

Curriculum Vita

Lauren M. Kraemer, MPH
Assistant Professor of Practice
School of Social and Behavioral Health Sciences
College of Public Health and Human Sciences
2990 Experiment Station Drive, Hood River, OR 97031
(541) 386-3343 Ext. 38258
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A. Education and Employment Information

Education

Year	University	Degree	Field of Study
2010	Oregon State University	Master of Public Health	Health Promotion
2006	College of Idaho	BA, <i>Suma Cum Laude</i>	Psychology

Current Professional Certifications & Leadership Development

Year	Certifying Body	Certification
2018	Oregon State University	Courageous Conversations Training-DEI Focus
2017	Oregon Food Bank	Certified Cooking Matters™ at the Store Instructor
2015	Oregon State University	Certified Search Advocate (<i>through 2017</i>)
2014	CATCH Implementation	Certified CATCH K-8 Instructor
2014	Oregon Food Bank	Certified Cooking Matters™ Instructor
2014	Washington State University	Certified Eat Together, Eat Better Instructor
2012	Oregon State University	Journey Into Leadership-Leadership Development
2012	Tufts University	StrongWomen™ Ambassador for State of Oregon
2011	Oregon State University HR	CORE Curriculum for Managers Course
2011	Oregon State University	Certified Master Food Preserver
2011	Oregon Restaurant Ed. Foundation	Food Handler Safety Certification
2008	ACCBO	Certified Prevention Specialist (<i>through 2012</i>)
2008	Strengthening Families Program	Certified Strengthening Families Instructor
2007	Rural Development Initiatives	Ford Institute for Community Building Leadership Development Program
2006	Our Whole Lives (OWL)-UUA	Certified OWL Sexuality Curricula Instructor

Employment Information

Years	Employer	Title and Description of Duties
January 2016- Present	Oregon State University	Assistant Professor of Practice, Family and Community Health (.5% FTE), SNAP-Ed Unit Manager (.5% FTE) Utilize best practices in public health, nutrition education, and outreach by providing leadership and oversight to a diverse portfolio of Extension programs focused on the needs of local youth, families, and communities in the Columbia River Gorge region. Recruit, screen, train and manage staff, interns, and volunteers to assist with program delivery. Meet and collaborate with community partners to accomplish collective impact in improving health. Conduct scholarly work that contributes to the understanding of how Public Health Extension improves community health.
January 2011- December 2015	Oregon State University	Instructor, Family and Community Health (.4% FTE), SNAP-Ed Unit Manager (.6% FTE) Utilize best practices in public health and nutrition education and outreach by providing leadership and oversight to a diverse portfolio of Extension programs focused on the needs of local youth, families, and community at large in the Columbia River Gorge region. Manage regionally based staff of four individuals as they carry out nutrition education. Meet and collaborate with community partners to accomplish collective impact in improving health. Recruit, screen, and train volunteers to assist with program delivery.
June 2010- January 2011	Hood River County Health Department	Healthy Community Coordinator (.5% FTE) Implement Healthy Communities Grant including assessment and coalition building by utilizing Centers for Disease (CDC) Control Community Health Assessment and Group Evaluation (CHANGE) tool to determine the burden of chronic disease in Hood River County and enhance and recruit new members to the local chronic disease prevention coalition, Healthy Active Hood River County (HAHRC) Coalition.

(continued below)

June 2010- December 2010	Providence Hood River Memorial Hospital	<p>Assessment Coordinator (.3% FTE) Develop and carry out triennial Community Assets and Needs Assessment process for critical access hospital serving diverse community with many disparate groups and varying health needs. Analyze and present data to hospital administrators, stakeholders, and community members to identify options for utilizing charity care dollars in prevention-oriented programs to meet identified health needs</p>
September 2008-June 2010	Oregon State University Student Health Services	<p>Student Health Services Health Promotion Staff (.49% FTE) Conduct alcohol awareness and harm reduction diversion and education courses for college students. Assist with development and design of alcohol student norms media campaign materials. Develop survey tool to assess effectiveness of education courses and intake procedures. Develop training manual and video to assist with incoming staff with program knowledge and awareness. Design and implementation of program process evaluation; creation of program logic model & goals.</p>
July 2007- July 2008	The Next Door Inc.	<p>Certified Prevention Specialist (1.0 % FTE) Chair for Hood River County Alcohol, Tobacco and Other Drug (ATOD) Prevention Coalition. Coordinated county-wide social-marketing campaign to reduce and prevent underage drinking and drug use and abuse via youth-developed media. Administered Drug-Free Communities grant. Facilitated educational girls groups for young women aged 11-18 in three different Hood River County schools focused on positive youth development through best practice programming. Facilitated “Strengthening Families” Parenting Classes for parents and teens in Klickitat County. Developed Teen Pregnancy Prevention Advisory Board partnership with sexual assault task force. Developed Emergency Resource Directory through partnership with local organizations, churches, and social service agencies. Liaison for Oregon Research Institute of Eugene for “Operation X” Anti-Tobacco Campaign at Hood River Valley High School.</p>

B. Teaching, Advising, and Other Assignments

1. Instructional Summary

1.1 Credit Courses

Course #	Course Name	Credits	Term	Year	Students
H572	<i>Community Organization:</i> Guest Lecture-“Public Health Practice: Life after Grad School”	3	Fall	2018	30
H572	<i>Community Organization:</i> Guest Lecture-“Public Health Practice: Life after Grad School”	3	Spring	2017	30

1.2 Non-Credit Courses/Workshops

Instructional Summary-Cumulative Non-Credit Courses/Workshops		
Type	Number of Classes	Participants
Food Preservation	217	1,663
FCH Community-Based Education	230	4,891
Physical Activity Promotion	19	216
SNAP-Ed Nutrition Education & Events	213	52,733
Total	679	59,503

Instructional Summary-2018 Non-Credit Courses/Workshops		
Type	Number of Classes	Participants
Food Preservation	16	200
FCH Community-Based Education	33	480
Physical Activity Promotion	4	45
SNAP-Ed Nutrition Education & Events	12	80
Total	65	805

**Instructional Summary-2017
Non-Credit Courses/Workshops**

Type	Number of Classes	Participants
Food Preservation	28	202
FCH Community-Based Education	43	740
Physical Activity Promotion	1	11
SNAP-Ed Nutrition Education & Events	10	650
Total	82	1,603

**Instructional Summary-2016
Non-Credit Courses/Workshops**

Type	Number of Classes	Participants
Food Preservation	24	200
FCH Community-Based Education	35	598
Physical Activity Promotion	2	26
SNAP-Ed Nutrition Education & Events	34	1,000
Total	88	1,824

**Instructional Summary-2015
Non-Credit Courses/Workshops**

Type	Number of Classes	Participants
Food Preservation	30	234
FCH Community-Based Education	25	985
Physical Activity Promotion	2	24
SNAP-Ed Nutrition Education & Events	38	13,680
Total	94	14,888

**Instructional Summary-2014
Non-Credit Courses/Workshops**

Type	Number of Classes	Participants
Food Preservation	25	235
FCH Community-Based Education	25	465
Physical Activity Promotion	2	30
SNAP-Ed Nutrition Education & Events	38	13,680
Total	89	14,355

**Instructional Summary-2013
Non-Credit Courses/Workshops**

Type	Number of Classes	Participants
Food Preservation	33	247
FCH Community-Based Education	38	768
Physical Activity Promotion	2	17
SNAP-Ed Nutrition Education & Events	52	13,713
Total	124	14,690

**Instructional Summary-2012
Non-Credit Courses/Workshops**

Type	Number of Classes	Participants
Food Preservation	53	294
FCH Community-Based Education	25	655
Physical Activity Promotion	6	63
SNAP-Ed Nutrition Education & Events	26	8,626
Total	98	9,590

**Instructional Summary-2011
Non-Credit Courses/Workshops**

Type	Number of Classes	Participants
Food Preservation	8	51
FCH Community-Based Education	6	200
SNAP-Ed Nutrition Education & Events	3	1,304
Total	17	1,555

Explanation of Non-Credit Courses/Workshops:

Food Preservation & Food Safety

Food preservation and food safety have become increasingly important with growing interest in home cooking, the local food movement, and food borne illness prevention. The goal continues to focus on safe food handling and using safe recipes from reliable resources. This agent provides two categories of programming in this area including the Master Food Preserver Volunteer Certification course and a variety of 'a la carte' Community-Based Food Preservation Classes.

Master Food Preserver Certification Program (MFP)

The Master Food Preserver Certification Program trains volunteers to help deliver food preservation and safety information to county residents throughout Oregon. The Master Food Preserver program has been a program of OSU Extension for over 30 years. Volunteers receive 40 hours of training in exchange for 48 hours of payback time, which are achieved by co-teaching classes, staffing booths at farmers' markets, fairs, and other outreach opportunities, and other local volunteer tasks as needed.

Kraemer, L. (2017). Master Food Preserver Certification Course. Hood River, OR. 14 sessions of 3 hours each, 40 hours of total instruction, 2 total participants.

Kraemer, L. (2016). Master Food Preserver Certification Course. The Dalles, OR. 8 sessions of 5 hours each, 40 hours of total instruction, 5 total participants.

Kraemer, L. (2015). Master Food Preserver Certification Course. Hood River, OR. 14 sessions of 3 hours each, 40 hours of total instruction, 14 total participants.

Kraemer, L. (2013). Master Food Preserver Certification Course. The Dalles, OR. 8 sessions of 5 hours each, 40 hours of total instruction, 12 total participants.

Kraemer, L. (2012). Master Food Preserver Certification Course. Hood River, OR. 14 sessions of 3 hours each, 40 hours of total instruction, 13 total participants.

a la Carte Food Preservation Classes

The program offers community education classes on various types and methods of food preservation as well as food safety. Courses are taught in Hood River and The Dalles. This faculty develops the presentation including power point and lab as well as selecting handouts.

Kraemer, L. (2018). Canning and Drying Fruits. Hood River and The Dalles, OR. 2 sessions of 3 hours each, 6 hours of total instruction, 18 total participants.

Kraemer, L. (2018). Canning Salmon. Hood River and The Dalles, OR. 2 sessions of 3 hours each, 6 hours of total instruction, 21 total participants.

Kraemer, L. (2018). Freezer Meals. Hood River and The Dalles, OR. 2 sessions of 3 hours each, 6 hours of total instruction, 19 total participants.

Kraemer, L. (2018). Food, Water, and Waste in Emergencies. Hood River and The Dalles, OR. 2 sessions of 3 hours each, 6 hours of total instruction, 19 total participants.

Kraemer, L. (2018). Oktoberfest. Hood River and The Dalles, OR. 2 sessions of 3 hours each, 6 hours of total instruction, 31 total participants.

Kraemer, L. (2017). Canning Fruits and Pie Filling. Hood River and The Dalles, OR. 2 sessions of 3 hours each, 6 hours of total instruction, 11 total participants.

Kraemer, L. (2017). Food in Emergencies. Hood River and The Dalles, OR. 2 sessions of 3 hours each, 6 hours of total instruction, 35 total participants.

Kraemer, L. (2017). Introduction to Food Safety. Hood River and The Dalles, OR. 2 sessions of 3 hours each, 6 hours of total instruction, 11 total participants.

Kraemer, L. (2017). Smoking and Curing Meats. Hood River and The Dalles, OR. 2 sessions of 3 hours each, 6 hours of total instruction, 32 total participants.

Kraemer, L. (2016-2018). Pickling. Hood River and The Dalles, OR. 6 sessions of 3 hours each, 18 hours of total instruction, 50 total participants.

Kraemer, L. (2016-2017). Fermenting. Hood River and The Dalles, OR. 4 sessions of 3 hours each, 12 hours of total instruction, 42 total participants.

Kraemer, L. (2013-2017). Cheesemaking. Hood River and The Dalles, OR. 12 sessions of 3 hours each, 36 hours of total instruction, 196 total participants.

Kraemer, L. (2013-2014). Spices and Herbs. Hood River and The Dalles, OR. 4 sessions of 3 hours each, 12 hours of total instruction, 33 total participants.

Kraemer, L. (2013). Preparing to Preserve. Hood River and The Dalles, OR. 2 sessions of 3 hours each, 6 hours of total instruction, 20 total participants.

Kraemer, L. (2012-2018). Oils, Vinegars, and Extracts. Hood River and The Dalles, OR. 12 sessions of 3 hours each, 36 hours of total instruction, 120 total participants.

Kraemer, L. (2012-2018). Canning Soups and Stocks. Hood River and The Dalles, OR. 7 sessions of 3 hours each, 21 hours of total instruction, 74 total participants.

Kraemer, L. (2012-2017). Fresh Food Freezing. Hood River and The Dalles, OR. 13 sessions of 3 hours each, 39 hours of total instruction, 104 total participants.

Kraemer, L. (2012-2017). Pressure Canning. Hood River and The Dalles, OR. 15 sessions of 3 hours each, 45 hours of total instruction, 160 total participants.

Kraemer, L. (2012-2017). Jams and Jellies. Hood River and The Dalles, OR. 13 sessions of 3 hours each, 39 hours of total instruction, 112 total participants.

Kraemer, L. (2012-2017). Tasty Tomato Products. Hood River and The Dalles, OR. 14 sessions of 3 hours each, 42 hours of total instruction, 135 total participants.

Kraemer, L. (2012-2015). Holiday Gifts from the Kitchen. Hood River and The Dalles, OR. 10 sessions of 3 hours each, 30 hours of total instruction, 125 total participants.

Kraemer, L. (2012-2015). Pickling and Fermenting. Hood River and The Dalles, OR. 10 sessions of 3 hours each, 30 hours of total instruction, 125 total participants.

Kraemer, L. (2012-2013). Baby Food Basics. Hood River and The Dalles, OR. 5 sessions of 3 hours each, 15 hours of total instruction, 30 total participants.

Kraemer, L. (2011-2017). Food Drying Basics. Hood River and The Dalles, OR. 19 sessions of 3 hours each, 57 hours of total instruction, 170 total participants.

Kraemer, L. (2011-2012). Fruit Butter Basics. Hood River and The Dalles, OR. 8 sessions of 3 hours each, 24 hours of total instruction, 80 total participants.

FCH Community-Based Education

Presentations this agent is invited to give by community leaders and public health partners are an important aspect of the County Extension Service as the outreach and engagement arm of Oregon State University.

Babysitting Classes

The Babysitting class was taught in partnership with Dani Annala and helps to empower youth with a valuable skill-set to ensure positive youth development, safety, critical thinking, and pillars of character.

Kraemer, L. (2011-2012). Nutrition Education for Babysitters (Develop and Deliver Nutrition Principles to Babysitting Students) Hood River, OR. 4 sessions of 2 hours each, 8 hours of total instruction, 75 total participants.

Blue Zones

The Blue Zones Project is a health and well-being campaign sponsored by the Oregon Healthiest State Initiative and Cambia Health Foundation. I began exploring and pursuing this program in January 2016 and over the course of two years, worked with a team of local leaders to apply for The Dalles to become one of the next demonstration communities. As a part of spearheading this effort, I wrote and submitted the application, organized and carried out over 10 different community meetings and information sessions, and developed and delivered at least 10 presentations to different civic, government, and community groups. The initiative is run by a team of four local Blue Zones staff members; however, I continue to serve in a leadership role on the Blue Zones Steering Committee as well as the Food Policy Subcommittee co-chair.

Kraemer, L. (2016-2018). Blue Zones Community Presentation. (Civic Groups, Hospital Foundation Board, Community Social Service Leaders, Peer Groups) The Dalles, OR. 15 sessions of 30 minutes each, 8 hours of total instruction, 225 total participants.

Family and Community Education (FCE) Study Groups

Oregon State University has a long-standing relationship with the National Family and Community Education Association. OSU provides leadership, train-the-trainer opportunities, and facilitation of study group education sessions. I assist with our local FCE annual program by designing the annual program booklet, helping to schedule each of the sessions, and planning the annual Spring Tour. I deliver 4-5 of the sessions annually, usually 2 of which I develop myself and the other 2-3 are developed by other OSU staff.

Kraemer, L. (2018). Freezer Meals. (Workshop taught to FCE study group leaders using train-the-trainer model). Hood River, OR. 1 session of 1 hour taught to 6 leaders, 50 total participants.

Kraemer, L. (2018). Rubs and Recipes Using Fresh Herbs. (Workshop taught to FCE study group leaders using train-the-trainer model). Hood River, OR. 1 session of 1 hour taught to 6 leaders, 50 total participants.

Kraemer, L. (2017). Disaster Preparedness for Older Adults. (Workshop taught to FCE study group leaders using train-the-trainer model). Hood River, OR. 1 session of 1 hour taught to 6 leaders, 50 total participants.

Kraemer, L. (2017). Crockpot Cooking. (Workshop taught to FCE study group leaders using train-the-trainer model) Hood River, OR. 1 session of 1 hour taught to 6 leaders, 50 total participants.

Davis, J. & **Kraemer, L.** (2016) The StrongWomen Program: 14 Years of Strengthening Extension Outreach.

Kraemer, L. (2016). Fermentation. (Workshop taught to FCE study group leaders using train-the-trainer model) Hood River, OR. 1 session of 1 hour taught to 6 leaders, 50 total participants.

Kraemer, L. (2013). Improving Your Home Storage. (Workshop taught to FCE study group leaders using train-the-trainer model) Hood River, OR. 1 session of 1 hour taught to 2 leaders, 40 total participants.

Kraemer, L. (2013). Forks Over Knives Film Screening. (Workshop presented to Extension Study Groups followed by facilitated discussion) Hood River, OR. 1 session of 2 hours, 30 total participants.

Kraemer, L. (2012). The Efficient Cook. (Workshop taught to FCE study group leaders using train-the-trainer model) Hood River, OR. 1 session of 1 hour taught to 2 leaders, 40 total participants.

Kraemer, L. (2012). Dried Foods. (Workshop taught to FCE study group leaders using train-the-trainer model) Hood River, OR. 1 session of 1 hour taught to 2 leaders, 40 total participants.

Kraemer, L. (2012). Sweet Potatoes and Yams. (Workshop taught to FCE study group leaders using train-the-trainer model) Hood River, OR. 1 session of 1 hour taught to 2 leaders, 40 total participants.

Kraemer, L. (2012). Taking Charge of Your Medical Care. (Workshop taught to FCE study group leaders using train-the-trainer model) Hood River, OR. 1 session of 1 hour taught to 2 leaders, 40 total participants.

Kraemer, L. (2011). Microwaveable Candies. (Workshop taught to FCE study group leaders using train-the-trainer model) Hood River, OR. 1 session of 1 hour taught to 2 leaders, 40 total participants

Kraemer, L. (2011). Pantry Pests. (Workshop taught to FCE study group leaders using train-the-trainer model) Hood River, OR. 1 session of 1 hour taught to 2 leaders, 40 total participants.

Kraemer, L. (2011). The Healing Power of Foods. (Workshop taught to FCE study group leaders using train-the-trainer model) Hood River, OR. 1 session of 1 hour taught to 2 leaders, 40 total participants.

Kraemer, L. (2011). Skin Deep. (Workshop taught to FCE study group leaders using train-the-trainer model.) Hood River, OR. 1 session of 1 hour taught to 2 leaders, 40 total participants.

Health Fairs and Wellness Events

Extension is invited to participate in multiple health fairs and wellness events each year; including the Go Red for Women's Heart Health Day, MCMC Health Fairs, Head Start Children's Fairs, Senior Health Fairs, and others. We present information relevant to the audience, including Strong Women, Exercise, Food Hero Recipe Demonstrations and Tastings, Healthy Eating, Rethink Your Drink, etc. We participate in approximately 5 health fairs per year of roughly 5 hours each reaching roughly 500 individuals.

Hearts of Gold Cooking Skills Update Class

I was approached in the winter of 2013 by Tom Koelker of Hearts of Gold Caregivers (Hospice Service) to provide cooking skills updates to his caregivers to help them improve their ability to provide nutrient dense, varied, and skillfully prepared meals to their clients. I worked with Master Food Preserver volunteers to develop a needs assessment to determine what the caregivers needed to know or learn. Using the needs assessment, we then developed a curriculum and delivered the course on three occasions in 2013.

Kraemer, L. (2013). Hearts of Gold Caregivers Cooking Skills Update. (Workshops taught to caregivers on three occasions) Hood River, OR. 3 sessions of 3 hours each, 42 total participants.

Invited Wellness Presentations

Many individuals and community groups are aware of my interest, passion, and background for educating people about public health. I am frequently invited to give presentations to various groups on the topics of healthy living, healthy eating, being active, general nutrition, and disaster preparedness.

Kraemer, L. (2018). Meal Planning and Preparation. (Hood River Library). Hood River and Cascade Locks, OR. 2 presentations of 1 hour each, 15 total participants.

Kraemer, L. (2017-2018). Disaster Preparedness for Older Adults. (Developed presentation on specific disaster preparedness considerations for older adults including how to prepare a disaster kit, what to do during and after disaster, how to set up communication plans with family. Hood River and The Dalles, OR. 3 presentations of 1 hour each, 120 total participants.

Kraemer, L. (2016-2018). Public Health Extension Presentation to County College. Corvallis, OR. 2 presentations of 5 minutes each, 60 total participants.

Kraemer, L. (2015-2018). Seed to Supper-Healthy Harvest Lesson. (Local Master Gardeners provide first five lessons of curricula and I teach sixth lesson of the series incorporating knife skills, meal planning, Food Hero recipes, harvesting and storing foods.) Hood River, OR. 4 presentations of 1 hour each, 40 total participants.

Kraemer, L. (2015-2017). Healthy Food as Fuel for your Body. (Healthy eating Presentation given at The Dalles library, Kiwanis, and Rotary) Hood River and The Dalles, OR. 3 presentations of 1 hour each, 75 total participants.

Mastery of Aging Well

The Mastery of Aging Well Course was developed by Extension Professor Sharon Johnson as a web-based program for seniors and their caregivers to learn about how to age well. In partnership with OSU Open Campus, Columbia Gorge Community College and other local experts, I assisted with the development of a hybrid course that included S. Johnson's web-based training along with in-person supplements and discussion tools.

Kraemer, L. (2013). Physical Activity for Aging Individuals-Appling the American College of Sports Medicine Guidelines. 1 session of 2 hours, 4 total participants.

Passport to Happiness Network on Aging Program

The Passport to Happiness Project is a collaborative effort of the Wasco County Network on Aging (WCNOA). WCNOA was convened by Scott McKay of the Mid-Columbia Senior Center and includes agency heads and representatives from Oregon State University Extension, the Mid-Columbia Housing Authority, Mid-Columbia Community Action Council, Parks and Recreation, the Area Agency on Aging, Aging and People with Disabilities (DHS), Mid-Columbia Medical Center, and various hospice, senior living, and adult care facilities. The group determined that developing a calendar and schedule of monthly educational program targeting seniors would be a good way to expand health outreach and education to seniors. I co-chaired the committee that

developed the calendar content, did all the editing for the calendar, and organized each of the educational sessions throughout the year.

Kraemer, L. (2013). Passport to Happiness Calendar content and program development. We had approximately 10-20 people attend each of our monthly sessions for a total of 220 individual contacts in 2013.

Small Steps to Health & Wealth

Small Steps to Health and Wealth is a curriculum developed by Rutgers University for use by Extension Services around the state. In partnership with the Mid-Columbia Housing Authority and Mid-Columbia Council of Governments, I developed a set of presentations to pair with the curriculum that served as a financial and health course for participants in the VIDA program. Additionally, I selected a set of meals from Food Hero that were served to the participants during each of our three sessions.

Kraemer, L. (2013). Small Steps to Health and Wealth supplementary materials development. The Dalles, OR. 3 sessions of 2 hours each, 6 hours of instruction, 7 total participants.

Physical Activity Promotion

The promotion of physical activity for individuals to meet the Physical Activity Guidelines for Americans, from the U.S. Department of Health and Human Services, is at the forefront of the Extension Family and Community Health (FCH) Program. The goal is to promote positive behaviors and habits that foster healthy growth and development while discouraging behaviors and habits that put people at risk of obesity and chronic disease. This agent has managed StrongWomen programs as the Statewide Ambassador (Master Trainer), program oversight for Walk With Ease, and implementation of the BEPA and BEPA 2.0 Toolkits.

BEPAT & BEPA 2.0

The Balanced Energy Physical Activity Toolkit (BEPAT) and Be Physically Active Today (BEPA 2.0) were developed at Oregon State University by Dr. Katherine Gunter to promote and enhance physical activity in the classroom setting. OSU SNAP-Ed Units deliver training sessions to area teachers in order to facilitate the use of the kits.

Kraemer, L., Hinton, B., Kersten, S., Bailey, K. (2018) BEPA 2.0 Training. Hood River, OR. 2 sessions of 30 minutes each, 60 minutes of instruction, 15 total participants.

Kraemer, L. & Osborn, A. (2015) BEPAT Training. Hood River, OR. 2 session of 45 minutes each, 90 minutes of instruction, 15 total participants.

Strong Women

Strong Women is an evidence-based strength-training program developed at Tufts University by Dr. Miriam E. Nelson. The program targets mid-life and older women and encourages them to participate in regular strength training exercises that have been proven to improve balance,

muscle mass, bone density, and reduce chronic diseases. I was certified as a Strong Women Ambassador in 2012 and provide to training for new Strong Women Leaders throughout the state of Oregon.

Kraemer, L. (2012-2018). Strong Women Leader Training. Hood River, The Dalles, Medford, Lakeview, and Tillamook, OR. 11 sessions of 8 hours each, 88 hours of instruction, 176 total participants.

SNAP-Ed Community-Based Nutrition Education & Events

The Oregon Supplemental Nutrition Assistance Program (SNAP-Ed) Education Program provides nutrition education to youth, families and adults with fun, interactive games and activities. Curriculum and activities are based on the current USDA Dietary Guidelines. The funding comes from the USDA Supplemental Nutrition Assistance Program – Nutrition Education Program (SNAP-Ed).

Community Meal & Cooking Classes

Community Meal & Cooking Classes are a partnership between OSU Extension, FISH Foodbank, One Community Health, and Gorge Grown Food Network to provide nutrition education and community outreach to low-income families who are enrolled or eligible for the Veggie Rx Program. This program began in January 2016 and ran monthly (2nd Mondays in Hood River and 2nd Thursdays in The Dalles) through December 2016. 24 sessions of 3 hours each, 72 hours of total instruction, 350 total participants.

MCCOG Jobs Club Nutrition Classes

In partnership with the Mid-Columbia Council of Governments, I deliver single session nutrition classes to participants in a Jobs Club for community members who are un-employed but participating in TANF programs to improve their skills and employability. I utilize MyPlate resources and MyPlate Community Workshops curriculum for these classes along with pieces of Money for Food and other SNAP-Ed curricula.

Kraemer, L. (2013). 3 sessions of one hour each delivered to 5 participants each time for a total of 3 hours of teaching and 15 participants.

SNAP-Ed (Supplemental Nutrition Assistance Program Education) & Food Hero Program

Oregon State University has a multi-year contract to deliver nutrition education to SNAP-eligible youth and families. Much of this teaching occurs in school with high percentages of youth who qualify for free and reduced lunches. Other venues for education include WIC, DHS, and Head Start offices, as well as low-income housing sites, food banks, and grocery stores.

Kraemer, L., Hinton, B., Kashuba, K., Kersten, K., Tobey, L., (2018-2019). Food Hero Volunteer Training. 2 sessions of 5 hours each, 10 hours of total instruction, 21 total participants.

Tasting Tables

Tasting Tables are a collaborative project between OSU Extension, The Gorge Grown Food Network, and the Hood River County School District. The program seeks to encourage youth to sample more locally grown and seasonal fruits and vegetables through facilitated Tasting Tables. With the help of our AmeriCorps member and parent volunteers we are able to offer monthly Tasting Tables at each of our five elementary and two middle schools in Hood River County.

Teen Parent Nutrition Classes

Outreach to Teen Parents is part of my SNAP-Ed programming in Hood River County. This year I worked with the Simply Good Eating Curriculum and delivered a series of 10 classes to 8 teen moms. As a result of this and other experience working with Teen Parents I co-chaired the Pregnant and Parenting Teens Workgroup and helped to choose curricula for this group as well as develop and deliver a training program to help other SNAP-Educators learn how to conduct successful outreach with this population.

Kraemer, L. (2013). 10 lessons of 90 minutes each, 15 hours of instruction, 8 total participants.

WIC Veggie Rx Program Classes

We partnered with Gorge Grown Food Network's Veggie Rx Program that is piloting a new program focused on WIC Moms getting additional access to fruits and veggies in the first 1,000 days of life. We provide nutrition education to moms receiving bi-weekly boxes of produce.

Kraemer, L., Hinton, B. Kersten, S. (2018). Healthy Eating on a Budget for WIC Moms. 2 lessons of 40 minutes each, 80 minutes of total instruction, 5 total participants.

Curriculum Development

Kraemer, L., Hinton, B., Kashuba, K., Kersten, K., Tobey, L., (2018-2019). Food Hero Volunteer Training Guide & Food Hero Volunteer Toolkit. Leader training guide, volunteer toolkit, evaluation.

Davis, J. & Kraemer, L. (2016). The StrongWomen Program: 14 Years of Strengthening Extension Outreach. We developed a Leader Guide, Participant packet, and an evaluation. Lesson posted on FCE Website and will be accessed by FCE Study Groups from around the state in 2017. Evaluation results available in Winter 2018.

Kraemer, L., Koelker, T., Koerner, A. (2013) Hearts of Gold Caregivers Cooking Skills Manual. This curriculum focuses on updating the cooking, food preparation, and food safety skills of in-home hospice caregivers. The curriculum has eight sections and includes healthy recipes as well as a practicum component to give students the opportunity to utilize newly learned skills.

Educational Materials

Within the scope of Extension education, materials to support teaching and facilitated delivery of programs can take many forms. These include publications that support educational

workshops, teaching materials developed for use in specific training sessions, program management materials which support delivery of facilitated programs, and materials that bring the educational message to a broader audience (i.e. newsletters, web sites, etc.).

Publications for County or Area Distribution

Kraemer, L., Hinton, B., Kashuba, K., Kersten, K., Tobey, L., (2018-2019). Food Hero Volunteer Toolkit. Hood River and The Dalles, OR. 100 pp. 21 distributed.

Kraemer, L. (2011-Present). Study Group Yearbook. FCE Extension Study Groups of Hood River and Wasco Counties. 12pp. 200 distributed annually.

Kraemer, L. (2011-Present). A la carte Food Preservation Schedule. OSU Extension Office of Hood River and Wasco Counties. 2pp. 300 distributed annually.

Fein, L. (2011) Hood River County CHANGE Tool Healthy Communities Assessment Report

Educational Newsletters

Kraemer, L. (2015-Present). Food Hero Monthly Magazine. OSU Extension SNAP-Ed Social Marketing Campaign Newsletter. Print copy distributed 12 times per year to local elementary schools, FISH Food Pantry, One Community Health Clinic, Grocery Outlet, 2pp. 2,110 distributed annually; 8,440 distributed total. Hood River and Wasco Counties. English and Spanish. Also available online.

Teaching Materials

Kraemer, L., Hinton, B., Kersten, S. (2018-2019). BEPA 2.0 Toolkit Teacher Training and Updates. Prepared for teachers at 3 elementary schools. 10 pp. 15 distributed.

Kraemer, L. (2018). Canning and Drying Fruits Packet. Hood River and The Dalles, OR. 10 pp. 18 distributed.

Kraemer, L., Mitchell, K. (2018). Canning Salmon Packet. Hood River and The Dalles, OR. 10 pp. 21 distributed.

Kraemer, L. (2018). Freezer Meals. Lesson Plan, Participant Handout and Recipes. Prepared for MFP a la carte students attending Freezer Meal Class as well as two Hood River County Library District presentations and Family and Community Education Study Group Leader Training. 15pp. 100 distributed.

Kraemer, L. (2018). Food, Water, and Waste in Emergencies Packet. Hood River and The Dalles, OR. 10 pp. 19 distributed.

Kraemer, L., Forster, S. Lively, B., Lively, R. (2018). Oktoberfest Packet. Hood River and The Dalles, OR. 15 pp. 31 distributed.

Kraemer, L. (2017). Canning Fruits and Pie Filling Packet. Hood River and The Dalles, OR. 10 pp. 11 distributed.

Kraemer, L. (2017). Food in Emergencies Packet. Hood River and The Dalles, OR. 10 pp, 35 distributed.

Kraemer, L., McDonald, D. (2017). Introduction to Food Safety Packet. Hood River and The Dalles, OR. 10 pp, 11 distributed.

Kraemer, L., Reeves, E. (2017). Smoking and Curing Meats Packet. Hood River and The Dalles, OR. 10 pp, 32 distributed.

Kraemer, L. (2016-2018). Pickling Packet. Hood River and The Dalles, OR. 10 pp, 50 distributed.

Kraemer, L. (2016-2017). Fermenting Packet. Hood River and The Dalles, OR. 15 pp, 42 distributed.

Kraemer, L., Casati, D. (2013-2017). Cheesemaking Packet. Hood River and The Dalles, OR. 10 pp. 196 distributed.

Kraemer, L. (2013-2014). Spices and Herbs. Fact Sheet and Recipes. Prepared for MFP a la carte students attending Spices and Herbs Class. 33 distributed.

Kraemer, L. (2012-2018). Oils, Vinegars, and Extracts Packet. Hood River and The Dalles, OR. 10 pp. 120 distributed.

Kraemer, L. (2012-2018). Canning Soups and Stocks Packet. Hood River and The Dalles, OR. 10 pp. 74 distributed.

Kraemer, L. (2012-2017). Fresh Food Freezing Packet. Hood River and The Dalles, OR. 10 pp, 104 distributed.

Kraemer, L. (2012-2017). Pressure Canning Packet. Hood River and The Dalles, OR. 10 pp. 160 distributed.

Kraemer, L. (2012-2017). Jams and Jellies Packet. Hood River and The Dalles, OR. 10 pp. 112 distributed.

Kraemer, L. (2012-2017). Tasty Tomato Products Packet. Hood River and The Dalles, OR. 10 pp. 135 distributed.

Kraemer, L. (2012-2015). Holiday Gifts from the Kitchen Packet. Hood River and The Dalles, OR. 15 pp, 125 distributed.

Kraemer, L. (2012). Making Homemade Mulling Spices. Fact Sheet. Prepared for FFE A la Carte students attending Holiday Gifts from the Kitchen Class. 40 distributed.

Kraemer, L. (2012). Making Homemade Taco Seasoning. Fact Sheet. Prepared for FFE A la Carte students attending Holiday Gifts from the Kitchen Class. 40 distributed.

Kraemer, L. (2012) Baby Food Making. Fact Sheet and Recipes. Prepared for MFP a la carte students attending Baby Food Class. 20 distributed.

Kraemer, L. (2011-2017). Food Drying Basics Packet. Hood River and The Dalles, OR. 10 pp. 170 distributed.

Digital Media Productions

Kraemer, L. (2019). Value Added Rental Program. [PowerPoint presentation, 25 slides]. Corvallis, OR. FCH Annual Conference Workshop Participants.

Kraemer, L. (2018). BEPA 2.0 Teacher Training [PowerPoint presentation, 20 slides]. Hood River County, OR. Workshop Participants.

Kraemer, L. (2018). Canning and Drying Fruits. [PowerPoint presentation, 36 slides]. Hood River and Wasco County, OR. Workshop Participants.

Kraemer, L., Mitchell, K. (2018). Canning Salmon. [PowerPoint presentation, 41 slides]. Hood River and Wasco County, OR. Workshop Participants.

Kraemer, L. (2018). Freezer Meals. [PowerPoint presentation, 23 slides]. Hood River and Wasco County, OR. Workshop Participants.

Kraemer, L., Forster, S. Lively, B., Lively, R. (2018). Oktoberfest. [PowerPoint presentation, 11 slides]. Hood River and Wasco County, OR. Workshop Participants.

Kraemer, L. (2017-2018). Disaster Preparedness for Older Adults. [PowerPoint presentation, 45 slides]. Hood River & Wasco County, OR. Workshop Participants.

Kraemer, L. (2017). Canning Fruits and Pie Filling. [PowerPoint presentation, 27 slides]. Hood River & Wasco County, OR. Workshop Participants.

Kraemer, L. (2017). Food in Emergencies. [PowerPoint presentation, 45 slides]. Hood River & Wasco County, OR. Workshop Participants.

Kraemer, L., McDonald, D. (2017). Introduction to Food Safety. [PowerPoint presentation, 45 slides]. Hood River & Wasco County, OR. Workshop Participants.

Kraemer, L., Reeves, E., Reeves, B. (2017). Smoking and Curing Meats. [PowerPoint presentation, 21 slides]. Hood River & Wasco County, OR. Workshop Participants.

Kraemer, L. (2017). Reflections on Volunteering and Transforming Community Health and Wellbeing. [PowerPoint presentation, 25 slides]. Hood River County, OR. Providence Volunteers In Action Celebration Luncheon Participants.

Kraemer, L. (2016-2018). Blue Zones Community Presentation. [PowerPoint presentation, 9 slides]. Hood River & Wasco County, OR. Workshop Participants.

Kraemer, L. (2016-2018). Pickling. [PowerPoint presentation, 27 slides]. Hood River & Wasco County, OR. Workshop Participants.

Kraemer, L. (2016-2017). Fermenting. [PowerPoint presentation, 23 slides]. Hood River & Wasco County, OR. Workshop Participants.

Kraemer, L. (2016). County College Health Extension. [Narrated video put to still photographic images, 6 minutes]. Corvallis, OR: County College Presentation. Newly elected county commissioners and public servants.

Kraemer, L. (2016). Connecting Farms to Community: Opening New Marketing Channels. [PowerPoint presentation, 22 slides]. Hood River County, OR. Workshop Participants.

Kraemer, L., Black, L., Hyde, G. (2016). Disaster Preparedness: What Extension Professionals Need to Know. [PowerPoint presentation, 41 slides]. Corvallis, OR. OSUES Annual Conference Workshop Participants.

Kraemer, L., Sullivan, S., Dierker, T. (2016-2018). Veggie Rx: A Prescription for Partnerships in Healthy Eating and Education. [PowerPoint presentation, 25 slides]. Portland, OR. 4H/FCH Annual Conference workshop Participants

Kraemer, L. (2015-2018). The Zombie's Ate My Food, Or How To Prepare for Any Apocalypse: An Extension Agent's Guide to Resilience in Times of Disaster. [PowerPoint presentation, 51 slides]. Hood River & Wasco County, OR. Workshop Participants.

Kraemer, L. (2013). Passport to Happiness Project. OSU Extension Service of Hood River and Wasco Counties. Prezi Presentation

Kraemer, L. (2012-2018). Oils, Vinegars, and Extracts. [PowerPoint presentation, 17 slides]. Hood River and Wasco County, OR. Workshop Participants.

Kraemer, L. (2012-2018). Canning Soups and Stocks. [PowerPoint presentation, 33 slides]. Hood River and Wasco County, OR. Workshop Participants.

Kraemer, L. (2012-2017). Fresh Food Freezing. [PowerPoint presentation, 61 slides]. Hood River and Wasco County, OR. Workshop Participants; Adapted from Slides shared on the National Center for Home Food Preservation Website; University of Georgia.

Kraemer, L. (2012-2017). Pressure Canning. [PowerPoint presentation, 36 slides]. Hood River and Wasco County, OR. Workshop Participants.

Kraemer, L. (2012-2017). Jams and Jellies. [PowerPoint presentation, 29 slides]. Hood River and Wasco County, OR. Workshop Participants.

Kraemer, L. (2012-2017). Tasty Tomato Products. [PowerPoint presentation, 36 slides]. Hood River and Wasco County, OR. Workshop Participants.

Kraemer, L. (2012-2015). Holiday Gifts from the Kitchen. [PowerPoint presentation, 27 slides]. Hood River and Wasco County, OR. Workshop Participants

Kraemer, L. (2012) Healthy Eating by the Numbers. OSU Extension Service of Hood River and Wasco Counties. Prezi Presentation

Kraemer, L. (2012) Baby Food Making. [PowerPoint presentation, 27 slides]. Hood River and Wasco County, OR. Workshop Participants

Kraemer, L. (2011-2018) Strong Women Leader Training Presentation. [PowerPoint Presentation, 110 slides]. Hood River and Wasco County, OR. Workshop Participants

Kraemer, L. (2011-2017). Food Drying Basics. [Prezi presentation, ~50 transitions/slides]. Hood River and Wasco County, OR. Workshop Participants.

Fein, L. (2011) Fruit Butter Basics. OSU Extension Service of Hood River and Wasco Counties. Prezi Presentation

Fein, L. (2011) Hood River County CHANGE Tool Healthy Communities Assessment. OSU Extension Service of Hood River and Wasco Counties. Prezi Presentation

Program Management Materials

Kraemer, L. (2018-2019). Food Hero Volunteer Training Packet: Flyer, Application, Job Description, and Volunteer Insurance Information. Food Hero Volunteers. 10 pp. 20-30 distributed annually.

Kraemer, L. (2016). Community Meal and Cooking Class Flyers. Community Members. 1 pp. 500 distributed.

Kraemer, L. (2013-2017). Master Food Preserver Certification Course Promotional Materials. 100 distributed annually to recruit for new MFPs in Columbia Gorge.

Kraemer, L. (2012-2019). Strong Women Leader Volunteer Packet. Strong Women Leaders. 10 pp. 20-30 distributed annually.

Kraemer, L. (2012-2018). Strong Women Training Promotional Materials. 2 pp. 300 distributed annually to recruit new Strong Women participants in the Columbia Gorge.

Kraemer, L. (2012-2017) Master Food Preserver Resource Notebook. New Master Food Preservers. 400 pp. 5-15 distributed annually.

Kraemer, L. (2011-2019). A la carte Food Preservation Course Promotional Materials. 2 pp. 500 distributed annually for classes throughout spring, summer, and fall.

Evaluation Tools or Instruments for Data Collection

Kraemer, L. (2019). Strong Women Participant Evaluation. Hood River and Wasco County Extension. 6 pp. 200 distributed.

Kraemer, L., Bailey, K., Thon, N. (2018-2019). Food Hero Volunteer Training Evaluation. Hood River and The Dalles, OR: OSU Extension. 3 pp. 21 distributed.

Kraemer, L., Bailey, K., Thon, N. (2018). Summer Swim Rx Program Evaluation. Hood River and The Dalles, OR: OSU Extension. 2 pp. 40 distributed.

Kraemer, L. (2018). Food Preservation Class Participant Evaluation. Hood River and Wasco County. Qualtrics Questionnaire, 21 questions; 260 distributed.

Kraemer, L., Howes, E., Fox, S. (2016). Veggie Rx Provider Experience Evaluation. Oregon State University Extension Service. 6pp.

Kraemer, L., Dalton, S., Pawlowski, J. (2015). Strong Women Participant Evaluation. Oregon State University Extension Service. 6pp. 20 distributed.

Kraemer, L., Reynolds, J. (2013). Passport to Happiness Participant Evaluation. Oregon State University Extension Service. 2pp. 20 distributed

Kraemer, L., Johnson, J. (2013). Tasting Table Program Evaluation. Oregon State University Extension Service. 6pp. 250 distributed.

Kraemer, L., Koerner, A. (2013). Hearts of Gold Caregivers Cooking Skills Needs Assessment. Oregon State University Extension Service. 2 pp. 30 distributed.

Seguin, R., Kraemer, L. (2012-2018). Strong Women Leader Training Evaluation. 2 pp. 20-30 distributed annually.

Kraemer, L., Brandt, Jeanne., Braverman, M., Raab., C. (2011-Present). Master Food

Preserver Volunteer Satisfaction Evaluation Survey. Oregon State University Extension Service. 18 pp. 40 distributed.

Fein, L. (2011-revised). 2011 Food Preservation Classes Follow-up Survey. Oregon State University Extension Service. 2 pp. 20 distributed.

Team or Collaborative Efforts

State/Regional

Healthy Eating/Community Food Systems Workgroup: (2018-2019). I am working with a team of other food systems focused county and campus faculty to develop metrics and framework by which we can organize our Healthy Eating and Community Food Systems work across the state. Our hope is that the materials we produce, will provide guidance to faculty as they make critical decisions about how to allocate time and resources to meet food systems needs in their counties.

BEPA 2.0: (2018-2019). Our State SNAP-Ed team is rolling out the BEPA 2.0 Toolkits across Oregon with support from campus and Dr. Katherine Gunter's team as well as the Oregon Department of Education as the schools work to meet new policies for increased physical activity time in the school day. We are receiving local support from our Blue Zones partners as well as the school district Superintendents, Principals, and local teachers as we begin disseminating the BEPA 2.0 Toolkits and deliver the trainings.

Healthy Celebration Toolkit & Smoothie Cart: (2018-2019) Our State SNAP-Ed team is rolling out the Healthy Celebrations Toolkit along with a Smoothie Cart model to help support schools in making policy and environment shifts around how students, faculty, and staff celebrate birthdays, holidays, and achievements. The State Food Hero Team has developed written materials we can share with local partners as well as funding to purchase some materials and supplies. We are working with our local schools to source 'retired' A/V carts that we are repurposing for the Smoothie Carts. We are also receiving local support from our Blue Zones partners as well as school district Superintendents, Principals, and local teachers as we begin disseminating the Healthy Celebrations Toolkits, Smoothie Carts, and deliver the trainings on their use. This work was featured in a 60-second Blue Zones video recently that was shared across the region and around the state.

MFP Volunteer Evaluation Team. (2013). Marc Braverman, Carolyn Raab, Jeanne Brandt, and I have been working on a Master Food Preserver Volunteer Satisfaction survey that will be used to assess our volunteer program and what barriers may exist that prohibit greater longevity and involvement among our MFPs as well as how to facilitate volunteer experiences that really excite volunteers and keep them engaged. *In 2013, the work of this group continued and we presented our first year of findings at the state FCH/4-H Conference. In 2013, additional counties were added to our research study.*

County

What We Eat Matters Event: (2019). Working with a number of local partners, I am helping to sponsor a 6-hour event featuring nationally recognized speakers and panelists to present on the science of how what we eat affects us for generations to come. Key partners include OHSU, Blue Zones, Gorge Grown Food Network, Partners for a Hunger-Free Oregon, Columbia Gorge Food Bank, and Oregon State University Extension Service. I am one of the organizers of the event and will also serve as the emcee.

Summer Swim Rx: (2018-2019). Building on the success of other ‘Rx’ programs locally, I worked with the Fit in Wasco Coalition (Mid-Columbia Medical Center, Gorge Youth Center, Northern Wasco Parks and Recreation, OSU Extension, North Central Public Health District, Blue Zones, One Community Health, Columbia Gorge Health Council) to develop a program that would help facilitate greater access to physical activity opportunities during the summer of 2018. Utilizing the time of two of my summer interns, we helped with the design, implementation, and evaluation of the Summer Swim Rx. Program as well as the development of many tools including evaluation tools, scripts for interviews, observational tools, etc.

Food Hero Volunteer Training: (2018-2019). Following two Oregon Solutions projects, the need for more community-based nutrition education and outreach was highlighted. I convened a group of community leaders and nutrition educators, which I called the Gorge Nutrition Education Network and together we began developing a volunteer training curricula, which we ultimately called the Food Hero Volunteer Program. Partners that were a part of the network included local health clinics, hospital dietitians, Head Start, WIC, and food security and food systems partners. In addition to developing the training, I developed a Food Hero Volunteer Toolkit, training evaluation, advertising and outreach materials, and Food Hero Volunteer Enrollment Packets. We have held two trainings as of March 2019, training 21 new volunteers to support our local efforts.

WIC Veggie Rx Program Pilot: (2018-2019). In an effort to ‘zoom-in’ on a specific target population and have the greatest impact during an episodic point in time, Gorge Grown Food Network, the Hood River County Health Department WIC Program, and OSU Extension have been working on a Veggie Rx Program specifically for WIC-eligible pregnant moms. Based in the science of epigenetics, the WIC Veggie Rx pilot seeks to improve mothers’ nutrition particularly during pregnancy and the child’s nutrition during the first 1,000 days of life. I have been providing support on program design, implementation, and especially evaluation. We are also providing the nutrition education outreach for the moms enrolled in the program through our Food Hero and SNAP-Ed programs.

Blue Zones City of The Dalles Application Team. (2016-2020) In the summer of 2016, I convened a team of local partners from throughout the Gorge to discuss the submitting our community for the next Blue Zones demonstration site. In August, I planned and convened a Blue Zones Information meeting that was attended by approximately 50 community and organization representatives. I worked with Paul Lindberg and partners to draft our application. I secured 26 letters of support which we submitted, along with our application in late August on behalf of the City of The Dalles. We were selected for a half-day site visit by the state Blue

Zones Team, which I coordinated and planned with a group of speakers and agency partners. Sixty-five people attended the site visit and Blue Zones said it was among the most impressive they had seen. In December we were notified that we are finalists for the Blue Zones demonstration community pending adequate matching funds. I continue to spearhead the effort, leading our local partners through the process and garnering support for the initiative.

Aging in the Gorge Alliance. (2016-2019). The Aging in the Gorge Alliance (AGA) was convened by Dr. Tina Castanares and Dr. Bonnie New, both retired physicians. Their vision was to gather a group of community activists and organizational partners to begin addressing the growing elder boom affecting our region. There are many challenges to aging in place in the Gorge including access to quality and skilled care-givers, housing, transportation, and awareness. I have been attending the bi-monthly meetings throughout 2016. One of the successful outcomes of the AGA was convening a co-housing summit as well as hosting a Gorge-wide reading of “The Age of Dignity” by Ai-Jen Poo.

Columbia Gorge Coordinated Care Organization. (2015-2019). The Columbia Gorge Coordinated Care Organization (CCO) operates a Community Advisory Council (CAC) which serves as a collaborative regional group made up of social service and medical providers as well as recipients of Medicaid to provide input and guidance on the Community Health Needs Assessment and resulting Community Health Improvement Plan (CHIP). The group meets monthly and I attend the meetings and provide feedback and follow up as needed.

Oregon Solutions-Columbia Gorge Food Security Team. (2015-2019) The Columbia Gorge Health Council (CCO) and One Community Health, (the region's Federally Qualified Health Center) conducted a survey in 2015 specific to food insecurity. With more than 2,000 responses from throughout the region, this survey demonstrated that 1 in 3 residents worry about running out of food, and 1 in 5 miss meals. In a region that has relied on the agriculture industry for more than a century, this level of hunger is disconcerting. An informal group of Gorge community members (myself included) approached Oregon Solutions in late 2015, and following an Oregon Solutions Assessment, Governor Kate Brown official designated this effort an Oregon Solutions Project in a March 29, 2016 letter. Ken Bailey and Mark Thomas were appointed to lead a team of more than 20 different producers, distributors, social service agencies, healthcare providers and community members to create a coalition to cooperatively decrease hunger and increase access to quality food throughout the Columbia Gorge. Inherent in these goals is strengthening the entire Columbia Gorge food system from producers to consumers.

Veggie Rx Program. (2015-2017). Working closely with Gorge Grown Food Network and a number of local medical providers, grocery stores, and farmers markets, I assisted with the design, implementation, and evaluation of the Veggie Rx Program rolled out in the Gorge. I was serving on the Board of Gorge Grown Food Network at the time, but also helped the Gorge Grown team think through a number of different program components around patient/client access to nutrition education in tandem with their Veggie Rx. One of the resulting programs that we developed in partnership with the Veggie Rx program was a monthly Community Meal and Cooking Class for Veggie Rx recipients to attend in order to learn about how to utilize their Veggie Rx vouchers. The Community Meal and Cooking Class was offered in English and Spanish for 12 months through 2016 in both Hood River and The Dalles.

Robert Wood Johnson Foundation Culture of Health Prize Team. (2015-2016). In the fall of 2015, Dr. Karleen Schwartztraber, RWJF Fellow and Doctor at Skyline Hospital, approached Gorge Grown Food Network with the idea to submit their Veggie Rx Program and other collaborative work to Robert Wood Johnson Foundation for their Culture of Health Prize. I worked with a team to draft our application to RWJF and highlight a variety of collective impact initiatives that partners throughout the Gorge have developed. We highlighted a variety of community programs and successes including the Veggie Rx Program, Extension's Nutrition Education and Food Hero Program, housing authority developments, local small-business incubation, Community Health Workers, Columbia Gorge Health Council surveys, Fresh Start Culinary Arts program, and others. In the fall of 2016, we were awarded with the prize and a team of photographers and videographers came back to the Gorge to film us in action. My Community Meal and Cooking Class program was highlighted specifically and numerous media outlets shared pictures and video of me working with a student preparing a healthy recipe.

Oregon Solutions-Fit in Wasco. (2014-2019). The rate of childhood obesity in Wasco County exceeds both the state and national levels. More than one in three children in the county are clinically overweight or obese, meaning they have a body mass index, or BMI, greater than the 85% percentile. This Oregon Solutions project team is dedicated to reducing childhood obesity in Wasco County. The project team commits to creating a healthier built environment for our children's sake; educating and informing our community to change community norms around the importance of proper nutrition and being active; and working collectively and collaboratively to change the things we can within our own organizations and within the community to reduce the likelihood of childhood obesity. Our Oregon Solutions (OS) project team, represents a large cross-section of our community including 22 different agency partners. Coalition member organizations are currently engaged in a variety of existing anti-childhood obesity activities and they are also beginning new efforts. The Declaration of Cooperation (DoC) commitments illustrate these existing and new activities. During the OS process several Workgroups were formed: Sports Facilities Workgroup, Sugar Sweetened Beverages (SSB) Workgroup, and the Healthy Food Workgroup. In addition, there is an active Safe Routes To Schools (SRTS) effort in which several Coalition member organizations are participating.

Columbia Gorge Breastfeeding Coalition. (2012-2015). I served as one of the founding members of this coalition and over the course of our development and growth, we have established a breastfeeding support group that meets every other week and supports an average of 10-15 new moms at each session. The coalition is made up of lactation consultants, hospital staff, WIC nurses, health department staff, local family physicians, and Extension nutrition educators.

Oregon Solutions-Bridges to Health Team. (2013-2014). I was invited to participate in this group based on my previous involvement with community needs assessments and my work with Extension. The group is convened by Oregon Solutions, a program of the Governor's office and projects are approved based on ability of teams to accomplish goals and work with a facilitator to achieve outcomes. The group is made up of agency heads from over 30 different local organizations and seeks to address health needs in the Columbia Gorge by pairing the work of Early Learning Hubs/Councils with the work of 40-40-20 Initiative and the health care expansion funds in the community.

GGFN Food Connection Forum Planning Committee. (2012). I served on the planning committee for the Gorge Grown Food Network Food Connection Forum that was held in April of 2012. This committee helped to convene local food producers and buyers to engage in a discussion about our local food system, issues with distribution and supply, and the promotion of more locally grown produce. Never before had growers and eaters of food all met together to discuss their challenges and hopes together. It was a very successful event for the fact of gathering so many different folks and facilitating a powerful discussion.

HAHRC Coalition. (2010-2019). The Healthy Active Hood River Coalition has been in existence since early 2003 and seeks to “Make the Healthy Choice the Easy Choice for All in Hood River County.” This group convenes leaders from a variety of agencies and organizations throughout the county including schools, food service, physicians, social service providers, Commission on Children and Families, OSU Extension, Gorge Grown Food Network, health departments, Head Start and others to generate discussion as well as policy, systems, and environmental changes to facilitate healthier living.

Priester Health Extension Conference Planning Committee. (2012). As a result of my background and studies in public health; I was asked to attend and then serve on the Priester Conference Planning Committee. In 2012 I attended the conference that was held in Washington, D.C. In 2012-2013, I served on the planning committee and chaired the Student Scholarship Awards committee and helped with securing our keynote speaker, Dr. Tina Castanares, who lives and practices in Hood River. The conference was a success by all counts and we had well over 100 people from Land Grant institutions around the country attend. It was the first time in a long time that the event was held on the west coast and we were pleased to have been able to attract a number of east coast universities to attend.

Wasco County Network on Aging. (2011-2014). The Wasco County Network on Aging was convened by Scott McKay of the Mid-Columbia Senior Center and has set out to improve the health and well-being of Wasco County Seniors. Over the course of the last several years (2011-December 2014) we have collaborated on the development of a community calendar that highlights various healthy living events. The calendar also dedicates space each month to the discussion of different health topics with the overall goal to promote greater health and happiness among Wasco County seniors.

2. Student, Participant/Client and Program Evaluations

Student and/or Participant/Client Teaching Evaluations

Date	Students	Eval/Ret	Class Title	Rating
2018	23 (adults)	23	Disaster Preparedness	5.87/6.0
2018	17 (adults)	17	Disaster Preparedness to AmeriCorps	5.76/6.0
2018	28 (adults)	28	Strong Women Leader Training Class	5.85/6.0
2017	20 (adults)	20	Food In Emergencies Course	5.85/6.0
2017	4 (adults)	4	MFP Freezing a la carte Class	6.0/6.0
2017	11 (adults)	11	Strong Women Leader Training Class	5.82/6.0
2016	5 (adults)	5	Master Food Preserver Certification Course	5.8/6.0
2016	11 (adults)	11	Strong Women Leader Training Class	5.91/6.0
2016	15 (adults)	15	Strong Women Leader Training Class	5.87/6.0
2015	12 (adults)	12	Strong Women Leader Training Class	5.92/6.0
2015	13 (adults)	13	Master Food Preserver Certification Course	5.92/6.0
2015	10 (youth & adults)	10	MFP Holiday Gifts a la carte Class	6.0/6.0
2014	20 (adults)	20	Strong Women Leader Training Class	5.85/6.0
2013	9 (adults)	9	MFP Holiday Gifts a la carte Class	6.0/6.0
2013	11 (adults)	11	MFP Pressure Canning a la carte Class	5.91/6.0
2013	12 (adults)	12	Master Food Preserver Certification Course	5.83/6.0
2012	13 (adults)	12	Master Food Preserver Certification Course	5.92/6.0
2012	10 (adults)	10	FFE Pickling A La Carte Class	5.90/6.0
2012	15 (youth)	15	Babysitting Class	5.6/6.0
2011	9 (youth)	9	Babysitting Class	5.8/6.0
2011	10 (adults)	10	FFE Food Drying A La Carte Class	5.9/6.0
2011	26 (adults)	26	Mid-Columbia Children's Council Training	5.9/6.0

Evidence of Program Impact

Tasting Table Program Evaluation (2013-2015). Working with an MPH intern over the summer, I was able to initiate and develop a project that had been on my radar for a couple of years, which was to evaluate the efficacy and programmatic impact of our Tasting Table program. We developed a set of evaluation tools, a logic model, and the beginnings of a tool kit that can be shared with other organizations and Extension partners to help them develop their own Tasting Tables. We are currently collecting pre-surveys from 2nd, 3rd, and 4th graders and will match these surveys to post-surveys in the Spring before conducting data analysis and releasing our results. In addition to improving the self-efficacy of Tasting Table participants for trying new fruits and vegetables, we hope to be able to show changes in the school food environment over time as well as changes in attitudes and behaviors of parent volunteers involved in the program.

Master Food Preserver Volunteer Evaluation (2012-2013). We are still waiting on data analysis to report on the data collected in our pilot year, but this program promises to have a big impact on our understanding of the volunteer experience of Master Food Preservers as well as our ability to match volunteers with fulfilling tasks that encourage their long-lived participation in our program. *As of December 2013, we have collected our first year's data and analyzed, presented, and shared our materials at the State FCH/4-H Conference. We had significant findings that illustrated how much the volunteers learned by participating in the MPH program and also what training formats, times, etc. worked particularly well. We also learned a lot about our volunteers in general and what motivates them to participate in our program. We are currently collecting a second year of data and including additional counties in our research and plan to present our updated findings at the 2014 FCH/4-H Conference.*

HAHRC Coalition Environmental Change (2012). After years of educating the HAHRC Coalition members on the importance of creating environmental change to improve health behaviors, the local Hood River Pool made the giant step of removing their vending machines from the lobby of the swimming pool. The community rejoiced in the change, noting that young swimmers would no longer be tempted to undo their efforts at being physically active with unhealthy snacks following a swim. Furthermore, the lack of vending machines prohibits students from the middle school across the street from accessing unhealthy foods before and after school. Our education efforts have really paid off by fostering the type of environmental change that will really result in positive behavior change and making the healthy choice the easy choice. To replace the candy, pop, and chips—fresh fruit, raisins, whole grain granola bars, and 100% fruit juices are now sold at the pool.

Tasting Tables (2012). After successfully piloting three Tasting Tables in 2011, we started the program in earnest, broadening our reach to all seven elementary and middle schools in the Hood River County School District. Through the support of Gorge Grown Food Network and the Food Service Director, we have been able to bring a variety of fruits and veggies into the schools already, including cherry tomatoes, Starkrimson pears, Kale, and potatoes. By far, our biggest success so far was Kale, which we turned into healthy chips. Within a few days of the tasting table at one elementary school I received reports from the Principal that several students had brought Kale chips with them in their lunches. Furthermore, when I went back to the grocery store for another tasting table purchase, they were completely out of Kale due to the number of youth encouraging their parents to make the recipe at home. This is exciting evidence of behavior change in our community.

3. Peer Teaching Evaluations

Peer Review of Teaching Summary		
Year	Name of Class	Name of Person Completing Peer Review
2018	Strong Women Leader Training	Kershaw, N.
2018	Blue Zones/Food Systems Presentation	Gwin, L.
2017	Strong Women Leader Training	Hyde, G.
2017	Fermentation MFP a la carte Class	Harris, A.
2016	Veggie Rx Presentation at NEAFCS	Kirk, C.
2016	Cheese Making MFP Class	Coleman, S.
2015	Jam and Jelly Making MFP a la carte Class	McCullough, K.
2015	Tasty Tomato Products MFP a la carte Class	Osborn, A.
2014	Strong Women Leader Training	Davis, J.
2013	Tasty Tomato Products MFP Class	Tuck, B.
2013	Food Dehydrating MFP Class	Johnson, T.
2012	Master Food Preserver Certification Course	Annala, D.
2012	How to Make a Prezi Presentation	Long, L.
2012	Pressure Canning Homemade Soups Class	Black, L.

4. Advising

Year	Student	Responsibilities
2018	Sarah Kersten RARE AmeriCorps	Provided guidance on developing nutrition education outreach and food demonstrations to low-income audiences, support through mentorship and advising, assist with developing partnerships & determining career goals.
2018	Vanessa Marquez Intern	Provided guidance on developing nutrition education outreach and food demonstrations to low-income audiences
2018	Nikki Thon Intern	Provided guidance on developing physical activity program outreach and food demonstrations to low-income audiences
2018	Kainalu Bailey Intern	Provided guidance on developing physical activity program outreach and food demonstrations to low-income audiences
2017	Kiara Kashuba RARE AmeriCorps	Provided guidance on developing nutrition education outreach and food demonstrations to low-income audiences, support through mentorship and advising, assist with developing partnerships & determining career goals.

2014	Courtney Whidden Intern	Provided guidance on developing nutrition education outreach and food demonstrations to low-income audiences
2013	Jessica Johnson Intern	Provided guidance on developing evaluation plan, protocol, and tools for use in Tasting Table evaluation
2012	Hollis Dunlop AmeriCorps	Provided mentorship and advising throughout year working as AmeriCorps member at .1FTE for OSU Extension in Hood River on Tasting Table program; served as lead Supervisor through AmeriCorps term (7/2012-7/2013)
2012	Yesenia Castro Intern	Provided guidance on developing evaluable educational displays to be placed in local DHS offices.

Indirect Advising Roll:

2018	Taylor West AmeriCorps RARE	Provided guidance and feedback on MPH program at OSU.
2013	Leela Patel AmeriCorps	Provided guidance and feedback on MPH program at OSU; shared Tasting Table model for use in Wasco County schools
2013	Anna Osborn AmeriCorps	Provided guidance and feedback on MPH program at OSU
2013	Kate Stoysich Community Member	Provided guidance and feedback on MPH program at OSU

5. Other Assignments

Extension Program Leadership and Management

Extension Program Leadership Summary Programs Delivered by Staff and Volunteers under Candidate Supervision			
Type	Number of Volunteers	Number of Events/Classes	Contacts
Volunteer Led Program-Family & Community Education (FCE) Study Groups	10	9 Events/Classes per year	45-65 contacts per year

Volunteer Led Programs-Food Hero Volunteer Program	10	Anticipated to be 15-20 Events/Classes per year	150
Volunteer Led Programs-Master Food Preservers (MFP)	32	10-30 Events per year	991
Volunteer Led Programs-Strong Women Leader	50	13 programs per year	300
Volunteer Led Programs-Tasting Tables	10	10 Tasting Tables per year at each of 4-7 schools	1350
Volunteer Led Programs-Walk With Ease	2	2 walking groups	20

Volunteer Led Programs

Kraemer, L. (2013-2016) Walk With Ease. Provide oversight and assist with training for newly forming network of volunteers who will lead 6-week walking programs in Hood River and Wasco Counties. In 2016, 2 volunteers lead 2 classes reaching approximately 20 people.

Kraemer, L. (2011-Present) Master Food Preservers. Provide oversight, supervision, and training for a network of 32 volunteers who serve as volunteer educators on food handling, preparation, and preservation. Participating volunteers will receive training and an extensive resource notebook with the latest and most reliable methods for preserving food at home. In return for training Master Food Preservers agree to volunteer at least 48 hours during the following year to help county residents preserve food safely. Volunteer activities include testing pressure canner gauges, conducting workshops, and staffing exhibit booths at farmers’ markets and other local events.

Kraemer, L. (2011-Present) Strong Women. Provide oversight, supervision, and training for a network of volunteers who serve as Strong Women Leaders in Hood River, Wasco, Skamania and Klickitat Counties. Leaders facilitate two or three sessions per week of the Strong Women Stay Young weight lifting program, following prescribed exercises and ensuring the safety of participants.

Kraemer, L. (2012-Present) Tasting Tables. Provide oversight and supervision for a network of 10 volunteers who serve as Tasting Table educators on local, seasonal fruits and veggies that are offered monthly to students at local elementary and middle schools. Volunteers help with set-up and take-down of the table as well as approaching all students to offer them a taste of the pick of the month fruit or veggie. I coordinate purchasing of food, scheduling dates of Tasting Tables, and coordinating research study to evaluate program impact.

Public Information and Media

News Columns and Releases

Kraemer, L. (2011-Present). “Extension Cord.” The Dalles Chronicle. Monthly Column. 12,500 readers. 6 per year

Kraemer, L. (2011-Present). “Extension Cord.” The Hood River News. Monthly Column 5,600 readers. 5 per year

Magazines

Kraemer, L. (2015-2016). “Savor the Gorge.” Local food magazine focused on locally grown food, farming, food preservation, and culinary experiences in the Gorge. 15,000 readers. 2 per year.

TV and Radio

Kraemer, L. (Annual Radio Talk Show). (2011-Present). [KIHR, 30 minutes]. Hood River, OR. Topics vary each year. 3,000 listeners. 2 per year

Kraemer, L. (Annual Radio Talk Show). (2011-2016). [KODL, 30 minutes]. The Dalles, OR. Topics vary each year. 1,500 listeners. 1 per year

Non-Competitive Grants and Fundraising

(2012-2016) Through strong partnerships I helped to secure and supervise an AmeriCorps member for the 2012-2013 school year. Oregon State University did not have to contribute any funds toward the placement of the AmeriCorps member. My in-kind contribution of supervision enabled us to have .25FTE of the AmeriCorps’ time.

(2012) Through relationship building and strong partnerships, I have secured donations of many pounds of fruits and vegetables from local farmers to support our MFP a la Carte Food Preservation classes as well as Tasting Tables throughout Hood River and Wasco Counties.

Ask an Expert

(2011-Present) Answered 5-10 questions annually through the eExtension “Ask an Expert” system.

C. Scholarship and Creative Activity

1. Refereed Publications

1. Johnson, T., Case, P., Hyde, G., Kershaw, N., **Kraemer, L.** (2018). Food Preservation: Technology-based Approaches to Reach Diverse Audiences. *Journal of Extension*. June 2018. <https://www.joe.org/joe/2018june/iw5.php>

Manuscripts in Preparation (Targeted Submission Date)

- 1 Linnell, J. D., **Kraemer, L.**, and P. Case. Implementing the National Framework for Health and Wellness: Three Cases in Oregon. In preparation for the *Journal of Extension* (March 2019).

Peer Reviewed Publications for State or Regional Distribution

1. **Davis, J. & Kraemer, L.** (2016). *The StrongWomen Program: 14 Years of Strengthening Extension Outreach*. We developed a Leader Guide, Participant packet, and an evaluation. Lesson posted on FCE Website and will be accessed by FCE Study Groups from around the state in 2017. Evaluation results available in Winter 2018. Wrote approximately 65% of the publication. Reviewers selected by the authors.

2. Presentations at Professional Meetings and Conferences

Refereed National and International Presentations

1. Case, P. E., **Kraemer, L. M.**, Linnell, J. D. (2018). Extension moves upstream: Examples of community transformation. Presented at the National Health Outreach Conference, Minneapolis, MN, May, 2018.
2. **Kraemer, L. M.** (Author & Presenter), Suits, R. (Author & Presenter). (2016). Women in Sustainable Agriculture Conference, "Connecting Farms to Community: Food Hero," Oregon State University, Portland, OR. (December 1, 2016). 45 minutes. 65 participants. Seminar presentation. Abstract available: <http://2016wisa.org/>
3. Kershaw, N. L. (Author & Presenter), Brandt, J. D. (Author & Presenter), Johnson, T. M. (Presenter), Hyde, G. S. (Presenter), **Kraemer, L. M.** (Presenter), Oehler, N. (Other), Kirk, C. B. (Presenter), Case, P. E. (Other), Runkel, S. (Other), Streit, K. J. (Other), Rudolph, J. M. A. (Other), Crowley, T. (Other), Braverman, M. (Other), L. C. (Other), (2016). National Association of Family & Consumer Science Annual Conference, "35 Years of Master Food Preservation Programming," NEAFCS, Big Sky, Montana. (September 15, 2016). 450 participants. Showcase of Excellence Poster Session. <http://www.neafcs.org/assets/documents/annual-sessions/2016/2016-neafcs-annual-session-agenda-06-22-16.pdf>
4. **Kraemer, L. M.** (Author & Presenter), Ahern, K. (Author & Presenter), Bowman, S. (Presenter), Brody, B. S. (Leader), Carr, R. (Other), Hatfield, A. M. (Presenter), Johnson, T. M. (Presenter), Kirk, C. B. (Presenter), Maille, R. L. (Presenter), Rudolph, J. M. A. (Other), Smiley, J. (Presenter), Treadwell, A. M. M. (Other), Tobey, L. (Author), Mouzong, C. (Author), Schrupf, E. (Author), Draper, B. (Author), Mills, J. (Author), Dodge Vera, T. A. (Other), (2016). National Extension Association of Family and Consumer Sciences Annual Conference, "Social

- Marketing Meets Extension Outreach and Education: The Food Hero Experience," National Extension Association of Family and Consumer Sciences, Big Sky, Montana. (September 15, 2016). 450 participants. Showcase of Excellence Poster Session. <http://www.neafcs.org/assets/documents/annual-sessions/2016/2016-neafcs-annual-session-agenda-06-22-16.pdf>
5. Kirk, C. B., **Kraemer, L. M.**, National Extension Association of Family & Consumer Sciences Annual Session 2016, "Veggie Rx: A Prescription for Partnerships in Healthy Eating & Education," NEAFCS, Big Sky, MT. (September 13, 2016). 60 minutes, 150 participants. Seminar presentation. Contribution to presentation is 50%. <http://www.neafcs.org/assets/documents/annual-sessions/2016/2016-neafcs-annual-session-agenda-06-22-16.pdf>
 6. **Kraemer, L. M.**, (2015). International Whole Grains Summit, "Moore Family Center Outreach Project-Mid Columbia Unit," Moore Family Center & Oregon State University, Portland, OR. (June 25, 2015). 10 minutes, 50 participants, sole-presenter.
 7. Kershaw, N., Case, P., Brandt, J., Davis, J., Driscoll, D., Hyde, G. Johnson, T. Kirk, C. **Kraemer, L.** Steele, L. Schreiber, D. Withee, S., (2014) OSU Extension Food Preservation Facebook Page. Peer refereed poster session, Staffed 1 hour. Abstract on pg. 23 on the NEAFCS website at: <http://www.neafcs.org/assets/documents/annual-sessions/2014/2014-neafcs-detailed-annual-session-schedule.pdf>
 8. Kershaw, N, Case, P. Brandt, J. Davis, J. Driscoll, D., Hyde, G. Johnson, T. Kirk, C. **Kraemer, L.** Steele, L. Schreiber, D. & Withee, S., OSU Extension Food Preservation on Facebook. Peer refereed poster session, Staffed 1 hour. Abstract on page 5 on the ESP website at: http://conference2.espnational.org/images/Professional-Development/Poster_Sessions_with_Abstract.pdf
 - Received Best of Show ribbon in the poster competition

Refereed In-State Presentations

1. **Kraemer, L.**, Culbertson, C., Dow, A. (2019). Healthy Aging through Community and Exercise: A Case-Study of Strong Women Programs in the Columbia River Gorge. *Aging in Rural Oregon Conference*. Lincoln City, OR. (May 2, 2019). 60 minutes. 20 participants. Co-presenter.
2. **Kraemer, L.** (2019). Partnerships for Production: Engaging Extension Clientele through a Value Added Rental Program. *FCH Annual Conference*. Corvallis, OR. (March 13, 2019). 15 minutes. 130 participants. Presenter.
3. Case, P., Hatfield, M., Kirk, C., **Kraemer, L.** (2019). Blue Zones Project. *FCH Annual Conference*. Corvallis. 60 minutes. 50 participants. Co-presenter.

4. Case, P., Hatfield, M., Kirk, C., **Kraemer, L.** (2018). Blue Zones Project. *Oregon Public Health Association*. Corvallis. 60 minutes. 50 participants. Co-presenter.
5. **Kraemer, L.M.** (Author & Presenter), Kirk, C. (Author & Presenter), (2017). 4-H/FCH Joint Spring Conference, "Veggie Rx Programs: What Extension Professionals Need to Know," Portland, OR. (March 15, 2017). 60 minutes. 50 participants. Contribution 50%.
6. Kershaw, N. L. (Author & Presenter), Brandt, J. D. (Author & Presenter), Hyde, G. S. (Presenter), Johnson, T. M. (Presenter), Case, P. E. (Presenter), **Kraemer, L. M. (Presenter)**, Kirk, C. B. (Presenter), Chavez, L. (Other), Braverman, M. (Other), Crowley, T. (Other), Oehler, N. (Other), Streit, K. J. (Other), Rudolph, J. M. A. (Other), Runkel, S. (Other), (2016). Oregon State University Extension Association Annual Conference, "Master Food Preservers Celebrate 35 Years and Going Strong," OSUEA, Corvallis, OR. (November 17, 2016). 300 Attendees.
7. Black, L. (Author & Presenter), **Kraemer, L. M.** (Author & Presenter), Hyde, G. S. (Author & Presenter), (2016) OSUEA-Extension Conference, "It will Happen: Preparing Extension Offices for Disasters," Corvallis, OR. (November 16, 2016). 60 minutes, 60 participants, co-presenter.
8. Black, L. (Author & Presenter), **Kraemer, L. M.** (Author & Presenter), Hyde, G. S. (Author & Presenter), (2016). 4-H/FCH Joint Spring Conference, "Disaster Preparedness: What Extension Professionals Need to Know," Portland, OR. (March 17, 2016). 60 minutes. 50 participants. Contribution 33%.
9. **Kraemer, L. M.** (Author & Presenter), Dierker, T. (Author & Presenter), (2016) 4-H/FCH Joint Spring Conference, "Veggie Rx: A Prescription for Partnerships in Healthy Eating & Education," Portland, OR. (March 15, 2016). 60 minutes. 20 participants. Contribution 50%.
10. **Kraemer, L. M.** (Author & Presenter), (2016). Oregon Farm to School Summit, "Farm to School Summit Food Hero Presentation," Oregon Farm to School and School Garden Network, Silverton, OR. (February 2, 2016). 30 minutes. 70 participants. Sole presenter.
11. **Kraemer, L. M.** (Author & Presenter), Izumi, B. (Presenter), Sobell, S. (Presenter), Fryer, J. (Presenter), Henderson, T. (Presenter), (2015). Oregon Farm to School Summit, "Farm to School Summit Evaluation Workshop," Oregon Farm to School and School Garden Network, Salem, OR. (January 29, 2015). 60 minutes. 50 participants. Co-presenter.
12. **Kraemer, L. M.** (Author & Presenter), Sherman, R. (Presenter), McCune, S. (Presenter), Malstrom, S. (Presenter), (2015) Oregon Farm to School Summit, "Farm to School Summit Promotion Workshop," Oregon Farm to School and School Garden Network, Salem, OR. (January 29, 2015). 60 minutes. 50 participants. Co-presenter.

13. Kershaw, N, Case, P. Brandt, J. Davis, J. Hyde, G. Johnson, T. Kirk, C. **Kraemer, L.** Steele, L. Schreiber, D. Withee, S., Greer, J. Johnson, K. McDonald, D. Schmid, A. Strader, M. & Clackamas FCH Staff, (2014). OSU Extension Food Preservation Facebook Page. Poster session, Staffed 1 hour.
14. Kershaw, N, Case, P. Brandt, J. Davis, J. Driscoll, D., Hyde, G. Johnson, T. Kirk, C. **Kraemer, L.** Steele, L. Schreiber, D. & Withee, S., (2014). OSU Extension Food Preservation Facebook Page. Peer refereed poster session, Staffed 1 hour. Abstract in 2014 4-H/FCH Spring Conference Agenda.
15. **Kraemer, L.,** John, D. (2013). Health Behavior Theory. *Spring 4-H/FCH Conference*. Wilsonville. 30 minutes. 10 participants. Co-presenter.
16. **Kraemer, L.,** Brandt, J., Braverman, M. (2013). Master Food Preserver Volunteer Research Study. Spring 4-H/FCH Conference. Wilsonville. 30 minutes. 15 participants. Co-presenter.
17. **Kraemer, L.,** Dallin, M., Hackney, S. (2010). Klickitat County Health Department Community Food Assessment. *Oregon Public Health Association*. Corvallis. 60 minutes. 25 participants. Co-presenter.

Invited Presentations

1. **Kraemer, L.** (2019). “Veggie Rx: A Prescription for Partnerships in Healthy Eating and Education.” Providence Healthier Kids Together Summit. Hood River, OR. (April 23rd, 2019). 15 minutes. 25 participants.
2. **Kraemer, L.** (2019). County College Extension Service Presentation. Corvallis, OR. (January 18th, 2019). 5 minutes. 35 participants.
3. Case, P., Hatfield, M., Kirk, C., **Kraemer, L.** (2018). “Creating a Culture of Health: The Blue Zones Project in Four Oregon Communities.” *College of Public Health and Human Sciences Research Seminars*. Corvallis. 60 minutes. 75 participants. Co-presenter.
4. **Kraemer, L.** (2017). County College Extension Service Presentation. Corvallis, OR. (January 21st, 2017). 5 minutes. 50 participants. <https://youtu.be/NMMrimQVyPc>
5. **Kraemer, L.,** Sullivan, S. (2017). Oregon Health Sciences University Nutrition Day, “Veggie Rx: A Prescription for Partnerships in Healthy Eating and Education,” Portland, OR. (May 19th, 2017.) 25 minutes. 200 participants. Co-presenter. <http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/the-moore-institute/news-and-media/Oregon-Nutrition-Day-2017.cfm>

6. **Kraemer, L. M.**, (2015). Oregon Hunger Task Force Listening Session, "Hunger in The Gorge from the Perspective of an Extension Agent," Partners for a Hunger Free Oregon, The Dalles, OR. (March 31, 2015). 15 minutes. 75 participants.
7. **Kraemer, L.** (2013). Tasting Table Preliminary Research Presentation. *Oregon Farm to School and School Garden Network Conference*. 5 minutes. 125 participants. Sole-presenter.
8. **Kraemer, L.** (2012). Leroy the Lemon Display Presentation. *SNAP-Ed Training Conference*. 5 minutes. 150 participants. Sole-presenter.

3. Competitive Grants and Contracts

1. Hyde, G. (Principal), Black, L. (Co-PD), Corcoran, P. (Co-PD), **Kraemer, L.** (Co-PD), Braverman, M. (Co-PD), Morales, D. (Co-PD), "Preparing Oregon for the Cascadia Event through the Oregon State University County Extension Service System," USDA-NIFA Grant, \$130,588. (September, 2018-August, 2019).
2. Grutzmacher, S. (Principal), Gwin, L. (Principal), John, D. (Investigator), **Kraemer, L.** (Investigator), "Experiences of Food Security, Safety Net Utilization, and Social Support among Latino Food System Workers in Oregon," Sponsored by CAS-CPHHS Interdisciplinary Research Program, \$9,983. (July 1, 2017-June 30, 2018).
3. Rude, C. (Principal), **Kraemer, L.** (Investigator), Thalhofer, T. (Investigator), Larsen, E. (Investigator), (2018) "Oregon Parenting Education Collaborative: Parenting Education Workshops," \$2,130 for OSU.
4. **Kraemer, L.**, Lindberg, P. (2017-2019). Blue Zones Community Fundraising Effort. \$608,000 (Contributions secured from Mid-Columbia Medical Center, Columbia Gorge Health Council, Columbia Gorge Community College, Oregon State University Extension Service-Wasco County, Providence Hood River Memorial Hospital, Wasco County, One Community Health, Waste Connections, and GoFundMe.)
5. Sullivan, S. (Principal), **Kraemer, L. M.** (Co-Principal), "Veggie Rx Pilot Project: Collaboration with OSU, Gorge Grown Food Network, and WIC Moms," Sponsored by Providence Hood River Memorial Hospital, Private, \$30,000.00. (December 12, 2016 - Present).
6. Sullivan, S., Lindberg, P., **Kraemer, L. M.**, Thomas, M., Hamada, J., Madsen, J., Yackley, C., Cross, S., Bello, E., Castro, Y., Edwards, D., "Robert Wood Johnson Foundation Culture of Health Prize," Sponsored by Robert Wood Johnson Foundation, Private, \$25,000.00. (September 14, 2016 - 2017).
7. (2014-2015) \$24,000 from Moore Family Center for Health Outreach Project in Hood River and Wasco Counties

8. (2011-2012) Applied for and received AmeriCorps Volunteer to serve in Hood River County with the Tasting Table Project. Equivalent to .25 FTE.

D. Service

1. University Service

University

Year	Committee Assignment	Involvement
2019	Central Region-Regional Director Search Committee	Member
2015-present	Statewide Community Food Systems Steering Committee	Member
2012-2014	Priester Health Extension Conference Planning Committee	Scholarship Committee Chair

Department, School, or College

2016	Popular Education Session Planning Committee OSUES Annual Conference	Member
2012	SNAP-Ed Conference Planning Committee	Member
2012-present	SNAP-Ed Teen Parent Workgroup	Committee Chair
2012-present	Walk With Ease Pilot Group	Member
2011-present	SNAP-Ed Display Committee— Leroy the Lemon	Member

OSU Extension Service

2019	Search Committee-Regional Director-Central Oregon	Member
2017	Search Committee-Education Program Assistant Gilliam/Wheeler County	Member
2016-2019	OSU FCH/4-H Conference Planning Committee	FCH Awards Chair
2016	Search Committee-Education Program Assistant (SNAP-Ed) Hood River County	Chair
2015	Search Committee-Education Program Assistant	Chair

	Gilliam/Wheeler County	
2014	Search Committee-Education Program Assistant (Master Gardener/Small Farms) Hood River County	Member
2014	Search Committee-Education Program Assistant (SNAP-Ed) Hood River County	Chair
2012-2014	MFP Evaluation Development Committee	Co-PI
2012	Search Committee-Education Program Assistant Gilliam/Wheeler County	Chair
2012	Search Committee-Education Program Assistant Gilliam/Wheeler County	Chair
2011	Search Committee-Education Program Assistant Gilliam/Wheeler County	Chair

2. Service to the Profession

National or Regional

2015-present	Epsilon Sigma Phi	Member
2015-2016	National Extension Assoc. of Family & Consumer Sciences	Voting Delegate
2013-present	National Extension Assoc. of Family & Consumer Sciences	Member
2008-2014	American Public Health Association	Member

State

2016-present	Oregon Assoc. of Family & Consumer Sciences	VP Awards & Recognition
2015-2016	Oregon Assoc. of Family & Consumer Sciences	VP Member Resources
2013-present	Oregon Assoc. of Family & Consumer Sciences	Member
2008-present	Oregon Public Health Association	Member
2008-2010	Oregon Master of Public Health Program	Representative

3. Service to the Public (professional related)

2018-present	Blue Zones Project The Dalles	Sustainability and Fundraising Committee Co-Chair
2018-present	Blue Zones Project The Dalles	Food Policy Committee Co-Chair
2017-present	Blue Zones Project The Dalles	Steering Committee
2016-present	Oregon Solutions Community Health Team Columbia Gorge Food Security Team	Steering Committee
2016-2017	Blue Zones Application Team	Committee Chair
2016-2017	Gorge Grown Food Network Board of Directors	Chair/President
2016-2017	Oregon Solutions Community Health Team Columbia Gorge Food Security Team	Engagement Workgroup
2016-2017	Oregon Solutions Community Health Team Columbia Gorge Food Security Team	Model Workgroup
2016-2017	Mid-Columbia Health Equity Advocates	Member
2016-2017	Interim Regional Food Bank Committee	Member
2016	Robert Wood Johnson Foundation Culture of Health Prize Application Team	Member
2015-present	Community Advisory Council of the Coordinated Care Organization	Attendee
2015-present	Veggie Rx Program Design Committee: GGFN	Member
2015-present	Oregon Solutions Community Health Team Wasco County Childhood Obesity Prevention	Steering Committee
2015-present	Health Services Advisory Committee	Member

2015-present	Aging in the Gorge Alliance	Member
2015-present	Healthy Active Hood River County Coalition	Co-Chair
2015-2016	Columbia Gorge Food Insecurity Team	Steering Committee
2010-present	Healthy Active Hood River County Coalition	Member
2014	Search Committee—Executive Director Gorge Grown Food Network	Co-Chair
2013-2015	Oregon Solutions Community Health Team Columbia Gorge Health Improvement Plan	Member
2012-2015	Healthy Active Hood River County Coalition Nutrition Subcommittee	Member
2012-2015	FISH Food Bank Kitchen Committee	Member
2011-2017	Gorge Grown Food Network Board of Directors	Member
2011-2015	Columbia Gorge Breastfeeding Coalition	Member
2011-2015	Wasco County Network on Aging	Member

4. Service to the Public (non-professionally related)

2002-present	Girl Scouts of America	Lifetime Member
2010-present	Mid-Columbia Unitarian Universalist Fellowship	Member, Mentor, Educator

E. Awards

1. National and International Awards

Kraemer, L., Sullivan, S., Lindberg, P., Thomas, M., Hamada, J., Bello, E., Madsen, J., Cross, S., Yackley, C., Edwards, D., Larsen, E. (2016). Robert Wood Johnson Foundation Culture of Health Prize. Honors communities that are making great strides in advancing health and well-being. \$25,000 Award.

Kraemer, L., Ahern, K., Bowman, S., Brody, B., Carr, R., Hatfield, M., Johnson, T., Kirk, C., Maille, R., Rudolph, J., Smiley, J., Treadwell, A., Tobey, L., Mouzong, C., Schrupf, E., Draper, B., Mills, J. (2016). Communication Award: Newsletters: Food Hero Monthly Newsletter. National Extension Association of Family and Consumer Sciences, 3rd Place National Winner.

Kershaw, N., Johnson, T., Brandt, J. Withee, S. Schrieber, D. Davis, J. **Kraemer, L.** Case, P. Driscoll, D. Hyde, G. Kirk, C. Steele, L. (2014) Distinguished Team Recognition, Epsilon Sigma Phi, OSU Food Preservation Facebook Page. Four awards presented nationally (one per region). Framed certificate.

2. State and Regional Awards

Kraemer, L., Case, P., Hatfield, M., Kirk, C. (2019). Vice Provost Awards for Excellence. Oregon State University Outreach & Engagement. *Extension Engages Communities in Improving Health across Oregon through Blue Zones Partnership*. Glass plaque, Certificate.

Kraemer, L. (2017). Newer Faculty Award. Oregon State University Extension Association. Clock, \$200 stipend, Certificate.

Kraemer, L., Ahern, K., Bowman, S., Brody, B., Carr, R., Hatfield, M., Johnson, T., Kirk, C., Maille, R., Rudolph, J., Smiley, J., Treadwell, A., Tobey, L., Mouzong, C., Schrupf, E., Draper, B., Mills, J. (2016). Communication Award: Newsletters: Food Hero Monthly Newsletter. National Extension Association of Family and Consumer Sciences, 2nd Place Western Region. Certificate.

Brandt, J., Streit, K., Hyde, G., Johnson, T., Runkel, S., Case, P., **Kraemer, L.**, Kershaw, N., Kirk, C. (2016). Food Safety Award, 35 Years of Master Food Preservers in Oregon. National Extension Association of Family and Consumer Sciences, 3rd Place Western Region. Certificate

Kraemer, L., Ahern, K., Bowman, S., Brody, B., Carr, R., Hatfield, M., Johnson, T., Kirk, C., Maille, R., Rudolph, J., Smiley, J., Treadwell, A., Tobey, L., Mouzong, C., Schrupf, E., Draper, B., Mills, J. (2016). Communication Award: Newsletters: Food Hero Monthly Newsletter. Oregon State University Extension Association of Family and Consumer Sciences, 1st Place State. Certificate.

Brandt, J., Streit, K., Hyde, G., Johnson, T., Runkel, S., Case, P., **Kraemer, L.**, Kershaw, N., Kirk, C. (2016). Food Safety Award, 35 Years of Master Food Preservers in Oregon. Oregon State University Extension Association of Family and Consumer Sciences, 1st Place State. Certificate.

Kraemer, L. (2015). Program Excellence Through Research: Tasting Table Research Study. National Extension Association of Family and Consumer Sciences, 1st Place Western Region. Certificate.

Kraemer, L. (2015) Communications Through Photography. National Extension Association of Family and Consumer Sciences, 1st Place Western Region. Certificate.

Kraemer, L. (2015). Program Excellence Through Research: Tasting Table Research Study. Oregon State University Extension Association of Family and Consumer Sciences, 1st Place State. Certificate.

Kraemer, L. (2015) Communications Through Photography. Oregon State University Extension Association of Family and Consumer Sciences, 1st Place State. Certificate.

Kershaw, N., Johnson, T., Brandt, J., Withee, S., Schrieber, D., Davis, J., **Kraemer, L.**, Case, P. Driscoll, D., Hyde, G., Kirk, C., Steele, L. (2014) Social Networking Award, National Extension Association of Family & Consumer Sciences, OSU Extension Service Food Preservation Facebook Page. 1st Place Western Region Winner. Certificate

3. University and Community Awards

(2010) Student Speaker for Master of Public Health Commencement & Hooding Exercises

(2010) Laurence R. Foster Memorial Scholarship, Community Health Partnership

(2010) Mary E. Horstkotte Memorial Scholarship, Oregon Community Foundation

(2009) Kathleen & Edward Heath Fellowship, Oregon State University

(2008) Oregon Laurels Tuition Scholarship, Oregon State University