

CURRICULUM VITAE
Stephanie Polizzi
Family & Community Health
2012

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Curriculum Vitae

I. Name, Rank, Title

Stephanie Polizzi, MPH, RD, CHES

Instructor, Regional Health Education Coordinator

Family and Community Health

College of Health and Human Services

School of Biological and Population Health Sciences

Coos and Curry County Extension

Registered Dietitian, Academy of Nutrition and Dietetics, Registration #822011

Certified Health Education Specialist #18724

II. Teaching, Advising and Other Assignments

A. Instructional Summary

Summary of 2012 Teaching Activities

	# of volunteer presentations ¹	# of single event presentations ²	# of series presentations ³	# of events ⁴	Totals
	15	40	3	7	65
# of participants	342	571	79	649	1636

¹ Includes both Coos and Curry MFP, and FCE volunteer trainings and workshops

² May include repeated sites but with different attendees

³ Includes some worksites. Series participants are counted only once.

⁴ Bandon Cares/The Ford Family Foundation, Women's Health Day, Men's Health Evening and Women's Health Coalition Health Walk presentations, Extraordinary Living Conference, booths and other health fairs.

1. Non-Credit Courses, Workshops, Presentations

Classes include *Health and Wellness* presentations January through December and *Volunteer Development* (MFP and FCE) presentations and trainings January through June.

Health and Wellness

Dec 10, *Calcium and Vitamin D*, South Coast Business Center, Coos Bay, OR. 1 hour, 13 participants, invited speaker.

Dec 4, *Season's Eatin's* and *Holiday Recipe Modification*, South Coast Business Center, Brookings, OR. 2 hours, 5 participants, invited speaker.

Nov 30, Southern Coos Foundation Health Education Finale, Bandon, OR. 4 hours, 115 participants. Organizer and Emcee.

Nov 27, *Vegetarian Nutrition*, Bandon TOPS, Bandon, OR. 1 hour, 6 participants, invited speaker.

Nov 27, *Rein it in Dear* and *How to Eat a Stress Sandwich*, South Coast Business Center, Brookings, OR. 3 hours, 5 participants, invited speaker.

Nov 20, *Lowering Cholesterol* (part 2), Inland Point Senior Center, Coos Bay, OR. 1 hour, 5 participants, invited speaker.

Nov 19, *Fueling for Energy*, South Coast Business Center, Coos Bay, OR. 1 hour, 12 participants, invited speaker.

Nov 15, *Holiday Food Safety*, Menasha, North Bend, OR, 1 hour, 14 participants, invited speaker.

Nov 13, *Lowering Cholesterol* (part 1), Inland Point Senior Center, Coos Bay, OR. 1 hour, 8 participants, invited speaker.

Nov 3, *Plant Power* and *Bone Nutrition*, Extraordinary Living Conference, Southern Oregon Community College, Coos Bay, OR. 2 presentations, 6 hours, 18 participants, invited speaker.

Oct 25, *How to Eat a Stress Sandwich*, Coos County Public Health worksite wellness, North Bend, OR. 1.5 hours, 35 participants, invited speaker.

Oct 24, Bay Area Hospital Wellness Health Fair, Bay Area Hospital, Coos Bay, OR. 6 hours, 300 participants, invited vendor.

Oct 23, Nasomah Wellness Tribal Health Fair, The Mill Casino, North Bend, OR. 8 hours, 285 participants, invited vendor.

Oct 19, *What are Carbohydrates?*, Southern Oregon Regional Brokerage Open People Program, seniors and low-functional adults, North Bend, OR. 2 hours, 6 participants, invited speaker.

Oct 17, *The Sweet Seduction of Chocolate*, North Bend Medical Center worksite wellness celebration, North Bend, OR. 3 hours, 7 participants, invited speaker.

Oct 12, *Why We Eat Too Much*, Southern Oregon Regional Brokerage Open People Program, seniors and low-functional adults, North Bend, OR. 2 hours, 7 participants, invited speaker.

Sep 25, *Bring a Pink Elephant to Lunch*, Inland Point Senior Center, Coos Bay, OR. 1 hour, 17 participants, invited speaker.

Sep 15, *Cheese: Fresh to Aged*, Douglas County Master Food Preservers community workshop, Roseburg, OR. 5 hours, 36 participants, invited instructor.

Sep 13-14, *Applied Nutrition*, Douglas County Extension, Roseburg, OR. 16 hours, 17 participants, invited instructor.

Sep 10, *How to Eat a Stress Sandwich*, CARE Connections, Brookings, OR. 2.5 hours, 13 participants, invited speaker.

Aug 30, *Why We Eat Too Much*, Coos County Public Health Department worksite wellness, 1 hour, 35 participants, invited speaker.

Aug 21, *Plant Power*, community presentation, Bandon, OR. 2 hours, 40 participants, instructor.

Aug 16, *Nutrition to Go*, North Bend Medical Center worksite wellness, North Bend, OR. 2 presentations, 2 hours total, 12 participants, invited speaker.

Aug 2, *How to Eat a Stress Sandwich*, North Bend Medical Center (satellite) worksite wellness, Coquille, OR. 1 hour, 8 participants, invited speaker.

Jul 21, *BBQ Basics*, Emmanuel Episcopal Church, Coos Bay, OR. 2 hours, 18 participants, invited speaker.

Jul 3, *What's Pulling Your Heartstrings?*, Bay Area Hospital Diabetes Support Group, Coos Bay, OR. 2 hours, 27 participants, invited speaker.

***** restructure effective July 1: MFP, FCE and OFNP redirected to EPA *****

Jun 26, *Mending a Man's Broken Heart*, Men's Health Evening, Bandon, OR. 5 hour event, 1 hour presentation, 57 participants, co-organizer, speaker.

Jun 23, *AAAs of Behavior Change*, Care Connections Annual Professional Development Retreat, North Bend, OR. 2 hours, 27 participants, invited speaker.

June 19, *Put a Nail in it: Spare and Maintenance of Your Spare Tire*, City of North Bend Employees, North Bend, OR. 1.5 hours, 22 participants, invited speaker.

May 17, *How to Burn Fat*, North Bend Medical Center (NBMC) worksite wellness presentation, North Bend, OR. 1 hour presentation delivered twice, 2 hours total presentation, 10 total participants. Invited speaker.

April 30, *Diabetes and You*, community workshop, Bandon, OR. 4 workshops, 2 hours each, 8 hours total instruction, 30 total participants. Instructor.

April 3, *The Sweet Seduction of Chocolate*, community workshop for Port Orford residents as part of the Port Orford School District worksite wellness program, Port Orford, OR. 2 hours, 12 participants. Instructor.

March 19 & 20, *Applied Nutrition*, Two-day community workshop for public and MFP volunteers, Bandon, OR. 12 total hours, 19 participants. Instructor.

March 14, *Fueling for Energy*, Heritage Place community workshop, Bandon, OR. 2 hours, 2 participants. Invited speaker.

February 27, *Healthy Hearts*, community workshops, Bandon, OR. 2 presentations, 2.5 each, 5 total hours of instruction, 30 participants. Instructor.

February 23, *Fiber and Heart Health*, North Bend Medical Center (NBMC) worksite wellness presentation, North Bend, OR. 1 hour presentation delivered twice, 2 hours total presentation, 26 total participants. Invited speaker.

February 18, *What's Pulling Your Heart Strings*, Women's Health Day, Southern Coos Health Foundation, Bandon, OR. Full day event, 1 hour presentation, 107 participants. Speaker and program organizer.

February 14, *The Sweet Seduction of Chocolate*, Bureau of Land Management worksite wellness program, North Bend, OR. 3 hours, 22 participants. Invited speaker.

February 13, *Fiber and Heart Health, What's Pulling Your Heart Strings*, CARE Connections, Brookings, OR. 2.5 hours, 24 participants. Invited speaker.

February 7, *Magic Beans*, Bay Area Hospital Diabetes Support Group, Coos Bay, OR. 2.5 hours, 25 participants. Invited speaker.

January 25-Mar 21, *Waist Aweigh weight loss Challenge*, Bandon, OR. 9 sessions, 1-2 hours each, 43 participants. Co organizer and speaker.

January 12, *Express Fitness*, North Bend Medical Center (NBMC) worksite wellness presentation, North Bend, OR. 1 hour presentation delivered twice, 2 hours total presentation time, 47 total participants. Invited speaker.

January 9, How to Eat a Stress Sandwich, Port Orford School District, Port Orford, OR. 1 hour presentation, 2 participants. Instructor.

Volunteer Development (January through June*)

Master Food Preservers (MFP)

Master Food Preserver volunteers provide community workshops in food safety and preservation. To do this well, they receive annual trainings in both food preservation and nutrition, as well as the Oregon State Food Handler Training and Certification. New recruits are paired with 1-3 veteran volunteers to assist them in helping with workshops or creating new classes to present. Volunteers also participate in other Extension events like the Master Gardener *Fertilize Your Mind*, the 4-H camp *Growin' Yer Grub* and NEP classroom activities.

*Sep 15, *Cheese: Fresh to Aged*, Douglas County MFP community workshop, Roseburg, OR. 4 hours, 27 participants. Instructor.

Apr 28-Jun 9, *Food Safety and Preservation Volunteer Training*, Myrtle Point, OR. Home study format consisted of orientation (4 hours) to receive training materials, practice using resource notebook and meeting mentors, and three hands-on practicums, for practice using canners and other class materials. 30 total hours (not including weeks between practicums mentoring). 12 participants, 18 veteran volunteers. Instructor and organizer.

Mar 19-20, *Applied Nutrition*. Bandon, OR. Two-day community training allowing volunteers to train or “refresh”, 16 hours, 16 participants. Instructor.

February 11, *The Sweet Seduction of Chocolate*, MFP community workshop, Myrtle Point, OR. 3 hours, 47 participants. Instructor, organizer.

January 28, *Cheese: Fresh to Aged*, MFP community workshop, Myrtle Point, OR. 4 hours, 27 participants. Instructor, organizer.

January 8, IMPROV (Important Motivational Program for the Recognition of Outstanding Volunteers), Bandon, OR. 5 hours, 36 participants. Organizer, administrator, speaker.

- **Coos County MFP Programming** (January through June)

Date of Activity	Activity or Workshop	Activity Hours	# of Volunteers	# of Participants
Jan 8	IMPROV	5	36	36
Jan 28	Cheese: Fresh to Aged	4	14	33
Feb 11	Sweet Seduction of Chocolate	3	8	19
Mar 19 & 20	Applied Nutrition	16	1	1
Mar 24-Jun 9	Food Safety & Preservation Volunteer Training	28	14	12
Mar 31	Fertilize Your Mind Seminars	4	6	120
Apr 28-Jun 9	Food Safety & Preservation Volunteer Training	16	14	12
Jun 2	Basic Canning & Pie Filling	3	8	7
Jun 23	Savory Spreads	3	11	15
Total		82	112	255

- **Curry County MFP Programming** (January through June)

Date of workshop	Activity or Workshop	Class hours	# of Volunteers	# of Participants
Mar 19-20	Applied Nutrition	16	3	3
Apr 28-Jun 9	Food Safety & Preservation Volunteer Training	28	4	0
Apr 21	Scones & Quick Breads	3	7	20
Jun 16	Pasta & Pesto	3	6	12
Total		50	20	35

Family & Community Education (FCE) (January through June)

Volunteers dedicate hours to education through their study groups and community events. FCE volunteers from January through June from 4 regional groups documented 2476 volunteer hours for the first six months of 2012. Besides sharing study molecules prepared by OSU faculty and the FCE State and National organizations and offering the annual community event Homemakers' Holiday, volunteers provide valuable services to their communities. Other volunteer activities included assisting with the City of Coquille downtown beautification with landscaping, providing errand and doctor appointment transportation to seniors unable to drive, visits to nursing homes, donating time to working at the Salvation Army and participating in Red Cross blood drives.

June 21, *Male Menopause*, North Bend/Empire FCE study group, North Bend, OR. 1 hour, 7 participants. Instructor

April 21, *The Sweet Seduction of Chocolate*, FCE Homemakers' Holiday presentation, Coos Bay, OR. 1 hour, 26 participants. Instructor.

March 9, *D for Deficient*, North Fork Study Group, Myrtle Point, OR. 1 hour, 14 participants. Instructor.

Jan 5, *Colorful Nutrition*, FCE annual meeting and training, Coos County OSU Extension office, Myrtle Point, OR. 1 hour, 57 participants. Instructor.

3. Curriculum Development and Other Instructional Innovations

Polizzi, S. The Applied Nutrition manual, originally developed in 2008, was updated in 2012 by adding 3 vegetarian modules: Module 23: Definitions and History, Module 24: Health Implications, and Module 25: Implementation. Handouts were revised and included the PCRM (Physicians Committee on Responsible Medicine) Vegetarian Starter Kit and the *Plant Power* PowerPoint (see Electronic Technology).

4. Education Materials

Teaching Materials Class handouts developed in 2012 are all one page, two-sided, color, unless otherwise stated.

BBQ Basics, food safety and healthy recommendations for summer grilling
BBQ Recipes, fast, simple and healthy foods to barbeque for summer health
Burning Fat, use of sugars and fats as fuels and how to focus on fat burn
Color By Numbers, the healthiest choices from the 5 colors of fruits and vegetables and how they improve risk for disease
Goal Setting for Pink Elephant, to be used as part of the empowerment portion of the *Bring a Pink Elephant to Lunch* presentation
Heartstrings, handout to accompany the expanded *What's Pulling Your Heartstrings* presentation, outlining new and less publicized heart health recommendations
Mending a Man's Broken Heart, to accompany the Men's Health Evening Powerpoint, focused on nutrition for heart health
MyPlate Portion Distortion, visual aid to accompany MyPlate icon
Plant Power, reasoning and research supporting the adoption of a plant-based diet for disease prevention and reversal
Veggies on the Barbie, non-meat options for a healthy barbeque

Electronic Technology (PowerPoint Presentations)

Carb Savvy, clearing up the confusion on carbohydrates in a quiz format. 48 slides.
Mending a Man's Broken Heart, developed for Men's Health Evening with a focus on heart disease and prevention. 40 slides.
Plant Power: Reversing Disease with Plant-Based Diets, developed as a community workshop to introduce plant-based diets as an effective tool to prevent or reverse diseases including heart disease and diabetes. 57 slides.
Plant Power (health fair), developed to introduce plant-based diets for use as visual aid for community health fair booths or worksites with wellness facility video education. 25 looped slides.
Oregon Food Handler Training, updated with new State guidelines effective July 1, 2012. Expanded to 129 slides.
Say NO to Disease, research regarding nitric oxide and its effect on disease reversal, including food sources and synergistic ways to enhance production. 25 slides.
Say NO to Disease (health fair), nitric oxide presentation for health fairs and worksites. 21 looping slides.
Through Year's Resolutions, 3 simple New Year's resolutions you can live with for the whole year. Created for FCE volunteers' annual training. 34 slides.
What's Pulling Your Heartstrings, revised and expanded for Women's Health Day, Bandon OR. Presentation outlines major contributors to women's heart disease with new recommendations and easy dietary applications to improve risk. 37 slides.

Newsletters

Polizzi, S. Wellness Ink, MFP quarterly volunteer newsletter, author 8-10 pages x 4 issues per year. Circulation of 821. Additional distribution to Douglas County MFP, 50 volunteers for a 3484 total annual distribution,
Polizzi, S. Wellness Ink, FCH monthly wellness newsletter revised from the MFP quarterly newsletter in July. 6 pages issued monthly covering wellness topics. Distributed to MFP circulation with added worksites and individuals totaling approximately 8000 for annual distribution of 96,000.

5. Program management materials (January through June)

FCE (January through June) Homemakers' Holiday annual fund-raising event materials including design of event theme logos, programs, registration forms, evaluations, name tags, promotional fliers, PSAs, class handouts.

MFP (January through June) Annual workshops (4) for food preservation each require sign-in forms, registration packets, training materials and evaluations.

Class evaluations developed for each individual workshop.

Monthly MFP meetings and annual volunteer events include agendas, meeting minutes, list serves, documentation of hours for both OFNP and Non-OFNP volunteering, annual reports, filing systems, treasury documents and accounting forms.

IMPROV (Important and Motivational Program for the Recognition of Outstanding Volunteers) Planning and organization of annual volunteer appreciation banquet including development of invitations, numerous styles of certificates, programs and presentation agenda as well as ordering award statues, ribbons, pins and other items.

Workshops are advertised in all local papers, on radio spots and with personal interviews on KCBY. Brochures were developed to advertise the program highlights and are updated annually. Fliers are made for all workshops and events. Class handouts are developed to augment the materials provided in the resource notebooks as needed.

Kitchen cooking utensils and supplies are purchased and maintained throughout the preservation season. Clear-Jel, both instant and regular, is packaged and sold throughout the year with accompanying handouts and recipes. We also sell quality cheesecloth, basic cheese-making kits and several pre-approved food preservation resource texts.

Fair booth displays are designed and created for each fair year. Booth decorations include colorful and functional items that highlight canning and preservation as well as MyPyramid and other nutrition pamphlets. Publications are sold along with raffle tickets for beautiful and creative baskets that include preservation items and books. Books containing pictures of annual events and activities are compiled, along with record books for recording sales of publications and Clear-Jel. The OSU and MFP banners and table tents are prominently displayed.

Wellness Ink, 8-10 page newsletter published quarterly through June 2012 (see previous heading).

Educational displays and presentations for 2012 community health fairs

Presentations include posters, balloons, banners, table decorations, handouts, brochures, raffle baskets, goodie bags and giveaways. 2012 annual events include:

Bandon CARES networking events
 Bay Area Hospital Wellness Fair
 Coos County Employee Health Fair
 Men's Health Evening

The Mill Casino Nasomah Tribal Health Fair
 North Bend Medical Center Employee Health Fair
 Women's Health Coalition Health Walk
 Women's Health Day

6. Team or Collaborative Efforts

Bandon Cares, annual non-profit networking event. Steering committee, logistics, program committee, introductions and set up.

Breathe Free, Collaboration of FCH, 4-H and the Coos County Public Health Department to survey, lobby for and educate regarding tobacco free outdoor events.

CHIP (Complete Health Improvement Program). Team participant and instructor for Coquille CHIP. Team organizer for Bandon CHIP.

Diabetes Support, Robin Summer, RN, CDE, Southern Coos Health District and Rita Hoover, RN, CDE, Bay Area Hospital. Education and support including nutrition and fitness presentations for diabetics in hospital support groups and booths at annual diabetes walk.

Healthy Communities, County-wide initiative to facilitate improvements in Coos County making the healthy choice the easy choice. Coos Co Public Health Department, local hospitals, casino and community leaders, Community Health Advisory Board, lead member.

Men's Health Day, Southern Coos Health District. Annual presenter and co-organizer for event targeting health issues for local male residents.

Southern Coos Health District Community Health Finale, celebratory event with key note speaker and awards for annual hospital programming. Co-organizer and speaker.

Women's Health Day, Annual presenter and co-organizer for event targeting health issues for local female residents.

7. Summary of Student/Client Evaluations and Impact Assessments

a) Participant evaluations

Evaluations of classes and programs consist of participant surveys which assess material content, instructor feedback and program impact. Comments are generated from surveys, comment cards, follow-up e-mails, phone calls and personal interviews.

<i>Evaluation Criteria</i> Evaluation rating 0 = very poor and 6 = excellent)	<i>Extension Event Title, Date and Location</i>		
	<i>Applied Nutrition Mar 19, 20, 2012 Bandon, OR</i>	<i>Applied Nutrition Sep 13, 14, 2012 Roseburg, OR</i>	<i>Bone Nutrition Nov 3, 2012</i>
Overall, the quality of the educational event as a whole was...	5.9	5.9	6.0
The quality of instruction in this educational event was...	5.9	5.7	6.0
Clarity of educational objectives was...	5.7	5.4	6.0

Clarity of how you might use this education was...	5.8	5.8	5.8
Teaching organization was...	5.5	5.0	6.0
Instructor's use of examples was...	5.9	5.8	5.8
Instructor's use of teaching aides was...	5.9	5.8	6.0
Instructor's ability to stimulate my thinking more deeply about the subject was...	6.0	5.8	6.0
Instructor's responsiveness to questions was...	5.8	5.9	5.8
Instructor's use of participant discussion to enhance my learning was...	5.8	5.8	5.8
Instructor's ability to develop a welcoming environment for all participants was...	5.9	5.9	5.5
Instructor's skill in making the information useful to me was...	6.0	5.8	6.0
<i>Number of Respondents</i>	<i>15</i>	<i>16</i>	<i>4</i>

Applied Nutrition

Additional Questions Evaluation rating 0 = very poor and 6 = excellent)	Mar 19 & 20 Average Response	Sep 13 & 14 Average Response
Improved my confidence to make healthy choices	5.7	5.7
Increased my knowledge of nutrition and disease	5.6	5.6
Gave me specific tasks to improve my risk for disease	5.8	5.4
Provided additional handouts and resources	5.7	5.9
Arranged manual in logical order	5.5	5.6
Covered a comprehensive scope of topics and material	5.7	5.6
<i>Number of Respondents</i>	<i>15</i>	<i>16</i>

Other participant comments:

- ♦ Helped me to understand the importance of vitamin D
- ♦ Excellent class, especially the part on chemical use of nutrients in the body.
- ♦ Carbohydrates are not evil. Balance, grasshopper
- ♦ Excellent facilitation skills
- ♦ The class was fun and lots of good information
- ♦ Excellent. I would take it again. Thank you for offering free refreshers
- ♦ Loved it, every minute
- ♦ Wealth of information-excellent delivery, wonderful handouts, referral sites
- ♦ The first day was amazing. I learned so much from your presentation. Thank you for your knowledge

MFP Food Safety and Preservation Volunteer Training

Food Safety and Preservation MFP Volunteer training was conducted April 28th through June 9th, using the home study format. The training enrolled 12 students, all from Coos County. Of the 35 active Coos/Curry MFP veterans, 24 participated in the volunteer training demonstrations (68%). Those missing were mostly from Curry county and were excused because of the long travel times and rainy season road conditions.

New Volunteer Results

As of June, 2012, all 12 of the new volunteers had begun to dedicated hours to the program, which for them, had been only 2 months. July through Dec hours will be reported by the new coordinator.

Veteran Results

As of June, 2012, just 2 months after training, 8 of the 35 veteran MFP volunteers had already met their 40 hours (veterans have until March 2013 to complete).

Success of the program is also indicated by how many volunteers choose to recertify and remain with the program another year. Of the 30 active veteran MFP volunteers, 26 have completed the recertification exam.

NEP

EPA in both Coos and Curry Counties conducted mandatory state evaluations using pre and post tests. Evaluation data is compiled at the end of the fiscal year in September. 2012 evaluation results are reported by NEP faculty in Douglas County.

Waist Aweigh

Bandon's weight loss challenge based on "The Biggest Loser" was offered twice in 2012, January and September. The January program had 44 registered participants with 48% repeating the challenge. There were 36 women (82%) and 8 men (18%). The majority of participants were in the 55-75 years age group.

Evaluation was based on pre and post surveys. 29 pre surveys and 14 post surveys were submitted, yielding a return rate of 48%. Of the 14 post surveys, 100% of the participants lost weight with an average weight loss of 13.5. 79% of post surveyed indicated they increased their aerobic activity per week and 64% increased their strengthening routine. 79% increased their healthy eating behaviors with the remaining 21% sustaining at least 5 healthy habits pre to post. Several commented that the program helped them see improvements in headaches, diabetes and blood sugars, hypertension, energy, sleep apnea, constipation and hip pain.

8. Faculty Peer Teaching Evaluations

Applied Nutrition (2012)

Evaluator: Mandy Hatfield, Instructor, Douglas County FCH

Audience: Master Food Preserver volunteers and SNAP-ed community partners

Presentation: Did an excellent job at making concepts understood, used variety of teaching methods

Content knowledge: Able to take complicated information and make it understandable for all

9. Other Assignments

NEP Program Management (January through June)

Oregon Family Nutrition Program (AKA Nutrition Education Program or NEP) management duties include recruiting, hiring, training, monitoring, observing and evaluating NEP faculty. EPAs in two counties are observed and evaluated at least once per quarter teaching in the classroom, and at least once per quarter working with volunteers, peers or professionals.

EPAs are trained through a combination of campus and local activities or classes, by attending trainings, doing professional reading and researching on their own. In 2012, they attended the NEP annual conference and participate in annual trainings including both Applied Nutrition and Food Safety and Preservation. Each carries a valid state food handler's certification and current CPR.

Our program also includes collaboration activities with both the Master Gardener Volunteer Program and 4-H events like *Growin' Yer Grub* and 4-H after school and summer camps. NEP also makes efforts to provide healthy recipes and education through local food banks and the Snack Pack programs, and contributes monthly handouts for packing in food boxes even if there is no demonstration scheduled.

We also include non EPA staff in our delivery plan, including 4-H faculty and program assistants, office personnel and administrative faculty. Their assistance and dedication to the education of eligible audiences helps us to expand the program without having to utilize EPA time. We use Master Food Preservers and community volunteers to assist EPA with classroom delivery of nutrition key messages.

Programming served 9 Coos County and 4 Curry County schools, reaching elementary, middle and high school students. After school programs were held for the Girl Scouts and summer rec programs. Nutrition education was included in 4-H events like *Growin' Yer Grub* and Outdoor School. Programming was also conducted at Bay Area First Step drug and alcohol rehabilitation center and the county WIC programs. EPA conducted food demos at food bank and food pantries, providing monthly inserts into food bags and weekend snack packs. Curry County staff additionally reached students at Head Start. Both counties have a presence at their respective county fairs, decorating a festive booth complete with handouts and information on food stamps, recipe and food safety information.

Pre-approved curricula used by all EPA include Start Smart Eating and Reading, Eating Smart Being Active, Enjoying our Healthy Harvest, Exercise your Options, Growing Health Kids, LEAP, Professor Popcorn, Pyramid Plus, Show me Nutrition, and The Power of Choice.

Data is compiled annually. See current NEP administrator for 2012 contacts.

Oregon Open Campus -Regional Health Education Coordinator (July through December)

In my new role as Regional Health Education Coordinator, the goal is promote Open Campus, to create and promote relationships between OSU and local communities to advance outreach and

engagement in health sciences. Advancing the development of continuing education programs in public health will encourage participation by the community workforce. In order to do this, continued and productive partnerships will be developed or sustained with community partners. This new endeavor is designed to shift public emphasis from disease management to treatment and prevention.

Regional Outreach

- *Applied Nutrition* 2-day workshop for Douglas County residents
- *Cheese: Fresh to Aged*, for Douglas County MFP community workshop
- Released inaugural issue of the new format *Wellness Ink*. Subscribers range from local Coos/Curry counties, Oregon to national
- Provided resources and demonstrations for Tribal and Bay Area Hospital health fairs
- Presented at Extraordinary Living Conference at Southern Oregon Community College

Public Health Collaborations

- Met with Coos County WHOA to discuss county assessment and how to meet new Coordinated Care Organization requirements
- Met with Curry County CCO and campus staff to begin accreditation process
- Attended “Nurturing” conference for Coos County improvements
- Worksite Wellness Panel, Healthier Coos County

Education and Training

- Place Matters conference in Portland
- Regional nutrition education meeting in Medford with Leightman Maxey Foundation
- Open campus meetings in Corvallis
- Wellness Management webinars x 4

Other

- Met with community college and OUS staff at Southern Oregon Community College to determine student needs and gaps in education opportunities for local residents

Public information and media

Papers include: The World, Western World, Myrtle Point Herald, Coquille Sentinel, South Coast Shopper, The Coffee Break, Umpqua Post, Capital Press, Curry Reporter, Coastal Pilot, Port Orford Daily News. Total Estimated Circulation 85,000.

PSAs*

Program	Number	Est Circulation
FCH	21	1,785,000
MFP and FCE Volunteers	8	680,000
(January through June)	5	425,000

* PSAs were also submitted to local radio stations and KCBY television

Printed Articles

Monthly articles are submitted to all Coos and Curry county papers for publication. Two Curry papers are paid to print the articles, Curry Reporter in Gold Beach and the Coastal Pilot in Brookings. These articles are paid for by the Leightman Maxey grant funds to promote nutrition education in Curry County. All other papers can elect to print the articles. Most papers print articles with art monthly.

Month	Article Title	Est Circulation
September	Health Education: An Extension Resource Oregon: D for Deficient	170,000
October	Omega 3: Not Just a Fish Tale	85,000
November	Holiday Food Safety Omega 3: Not just a Fish Tale	170,000
December	Rein it in, Dear: Harnessing the Holiday Eating Frenzy (ran 2x in Curry Coastal Pilot with different art)	91,100

Coos County Extension Website

The Coos County Extension website contains FCH information on health and wellness as well as the Master Food Preserver volunteer program. The FCH website registered over 1100 hits. In July, these two programs were split with the FCH website being currently under construction.

IV. Scholarship and Creativity

A. Publications/exhibits/non-refereed publications

Polizzi, S (2008). *Fueling for Energy*, Spanish, 2 pages, 350 distributed in 2012, transported annually to Mexico and distributed to families receiving annual diabetic testing and education by Suzi Sennot, RD, Coquille Valley Hospital, Coquille, OR.

B. Presentations at Professional Meetings

Polizzi, S. *Plant Power* Extraordinary Living Conference, Coos Bay, OR. 1 hour, invited speaker
Polizzi, S. *Bone Nutrition*, Extraordinary Living Conference, Coos Bay, OR. 1 hour, invited speaker

C. Grant and Contract Support

Grant

Wellness Wave Nutrition Funder: Leightman Maxey Foundation, \$7,260

Unused funds originally slated to supplement 2CJ Wellness Wave worksite wellness program (below) leftover at the end of the school year, were funneled into distribution of written materials in the form of newspaper and magazine articles specifically dedicated to Curry County residents. Funds are used to run a monthly column in 2 local Curry papers. Articles began Sep 2012.

Grant Support

Bandon Cares Funder: The Ford Family Foundation (TFFF) and local donations.

Bandon Cares is a non-profit networking organization that links non-profits in Coos County with education, resources, volunteer pools and collaborative events. The organization manages a website with an annual calendar facilitating partnerships among members and helping to avoid duplication and schedule conflicts. We also hold two annual networking events gathering local non-profits and businesses for learning sessions, problem solving and program sharing. This ongoing organization was formed in 2008 by graduates of The Ford Family Foundation leadership training and the foundation continues to support the efforts of Bandon Cares.

2CJ Wellness Wave Funder: OEA (Oregon Education Association) Choice Trust, \$25,000

Co-PI Collaboration of Port Orford School District (coordinator Julie Ells), Optimum Health and Fitness (Nanci Johnson, CPT) and Ext FCH (Stephanie Polizzi, RD) to provide worksite wellness programming through OEA Choice Trust. Grant funds were used to purchase exercise equipment and create an on-site gym for all school district employees. Quarterly health assessments include blood draws, blood pressure, waist circumference and weight. Lab testing is contracted through Southern Coos Hospital. FCH provided lunch-n-learns and evening seminars for school district personnel. Grant ended with the termination of the school year in May 2012.

V. Service

A. University or Extension Service

2009-2012 Extension Marketing Task Force, OSU Extension

2011-2012 Priester National Health Extension Conference Planning Committee

B. To Profession

1993-2012 Academy of Nutrition and Dietetics member

2005-2012 Oregon Dietetic Association member

2012 Vegetarian Dietetic Practice Group member, conference volunteer

C. Service to Public (professionally related)

Bandon Community Health Center, advisement and development of community programs for low income families

Emergency Preparedness Neighborhood Coordinator, Bandon

NCHEC (National Commission for Health Education Credentialing) exam proctor

Coalitions and collaborations, 2012

- Bandon Community Health Clinic, committee member, presenter
- Bandon Cares (formed through The Ford Family Foundation trainings), steering committee, program organizer
- Bay Area Hospital and Coquille Support Group, diabetes education
- Breathe Free, Collaboration of Coos Co PH, 4-H and FCH for smoke free fair and other events
- Chronic Disease Coalition (CDC), member
- Clean Air Coalition, member
- Community Health Education Coalition, committee member
- Coos County Public Health, worksite wellness programming
- Disaster Preparedness Advisory Board, Health Works TV
- Friends of Public Coos County Public Health, member
- Optimum Health and Fitness, grant support for teacher wellness, Curry Co
- Southern Coos Hospital and Health Foundation, Women's Health Day, Men's Health Evening and Waist Aweigh weight loss challenge, organizer, speaker, display
- Student Health Advisory Council (SHAC), member
- Tobacco Related & Other Chronic Disease (TROCD now AKA Healthy Communities), advisory board member
- Women's Health Coalition, member, speaker, display booths

D. Service to Public (non-professionally related)

Master of Ceremonies, Coquille Community Christmas, December, Coquille, OR

Volunteer, Shore Acres Holiday Lights, December, Charleston, OR

VI. Professional Development

A. Courses Attended/Trainings

Academy of Nutrition and Dietetics, 2012 FNCE conference sessions attended:

Beyond Belly Aches: Identifying and differentiating food allergies and intolerances

Celiac Disease: it's not just the digestive tract
 Diet and Lifestyle Innovations for CVD Prevention: Update on the NHLBI-sponsored expert guidelines
 Excelling in a Competitive and Often Confusing World, Dean Karnazes
 Grain Brain Strain: How does it all fit in the diet?
 Is "Eat Less" the Best Message? When bigger portions can be better
 Leadership Challenge: the 5 practices of exemplary leadership, Jim Kouzes
 Lipid Lowering: Collaborations for optimizing adherence to lifestyle interventions
 Plant-based & Powerful: A look at began athletes
 The Science of Flavor: Preferences, palate and perception
 Shattering Expectations, Erik Weihenmayer
 Think Inside the Box: Increase Fiber with Food Ingredients
 Vegetarianism, Mortality and Metabolic Risk: The New Adventist Health Study

Certifications Earned CPR, Red Cross

Changing Possibilities through Nurturing, Dr. Stephen Bavolek, Family Development Resources, Inc., North Bend, OR, Oct 15

CHIP (Complete Health Improvement Program), participant workshop Feb 23-Mar 25, Coquille, OR. Facilitator training, Mar 30-Apr 1, Portland, OR.

Continuing education home-study courses

Oct/Nov WISE Weight and Wellness webinars: 1) Developing a Solid Foundation, 2) The Value of Social Support and Positive Psychology, 3) Creating a Healthy relationship with Food and Physical Activity, 4) Tracking Progress, Solving Problems and Maintaining Momentum
 Aug Heart Centering: Shift from stressed out and struggling to calm and empowered
 Mar Creating Healthy Communities, University of Wisconsin Extension Priester webinar
 Jan Healthy Communities Worksite Wellness forum, SWOCC, North Bend, OR.
 Jan Marketing Seminar, Face Rock

Continuing education live events

Becoming Heart Attack Proof, and *Treating the Cause of Coronary Artery Disease*, Dr Caldwell B. Esselstyn, Cleveland Clinic Wellness Institute. *How to Eat Plant Perfect*, Anne Esselstyn, Medford, OR. May 18-19

B. Professional Meetings

- Priester National Extension Health Conference, Washington, DC, Apr 10-12
- Foods and Nutrition Conference and Expo (FNCE), Academy of Nutrition and Dietetics, Philadelphia, PA, Oct 4-9
- Leightman Maxey Foundation Regional Nutrition Symposium, Medford, OR, Sep 21
- OSU Outreach and Engagement, Corvallis, OR, Oct 29-31
- Place Matters Conference: Working together to create healthy communities, Portland, OR, Nov 5-7

VII. Awards, Honors, Recognitions

2012 Public Health Super Star, awarded by the Coos County Friends of Public Health, for education and advocacy for better health in Coos County, National Public Health Week