

2008-2009 Annual Report

Department of Family and Consumer Sciences

Section 1. Introduction

The Department of Family and Consumer Sciences has been very productive. We were first in the College of Agriculture in undergraduate student majors in 2008 and second in extramural contracts and grants. We continue to be a campus leader in ePortfolio student assessment, and are proud of our Outreach and Extension efforts and impacts. Cooperative Extension programming has been nationally recognized for its outcomes and publications in Cent\$ible Nutrition, Dining with Diabetes, WIN the Rockies, and AgrAbility. The USDA/CSREES Food Safety project has developed and distributed a survey to determine educational needs of small rural food processors. Undergraduate classroom activities were carried out which will lead to food safety training videos. We have continued to increase refereed journal publications, juried design submissions, invited presentations, and refereed poster and paper presentations with all faculty contributing in this area. One faculty member, Kari Morgan, was nominated for a USDA national teaching award.

Thanks to our generous donors and the support of the Office of Academic and Student Programs, we were able to begin upgrading our outdated research and teaching equipment and environments. The Early Care and Education Center (ECEC) successfully operated in the black once again, allowing us to continue to address salary inequities for our lead teachers. We successfully addressed the items in our 2004-2009 Strategic Plan and conducted meetings in spring 2008 with all faculty, academic professionals and staff in the department to work on the creation of our new Strategic Plan, finalizing it at our August retreat.

Key accomplishments:

- Our didactic program in dietetics achieved reaccreditation through the Commission on Accreditation for Dietetics Education (CADE).
- The Early Care and Education Center completed their self study for reaccreditation through the National Association for the Education of Young Children.
- Family and Consumer Sciences had the highest number of undergraduate majors in the College of Agriculture for the third straight year.
- Family and Consumer Sciences had the second highest amount of extramural funding in the College of Agriculture.
- A new faculty evaluation form was developed and piloted in spring.
- Continued work was done on using the FCS competencies in our curriculum; we also piloted the eCollege/Foliotek ePortfolio platform.
- Faculty, staff and extension specialists all participated in and contributed in exciting ways to the creation of our 2009-2014 strategic plan.

Section 2. Academic Planning Implementation

Progress on the FCS Departmental Strategic Plan is as follows. The rest of the Action Items have been completed and addressed in previous annual reports.

- **Action Item 9: Participate in the development of a multidisciplinary nutrition program with Pharmacy, Kinesiology and Health and Animal Sciences by 2009.** A completed draft of the Biomedical Sciences Ph.D. program was completed by Mark Byra, Mary Hardin-Jones, Jun Ren, Patrick Johnson, Steve Ford and Karen Williams and submitted to Don Roth at the end of May. It was presented to Deans and Directors' Council and is expected to go to the Board of Trustees for approval by fall 2009
- **Action Item 10: Successfully complete reaccreditation of the dietetics program.** Dr. Rhoda Schantz addressed all questions posed by CADE, doing an excellent job of documentation. The didactic program in dietetics is now reaccredited.
- **Action Item 14: Strengthen international linkages through student and faculty exchanges and international research; minimum one student exchange per year and one application for international research or travel grant per year.** Dr. Sonya Meyer conducted a student study tour to Italy in May 2009, partnering with a faculty member and former alum, Melinda Adams, and her students from the University of the Incarnate Word in Texas. She traveled to Bhutan, Cambodia and Thailand with colleagues from Colorado State University, using the trip to build relationships leading to a study tour to occur during the next winter session. Treva Sprout traveled to study green design in Sweden. Dr. Rhoda Schantz accompanied two dietetics students to Angers, France in late May 2009 and assisted with supervising students from other institutions. Dr. Virginia Vincenti delivered two invited international presentations: one at the XXI World Congress of the International Federation of Home Economics in Lucerne, Switzerland, and another at the Home Economics and Technology Teachers' Association of New Zealand's annual conference. No students did a formal study abroad experience.

Section 3. Teaching Activities

Teaching faculty continued to meet two hours per month to address teaching, assessment and curriculum issues. In addition, the graduate recruitment and retention committee and ePortfolio competency committee met in between, bringing reports of progress to our all-department monthly meetings. Key accomplishments included:

- Family and Consumer Sciences faculty and students piloted the eCollege/Foliotek student electronic portfolio platform in FCSC 1010 and 4010 during the 2008-2009 academic year; additional faculty members also piloted the Foliotek eDossier and OSP/Sakai faculty platforms. Dr. Bruce Cameron is to be commended for his leadership on this project.
- The Evaluation Committee (Dr. Sonya Meyer, Mona Gupton, Treva Sprout, and Patricia Hysong) worked to create a new faculty evaluation instrument. It was piloted for all distance and on campus FCS classes in spring.
- The ePortfolio Committee (Dr. Michael Liebman, Dr. Kari Morgan, Treva Sprout, and Dr. Sonya Meyer) worked with the faculty to identify which departmental competencies are being addressed in our courses, creating a matrix to make gaps or duplications more visible. They recommended that during the next year each faculty member examine how they are providing targeted feedback on the competencies in course assignments.
- Our graduate recruitment committee (Dr. Donna Brown, Dr. Enette Larson-Meyer, Dr. Virginia Vincenti, Dr. Bruce Cameron and Dr. Christine Wade) worked with Mona Gupton to develop a new recruitment display and new program brochures, then participated with current graduate students in the Grad Fair on campus.

- Program units met regularly to examine curriculum, teaching loads, and their graduate offerings. Course and curriculum changes were submitted and additional changes are planned.
- Larry Jansen, Jeff White and Christi Boggs from the Outreach School presented new distance technology and methods to the department. Dr. Randy Weigel, Dr. Kari Morgan and Dr. Christine Wade have pursued ways to incorporate these into their distance courses for fall delivery.
- Faculty members have continued to publish, present at national and international meetings, and conduct research in the scholarship of teaching and learning.
- Faculty have attended workshops through the ECTL, and have utilized the department head and Dr. James K. Wangberg for teaching observations.
- Dr. Karen Williams and Dr. Christine Wade participated in the early childhood articulation meetings with members from the College of Education and the community colleges.
- Faculty and staff received recognition:
 - Dr. Randy Weigel – 2008 Jim DeBree Excellence in Cooperative Extension Award
 - Donna Brown – First Place Winner in the Clothing Category “Garden High Tea” – 2008 Hoffman Challenge
 - Dr. Sonya Meyer – Cloth Art Doll “Peacock Dancer” Accepted for Exhibition – 2008 Hoffman Challenge
 - Dr. Kari Morgan – nominated for the USDA New Career Teaching Award
 - Becce Birdsley – Nancy Rieke Award from the Wyoming Environmental Health Association
 - Trish Hysong – Nominated for the 2008 College of Agriculture Outstanding Staff Award
 - Dr. Karen Williams – Marvin Millgate Endowment Internship in Academic Affairs
 - Mark Bittner was granted a sabbatical leave for Fall 2009
 - Dr. Virginia Vincenti was nominated for and selected to join the Groves Conference on Marriage and Family, and invited membership of outstanding professionals in the family and related fields.
 - Dr. Christine Wade was nominated for the Lawrence Meeboer Outstanding Teacher Award

Section 4. Research and/or Creative Activities

The Department of Family and Consumer Sciences was number two in the College of Agriculture in external contracts and grants. The total from July 1, 2008 through May, 2009 is \$2.4 million. This is due to another all-time high funding award to the Cent\$ible Nutrition program, continuing food safety and AgrAbility grant allocations, and research dollars to support efforts in oxalate, PYY and Ghrelin, honey, rural family decisions and values related to acute respiratory infections, familial economic and beliefs as they relate to childhood overweight and obesity, diabetes prevention and control, and student online group processes. Our research/creative endeavor productivity was as follows:

Refereed Journal Articles	
Published	12
Accepted	8
In Review	5
Creative Endeavor Juried Submissions Accepted	7
Refereed abstracts/proceedings	2
Books/Book chapters	
Published	4
Accepted	5
Patent accepted for licensing	0
Published newsletter articles/bulletins	12
Invited Presentations	11
Refereed Presentations	
International	2
National	17
State/Regional	12
Journal Editor/Assoc./Board	3
Refereed Journal Reviewer	4

Section 5. Service, Extension and Outreach Activities

The faculty in Family and Consumer Sciences contributed in many ways to key college, university, state and national organizations. In addition to serving on departmental committees, examples of other professional service include:

- Mark Bittner served on the Laramie Head Start Advisory Board, read TANF grants for the state Department of Education, and co-chaired the university’s Early Care and Education Task Force.
- Dr. Randy Weigel served on the University of Wyoming’s reaccreditation self-study committee, reviewing the section on access.
- Dr. Bruce Cameron served as a member of the University Course and Curriculum Committee and the College of Agriculture Curriculum Committee, and was co-advisor for Phi Upsilon Omicron.
- Dr. Shane Broughton served on the College of Agriculture Tenure and Promotion and Scholarship Committees.
- Dr. Donna Brown was an advisor for Mortar Board, and designed and donated “Loyal Knight” and “Last Ball for an Irish Princess” to Angel Ears to raise funds and awareness for hearing assistive dogs..
- Dr. Enette Larson-Meyer served as the 2009 Symposium Chair for the American Dietetic Association, Sports, Cardiovascular and Wellness Nutritionist Dietetic Practice Group; and as the Nominating Committee and Awards Chair for the American Dietetic Association Women & Reproductive Nutrition Dietetic Practice Group.

- Dr. Michael Liebman served as co-advisor for Phi Upsilon Omicron, and as a member of the University Studies Committee.
- Dr. Sonya Meyer served as the faculty advisor for Omicron Delta Kappa, was a member of the International Textile & Apparel Association's International Affairs Committee, and chaired their international design challenge competition.
- Dr. Kari Morgan served on the evaluation committee for the Wyoming Geriatric Education Center, and the Student Appeals Committee of Faculty Senate.
- Dr. Rhoda Schantz continued to serve as the Director of the Didactic Program in Dietetics, the advisor for the Student Dietetics Association, the student award department representative to Gamma Sigma Delta, and was the nutrition and diet consultant for the Second Annual Health Fair coordinated by the College of Health Sciences.
- Treva Sprout served on Faculty Senate.
- Dr. Virginia Vincenti chaired the Taskforce for Program Advancement, the Database Development Project for FCS Higher Education Programs, served on the AAFCS Redesign Project Task Force, and co-chaired the regional Consumer Issues Conference.
- Dr. Karen Williams served on the Social Justice Research Center advisory board, the Athletic Planning Committee, the Diversity and Student Wellbeing subcommittee of the NCAA reaccreditation committee, chaired the ENR Wyoming Conservation Corps director search, and led the university's ePortfolio platform study.
- Mary Kay Wardlaw served on the Extension Administrative Team for the College of Agriculture, the Nutrition and Food Safety Initiative team, and was the membership chair and member of the steering committee for the Wyoming Action for Healthy Kids. She also completed her doctorate, studying long-term impacts of the Cent\$ible Nutrition program.

Over half of the faculty taught in our distance degree program, making a significant contribution to Outreach efforts. We continued to have an MOU with the Outreach School to provide the distance advisor for the FCS programs. In addition, there were major contributions to Extension programs resulting in important impacts. We participated in the yearly articulation meetings in early childhood education.

- Cent\$ible Nutrition: In the 2008 grant year, over 1400 adults participated in a series of nutrition, food safety, and menu planning lessons averaging 8.6 lessons per person. Improvement from entry to exit were as follows: 85% showed improvement in one or more food resource management practices, 60% showed improvement in one or more food safety practices, and 90% showed an improvement in one or more nutrition practices. Program graduates saved an average of \$44 per month on food purchases. Ten issues of the *Cent\$ible Nutrition News*, in both English and Spanish, were distributed to just over 100 drop-ship sites across the state and on the Wind River Reservation, with circulation numbers averaging 32,000. Take-home letters to parents as part of the school-based youth program *Grazin' with Marty Moose* resulted in nearly 15,000 contacts with parents across the state. Nearly 650 one-time presentations were provided by local CNP educators to community groups reaching over 4600 adults and 74% of them indicated they intended to make positive behavior change as a result of the presentation. Over 2500 youth participated in one-time presentations. In addition, 152 exhibits at local events resulted in nearly 10,000 indirect contacts with potential adult clients.

- AgrAbility: Wyoming AgrAbility provided direct technical assistance to seventeen individuals and conducted six site visits. Technical assistance included research and information on home modification for walk in tub, information on living with back pain, saddle modification for individual with quadriplegia, funding options for vehicle modifications, tractor modifications for person with Cerebral Palsy, RV modifications for person whose primary residence is the RV, and yard tractor modifications. Over 3000 Wyoming AgrAbility brochures were distributed through Wyoming and the inter-mountain West. Thirty-second AgrAbility radio spots were aired on 12 Wyoming radio outlets for 360 radio releases. In partnership with UWCES, educational news articles for farm safety and health week were distributed. Wyoming AgrAbility again partnered with UW Cooperative Extension small acreage initiative to include articles on ranching and farming with disabilities in the newspaper insert, Barnyards & Backyards with circulation estimates provided by the Wyoming Press Association for 19 rural newspapers totaling 76,213. Six factsheets were written as was a peer-reviewed Extension bulletin on everyday tools for ranchers and farmers. In cooperation with the Wyoming Press Association, another major educational effort was the production of an eight (8) page newspaper insert with information on a variety of topics important to ranchers/farmers with disabilities. This insert was included in 21 urban and rural Wyoming newspapers with an approximate readership of 100,000+.
- Wyoming Food Safety Coalition: In fiscal year 2008 (10/1/07 – 9/30/08),
 - Coalition team members trained 1,432 food handlers in the following workshops: *Basic*–28; *Intermediate*–345; *Advanced*–88; *ServSafe®*–271; *Day Care*–563; and *Other (i.e., sanitation training, “Food Safety Works” programs)*–137.
 - In-house trainings reached 121 individuals.
 - Consumer programs reached 1,354 individuals, and consumer displays reached 400 individuals.
 - Medium term: Based on data from a 2001 evaluation project conducted by UW CES for WFSC, this year’s 359 participants in WFSC’s *Going for the Gold* Advanced and *ServSafe®* workshops are estimated to have made the following changes:
 - 97% (348) made at least one change related to cleanliness, for example, washed their hands more often.
 - 80% (287) made at least one change related to cooling food, for example, put food into shallow containers or cut meat into smaller pieces before putting it in the refrigerator.
 - 78% (280) made at least one change related to food preparation, for example, prevented cross-contamination by keeping raw meats, cooked foods, and fresh produce separated.
 - 75% (269) made at least one change related to other miscellaneous areas, for example, monitored critical control points more closely.
 - 70% (251) made at least one change related to cooking food, for example, used a stove or microwave – not a steam table – to reheat food.

Long term:

- *Overall:* Improved food handling behaviors, such as those estimated to have been made by workshop participants, increase the likelihood that food served in Wyoming is safe and, therefore, decrease the risk of foodborne illness.
 - Dining with Diabetes in Wyoming: Based on completed questionnaires in 2008 (72 at pre-program, 61 at post-program, and 48 at follow-up), the program is helping to significantly improve people's knowledge, attitudes, and behaviors in several different areas, including the following:
 - Shorter term** (by the end of the program)
 - *Better understanding of...*the plate method for portioning their food
 - Feeling more strongly...that they can eat their favorite foods
 - Longer term** (at three-month follow-up)
 - *Decreasing* the proportion of participants...
 - » who drink whole or 2% milk
 - » who are never physically active
 - *Feeling more strongly...*that physical activity comes more easily to them
- USDA/CREES "Applying HACCP to Small Rural Food Processors through Interagency Cooperation" grant: The project has an interagency representation state-wide. A survey was distributed to the small rural food processors in an effort to identify their educational needs. Dr. Rhoda Schantz and Becce have continued to identify small non-meat food processors in the state; organized a multi-disciplinary project advisory group and convened several meetings; and drafted a training manual ("HAACP Guide for Small, Non-Meat Food Processors") for review by the advisory group and other key food safety experts. Following the draft's review and incorporation of reviewers' comments and suggestions, the revised manual will be submitted to Ag Communications and Technology to be reformatted into training materials for use by food safety educators with small, non-meat food processors throughout the state.
- Consumer Issues Conference: This year's Consumer Issues Conference, **Focus on Energy and Telecommunications**, was the 8th annual. Topics included
 - Federal Trade Commission regulations on energy and telecommunications by Dee Pridgen of UW's College of Law,
 - Wyoming's future energy options by Mark Northam, Director of UW's School of Energy Resources,
 - Energy and sustainability by Eric Arnould of the University of Wyoming,
 - Ethanol - Good or Bad for Consumers? by Tim Burkink of the University of Nebraska at Kearney,
 - Policy in energy and telecommunications, and a
 - A multi-session theme on energy saving buildings covering topics related to house building techniques, benefits & criticisms of LEED certification (Leadership in Energy and Environmental Design) and the need for a statewide building energy code.

Information can be accessed at <http://www.uwyo.edu/consumerconference> .

Section 6. Student Recruitment and Retention Activities and Enrollment Trends

The Department of Family and Consumer Sciences had the highest number of undergraduate majors in the College of Agriculture. Using our departmental advising report, our distribution is as follows:

	Fall 2008	Spring 2009
On-campus undergraduates	154	173
Active distance undergrads.	30	35
Dual degree - FCS as 2nd	1	2
Graduate students Completed masters students In 2008-2009 - 4	13	12
Minors	36	39
Total undergraduate majors	184	208

Recruitment and retention of undergraduate and graduate students were a high priority, and something that included participation by the faculty, academic professionals, staff, extension personnel and many current and former students. Activities included our annual fall picnic, yearly newsletter, exam week “goody bags” for each major and snacks in the student lounge area, a booth at all Discover Days, web page updates, Coat Couture X displayed in the Loggia of the American Heritage Center, creation of exhibits at the Laramie Plains Museum, conducting fashion shows open to the public, producing food safety videos, designing brochures for the Wellness Center, co-chairing the Consumer Issues Conference, conducting a study tour to Italy, Participation in the Graduate Research Day, hosting members of the American Association of Teachers of Family and Consumer Sciences for day-long workshops, revision of the Phi Upsilon Omicron cookbook and making it available for sale, hosting tours for McCormick Junior High Students, conducting tours of the Early Care and Education Center, meeting with all prospective and incoming students: freshmen, transfer students and change-of-majors, answering email requests for information, and attending statewide articulation meetings.

Our graduate committee created recruitment materials, a display board, participated in the Graduate Fair, and are working to make recommendations on targeted recruitment site visits. The department also began a data collection system to track accomplishments of our graduate students: paper and poster presentations, juried design competition entries and awards, and publications.

Section 7. Development Activities

We are fortunate to have generous donors. Development dollars were used for such purposes as to assist with summer graduate student stipends, fund student travel to professional meetings, provide support for student banquets and other recognition events, supplement sabbatical leave travel and research needs, maintain equipment, and provide tuition reduction for single parents whose children attend the Early Care and Education Center.

We have continued to include a donor recognition section to our annual newsletter as a way to recognize gifts made to the department to honor individuals and to recognize

those donors who have donated at the endowment/matching funds level. The department head met with current and potential donors, wrote personal notes for any monetary or equipment donations, wrote personal notes in holiday cards, and implemented a project to work on child and family issues in energy impacted communities. Our website has a “Giving” tab, and use of our departmental website averaged over 20,000 hits per month (Part of publicity, recruitment and retention...more details can be found in Section 6).

Section 8. Classified and Professional Staffing

No one in the department is under a professional staff category. Classified staff members are integral members of our department and all contribute to our department’s success. We are currently fully staffed in our departmental offices and have had no vacancies or turnover this year. Mona Gupton is to be recognized for her writing and graphic arts skills. Tracy Bennett continues to do an excellent job with all of our external contracts and grants and the management of the Early Care and Education Center accounts. Patricia Hysong was nominated for the 2008 College of Agriculture Outstanding Staff Award. Tracy Goodspeed continues to do an excellent job at the Early Care and Education Center.

While the teachers at the Early Care and Education Center are temporary assistant lecturers who have year-to-year contracts, it’s appropriate to discuss them in this section. We continue to have turnover in assistant and lead teachers, dietary aides, and classroom aides. This year we were able to give merit-based raises to our lead teachers of between 12-15%. While this does not yet address the full issue of compression, or the difference in the public school and ECEC salary schedule, we are seeing a difference in the quality of our applicant pool and in the number of teaches we are able to retain.

Section 9. Diversity

We did not have any faculty searches during this academic year. Most of our minority graduate student recruitment has come through email inquiries initiated by the students after they have visited our web page. This year our Graduate Recruitment Committee worked with our on-campus graduate students to post photos and bios on the web page in an effort to attract more diversity in our students. Others will be added in the future. Of our thirteen graduate students, eleven were female and two were male; two students were from Kenya, one from Serbia, one from China, and one is Native American. We also had one undergraduate McNair Scholar.

Section 10. Assessment of Student Learning

- A. This year we focused on the use of our department’s six. Our ePortfolio committee requested that each faculty member analyze every course they taught and identify which of the competencies they felt were addressed in the course content and assignments. Information was submitted to the ePortfolio committee for compilation and a master grid was created. The information sparked discussions related to possible gaps, and each program unit was asked by the committee to look at their offerings and identify areas that they felt needed to be addressed. During additional discussions in our teaching faculty meetings, we began to examine whether or not we were giving specific feedback on the competencies, and how. This will be a focus area for the

2009-2010 year. The committee recommended that all faculty members identify the competencies being addressed in their courses, and make these more visible in our syllabi for fall.

We piloted the eCollege/Foliotek student ePortfolio platform from June 2008 through May 2009. All students enrolled in FCSC 1010 and FCSC 4010 (over 100 students) used the platform to create their demonstration portfolios and their assessment portfolios. The assessment portfolios included descriptions of each of the six competencies. Students indicated their skill level for each, and attached pieces of evidence to document their self-assessments. In FCSC 1010, the instructor also rated the students after viewing their documents. In FCSC 4010, the instructor and at least one outside reviewer rated the students and provided comments on two competencies: Written Communication, and Critical Thinking and Problem-Solving. We were able to run reports showing how the students self-evaluated in each course. We were also able to run reports showing how the outside evaluators rated the students, and could also run a report to show the ratings by individuals to look at the variability in their scoring. The system, however, would not run a report that would allow us to look at growth in individual students from FCSC 1010 to 4010. That is a flaw that will need to be addressed if the platform is adopted, since that information is necessary for us to be able to really look at possible impacts on our curriculum. Over the summer we will try to export the data and see if we can create spreadsheets ourselves to do further analysis. We are not making changes to our competencies until we can track our student outcomes more reliably.

- B. Graduate programs: Our graduate committee began examining whether or not the same six undergraduate competencies could be used with our graduate students, and how those might need to be modified should we choose to adopt graduate-level ePortfolios. In our FCSC 5103/5104 Graduate Seminar in Family and Consumer Sciences, students did preliminary pre-prospectus and thesis defense Power Point presentations. We used parts of the Computer and Information Literacy and Professional Behaviors competency rubrics to provide feedback to the students and to gauge their usefulness. We are also tracking graduate student presentations at national meetings, and submissions to juried exhibits.

General graduate student outcomes can be found at <http://uwadmnweb.uwyo.edu/FAMILY/Graduate.asp> and state - Graduate curricula prepare each student for a career, citizenship, and personal living who:

- Is competent in the content studied
- Is competent in oral and written communication
- Understands role in a global and multicultural context
- Demonstrates professional behavior
- Is an independent, reflective learner
- Integrates theory, research, and practice

The Graduate Committee is working to take the above desired objectives for our students and examine how our undergraduate competencies could be expanded and adapted for graduate-level skills. We have not yet determined whether ePortfolios will also be used with our graduate students. Development of graduate student outcomes is part of the charge of the Graduate Committee for the 2009-2010 academic year as part of our examination of our graduate curriculum.

This year we began collecting data on our graduate student outputs: paper and poster presentations, juried design competition entries and awards, and publications. We also record students who have been accepted into Ph.D. or Professional degree programs. We have encouraged our students to provide contact information following program completion so that we can continue to track their accomplishments. Outputs during 2008-2009 are as follows:

Refereed journal articles	2
Refereed presentations at national conferences	1
Designs accepted for juried competition	2
Published abstracts	1

No additional tracking was done of graduate students since our Alumni Survey was conducted in the 2006-2007 academic year. The plan is to conduct the survey every five years.