

School of Health Promotion & Human Development 2003-04 Year-End Report

Overview

Faculty in the School of Health Promotion and Human Development experienced another successful year. In 2003-04 we revised our Personnel Guidelines, hosted author and sustainability expert Joan Dye Gussow for an entire week as she worked with our dietetics students, and began the process of program review. Our faculty led and held meetings of the Wisconsin Association of Family and Consumer Sciences-Student Chapter (WAFCS), the Dietetics Club, the National Wellness Association-Student Chapter (NWA) and American Society for Safety Engineers- Student Chapter (ASSE), and we chaperoned more than 40 students to their respective state and national conferences.

In addition, HPHD faculty found the time to present 9 peer-reviewed papers, publish thirteen refereed journal articles, author or co-author grants totaling over \$35,000, participated on more than 20 UWSP campus committees, hold leadership positions in six state or national organizations, attend 13 workshops, and log many hours presenting, consulting and collaborating locally.

Individual faculty members Dr. Kathy McKinney and Dr. Jasia Chitharanjan each achieved Tenure, and Dr. Kelley Ritter received her Ph.D degree. We also added three new babies! New additions are Hannah, born on December 31 (Natalie & Sterling Wall), Revyn Hope Lynx, born on February 3rd (Anne Abbott & Sara Beversdorf) and Emma, adopted and arrived on December 10th (Marty & Becky Loy)!

HPHD Undergrads have banner year.

HPHD has four active student organizations. Many hours are spent by these organizations networking with peers, gaining professional experience and completing volunteer activities. The Dietetics Club was headed this year by **Emily Wolkowski** and **Katie Fallon**, Annie Wetter advisor; the Wisconsin Association of Family and Consumer Sciences (WAFCS) Student Chapter was led by **Gayle Tuszka**, Sterling Wall advisor; the National Wellness Association (NWA) Student Chapter was led by **Kelly Dickey**, John Munson advisor; and the American Society for Safety Engineers– student chapter (ASSE) was headed by **Emily Nowak**, Jim Ramsay advisor.

This year each student organization attended the state meetings in their fields, and in each case HPHD had the highest student attendance. Twenty-three family and consumer science majors, led by HPHD faculty members

Sterling Wall and Kathleen McKinney, attended a conference sponsored by WAFCS. At this conference **Gayle Tuszka**, president of our WAFCS group received the state organization's leadership award for promoting involvement in WAFCS. **Rebecca Tomsovic** and **Maureen Adair** each received \$100 travel awards and were elected co-chairs of the Pre-Professional Student section of WAFCS for 2004-05. **Tiana Manthe**, a senior from Spencer, was voted second vice chair for 2004-05. In addition, our NWA student organization attended the Wellness Council of Wisconsin Conference in Milwaukee (chaperoned by John Munson and Anne Abbott), and Jasia Chitharanjan, Judie Pfiffner and Marty Loy took a large group of Dietetics students to the Wisconsin Dietetics Association Conference in Oconomowoc. In addition, Heather Zuelke, Marie Brennan and Amy Ward (Dietetics) attended the International Congress on Dietetics Meeting in Chicago and Kristy Hiles, Michelle Horn, Emily Millard, Dona Pecor, and Gayle Tuszka (FCS) traveled to Washington D.C. to attend the American Association of Family & Consumer Sciences (AAFC) Convention and Expo. Attending professional conferences provides opportunities for our students to network with professionals and learn more about their professions outside of the classroom. HPHD students received financial support to attend conferences through a combination of program support funds, the DeGuire Fund, and HPHD school funds.

HPHD students also completed a wide range of campus and community volunteer activities. A few examples include the work of senior dietetics students **Jennifer Tomcheck** and **Heidi Landrie** who worked with Healthy People Portage County and Operation Bootstrap to develop a cookbook for the low-income populations; **Stephanie Muehlbauer** (HPW) who served as the president of the Association of Community Tasks (ACT) and who coordinated local service projects such as tutoring at area schools, volunteering for the YMCA, SAVS, St. Vincent's, Head Start, and the Boys and Girls Club; and WAFCS co-presidents **Kristy Hiles** and **Gayle Tuska** and NWI student member **Ben Hall** who helped Big Brothers/Big Sisters with "Big for A Day" activities.

Several of our students received recognition as campus leaders. 2004 Chancellor's Leadership Award Recipients were **Michelle Buretta** (HPW), **Lyndsey Carter** (HPW), **Kelly Schermerhorn** (HPW) and **Katie Streng** (HPW). In addition, **Lisa Nystrom** (Dietetics), **Beth Osowski** (FCE) and **Diane Hawkins** (HPW) were honored with University Leadership Awards.

Dietetics Seniors extremely successful on RD Exam and in Internship Placement

Every one of our 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.

Six Dietetics students received competitive internships. These post-graduation internships serve as qualifying experiences and allow students to sit for the RD exam. **Dawn Noeske**, a December graduate, is completing her internship at the University of Wisconsin Hospital-Madison; **Anna Off** will be interning at Southern Regional Medical Center in Atlanta Georgia; **Emily Wolkowski** will intern at Houston Texas University; **Kate Harrell** will be with Oregon Health and Sciences University; **Heidi Laundrie** will intern at Porterville Development Center in California; and **Melissa Poirier** will intern at UW-Green Bay.

Jim Ramsay receives award

Jim Ramsay was named the Academic Practice Specialty Safety Professional of the Year by the American Society of Safety Engineers (ASSE) for his efforts in developing the ASSE electronic research journal, *Journal of Safety, Health and Environmental Research*. The award is given annually to the most outstanding safety professional for accomplishments and contributions in the field of safety, health and environmental engineering.

Teaching and Learning

Several HPHD faculty members took advantage of the faculty development opportunities offered on campus this year. Anne Abbott participated in the CPS Teaching Partners program and in one of the Scholarship of Teaching & Learning (SoTL) teaching circles. Sterling Wall participated in the Faculty Alliance for Expanding Teaching Strategies (FACETS) program, and Kelley Ritter was a participant in FACETS and in CPS Teaching Partners. HPHD also had outstanding faculty participation in UWSP's annual teaching summit as 11 of our faculty attended. Our entire unit will benefit from our involvement in these activities.

Personnel Guidelines

Having a relatively new faculty group made it a perfect time to take on the challenge of revising Personnel Guidelines. This process led to a great deal of thoughtful debate and resulted in a model document. Thank you to HPHD committee members who led this process, Dr. Jim Gingles, Dr. Jane Jones, Ms. Judie Pfiffner, and Dr. Jim Ramsay-Chair.

Employee Wellness

This year the UWSP Employee Wellness program teamed with Ministry Health Care to co-sponsor the 10,000 Steps walking program for UWSP employees and their families. This program promoted walking as a healthy way to

improve overall health. Pedometers were used as a motivational tool to encourage employees to walk 10,000 steps each day.

The 10,000 Steps program is just one way that Employee Wellness helps the UWSP campus at large. Employee Wellness students maintain a website of information in each of the Seven Dimensions of Wellness, and many health programs are offered throughout the year.

Employee Wellness also serves as a lab experience for the "Advanced Practicum in Health Promotion" course and provides professional experiences to students enrolled in other upper-level Health Promotion courses. The Employee Wellness Program is directed by Ms. Terry Aittama.

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 thirty-eight children enrolled in the summer program. This year the Gesell children created beautiful picture frames that were presented to Award Winners and Donors at our annual HPHD banquet. Gesell Institute is led by Ms. Lorrie Richardson.

Adventure Tours Provides Educational and Healthy Treks Around the World

In 2003-04 the School of HPHD offered hiking and biking trips to Europe and beyond for adults of all ages. Participants experienced backroads and countrysides that most casual tourists never see and enjoyed unique cultures and cuisines while completing this wellness-oriented adventure. This past year eighty-five people enrolled in one of five trips to France (Loire Valley), Ireland, Provence, Scotland and a five-country European tour. Ms. Kim O'Flaherty provides oversight and training, and coordinates each of the adventure tours trips.

In the fall of 2004 the Adventure Tours program will officially become a lab for our Health Promotion students who will utilize this advanced practicum to learn promotion and marketing, and exercise leadership skills.

HPHD Excited about direction of the Graduate Program

In 2003-04 the School of Health Promotion and Human Development made changes to the oversight of its graduate programs. An oversight committee was named and a part-time Program Assistant hired. The oversight committee will meet monthly to provide general oversight, make admission decisions, and set course offerings. The members of this committee are

Jasia Chitharanjan-Chair, Anne Abbott, Sterling Wall and Marty Loy. Chitharanjan will be the HPHD representative on the UWSP Graduate Council.

Annie Wetter has provided much of the leadership for our M.S. degree in Nutritional Science and has begun the development of nutrition-related certificates to be offered in concert with the MS program. Our thirty-credit Nutritional Sciences M.S. degree can be completed in 12 months, while a two day/week-class schedule is designed to accommodate working students.

In the Human and Community Resources M.S. degree program we are beginning to involve more of the twelve 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. Dr. Kathy McKinney has been instrumental in the management of the HPHD graduate program. Dr. Jim Gingles also serves a major role through teaching and advising graduate students.

The school of Health Promotion and Human Development awarded twelve M.S. degrees in 2003-04. Our graduates were: **Linda Brehm** from Unity, whose thesis was titled "The Availability of Healthy Options in Community Restaurants," (Jasia Chitharanjan, advisor); **Mary Berard** from Stevens Point, Examination Option, (Marty Loy, advisor); **Debra (McDonald) Finup** from Wisconsin Rapids, Examination Option, (James Gingles, advisor); **Stacey Powell** from Stevens Point, Examination Option, (Marty Loy, advisor); **Nicole Schwartz** from Mosinee, Examination Option, (James Gingles, advisor); **Kathleen Steinweber** from Plover, Examination Option, (James Gingles, advisor); **Stacie Thede** from Stevens Point, Examination Option, (Kathy McKinney, advisor); **Kimberly Becken** from Wisconsin Rapids, whose project was titled "Character Education Curriculum for 4-H Animal Project," (Kathy McKinney, advisor); **Jessica Jones-Coggins** from Stevens Point, whose thesis was titled "Change and Loss of Socialization on the Hmong Family in Regards to the Sewing of Pajntaub," (Kathy McKinney, advisor); **Cassandra Kaltenbrun** from Stevens Point, whose project was titled "Development of a Pilot Worksite Nutrition Education Program for Parents with Young Children," (Jasia Chitharanjan, advisor); **Kelly Schepp** from Stevens Point, Examination Option, (James Gingles, advisor); **Melinda Ogstad-Vallier** from Harshaw, whose project was titled "A Study of Conflict Resolution between Parents & Their Adolescents Ages Twelve to Eighteen," (James Gingles, advisor).

Of special note among HPHD graduate students: Grad Assistant **Jessica Jones-Coggins** published a book review of "The World's Youth: Adolescence

in Eight Regions of the Globe" in the Journal of Adolescence. Jessica graduated in May and was accepted into the Human Ecology: Environment Textile and Design Ph.D. program at UW- Madison. HCR graduate student **Christine Dobbe** was awarded a \$500 grant through the UWSP Student Research Fund and has begun collecting data for her thesis titled "Factors Influencing Member Participation in Local Tobacco Control Coalitions." **Linda Brehm**, MS in Nutritional Sciences, presented her thesis titled "The Availability of Healthy Menu options in Marshfield Restaurants." She worked closely with the Healthy Lifestyles Marshfield Area Coalition to complete her study and will use her findings to benefit the Marshfield community.

HPHD Received Heartfelt Gifts in 2003-04

HPHD has again received several significant contributions from Emeriti faculty, alumni and friends. Among the most prominent contributions is a gift from **Dr. Judy Herrold** who has pledged part of her home to HPHD through her will. Judy would like to establish a scholarship through this gift that will help HPW students defray the cost of seeking out of state internships. Judy spent much her career teaching and advising our students and now she would like to continue to support them through her generosity. In addition, **Marlene and Dick Cable** who many years ago established a rather large life insurance policy designated for our HPW program, decided to commit an additional \$1000 each year to be given as a scholarship to a deserving student in HPHD. Marlene and Dick, Like most people who are thoughtful enough to make these types of gifts, are wonderful people.

HPHD welcomes Tom Wetter to the HPHD Faculty

Dr. Tom Wetter officially joins the School of Health Promotion & Human Development as Assistant Professor of Health Promotion. His teaching responsibilities will be in the areas of Exercise Leadership and Exercise Physiology. Dr. Wetter is not new to our school having served this past year in a joint appointment as Associate Lecturer in the School of HPHD and the School of HESA. Tom brings experience as a researcher at Madison and at Tufts University, and as a lecturer in Anatomy, Physiology, Strength Training and Conditioning and in Research Methods.

Dr. Wetter holds a B.S. in Zoology and M.S. and Ph.D's from the University of Wisconsin-Madison. He is married to Dr. Annie Wetter who is Assistant Professor of Nutrition in the School of HPHD. They have a son, Eli.

Kit Werner named as Executive Assistant to the Chancellor

Nutritional Sciences Staff member Kit Werner was appointed Executive Assistant to the Chancellor and to the Provost/Vice Chancellor for Academic affairs. Kit, a specialist in nutritional sciences, formerly served an administrative internship in the Office of Academic Affairs.

Kathy McKinney pursues a new career in Social Work

Dr. Kathy McKinney resigned her faculty position to pursue a career in Social Work. Kathy served the School of Health Promotion and Human Development for the past five years teaching Human Development courses in the Family & Consumer Sciences area. Kathy was instrumental in developing and securing accreditation for the Family Life Education option in the FCS major. She has also raised the status of our Graduate program through her work as the graduate coordinator. Kathy will begin work in the fall toward her MSW degree from Colorado State University leading to a new career where she can combine policy analysis, social work and teaching.

Faculty (selected activities)

Anne Abbott

Sabbatical: Project titled “A Web-based Course to Teach Health Promotion and Marketing.”

Professional Development: Completed American College of Sports Medicine (ACSM) Program Director Certification. Participated in several UWSP teaching & learning programs including the “Teaching With Your Mouth Shut” teaching circle and CPS Teaching Partners.

Service: 2008 Diversity Planning Committee

Terry Aittama

Reviewer: Conducted proposal reviews for the 2004 National Wellness Conference.

Board Member: Tobacco Free Coalition of Portage County.

Employee Wellness: Initiated the “10,000 Steps” program at UWSP.

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

Jasia Chitharanjan

Publications: Published “Exploring the Ecology of Food Choice” in the Academic Exchange Quarterly; and “Critical Thinking in Community Nutrition Problems: Utilization of a Key Player Framework” in the Journal of the American Dietetic Association.

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

Service: Co-chair of the Healthy People Portage County-Chronic Disease Prevention Committee; and Conference planning committee for the Wisconsin Dietetic Association annual meeting.

Reviewer: Journal of Nutrition Education, 1997-present.

Jim Gingles

Professional Development: Attended the Wisconsin Family Impact Seminar at UW Madison; and attended in-service program on Curriculum Development and Training for Community Action Program (CAP) Services Federally Funded Head Start Training Grant.

Presentations: “Advocating Effectively for Your Child” presented at the Women in Poverty Conference in Stevens Point; and “What Do You Do With A Child Like This?” presented at the Head Start-six county training session in Waupaca.

Service: Family Impact Seminar Steering and Advisory Committee; UCLCC Parent Workshop on Children and Behavior; Wisconsin Committee for the Prevention of Child Abuse Conference; and program facilitator for “What’s the Big Deal on Class Size?” for Stevens Point PTSA.

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

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

Professional Development: Completed training for Psychologist license renewal.

Presentations: Led a series of training sessions for the Wausau Tri-County Mental Health Practitioners with Tom Wetter and Judie Piffner titled “Personal Wellness:

Successful Behavior Change, Exercise and Nutrition”; “Healthy Relationships” to students at Burroughs Hall; “Seven Steps to Forgiveness at the Women’s Wellness Conference in Torrance, CA; “Forgiveness” at the Harper College Wellness Conference and at the National Wellness Conference; and “Healthy Relationship Maintenance” and “Helping College Students with Relationships” at the National Wellness Conference.

Community Service: Presented workshops for the Wisconsin Learning Center titled “Working with Difficult People; Lands End training group titled “Conflict Resolution;” Potato Growers Group titled “Myers Briggs at Work; and to a St. Michaels cancer support group titled “Myers Briggs Personality.”

Joan Kolodziej

Professional Development: Attended the Sysco Regional Food Show in Madison.

Presentations: Presented “Food Safety” for the St. Joseph’s Convent; and held an open house in the CPS cafeteria where she presented and led a discussion on the CPS cafeteria as a Food Service Management Lab.

Advisor: Worked with Dietetics Club students in developing a CPS Cafeteria cook book.

Certifications: Passed the “Sanitation for Restaurant Workers” State Certification; and completed the Restaurant Manager Certification course offered through Marathon County.

Marty Loy

Presentations: “Determining Departmental Priorities within School and Institutional Priorities” presented at the UW-System Department Chairs Leadership Institute in Madison.

Publications: “Important Competencies for Future Health and Wellness Professionals: An Investigation” published in the American Journal of Health Education; and “Study Identifies Important Skills for Future Wellness Professionals” in Wellness Management.

Professional Development: Attended the Professional and Organizational Development (POD) national meeting, and the Carnegie SoTL Colloquium on College Teaching and Learning; and attended annual meetings of the UW-System Department Chairs; Office of Professional and Instructional Development; and American Dietetics Association.

Grants: Scholarship of Teaching and Learning Grant titled “SoTL Clearinghouse” from UW-System, \$10,000 awarded.

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

Kathy McKinney

Coordinator: Graduate Coordinator for MS programs in Health Promotion and Human Development.

Publications: “Mental Illness in the Family,” in *Human Ecology: An Encyclopedia of Children, Families, Communities and Environments* published by ABC-CLIO; and “Service Learning: A Pedagogy for Engagement”? in the UWSP teaching perspectives e-newsletter.

Reviewer: Served as grant reviewer for the Early Learning Opportunities Act (ELOA) grant program through the Child Care Bureau of the Administration on Children, Youth and Families, U.S. Department of Health and Human Services; and served as a professional reviewer for the Journal of Adolescence.

John Munson

Advisor: National Wellness Association student chapter, and the UWSP Men's Lacrosse Club. John was named the Conference Lacrosse Coach of the Year; and was recognized as a UWSP Mentor Award recipient.

Coordinator: Coordinator for the Health Promotion major.

Board Member: National Wellness Institute; the Portage County Tobacco Free Coalition; the National Medical Wellness Association; and President of the Aldo Leopold Audubon Society of Central Wisconsin.

Publications: Published "How to Start and Implement an NWI Student Chapter" in the Winter Edition of *Wellness Management*; "Academic Competencies in Undergraduate Health Promotion Programs" in the Wellness Council of America Winter Edition; and "Essential Elements: Developing a Scientific Basis for Prevention Intervention and Health Enhancement Is a Critical Part of Preparing an Academic Curriculum" in the Wellness Council of America Online.

Program Reviewer: Served as outside consultant at the University of Wisconsin-Oshkosh to review academic programs in physical education, health education, athletic training and health promotion.

Kim O'Flaherty

Planner: Provided oversight leadership in the organization of the HPHD Adventure Tours program; and coordinated pre-departure orientation workshops for all trip leaders.

Grants: \$682 CPS technology grant to purchase a Nikon Coolscan IV ED Film Scanner.

Trip Leader: Led hiking and biking trips to Dominica and Provence.

Judie Pfiffner

Reviewer: Conducted proposal reviews for the 2004 National Wellness Conference.

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

Presentations: Led a series of training sessions for the Wausau Tri-County Mental Health Practitioners with Jane Jones and Tom Wetter titled "Personal Wellness: Successful Behavior Change, Exercise and Nutrition;" discussed the foundation for a lifelong eating plan, "Fit for Life: A Program for You," at the Fit for Life Conference sponsored by St. Michael's Hospital; and presented "Self-Care: Nutrition and Health for Women" at the Women and Poverty State Conference sponsored by the Wisconsin Community Action Program in Stevens Point.

Grants: \$198 inter-college technology grant to purchase the ADAs' MNT Evidence-Based Guidelines CD-ROMS.

Advisor: Phi Upsilon Omicron

Jim Ramsay

Grants: "Safety and Learning Lab Coordinator's Support, 2003-2004", \$7,000 from JJ Keller, Inc.; and "A Study of Nursing Job Safety/Hazard Analyses", from the U.S. Veteran's Administration, a joint project between Jim, the U.S. VA System and the National Safety Council, \$10,000.

Presentations: Presented "Needle Sticks in Healthcare: What are the issues and what can be done about them?" at the American Society of Safety Engineers annual meeting; and "Current Issues in Health Care Safety" at the National Safety Council International Congress in Chicago.

Publications: Published "The Effectiveness of Peer Facilitators on Smoking Cessation and Relapse Prevention Among College Students: A Pilot Demonstration Project" in the Journal of American College Health; "The Journal of Safety, Health and Environmental Research Is Now A Reality" in The Educator, ASSE Newsletter; and "Needlesticks Technology in Healthcare-A Position Paper", a technical white paper invited by the American Society of Safety Engineers Council on Practice Standards.

Awards: Named editor-in-chief of the American Society of Safety Engineers *Journal of Safety, Health and Environmental Research*. Awarded the Academic Practice Specialty Safety Professional of the Year by the American Society of Safety Engineers (ASSE).

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.

Parent Advisory Committee: Led the Gesell Parent Advisory Committee; and held several events to support Gesell.

Licensure/Accreditation: Completed the renewal of the State Childcare License for Gesell; and initiated NAEYC accreditation.

Kelley Ritter

Coordinator: Coordinator for the Family and Consumer Sciences major.

Professional Development: Participated in the CPS Teaching Partners Program and the Faculty Alliance for Creating and Expanding Teaching Strategies (FACETS) program. Attended the Wisconsin Family and Consumer Education (WFCE) annual board meeting, and the regional Future Career and Community Leaders of America (FCCLA) meeting.

Completed Ph.D: University of Missouri at Columbia. Dissertation titled: “How Graduate Education Impacts Job Satisfaction for Family and Consumer Sciences Teachers.”

Sterling Wall

Presentations: Presented two papers, “Husbands Marital Friendship Behaviors: The Influence of Family Expressiveness, Gender Role Conflict and Emotional Intelligence,” and “Developing Traits Associated With Strong and Resilient Families: A Family Leadership Model” at the National Council on Family Relations National Conference.

Professional Development: Participated in the Faculty Alliance for Creating and Expanding Teaching Strategies (FACETS) program.

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

Grants: \$3000 UWSP online course development grant; and a \$600 CPS mini-technology grant to purchase Amos, a structural equation modeling statistical analysis software package.

Annie Wetter

Publications: Published “Relationship Between Quantitative Ultrasound, Anthropometry and Sport Participation in College-Aged Adults,” in *Osteoporosis International*.

Presentations: Presented “Problem-based Learning in Dietetics Courses that Serve Other Majors,” at the Annual American Dietetics Association Conference; and “*Slow food alternative to ‘Fast Food Nation’ at the National Wellness Conference*.”

Grants: \$770 to study the effect of weight training on body image and eating behavior among UWSP women; \$2970 through UPDC to work on her project titled “Needs Assessment and Baseline Data for NIH Grant to Fund a Campus-wide Lifestyle Behavior Change Intervention;” and \$350 CPS mini-technology grant.

Advisor: Men’s Club Soccer and the Dietetics Club.

Reviewer: for Lippincott Williams & Wilkins new book, “*The Health Professionals Reference for Dietary Supplements*.”