

Vita

2012

Jan M. Ostby

Nutrition Education Instructor/Managing Faculty
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EDUCATION

University of California, Davis B.S., Soil and Water Science

University of Maryland, College Park M.S., Human Nutrition & Food Systems

PROFESSIONAL EXPERIENCE

March 2010 to present

Nutrition Education Instructor
(*Lincoln County Extension*)

- Collaborate and establish partnerships with local agencies/organizations/schools serving limited resource (SNAP-Ed eligible) audiences, through outreach and marketing.
- Complete annual nutrition education plan, budget, and written agreements.
- Develop/implement plan of work for NEP unit; direct work of NEP unit staff and volunteers; conduct volunteer training.
- Deliver researched-based nutrition education programming to small and large groups; across the lifespan.
- Develop/adapt instructional materials to enhance classroom lessons and educational delivery.
- Collect participant data and program evaluations; complete/submit reporting requirements in accordance with program standards and timelines.
- Provides leadership and supervision of two staff members. Recruit, hire, assigns/approve work, and conduct annual performance.
- Provide technical assistance and advise general public on various food/nutrition related topics; contribute to bi-monthly newsletter; participate in local public affairs radio program.

FFY 2012 TEACHING & OTHER ASSIGNMENTS

<i>Location/Group</i>	<i>Grades Level/ Age Groups</i>	<i>Number of Sessions</i>	<i>Number of Participants</i>	<i>Primary Curricula</i>
Siletz Valley School-High School Boys Health Class	Grades 9-12	5 sessions	24	Live It
Siletz Valley School-Middle School Boys Health Class	Grades 6-8	5 sessions	37	Live It/Power of Choice
Taft Elementary-School Garden Project	Grade 5 (2 classrooms)	3 sessions	49	WIN Kids; CHANGE
Taft Elementary-School Garden Project	Grade 3 (2 classrooms)	3 sessions	55	Growing Healthy Kids
Sam Case -MG Lighthouse Garden group	Grade 2	2 sessions	33	Growing Healthy Kids
Crestview Heights Elementary	Grade 1-2 (3 groups)	17 sessions	76	Start Smart Eating & Reading
Taft Afterschool Club	Youth, Grades 1-3	10 sessions	29	Jump into Food & Fitness; Growing Healthy Kids; Professor Popcorn
Taft Afterschool Club	Youth, Grades 4-6	9 sessions	20	Jump into Food & Fitness; Growing Healthy Kids; Professor Popcorn
CDC/The Ridge Afterschool/Summer Program	Youth, all ages (2 groups)	7 sessions	30	Jump into Food & Fitness; Growing Healthy Kids; Professor Popcorn
HALC/Oceanspray Afterschool	Youth, all ages	1 session	4	Jump into Food & Fitness; Growing Healthy Kids; Professor Popcorn

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HALC/Agate Heights Afterschool/Summer Program	Youth, all ages	7 sessions	21	Jump into Food & Fitness; Growing Healthy Kids; Professor Popcorn
HALC/Salmon Run Afterschool/Summer Program	Youth, all ages	6 sessions	18	Jump into Food & Fitness; Growing Healthy Kids; Professor Popcorn
Yachats Rec Plus Afterschool Program	Youth, all ages	13 sessions	26	Jump into Food & Fitness; Growing Healthy Kids; Professor Popcorn
Yachats Rec Plus Summer Program	Youth, all ages	3 sessions	13	Jump into Food & Fitness; Growing Healthy Kids
Neighbors for Kids Afterschool Program	Youth, all ages (2 groups)	21 sessions	29	Jump into Food & Fitness; Growing Healthy Kids; Professor Popcorn
Neighbors for Kids Summer Program	Youth, Grades K-2 (2 groups)	8 sessions	51	Jump into Food & Fitness; Growing Healthy Kids
Flowerree Center (Toledo) Summer Program	Youth, all ages	9 sessions	46	Jump into Food & Fitness; Growing Healthy Kids
Healthy Start Families-Lincoln City	Adults, all ages	2 sessions	12	Eating Smart, Being Active
South Beach Clinic Group	Adults, all ages	2 sessions	15	Eating Smart, Being Active; Simply Good Eating
CSC-Emergency Housing Group	Adults, all ages	2 sessions	12	Simply Good Eating; Wellness Ways

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Big Creek Point Apts.	Seniors	3 sessions	18	Simply Good Eating; Eat Smart, Live Strong
Vandehaven Apts.	Seniors	1 session	4	Simply Good Eating; Eat Smart, Live Strong
Fisterra Garden Apts. Family Night	Adults and youth, all ages	1 session	5	Wellness Ways; Eat Smart, Play Hard
West County HELP-Kids in the Kitchen Series	Adults and youth, all ages	3 sessions	47	Wellness Ways; Eat Smart, Play Hard; Growing Healthy Kids

Summary of Youth Programming:

In-school programming

- High School/Middle Grades: Delivered series of weekly classes; tailored *Live It* Curriculum for younger grades and supplemented material with Power of Choice curriculum; focus of lessons included: MyPlate, Label Lingo, Make Drinks Count; Choose Snacks for Health; Power-up with Breakfast; Creating a Personal Nutrition Education Plan; also provided food demonstration/tasting in all classes; students also received instruction on keeping food and activity record, setting goals, and food safety. *Live It—Real Life Nutrition for Teens* curriculum well-received and effective, particularly when incorporating small group activities, jeopardy-style games, and worksheets.
- Grades 3 & 5: Delivered series of weekly classes based on *Professor Popcorn* curriculum; each class included hands-on activity to introduce weekly nutrition theme (MyPlate, fruits, vegetables, & whole grains), followed by some type of physical activity/game, and ending with food preparation/tasting. Children were very enthusiastic in their participation, and were particularly invested in having the opportunity to explore and taste new foods. It was quite common for children to approach me after class to tell me that they shared information/ recipes with parents and in some cases, were having a positive influence on family's shopping behavior.
- Grades 1 & 2: Delivered 5 week series based on the *Start Smart Eating and Reading*, a nutrition literacy curriculum, promotes the importance of eating breakfast. Each lesson is told through different storybooks, reinforced with reflective discussion a nutrition activity, and followed by food experience. Children learn how breakfast feeds the brain, that many foods make a morning meal, and the importance of eating fruits, vegetables, whole grains, and dairy. The children's creativity and interest really shine during the food experience portion of the class (i.e., creating edible insect art or morning

smiles). Recipes go home with every session and we hear from teachers and children that they are trying our recipes at home. Program evaluation data (pre- and post-surveys) collected and centrally analyzed upon completion of the SSER series; included in ROA for FFY2012. Data suggests slight increase in nutrition knowledge of participating youth: Able to identify # days breakfast should be eaten (8% increase); able to identify healthy choice for breakfast (3% increase); able to identify foods made with grains (5% increase).

Afterschool/ Summer Programming

- Multiple sites/agencies serving youth, all ages, including four public housing sites: Taught single classes on weekly to monthly basis depending on specific program needs; programming based on several curricula and tailored for group size and ages; nutrition lessons/concepts mostly reinforced through hands-on food preparation/tasting as well as active games and team activities (i.e., MyPlate Relay, Grab-and-Go 3-a day, and Fruit & Vegetable Challenge); other topics included: Energize with Breakfast; Go-Slow-Whoa Snacks; Water is the Way to Go, and Washing Hands/Being Food Safe. Encouraged involvement of older youth as “helpers” with the very young; many program have a community garden; by incorporating gardening enhanced nutrition lessons from Growing Healthy Kids curriculum, we were able to increase awareness of where food comes from as well as provide on-going opportunities to explore, taste, and prepare recipes using new and familiar fruits and veggies; also used lessons from WIN Kids to teach about calcium and building strong bones; helped students learn to compare labels (sugar content) of common soft drink and identify healthier beverage alternatives.. Lessons/activities were most effective with large groups when based on short, simple concepts, lots of visuals tools, hands-on food preparation (i.e., veggie faces, veggie art, bananas in a blanket), and very active games.

Master Gardeners' Youth Programming.

- Conducted two direct education sessions in conjunction with Master Gardeners Lighthouse gardens project and 2nd grade class from Sam Case Primary School; focus of lessons: *Growing with Fruits & Vegetables; Put a Rainbow on Your Plate; Edible Plant Parts; Tasting the Fruits (Veggies) of our Harvest.* Hands-on nutrition activities supported by various garden-based nutrition education curricula and opportunity to taste/experience vegetables that children planted in spring & harvested in fall. This was a very positive enjoyable experience for all involved. Nutrition education activities/tasting are a very good fit with the MG youth program; supports and encourages healthy plant-based food choices and active lifestyle; provides plenty of opportunity to learn about/taste new foods in fun highly interactive way.
- Collaborated on Taft Elementary School Garden Project involving two 3rd grade and two 5th grade classrooms. Delivered series of three classes to 4 separate classrooms, reaching 104 youth (and 294 direct contacts). Developed lessons from Growing Healthy Kids and WIN Kids curricula, with focus on tying nutrition messages to garden and demonstrating how to build a healthy plate around plant based foods. In addition to getting chance to taste, explore, and prepare a healthy fruit or veggie recipe each week, youth participated in several skill-based activities, like “Put a Little Color on Your Plate” and “Fixin’ Fruits & Veggies” , where individually they were able to brainstorm/identify ways to eat more fruits and veggies daily.

Summary of Family Programming:

Family Nights at Public Housing Units

- Single events and/or series of classes delivered at various sites; attended by adults (all ages) and youth (all ages); individual lessons focused on 3-5 key nutrition messages and reinforced through hands-on food preparation/tasting by participants, kid-friendly foods, active games, group activities, and take home recipes/ handouts. Other popular themes included as time/schedule allows (i.e, Fun with Fruits & Veggies; Hand-washing demonstration using Glitterbug kit). Classes well received and in demand; supports positive parent-child relationship and cross-generational relationships when extended families/ grandparents attend and actively participate.

Kids in the Kitchen Series

- In-conjunction with school district HELP offices (Homeless Education Literacy Program), delivered series of parent-child classes in Newport that were very well attended and received. Parents and kids were directly involved in food preparation and family style meals; recipes selected to appeal to children-both in taste (i.e., skillet spaghetti) as well as to encourage developing motor skills(build your own wraps); incorporated seasonal food experiences(i.e., fall apple tasting, pumpkin pudding in a bag, etc); developed games and activities help reinforce simple inexpensive things that parents can do at home to encourage more children to be more active and helpful in the kitchen.

Summary of Adult Programming:

Healthy Start Parents:

- Taught a series of 4-6 classes for parent groups in Lincoln City; majority of participants are first-time parents with infants/tot in attendance. Lessons come directly from Eating Smart, Being Active curriculum; hands-on food preparation and skill-based activities (i.e., Food Label Detective, Plan a Meal, Save Money When Shopping, Using a Food Thermometer, etc.) incorporated in each lesson to support nutrition/healthy lifestyle messages; some type of physical activity is included in each class. Classes were most effective when participants attend all classes in a series; space allowed for some type of physical activity or active game; and kitchen design encouraged active participation by all. Program evaluation data (pre- and post-surveys) collected and centrally analyzed after completion of 4 week ESBA series. Participants reported change in both knowledge and behavior as a result of classes including these specific outcomes: Use Nutrition Facts label to make food choices (34% increase); Choose low-fat milk or milk products every day (12% increase); Let children choose how much to eat (17% increase); Eat at least 2 kinds of vegetables each day (19 % increase); Think about healthy food choices when deciding what to feed family (13% increase); Shop with a grocery list (44% increase); Plan meals ahead of time (13% increase) Let cooked foods sit out for more than 2 hour (12% improvement).

Community Services Consortium Emergency Housing Group

- Taught series of classes for transitional housing residents (and family members) based on Eating Smart, Being Active (individual lessons focused on fruits & vegetables, whole grains, calcium, and meal planning/shopping; food safety information was reinforced each week). During each class, participants

had opportunity to help prepare and sample dishes; they received additional recipes and resources to help with food budgeting, meal makeovers, and healthy substitutions (low sodium, low fat, whole grains, etc).

South Beach Clinic Group

- Taught series of classes for residents of South Beach day treatment clinic. Primary focus was on food safety as residents are responsible for planning and preparing lunch meal at clinic. Other topics included: Cooking with Lean Proteins, Healthy Oils, Whole Grains, and Fruits & Vegetables. While groups was small in size, they were very engaged and shared openly how they managed with meal planning, food preparation, and storage issues in their own living situations.

Summary of Senior Programming:

Residents of Senior Apartments:

- Delivered series of classes (monthly) at two senior housing sites; used curricula specifically developed for older adults. Focus of *Simply Good Eating for Seniors*: participants learned how to eat more calcium-containing foods, reduce their intake of fat and salt to reduce heart disease risk, and plan meals that are tasty, attractive, and economical when cooking for one or two. *Eat Smart, Live Strong* focus: 2 key messages (fruit & vegetable consumption and participation in moderate intensity physical activity); activities and self-assessment tools helped promote/support behavior change and goal setting. Topics included: Reach Your Goals; Step by Step--Challenges and Solutions: Colorful and Classic Favorites: Eat Smart, Spend Less. Classes very well received and relatively well attended; adapted format over time to provide more time for informal discussion and group sharing; food preparation/ tasting and take home recipes/nutrition handouts always included in senior classes.

Development of Educational Materials, Written Material, and Interviews:

- Developed several worksheets and instructional materials to enhance afterschool programming lessons for mixed aged, including Use Your Senses, Be a Label Detective, and Power up with Fruits & Veggies (Food & Activity Goal-Setting).
- Developed supplemental material and physical activities (teaching through games) to enhance Growing with Fruits & Veggies lessons including activity sheets highlighting fruit/vegetable of the week and exploring different forms, ways they are eaten, and children's preferences and attitudes about fruit or veggie in question.
- Contributed nutrition articles to bi-monthly Extension newsletter (*Coast Ranger*).
- Participated in local public affairs radio program (*Hotline!*) interviews, twice during year to discuss NEP programming, partnerships, and current nutrition topics.

SERVICE

Service to Community:

Member of Community Services Consortium_ Head Start Health Advisory Committee, since 2010

Member of ACC Coalition (Working/Connecting with Latino Community), since 2010

Member of Lincoln County Childhood Obesity Partnership, since 2010