy this year. In 2002-03 we celebrated the Home Economics Centennial by participating in campus activities, giving presentations, leading tours and visiting with our alumni. We also completed a major review in Dietetics resulting in accreditation by the American Dietetics Association (ADA). Our Family and Consumer Education program underwent review by the Wisconsin Department of Public Instruction (DPI) as part of PI 34 process, and we renamed and revised the FCE non-teaching option, now called the "Family Life Education option." We completed a \$74,000 remodeling project in the exercise physiology laboratory, and opened doors to a new advising center. We also were awarded a grant allowing us to hire an industry professor and award a senior fellowship to a student in Safety and Health Protection. We initiated a collateral training program in massage therapy, placing 12 students in the inaugural class.

In addition, HPHD faculty found the time to present 11 peer-reviewed papers, publish four refereed journal articles, author or co-author grants totaling nearly \$560,000, participate on 26 UWSP campus committees, hold leadership positions in six state or national organizations, attend 24 workshops, and log many hours presenting, consulting and collaborating locally.

We are also very proud of the time spent with our students outside of the classroom. HPHD faculty held senior suppers, finals feeds, graduation socials, stepfamily training, student organization meetings, and chaperoned students to the Wisconsin Association of Family and Consumer Sciences (WAFCS), and Wellness Council of Wisconsin conferences.

HPHD students had a banner year. Health Promotion students Jarrett Dawson, Trisha Mattke, Andie Oswald, Chris Rice, Sara Schillinger, Bridgette Schlichting, and Robyn Wiesman were selected as Chancellor's Leadership Award recipients. Kristin Hiles (FCE) and Lindsey Carter (HPW) were named University Leadership Award winners, and HCR graduate student Rosario Alemparte received the University Leadership Mentor Award. Eleven Dietetics students received competitive internships. In addition, Kristin Hiles and Gayle Tuska were elected to leadership roles in WAFCS.

The Home Economics Centennial Celebration

In September, the College of Professional Studies held a celebration honoring 100 years of graduates and faculty of programs of Home Economics descent. The School of Health Promotion & Human Development played an integral part in this celebration. Dr. Jasia Chitharanjan, Ms. Denise Brennecke, Ms. Judie Pfiffner, Ms. Kit Werner and Dr. Annie Wetter (Dietetics), and Dr. Kathy McKinney, Dr. Jim Gingles, and Dr. Sterling Wall (FCE) assisted the college in planning, and participated as presenters and tour leaders at this event.

Dietetics receives full ADA accreditation

The HPHD Didactic Program in Dietetics was granted Accreditation by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA). ADA is the professional organization for dietetics practitioners and is the advocate of the dietetics profession, serving the public through the promotion of optimal nutrition, health and well-being. The CADE report praised our Dietetics program for the diversity of expertise among our faculty, UWSP and college administrative support, and the wide array of experiences our students receive, especially in the area of food service management through the CPS cafeteria. Dr. Jasia Chitharanjan was the lead faculty member throughout the accreditation process. She was instrumental in collecting data, writing the final report and organizing the site visit.

PI 34 approval in Family and Consumer Education

In November the Department of Public Instruction (DPI) conducted a site visit to review progress on PI 34 compliance in Family and Consumer Education. Based on recommendations from the visit, HPHD Faculty and Staff completed a comprehensive curriculum review to align existing course content and assessment measures with the seven FCE content standards as identified by the DPI. This curriculum review will be presented for final approval during summer '03.

Exercise Physiology Lab becomes state-of-the-art

The Exercise Physiology Laboratory was the recipient of \$74,000 of new high tech equipment designed to help students assess physical health as part of their Exercise Physiology Lab experience. Added to the lab was a SensorMedics Vmax Spectra Metabolic Cart with Integrated 12-Lead ECG Unit, 2 Monark Exercise bicycle Ergometers, 2 Microfit FAS-2 computer upgrades and a Robo Bike computer. The Exercise Lab serves Health Promotion, Physical Education and Athletic Training majors and provides a unique setting for student learning not often found in undergraduate programs. Funding for the upgrade came from Laboratory Modernization sources on campus.

Peer-advising center opened for all HPHD freshman and sophomore students

This year, HPHD instituted peer advising for all HPHD freshman and sophomore students. Senior Dietetics, FCE and Health Promotion students staff the center. Center staff members provide information on all HPHD programs to younger students and offer advice on course selection as well as answer pertinent questions. When students enter their junior year and meet program admission requirements they are placed with faculty members who provide individualized academic and career advising. Dr. John Munson supervised the HPHD advising center. This year he was responsible for advising nearly 270 students.

Safety and Health Protection program nets \$50,000 grant

In September, Canadian National (CN) awarded a \$50,000 grant to establish a CN Safety Fellowship and Industry Professor over the next five years in HPHD's Safety and Health Protection (SHP) program. Dr. Jim Ramsay was instrumental in securing this grant.

The CN Safety Fellowship includes funding for monitoring equipment for the student fellow to do environmental sampling, as well as involve other students in the SHP program. Environmental sampling includes air quality, noise, radiation, chemical hazards, ergonomic needs, and others. The CN Safety Fellowship and Industry Professorship will help students bring safety initiatives to industrial settings.

There are approximately 50 students enrolled in UWSP's growing SHP program. This year's industry professor is Stan Brubaker, CSP. Brubaker is the Loss Control Director of Manufacturing at Liberty Mutual Insurance Company in Wausau. The student fellowship was awarded to Junior Health Promotion major Lindsey Carter.

Massage therapy agreement approved, 12 students began specialized training

The School of Health Promotion & Human Development, and Health Touch School of Massage Therapy agreed to provide massage therapy training for selected Health Promotion majors and other qualified students. Massage therapy training conducted as part of this affiliation agreement will allow students to get a diploma from Health Touch, insuring adequate training for credentialing in Wisconsin. With a diploma students will have the credential and competence needed to pass the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) National Certification Examination. Our initial class, which began in January, included 12 students. Of those, nine are majoring in Health Promotion, two in Biology and one student is from St. Michael's Hospital, who has all the pre-requisite course work to join our group. She holds MS and PhD degrees in nursing.

Lorrie Richardson is awarded Teacher of the Year for her work in Gesell

Ms. Lorrie Richardson received the 2002 "Excellence in Teaching Award" from the Stevens Point Association for the Education of Young Children. The award was presented to her during the annual celebration of teaching banquet in the UWSP Laird room. For the past four years Lorrie has served as the director of the Gesell Institute.

The Gesell Institute exists as a vital component in the School of Health Promotion and Human Development. This year many undergraduate and graduate students received laboratory experiences working with young children ages six months through five years old. Sixty three children were enrolled in Gesell programs this past school year. An additional 38 children enrolled in the summer program.

Adventure Tours Provides Educational and Healthy Treks Around the World

Even in the midst of fears surrounding international travel, participants have shown tremendous confidence in our Adventure Tours Hiking and Biking program. This past year 150 people enrolled in one of seven trips to places like Mallorca, Dominica, Ireland, Denmark, Scotland and two destinations in Italy. Adventure Tours boasts a wonderful reputation for return participants. People like Mary Ann Duckert (Milwaukee), Paul Danhaus (Wausau) and Lyn Mertz (Stevens Point) took part in their eighth and ninth trips this summer. Ms. Kim O'Flaherty provides oversight and training, and coordinates each of the adventure tours trips...she even leads some of our trips herself!

Dietetics Seniors extremely successful on RD Exam and in Internship Placement

100% of graduating seniors in Dietetics who completed internships were successful on the RD exam. RD exam pass rates and internship placements demonstrate the overall quality of our students, faculty and curriculum. Our five-year pass rate is 98%, which is well above the national average of 84%. In addition to scoring higher than the national average our students score consistently higher in each of two areas of the exam; food/nutrition services /education /research, and food service systems/ management.

Eleven Dietetics students received competitive internships. These post-graduation internships serve as qualifying experiences and allow students to sit for the RD exam.

Angelene Boettcher accepted her internship at Saint Mary's and the Mayo Clinic in Rochester MN, **Margie Dillenburg** will be entering a combined Master's Degree and Dietetic Internship at Colorado State University, **Lori Fillbach** will intern at Concordia College in Moorhead Minnesota, **Tari Gulbrandsen** accepted an internship at UW-Green Bay, **Lisa Hilker** will intern at the University of Virginia Health Systems in Charlottesville VA, **Mae Lepak** will intern with the San Diego Healthcare System, **Ruth McClure** will be a Colorado Distance Education intern, Jessica Mohr accepted her internship at Concordia College in Moorhead Minnesota, **Grace Wei Ern Quek** will be entering a combined Master's Degree and Dietetic Internship at Saint Louis University, **Andrea L. Rocque** accepted her internship at Keene State College in New Hampshire, and **Debra Unger** will be interning at UW-Green Bay. Internship placement is highly competitive and to have eleven 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 Dietitians at a near 100% success rate each year.

Health Promotion & Human Development graduates in high demand

A recent UWSP report demonstrated high job placement in all HPHD fields. This report provided the following information on each of our programs. **Dietetics** placed nine graduates into competitive internships and eight others in the following positions- Appointment Coordinator, Dietary Aide, Dietary Technician, Dining Room Manager, Food Service Director, and Genotyping Technologist. **Family & Consumer Education** placed two students in community agencies (Home Home and Marathon Co Head Start), one person as a Toddler Teacher, and all Teaching FCE graduates into teaching positions. **Health Promotion** sent nine students to graduate school in the fields of Health Promotion, Public Health, Risk Control, Physical Therapy, Sports Psychology and one to Medical School; and 11 other students began careers as Marketing and Wellness Director, Safety Coordinator, Safety Consultant, Health and Fitness Specialist, Health Promotion Specialist, Public Health Education Coordinator, Tobacco Education/Outreach Specialist, and Wellness Coordinator.

HPHD Faculty actively involved in Outside of the Classroom Research and Professional Projects with undergraduate students

Often unnoticed are the outside-of-the classroom teaching and learning experiences of our students. There are many ways that HPHD faculty collaborate with undergraduate students in meaningful ways. For instance, this year Dr. Kathy McKinney and Dr. Jasia Chitharanjan collaborated with several Dietetics and FCE students preparing professional presentations for the Home Economics Centennial. Dr. John Munson worked with two students collecting data for a research project that will compare the wellness patterns of incoming students at UW-SP vs. the wellness patterns of graduating seniors using "Testwell" data. Dr. Jim Ramsay has an undergraduate student helping him investigate the nature and history of insurance as it's been applied in the occupational health and safety world, and he is conducting research with undergrad Lindsey Carter on her Safety Research Fellowship project; Dr. Marty Loy worked with Stephanie Wavrunek who created a pamphlet for grieving college students that is available at the UWSP counseling center, and another student, Yvon Lonning who is conducting a literature search for an article about faculty response to a student death. Dr. Steve McClaran conducted research with two students who helped him conduct a caffeine study looking at the effects of caffeine on exercise performance. His students

are involved in the collection of data during max Vo2 testing. Both students were cited as co-authors in his research article.

HPHD offers a varied Graduate Curriculum

In 2002-03, the School of Health Promotion and Human Development reinstated our graduate program of study leading to an M.S. degree in Nutritional Science with a concentration in Community or Older Adult Nutrition. Our 30-credit M.S. degree can be completed in 12 months, while a two day/week-class schedule is designed to accommodate working students. Dr. Annie Wetter and Dr. Jasia Chitharanjan designed the curriculum and are involved in marketing this program.

In the Human and Community Resources M.S. degree program we are beginning to involve more of the 12 graduate faculty members in HPHD. Unlike the intensive one-year Nutrition program, the HCR masters is primarily geared toward working professionals who take courses part-time over a number of years. Students enrolled in this program can complete their thesis, projects and core coursework in a three-year cycle. The HCR M.S. degree is designed to broaden expertise in one of four concentration areas; Family and Consumer Education, Child and Family Studies, Adult Education or Health Promotion and Community Resources.

The school of Health Promotion and Human Development awarded seven M.S. degrees in 2002-03. Our graduates were **Jean-Ann Day** from Stevens Point- "Assessment of American Indian Families Institute" (Dr. Cheryl Fedje advisor), **Sheila Kroseberg** from Waupaca- "Implementing Family, Career, & Community Leaders of America in the Waupaca Middle school FCE Program" (Dr. Cheryl Fedje advisor), **Penny Gundrum** from Waupaca- Examination Option (Dr. Jim Gingles advisor), **Susan Haley** from Marshfield- "Effectiveness of Multidimensional Treatment of Attention Deficit Disorder in Adults" (Dr. Cheryl Fedje advisor), **Donald Jackowick** from Stevens Point- Examination Option (Dr. Jim Gingles advisor), **Jeffery Stevens** from Dyersville, Iowa- "Parks and Recreation 5 Year Master Plan: A Comprehensive Study for the City of Dyersville, Iowa" (Dr. Jim Gingles advisor), and **Donna Anderson** from Wisconsin Rapids- "Infant Massage Instructor Trainer Certification and Curriculum Development" (Dr. Marty Loy advisor).

Dr. Kathy McKinney was instrumental in the management of both HPHD graduate programs. This was her first year as the HPHD graduate coordinator. She is assisted by graduate assistant Jessica Jones-Coggins.

HPHD Received Heartfelt Gifts in 2002-03

The amount that HPHD has received from alumni and friends over the past six years has risen steadily from a meager \$2750 in 1988-90 to a whopping \$110,000+ this year! The Home Economics Centennial has been a major source of our success this year, however several other donors made important contributions to our school. For instance, Bonnie McDonald, a retired faculty member in Dietetics contributed \$5000 to the Dora Phelps Endowment. Agnes Jones contributed \$1000 to scholarships in Dietetics and FCE. HPW graduate Sheri Bartucz endowed her scholarship this year by contributing \$4500 which was matched by the company that she works for to total \$9000. Colleen Lane and Ron Cook held several events that added several thousand dollars to the Jack Lane scholarship. Casey Gazdik's mom and dad each contributed \$1000 to go along

with almost \$1000 raised by Casey's friends and classmates toward an endowment in the name of HPW student Casey Gazdik who died in 2001.

HPHD welcomes Kelley Ritter to the HPHD Faculty

Ms. Kelley Ritter joins the School of Health Promotion and Human Development as assistant professor of Family and Consumer Education. Her teaching responsibilities will be in the areas of FCE teaching methods, FCE student advising, and student teacher supervision. Kelley will also assume the role as FCE program coordinator. Ms. Ritter brings nine years of experience teaching at the secondary school level in Marshfield Missouri, Rolla Missouri and Washburn Missouri and one year teaching at the University of Missouri-Columbia.

Ms. Ritter holds a BS in Home Economics Education from Southwest Missouri State and a MS in Career and Technical Education from U of Missouri-Columbia. She is completing her Ph.D. work in Career and Technical Education at Columbia.

Steve McClaran takes new position at UW-Oshkosh

Dr. Steve McClaran has accepted a position in the department of Physical Education and Health Promotion at UW-Oshkosh, beginning his new position in September. Steve served the School of Health Promotion and Human Development for the past six years teaching Exercise Physiology, Epidemiology, and Exercise Practicum. Steve also supervised the Exercise Physiology Laboratory and served as coordinator of the Health Promotion major.

Faculty (selected activities)

Anne Abbott

Publication: "Changes in Spirituality and Well-Being in a Retreat Program for Cardiac Patients." *Journal of Alternative Therapies*, July/Aug 2002, Vol. 8 No. 4, 64-73

Presentations: EAA committee on Domestic Partner Policy Brown Bag to Faculty and Staff. Presentation on Domestic Partner Benefits To UWSP Cabinet. What Does a Safe Community Look Like? for Portage County Health and Human Services, Portage Co.

Awards: UW-System Board of Regents endorsed sabbatical proposal "A Web-based Course to Teach Health Promotion and Marketing." Spring Semester, 2004.

Terry Aittama

Reviewer: Conducted proposal reviews for the 2003 National Wellness Conference.

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

Distinguished Service: UWSP Environmental Health and Safety Committee. American Heart Association planning committee for the annual Heart Walk.

Kim O'Flaherty

Planner: Provided oversight leadership in the organization of the HPHD Adventure Tours program. Conducted a pre-departure orientation workshop for all trip leaders.

Trip Leader: Led Hiking and biking trips to Dominica and Italy.

UWSP Extension: Coordinated "Women in Science Days" at UWSP, a one-day workshop on careers in the Sciences for high school junior girls; and "Life Learning is Forever" offering classes for local retired people.

Denise Brennecke

Presentations: "Sustainable Food Choices" at the CPS Retired Faculty Fest.

Host: Hosted several groups in the CPS cafeteria including the Russian Sister City Program Participants, the Chancellors board meeting, UWSP guest State Poet Laureate, Ellen Kort, the Dietetics Advisory Board meeting, and the Former Faculty Fest.

Certifications: Passed the "Sanitation for Restaurant Workers" State Certification.

Jasia Chitharanjan

Accreditation: Completed a self-study of the Didactic Program in Dietetics for the Commission on Accreditation for Dietetic Education, received program accreditation.

Grants: Received a Faculty/Staff Content Development Grant, \$750.00; and a Mini-technology Grant, \$1,148.

Presentations: "Intelligentsia, Activism and Community: Community Problems in the Classroom," at the Lily Conference on College and University Teaching-West; and, "Using a 'Perspectives' Approach in Problem Based Learning to Encourage Critical Thinking", at the 2003 SUN Conference on Teaching and Learning.

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

Jim Gingles

Chair: School of Health Promotion and Human Development Personnel Committee.

Board Member: Wood County Head Start Health Advisory Board, Wisconsin Rapids, WI. Wisconsin Committee for the Prevention of Child Abuse Conference Committee

Strategic Planner: Served on a committee that created a strategic plan for the Stevens Point Area School District.

Consultant: Head Start Programs in Port Edwards, Vesper, Marshfield Wisconsin Rapids, Family Development Center (Stevens Point), and Madison View Head Start (Stevens Point).

Jane Jones

Student Mentor: Faculty Mentor at Burroughs Hall, presented programs on High Level Wellness, and Decreasing Finals Stress.

Presentations: “Seven Steps to Forgiveness,” and “Appreciation and Future Planning” presented in Torrance, California. “Forgiveness” presentation at Harper College. “Forgiveness: Do it For Yourself,” and “Helping the College Student think about Sexual Choices” at the 2002 National Wellness Conference.

Community Service: Presented “I Can Cope, Cancer and Intimacy,” at St Michael’s Hospital.

Marty Loy

Presentations: “The Evolving Professor (Sage-Thinker-Builder-Master): Inviting change from reluctant faculty,” presented at The International Society for Exploring Teaching Alternatives

Grants: “Scholarship of Teaching and Learning Planning Grant” to UW-System, \$1000 awarded. “CN Industry Professor and Senior Fellowship in Safety,” \$50,000 awarded. “Faculty Alliance for Creating and Exploring Teaching Strategies,” Congressional grant, \$496,750 awarded.

Community Service: Co-founder and Board of Directors member for Camp HOPE.

Steve McClaran

Coordinator: Coordinator for the Health Promotion major.

Presentations: “Physical Activity Programs that Work: A Review of Worksite, Community and School Health Promotion Programs,” Colloquium at the American College of Sports Medicine National Conference. “Weight and See What Happens to Your Health – Managing Care with the Obese Patient,” at the Orthopedic Nursing Conference, Wausau, Wisconsin. “Low doses of caffeine reduce heart rate during submaximal cycle ergometry” presentation at the American College of Sports Medicine National Conference in San Francisco, California for May 2003

Publications: The effectiveness of personal training on changing attitudes towards physical activity. Journal of Sports Science & Medicine.

Kathy McKinney

Coordinator: Graduate Coordinator for the Human and Community Resources/Nutritional Sciences MS programs in Health Promotion and Human Development.

Publications: “Factors influencing the decision to relocate at retirement among 40-65 year olds,” Journal of Applied Gerontology. “Engagement in community service among college students: Is it affected by significant attachment relationships?” Journal of Adolescence, 25, 139-154. “Mental illness in the family. (encyclopedia entry) in J. R. Miller, R. M. Lerner, & L. B. Schiamberg. Human Ecology: An encyclopedia of children, families, communities, and environments. Santa Barbara, CA: ABC-Clio. “Review of Does it take a village? Community effects on children, adolescents, and families,” Journal of Adolescence.

Reviewer: The Journal of Adolescence.

John Munson

Advisor: National Wellness Association student chapter.

Publications: "Creating an NWI Student Chapter: Tips and Suggestions for Student Leaders," NWI Wellness Management-online.

Presentations: "Developing Fitness Facilities and a Fitness Culture on Campus," at the National Wellness Conference. "Using the Seven Dimensions of Wellness in Medical Settings," at the Wisconsin Society of Medical Assistants Professional Development Seminar.

Grants: Tobacco Cessation Pilot Study – Wisconsin Tobacco Control Board, Jim Ramsay, Anne Hoffman and John Munson received \$25,000 to conduct pilot study on the UWSP Campus.

Reviewer: An Invitation to Health 10th Edition, Wadsworth Publications.

Judie Pfiffner

Reviewer: Conducted proposal reviews for the 2003 National Wellness Conference.

Board Member: Portage County Health and Human Services Advisory board; and the Copps Company Food for Life Program board

Presentations: "Heart Healthy Cuisine," "Women's Nutrition" and Medicare Issues and 3rd party reimbursement at Rice Medical Center. "Obstructive Sleep Apnea" at Lincoln Center. Multiple Sclerosis Support Group.

Advisor: Phi U

Jim Ramsay

Grants: "Development of a Student-based Research Program and Industry Safety Professorship", awarded \$50,000 from the CN Railroad Co. "Safety and Learning Lab Coordinator's Support, 2002-2003", \$7,000 from JJ Keller, Inc. "The Development Of Safety Expertise: Enriching Productivity And Teaching Through A Professional Credential", a UWSP UPDC grant, awarded \$600.

Presentations: "Using Peer Facilitators to Study Smoking Cessation and Relapse Among UW-Stevens Point Smokers," presentation at the National Conference on Tobacco or Health, San Francisco, CA. "Using Peers To Study Cessation and Relapse Among UW Stevens Point Smokers" presentation at the Wisconsin Campus Tobacco Summit. "Current Issues in Health Care Safety. Needles and Sharps: Will We Ever Learn?" presentation at the National Safety Council International Congress, San Diego, CA

Publications: "A Peer Reviewed Online Journal for OSH&E Educators" article in the ASSE newsletter, The Educator, vol. 2, no. 1, Fall 2002

Lorrie Richardson

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

Awards: Teacher of the year

Sterling Wall

Presentations: "Men's involvement in the emotional domain of marriage: The influence of family expressiveness, emotional intelligence, and gender role conflict," Poster presented at the National Council on Family Relations conference, Houston, TX.

Advisor: Student chapter of the Wisconsin Association of Family and Consumer Scientists.

Grants: UWSP Online course development grant, \$3000 awarded.

Completed Ph.D: Auburn University. Dissertation title: "Men's involvement in the emotional domain of marriage: The influence of family expressiveness, emotional intelligence, and gender role conflict."

Kit Werner

Coordinator: Coordinator for the Dietetics major.

Advisor: Dietetics Club, student organization.

Presentations: "Nutrition Status of the Frail Elderly: What's A Speech-Language Pathologist to Do?" Wisconsin Speech-Language Pathology and Audiology Association Annual Meeting. "Celebrating Our Professions Through Networking and Knowledge," Milwaukee WI. "Celebrate Wellness" Centerpoint Mall, Stevens Point, WI. "The Calcium Needs of Women," Portage County Library, Stevens Point, WI.

Distinguished Service: Wisconsin Delegate to the American Dietetic Association.

Annie Wetter

Planner: Recruitment and curricular design for the MS program in Nutritional Sciences.

Board Member: Copps Nutrition and Health Awareness Board of Advisors. Panel of experts at Physical Therapy Associates' Runner's clinic.

Consultant: Member (Cedric delaBeaujardiere) of Leadership Midpeninsula, a San Francisco Bay Area forum designing community programs to build awareness of sustainable agricultural practices.