Annual Report 2009-2010
School of Health Promotion and Human Development

Overview
2009-10 was another successful year for the School of Health Promotion & Human Development. Below is a summary of accomplishments followed by complete stories.

Department Highlights
Highlights for 2009-10 included the following:

- HPHD identified six overarching learning outcomes that every HPHD graduate will be able to accomplish. These include:
  1. Explain the research process and apply it to their profession;
  2. Critically analyze current and historic perspectives and practices;
  3. Develop and evaluate effective health and human development programs;
  4. Describe the importance of community involvement in local organizations, programs and events;
  5. Participate in diversity opportunities and explain how the activities have broadened their understanding of health and human development in a variety of contexts; and,
  6. Demonstrate confidence and competence in a professional setting.

- The Human and Community Resources (HCR) master’s degree program initiated a collaborative program that requires our MS degree students to complete the year-long Leadership Portage County (LPC) program. LPC teaches leadership in all aspects of a community and will provide unique opportunities for our students to network with local officials.

- HPHD hosted visits by several national experts who worked exclusively with our students. Visitors included Growing Power CEO Will Allen, a revolutionary in the field of urban agriculture who spoke with Dietetics students about the value of sustainable food systems.

Accomplished UWSP Dietetics alumna Yvonne Greer a nationally known dietitian who promotes nutrition among...
at-risk youth and award winning author Jill Fleming spoke to students about how they can improve the world “one dietitian at a time.”

Nationally known family life educators Scott Kettering and Geoff Steurer worked with our students in the areas of healthy relationships and marriage. The time spent with our students by Yvonne, Jill, Scott and Geoff was made possible through financial support from the Home Economics Centennial Fund.

We also hosted author and national wellness expert Lauve Metcalf. Lauve spoke with HPHD students and staff on various health and wellness topics such as osteoporosis and bone health, weight loss, body image and self esteem, and positive psychology.

The Family and Consumer Sciences program served as host of the First Annual UWSP Dietetics Alumni Conference titled “Dietitians and Nutritionists: Pioneers Forging Healthy Communities, UWSP Alumni Making a Difference.” Supported through the Home Economics Centennial Fund, this event drew over 90 UWSP students and Alumni who gathered at the Dreyfus University center to hear from national experts and alumni of UWSP, speak about professional issues important to our students. The conference was highly successful at connecting alumni with students, teaching current issues in nutrition and motivating our students by providing real-life stories of success.

Over 200 HPHD students attended state and national conferences related to their professions this year. Conferences attended include the American Dietetic Association’s Food and Nutrition Conference and Expo (Denver CO, Oct. 17-19); The Wellness Council of Wisconsin’s Worksite Wellness Conference (Madison, WI, Sept 15); National Council on Family Relations Conference (San Francisco, CA, Nov 11-15); Wisconsin Dietetics Conference (WI Dells, WI, April 29-May 1); Wisconsin Association of Family and Consumer Sciences Conference (Menomonie, WI, March 26 & 27); National Wellness Conference (Stevens Point, WI, July 18-22); and the American Association of Family and Consumer Sciences National Conference (Cleveland, OH, June 24-26).
Partnerships

HPHD faculty were instrumental in maintaining and creating partnerships in 2009-10.

Professor Annie Wetter, and Bobbi Bradley (a health promotion alumna) representing the Public Health Department began to implement the Fit Kids-Fit Cities initiative, a community-wide family minded campaign intended to promote physical activity among school age children. Annie and Bobbi are in the second year of a 5 year, $475,000 grant whose goal is to decrease obesity among Portage County adults, children, and adolescents.

A similar partnership, funded through a multi-million dollar grant awarded to Wood County, titled “Communities Putting Prevention to Work,” will provide HPHD with $82,800 to place faculty and students in Wood County supporting the project. Professors Deborah Tang (Dietetics) and Terry Aittama (Health Promotion) will assist with this project.

Another new partnership between HPHD and the Portage County Business Council will require Human and Community Resources master’s degree students to complete the business council’s year-long Leadership Portage County program. HCR students will benefit by learning about all aspects of community leadership in the areas of economic development and infrastructure, government, human services, government, legal systems, education, energy, the environment and health and wellness; and they will network with local officials, and learn leadership skills. The benefit to Portage County are a strengthened workforce and Master’s degree graduates who are better prepared to tackle the challenges of Portage County.

HPHD continued its successful graduate-level teacher certification program in Family and Consumer Sciences with the Wisconsin Department of Public Instruction (DPI). The second cohort of 25 students began this summer.

HPHD, in collaboration with the Wisconsin-Nicaragua Partnership WN/P led a two week study abroad program to Nicaragua where HPHD students learned about Latin American culture and family life and at the same time supported the efforts of WN/P.

The Health Promotion department has begun the planning process for an on-line Wellness Management degree program in collaboration with UW-Extension and several other UW-System Schools. This program is intended to provide a degree option for non-traditional and place-bound students who are interested in pursuing careers in a wellness field. The goal of the collaboration is to have the program available in the fall of 2011.
Other continuing collaborations are with Northern Wisconsin Association of Health Education Centers (AHEC) which allows HPHD to host the Wisconsin Express Program, and the UW Institute for Clinical and Translational Research (ICTR) which pairs UW-Madison researchers with UWSP faculty and northern Wisconsin community health professionals to implement and evaluate new health initiatives.

Focus on Teaching/Active learning

Active learning is a cornerstone of education in HPHD. Specialized labs such as Gesell Institute (Family & Consumer Sciences), the CPS Café (Dietetics), and Exercise Physiology Lab (Health Promotion) offer our students many opportunities to learn while practicing their professions on a daily basis.

This year the CPS Café received a $70,000 lab modernization grant to upgrade much of the food preparation equipment in "the back of the house." The equipment upgrades will enhance hands-on experiences for the students, and reduced waste of products and energy. They will allow HPHD to maintain high quality student experiences in food service management and keep our Dietetics students among the highest performing on the Dietetic Registration Examination.

Four HPHD students received Chancellors Leadership awards (Michael Babbitts, Alicia Gaede, Amanda Powers, and Ashley Rodriguez) and many other individual students were honored with achievement and scholarship awards.

A total of 255 HPHD students attended professional conferences in 2009-10, and of those 57 attended national conferences in their disciplines!

Several HPHD grad and undergrad researchers completed projects under the direction of HPHD faculty. Most notable among student assisted research in HPHD is a study titled: “Body Wellness Initiative Study,” a pilot study investigating the effect of a 12-week resistance exercise training program on body composition and physical functioning in post-bariatric patients.” The principal investigator for this project is Dr. Corey Huck who was assisted in the collection of data by undergraduate student Mary Simon and with preparation of the manuscript by graduate student Arielle Hardre. Arielle Hardre also supported research this year of Dr. Jasia Steinmetz on sustainable food systems and Dr. Annie Wetter a validation study of the TestWell Wellness survey. In addition, graduate student
Amy Irwin served as a co-investigator in a study of recovery from parent suicide with Dr. Amy Boelk and Marty Loy. In her role, Amy conducted semi-structured interviews with more than 20 participants.

To further promote student research, this year, HPHD unveiled a student research webpage that provides resources for student researchers, promotes ongoing research projects, and highlights past student-faculty research. The website can be found at [www.uwsp.edu/hphd/research](http://www.uwsp.edu/hphd/research).

**Diversity and International Focus**

As part of HPHD’s continuing focus on diversity and educating our students about the world, HPHD organized three short-term study abroad programs in 2009-10.

Professor Sterling Wall along with the Wisconsin Nicaragua Partnership led a group of HPHD students to Nicaragua, bringing with them backpacks full of teaching supplies, and “making a difference” by helping the Wisconsin Nicaragua Partnership with several of their ongoing programs. Professor Annie Wetter led a group of students to study health and wellness in Bad Gleichenberg, Austria. As part of this study abroad experience, students stayed in the foothills of the Alps while they learned about cultural and social influences on health care and health promotion from Austrian experts. Finally, through a month-long stay in China, Professor Cuiting Li helped students consider individual and family well-being in China, and taught students the unique challenges, commonalities, and resources necessary to assist in improving the quality of life for people everywhere.

**Individual and Community Wellness**

HPHD’s Sallie Scovill continued to lead a campus wellness committee that included representation from the personnel, safety and employee wellness department, as well as our primary insurer Security Health.

Employee Wellness wrote and distributed a health newsletter to all employees, conducted regular group fitness, yoga, and personal training sessions, played an instrumental role in organizing a campus-wide health fair, and ran several successful wellness programs including a healthy cooking class, “Hold the Stuffing” diet program, “Stairway to Fitness” walking program, and a “Walk at Work Day” event.

**Community Service**

Community service continued as a cornerstone of the HPHD curriculum as students provided nearly 10,000 hours of service. Pictured: student Marika Larson providing public health services in Salvador, Brazil; graduate student Sam Dinga providing water wells in Cameroon through the Ma-Kah Water for All project that he founded; Brittany Polzin and Lynsey Genin bake cookies for UWSP student-soldiers stationed in Afghanistan.
engaged civically through field work, practicum, service learning and volunteer hours.

One HPHD student, Sam Dinga took his service to the next level by founding a non-profit organization called the Ma-Kah Water for All project which intends to build 40 pump wells in rural areas in his home country of Cameroon, West Africa. Sam raised $5000 and built his first well in December!

FACULTY ACCOMPLISHMENTS, 2008-09 HIGHLIGHTS

Anne Abbott
Reviewer, National Wellness Institute’s 2010 Annual Conference..
Curriculum Development, UW-Extension on-line BS degree in Wellness Management
Board of Experts, Exercise Standards and Malpractice Reporter.
Inducted, National Wellness Institute Circle of Leadership

Terry Aittama
Attended, the National Wellness Conference, July 2009.
Member, National Wellness Association, Wellness Council of Wisconsin.
Advisor, UWSP National Wellness Institute Student Chapter.

Kim Beckham
Grants, completed $ 71,000 lab modernization upgrade to the food preparation area of the CPS Café.
Service, Stevens Point Farm to School committee

Lisa Ebert
Service, UWSP’s Equity and Affirmative Action Committee.
Career Development, Completed two courses in the Human & Community Resources Master’s degree program.
Organized, Brown bag series on Diversity issues

Attended, WI Leadership Institute workshop "Community Organizing: Direct Action and Power Relationships" on February 25, 2010 in Milwaukee, WI.

Corey Huck
Faculty Mentor of the Month, November 2009, May Roach Hall. Co-Designer of HPHD Learning Outcomes, HPHD Assessment committee.

Jane Jones
Developed, Therapeutic Lifestyle Coaching Certificate. The first cohort of students will finish the training in August.
Reviewer, for National Wellness Conference.
Service, Chair, HPHD Personnel Committee.

Julie Keller
Presented, "Student New Professionals Mentoring Session: Speed Dating Style!" at the Wisconsin Association of Family and Consumer Sciences annual meeting, Menomonie, WI, March 13, 2010.

Marsha Larson
Advisor, UWSP- Association of Family and Consumer Sciences student organization
Wisconsin Family and Consumer Educators Service, HPHD Assessment Committee
Coordinator, Family and Consumer Sciences Unit

Cuting Li
Reviewer, (1) international research journal, Identity; (2) research journal, Journal of Adolescence.

Marty Loy
Presented, “Research at Smaller Institutions: From the Classroom to the Community and All Points in Between.” (Pitfalls and successes of working with graduate and undergraduate students on faculty research projects.) Presented at the National Council on Family Relations National Conference, San Francisco, CA, November 2009.

Grants, Collaborative Project with Leadership, Portage County, $3,000 UWSP Continuing Education.

Board of Directors, President, National Wellness Institute; Northern Wisconsin Area Health Education Centers; Institution for Clinical and Translational Research; Camp HOPE.

Lori Macrander
Advised, 235 undergraduate students through the HPHD student advising center.

Recruitment, for the Human & Community Resources and Nutritional Sciences MS degree programs; Grad Open House in Wausau and UWSP.

Designed, Human & Community Resources and Nutritional Sciences graduate program brochures

Presented, 10 New Freshman Orientation sessions

Attended, the Healthy WI Leadership Institute workshop “Community Organizing: Direct Action and Power Relationships

Judie Pfiffner
Coordinator, Nutrition Unit.

Attended, DEP meeting, March 28-28, Minneapolis.


Lorrie Richardson
Chair, Gesell Parent Advisory Board.
Member, Stevens Point Area Public Schools 4-K committee.

Completed, NAEYC accreditation annual accreditation review.

Kelly Schoonaert
Presented- “How to Get What You Want from Contractors & Vendors”, Wellness Councils of Wisconsin, Milwaukee, WI, October, 2009; “Getting to the Intrinsic”, International Society of Teaching and Learning, Bloomington, IN;


Professional Service, Athletic Director’s Award; Regional Trainer, Wisconsin Worksite Wellness Resource Kit, Madison, WI; Guest Keynote Speaker, Ministry Health Care, What is Emotional Eating?
Reviewer, (2009-10), National Wellness Institute, Stevens Point, WI
Sallie Scovill
Grant, (1) -$2000 UWSP technology grant for the purchase of a portable Microfit computer system to be used to conduct fitness assessments outside of the exercise physiology lab; (2) Worksite Wellness Initiative $14,500 from WIPAN (09Jan09); (3) - $10,000, for the implementation of a flexibility, balance and coordination program.
Chair, Employee Health and Safety Committee
Professional Service, Committee Member United States Coast Guard USCG, Merchant Marine Personal Action Committee.

Jasia Steinmetz
Completed, Commission for Accreditation for Dietetic Programs – PAR Accreditation Report.
Presented, “Community Food Security Through Sustainability” presented at the 2010 UWSP Dietetics Alumnae Conference; and “Good Food for a Good Price” presented at the WACTE 7th Annual Conference.
Grant: “Desire2Learn’s ePortfolio grant, $63,816 UW-System.
Coordinator, HPHD Graduate program.
Service, Chair- UWSP Graduate Council. HPHD Assessment committee.

Deborah Tang
Attended, Field to Plate workshop, Dreyfus University Center, April 17, 2009; National Wellness Conference, Jul 18-23.
Presented, “Sustainability...Views from a Local Foodie” at the Wisconsin Association of Family & Consumer Sciences Conference (WAFCS), UWSP, March 28, 2009; and E-portfolio demonstration to information technology staff and other faculty, December 1, 2009.
Community Service, “Can you name this vegetable?” lesson, Washington Elem School, WI Rapids, October 1, 2009.

Grant: “Desire2Learn’s ePortfolio grant, $63,816 UW-System.
Sterling Wall
Coordinated, First Annual Family and Consumer sciences Student Conference
Led, Study abroad to Nicaragua in collaboration with the Wisconsin-Nicaragua partnership

Annie Wetter
Research: Testwell validation study funded through a National Wellness Institute grant.
Community Service, Fit Kids-Fit Cities initiative, a community-wide family minded campaign intended to promote physical activity among school age children.
Study Abroad, health and wellness in Bad Gleichenberg, Austria
Service, UWSP Graduate Council

Tom Wetter
Service: University Professional Development Committee, Organized “Fit Cities FIT Kids Challenge,” Collaborator with the Ben Franklin Junior Wellness for Life program, Member-Portage County Physical Inactivity and Obesity Coalition.
Coordinator, Health Promotion Unit