

<b>Current Presentations – Tuesday April 10</b>	
<b>3:00 PM – 3:45 PM</b>	
	<p><b>25 Days to Health and Wealth</b>  Karen Ensle EdD, RD, FADA, CFCS, Community Health Sciences Educator/County Extension Dept. Head, Rutgers Cooperative Extension of Union County</p> <p>Want to get healthier and more financially secure? This 1 1/2-hour program targets adults and older youth and describes 25 behavior change strategies that can be adopted to simultaneously improve your health and personal finances. Participants will discuss each strategy and are encouraged to select 3 or 4 strategies to implement as part of a personal action plan. The class content is based on the book, <i>Small Steps to Health and Wealth™</i>, written by Rutgers Cooperative Extension faculty members Dr. Karen Ensle, RD. and Dr. Barbara O'Neill, CFP. Copies of the book will be available for \$16 (optional).</p>
	<p><b>Get Moving Kentucky! New Ideas in Physical Activity</b>  Lori Rice, Program Coordinator, University of Kentucky Health Education through Extension Leadership</p> <p>Get Moving Kentucky! (GMK) is a fun, family oriented, community-wide physical activity campaign. The goal of this 8-week program is to increase physical activity levels for improved health and wellbeing of all populations of Kentucky regardless of age, gender, ethnicity, ability, socioeconomic status or resource availability. This session will include an overview of the program, discussion of pilot data, introduction of new materials to address youth and the aging, review of new evaluation methods and plans for a phase 2 of the program.</p>
	<p><b>Healthy Homes Partnership</b>  Joseph L. Wysocki, PhD, National Program Leader, Housing and Indoor Environments, United States Department of Agriculture, Cooperative State Research, Education, and Extension Service and Patrick Kennealy, Extension Housing Associate Healthy Homes Partnership National Coordinator Alabama Cooperative Extension System Auburn University</p>
	<p><b>Teaching Health Within the Rural Environment</b>  Shari Burgus, Education Director, Farm Safety 4 Just Kids and Sharry Nielsen, Extension Educator, UNL Extension</p> <p>In 2004, with funding from Cargill, Inc., Farm Safety 4 Just Kids designed, wrote, developed, and distributed a rural health education kit. The kits were evaluated in 2005. The resource kit includes lesson plans, puzzles, and demonstration items to teach rural health concepts by community volunteers. The target audience of this packet is children and youth. Adults or older youth are the instructors. The Priester session format will include a PowerPoint presentation on rural health research plus discussion on the development, piloting, and distribution of the material. In addition, several of the lessons will be modeled.</p>
	<p><b>Stay Strong Stay Healthy; Building Strength in Missouri's Older Adults</b>  Glenda Kinder, Nutrition &amp; Health Education Specialist, University of Missouri Extension; Susan Mills-Gray, Nutrition &amp; Health Education Specialist, University of Missouri Extension; Lynda Johnson, Nutrition &amp; Health Education Specialist, University of Missouri Extension; and Dr. Stephen Ball, Assistant Prof., College of Human Environmental Sciences Extension, University of Missouri - Columbia</p> <p>The <i>Stay Strong Stay Healthy</i> program is designed to increase older adults' access to evidence-based strength-training through a safe, structured, and effective strength training program held in familiar community surroundings. The program was modeled after the <i>Strong Women</i> program designed by Dr. Miriam Nelson from Tufts University, Boston, MA. and with her permission the course was renamed 'Stay Strong Stay Healthy' using new visuals showing older women and men as models doing the exercises. The series is held over 8 weeks, meeting once or twice each week. A prescribed set of 8 exercises with warm up and cool down stretches is done at each session.</p>
<b>4:00 PM - 4:45 PM</b>	
	<p><b>Smokebusters: Educating and Empowering Youth to be Advocates for Policy Change</b>  Mary Ann Reed RN, BSN, Health Education Coordinator, Linn County Health Department, Missouri and Joyce Lara BS, Community Policy Specialist for Tobacco Use Prevention Program Missouri Department of Health and Senior Services</p> <p>Smokebusters is a three year continuum based on the Centers for Disease Control Best- Practices for Comprehensive Tobacco Control that empowers youth to become critical thinkers, avoid tobacco use, and advocate for a tobacco free environment within their schools and communities. This workshop is directed towards youth grades 8-12. Adult professionals and community volunteers with a desire to empower youth advocates are an appropriate audience. They will receive a step-by-step guide to recruiting, training and evaluating a 3-year youth advocacy education program through a power point presentation followed by discussion and unique active participation in selected segments from the trainings.</p>
	<p><b>MyActivity Pyramid</b>  Steve Ball, Ph.D. Assistant Prof., College of Human Environmental Sciences Extension, University of Missouri - Columbia; Ellen Schuster, Associate State Specialist; Nutritional Sciences Extension, University of Missouri Columbia; and Robin Gammon, Extension Associate, Nutritional Sciences Extension, University of Missouri-</p>

	<p>Columbia</p> <p>In 2006, University of Missouri Extension released the MyActivity Pyramid, a new conceptual model (graphic) that parallels the USDA's MyPyramid. The new graphic is a tool designed to help youth accumulate the necessary amount, and variety of activity. Our program will discuss the inception of the new activity pyramid and how it might be used by educators to help youth be active. The session will be a presentation format with question/answer section and targets nutrition and youth educators.</p>
	<p><b>Healthy Homes for All: Alternatives for Environmentally Friendly, Sustainable, Healthy Interior Environments for Low Income Households</b></p> <p>Paula Frances Peek, Associate Professor of Interior Design, Auburn University and Melissa Franson, Graduate Teaching Assistant, Auburn University</p> <p>Presentation of various space plans and multiple furniture and finish specifications reflecting a "healthy home" environment (designed for an 800 square foot single residence) from budget based on the earnings of 2 minimum wage income providers (\$3,000.00 for a 2 bedroom, one bath house with integrated kitchen/dining/living). Multiple solutions satisfy healthy indoor air quality, energy efficient, sustainable and low-income objectives. Designs appropriately outfit the space in accordance with ADA guidelines and with regard to client group, affordability and aesthetic complexion. Presentation includes furniture and finish product descriptions, images, price points, sources and web links.</p>
	<p><b>SERA Meeting -- TBA</b></p>
	<p><b>Alzheimer's CareGiving Educator's Toolkit and Extension Response</b></p> <p>Michael P. Vogel, Professor and Extension FCS Program Leader, Montana State University Extension</p> <p>Alzheimer's disease as a progressive, irreversible disease affecting the brain that ultimately produces memory loss and intellectual impairment. With the Alzheimer's patient surviving as long as 30 years, many years may be spent living with a family caregiver at home. The challenge for the caregiver is understanding the disease and knowing how to prepare and respond to inevitable changes. To help families cope with Alzheimer's, this session will present the <i>Alzheimer's Caregiving Educator's Toolkit</i> dealing with these five topics: a) Understanding Alzheimer's; b) Food and Nutrition for People with Alzheimer's; c) Alzheimer's Proofing the Home; d) Financial Issues; and e) Taking Care of the Caregiver</p>
<p><b>Concurrent Workshops -- April 11, Wednesday</b></p>	
<p><b>8:30 AM - 10:00 AM</b></p>	
	<p><b>Foods in Context - Children of Poverty Choosing Dietary Improvement</b></p> <p>Gary W. Gerhard, Ph.D., Professor and Specialist, Kansas State University, 4-H Youth Development; Carol Fink, Ph.D., Extension Specialist, Kansas State University, 4-H Youth Development; and Evelyn Neier, M.S., Associate Extension Specialist, Kansas State University, 4-H Youth Development</p> <p>This workshop discovers the best practices gleaned from five years of work in the Kansas 4-H/Family Nutrition Program. The goal is to increase the capacity of nutrition educators to prompt adoption of positive dietary habits (i.e. increased fruit and vegetable consumption) by children living in poverty. Participants begin by reviewing the factors that affect the psychosocial patterns of living in low-income families. Next, they actively explore methods that engage low-income children in dietary learning: in the classroom, garden, and after-school site. All participants receive a booklet that summarizes the best practices from this project.</p>
	<p><b>Diabetes Education in Extension</b></p> <p>This moderated session will review two programs currently being used in Extension.</p> <ul style="list-style-type: none"> <li>○ <b>Dining with Diabetes: A Community- Based Diabetes Education Program</b>  Marisa Warrix, Extension Educator, Family and Consumer Sciences, Ohio State University Extension; Mary Ann Nicolay, DTR, Diabetes Association of Greater Cleveland; and Cindi Oliveri, District Specialist, Family and Consumer Sciences, OSU Extension, South Center</li> </ul> <p>The objective of <i>Dining with Diabetes</i> is to demonstrate the impact of a community-based diabetes education program on diabetics and their caregivers. Diabetes is a common, serious and costly disease in Cuyahoga County. One out of 14 residents has the disease and numbers are higher in minority populations. This interactive session demonstrates effective teaching techniques regarding current diabetes education practices, tips for working with diverse audiences, developing partnerships in the community and utilizing multiple funding sources. Data collection and evaluation is in progress.</p> <ul style="list-style-type: none"> <li>○ <b>The Healthy Diabetes Plate and Physical Activity Program</b>  Rhea Lanting, Extension Educator, University of Idaho, Twin Falls County Extension Office; and Martha Raidl, Extension Nutrition Education Specialist, University of Idaho</li> </ul> <p>The Healthy Diabetes Plate Pedometer program, a research-based five week nutrition, resistance training and walking program, targeted rural adults with type 2 diabetes or those interested in learning more about type 2 diabetes. Attendees will learn a visual method of meal planning (the plate method) plus how to implement resistance training and a successful walking program in a rural or urban area. In addition, the session will contain hands-on activities covered in each class as well as an overview on using the following evaluation tools: pre/post surveys, physical measurements (height, weight, resting heart rate), and step logs.</p>

	<p><b>Healthy Homes Workshop</b>          Deb Millettee, U.S. Centers for Disease Control and Prevention, Associate Director for Program Development, National Center for Environmental Health and Tom Neltner, National Center for Healthy Housing, Director of Training and Education</p> <p>No family should have to choose between affordable and healthy housing. "Healthy Homes" is a century-old concept that promotes safe, decent, and sanitary housing as a means for preventing disease and injury. Healthy housing is receiving considerable attention from public health professionals and policy makers as a result of emerging scientific evidence linking health outcomes such as asthma, lead poisoning, and unintentional injuries to substandard housing. There are more than 6 million substandard housing units nationwide. As a result, there is a growing need for preventing the public health problems that stem from these units. Even newer expensive homes may have hazards lurking within. Creating healthier housing promotes the healthy growth and development of children and has the potential to save billions in health care costs.</p>
	<p><b>Introducing SAMMIE - Successful Assessment Methods and Measurement In Evaluation</b>          Thomas M. Archer, Leader, Program Development and Evaluation, Ohio State University Extension and Karen Bruns, Leader, Outreach and OSU CARES, The Ohio State University</p> <p>Whether evaluating impact of community based health programs is new to you, or you are experienced in evaluating programs, SAMMIE can help you expand your skills. SAMMIE stands for Successful Assessment Methods and Measurement In Evaluation and is a one-stop, web portal to valuable impact documentation resources. Through SAMMIE on-line interaction, the health practitioner can: [1] Access resources on 21 evaluation related topics; [2] Read the best literature on the web related to program planning and evaluation; [3] Ask an Expert questions about program planning and evaluation; and [4] Develop a personalized program with an evaluation plan. SAMMIE is a product of The Great Lakes Center for Agricultural Safety and Health, The Ohio State University Extension Program Development and Evaluation Unit, The Ohio State University Office of Outreach and Engagement, OSU CARES/OSU Extension and was funded through a cooperative agreement from Centers for Disease Control &amp; Prevention.</p>
	<p><b>"If I Knew I Was Going to Live This Long, I'd Have Taken Better Care of Myself": Wellness Promotion for the Aging Population in Greenup County, Kentucky</b>          Carol Whipple, Extension Specialist, Health Education through Extension Leadership (HEEL) program, University of Kentucky Colleges of Social Work and Agriculture and Rita Spence, Family and Consumer Sciences Extension Agent, Greenup County, University of Kentucky</p> <p>In this experiential workshop, the process, content and findings of "Active Aging" will be presented. "Active Aging" is a six week pilot community health promoting project that targets the aging population in one rural county in eastern Kentucky. This workshop will highlight the collaborative process and partners, program participant engagement strategies, the findings from the pre-test/post-test evaluation and the program content areas. A micro-version application of the hour long program, including some relaxation strategies and physical activities that were utilized in "Active Aging" will be experienced.</p>
<p><b>April 11 1:00-2:30</b></p>	
	<p><b>Behavioral Change—How You REALLY Get Results!</b>          Whitney Lake, Graduate Student, Kansas State University; Mike Bradshaw, Ph.D., Associate Professor, Kansas State University; and Elaine Johannes, Ph.D., Assistant Professor Kansas State University</p> <p>For the public's health to improve, effective programs must be implemented by skillful community-based staff who understand what makes those programs "effective". Preliminary investigations revealed that a number of community-based workers don't understand the theoretical underpinnings of effective health promotion programs. Gaps between the components of effective, evidence-based programs and the implementation of those programs continue to result in in-consequential or negative health impacts. Behavioral Change—How You REALLY Get Results! is an overview of the investigation that led to the development of a model for professional training that builds the capacity of Extension personnel and other community-based health promotion professionals to implement and evaluate high quality programs. This session will be interactive and thought provoking.</p>
	<p><b>Body &amp; Soul: A Celebration of Healthy Eating &amp; Living</b>          Chris Smith, MPH, Partnership Program Coordinator, National Cancer Institute's Cancer Information Service and Sandy Culig, MSW, Communications Specialist, National Cancer Institute's Cancer Information Service – Heartland Region</p> <p>Body &amp; Soul is a program that promotes evidence-based strategies to prevent and manage chronic diseases (i.e. high blood pressure, diabetes, heart disease, stroke, and cancer) by empowering spiritual and physical health using the African American church as the vector of change. This session will target health educators, community members, and Extension professionals who are interested in a targeted, innovative program that has been shown to enhance work in the area of church-based initiatives. The session format will be a participatory slide presentation that includes program content, open discussion, and interactive exercises.</p>
	<p>IAQ/Mold – Ken Hellevang</p>
	<p><b>Health Literacy: "Can You Repeat That Please"</b>          Bonnie Dunn-Parsons, Extension Agent, West Virginia State University-Douglass Land Grant Institute</p>

<p>“Can You Repeat That Please” is an interactive program delivered with laughter and real examples of what can and does happen when there is a communication breakdown between patients and their health care provider. Participants 18 years and above receive a 72 page personal health history journal. This program has been delivered to over 3,000 individuals in a 14-county region of rural WV. It has been proven successful and has had high ratings based on program evaluation. The program is currently undergoing a one year post-evaluation for its effectiveness. Anyone attending this conference would benefit from this program both personally and professionally.</p>
<p><b>Nutrition for Older Adults: Ideas for Effective Education</b>  Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor and Human Nutrition Extension Specialist, Kansas State University and Debra M. Sellers, Ph.D., Assistant Professor and Adult Development and Aging Extension Specialist, Kansas State University</p> <p>Do you make decisions about information programming for older adults? This session will give you practical tips about promoting nutrition (especially fruits and vegetables) to senior adults, such as with a Senior Farmers’ Market Nutrition Program. Learn about attitudes older adults have towards fruits and vegetables and gaps in their eating patterns. Find out how to effectively tailor nutrition education messages and programs to older adults using techniques based on adult learning theory.</p>
<p><b>April 11, 3:00 PM – 4:30 PM</b></p>
<p><b>Lay Health Workers</b>  This moderated session will review recent literature related to lay health workers and discuss three programs being used within Extension.</p> <ul style="list-style-type: none"> <li>○ <b>Promotores – Osteoarthritis and Farm Workers,</b>  Karen Funkenbusch, Missouri AgrAbility Project, College of Agriculture, University of Missouri  Arthritis is an equal-opportunity destroyer, ignoring racial, social and economic barriers. Some of the most economically disadvantaged victims of the diseases are migrant and seasonal farmworkers. The U.S. workforce includes 3-5 million such people who work mainly in the \$28-million fruit and vegetable industry. Some 85 percent of these people are minorities. Most are either American citizens or working in the country legally, but without access to traditional health care services. Because of the heavy physical work involved in performing farm work, these individuals are particularly vulnerable to the effects of arthritis. Between 1 million and 1.7 million migrant and seasonal farmworkers suffer from arthritis in some form. Because of their low educational level, many workers have difficulty reading and interpreting health information in any language, thus effectively living in an informational vacuum. The purpose of this project is to disseminate much-needed information about arthritis prevention and arthritis management through the existing network of 500 migrant health clinics through the National Center for Farmwork Health. The project will use the “promotoras,” or lay promoters who will deliver the information directly to migrant workers and translate the technical health jargon into an understandable and culturally appropriate (or sensitive) form.</li> <li>○ <b>Mississippi Volunteer Health Education Program,</b>  Ann Sansing, Community Health Coordinator, Mississippi State University  Mississippi State University Extension Service values dedicated volunteers to further its outreach mission. The Master Health Education Volunteer (MHEV) Program teaches health education messages that are relevant to adults in multicultural settings and youth in community and school-based settings. It provides the opportunity for adult volunteers to receive 40 hours of quality, health-related training. In return, MHEVs agree to perform 40 hours of community service related to the training. This presentation explains constructing the volunteer program, recruiting participants, developing skills, and extending health education messages in local communities. Attendees will learn how to implement such a program in their communities</li> <li>○ <b>Youth Empowered Ambassadors for Health (YEAH!)</b>  Rita Law-McCumber, Extension Agent II, M.A., Family and Consumer Sciences, University of Florida/IFAS; Joy C. Jordan, Associate Professor, Ed.D., Youth Development, FYCS, University of Florida/IFAS; Wendi Zimmerman, Coordinator, Educational/Training Programs, B.S., 4-H Youth Development Office, University of Florida/IFAS; Vickie Brannon Mullins, Extension Agent IV, M.S., 4-H, University of Florida/IFAS and Geralyn Sachs, Extension Agent I, B.A. University of Florida/IFAS  In 2005, Florida 4-H embarked on a collaborative partnership with the Florida Department of Health to bring Extension Family and Consumer Sciences and 4-H staff together with Department of Health staff as adult partners with teens within Florida communities. This partnership focused on empowering youth to become ambassadors for health within community coalitions. Teens facilitated the training program at a statewide Youth Summit, applied for grants and carried out projects in their home communities. County and state Extension FCS, 4-H and Health faculty will gain knowledge in networking and collaboration techniques in this power point and interactive program.</li> </ul>
<p><b>The Healthy Lifestyle: It’s Easier than You Think</b>  Marilyn A. Swanson, PhD, RD, CSREES National Program Leader for Maternal and Child Health, Cooperative State Research, Education, and Extension Service - USDA</p> <p>In this interactive workshop, <i>The Healthy Lifestyle: It’s Easier than You Think</i>, participants will have an opportunity to understand the meaning of health and develop specific strategies to make healthful lifestyle choices in their personal life. Participants will gain an understanding of the wellness continuum, understand how to overcome barriers to healthy</p>

	<p>living and consider personal lifestyle goals. Come prepared to interact and become energized about health so you can become a role model and a leader.</p>
<p><b>Healthy Homes</b>  During this moderated session four Healthy Homes programs serving diverse audiences will be discussed.</p> <ul style="list-style-type: none"> <li>○ <b>Addressing Indoor Environmental Health for Limited-Resource Households Through Peer Education</b>  Joseph Laquatra, Hazel E. Reed Human Ecology Extension Professor in Family Policy Department of Design and Environmental Analysis  This presentation will describe the evolution of a peer education program for limited-resource households on reducing exposures to indoor environmental toxins. This effort began as a research project in 2001 with very limited funding, and is now active as a national effort in partnership with the Healthy Homes program of HUD and as an innovative local effort. Indicators increasingly demonstrate that peer education is an effective method for teaching limited-resource households to apply low-cost and no-cost measures to improve indoor environmental quality. Research results on implementation strategies will be shared in a session targeted to educators and health care professionals.</li> <li>○ <b>Healthy Homes Program Reaches Hmong Community</b>  Gloria J. Barrett, County Director &amp; Community Development/Public Policy Advisor, University of California  Healthy Homes is a national collaborative project designed to help people identify and address environmental hazards around the home. This presentation describes the Healthy Homes outreach to immigrant Hmong in a local community. The target audience for this session includes Extension educators and health and community educators. An overview of the program will be provided with an opportunity for participant dialogue.</li> <li>○ <b>Tribal Healthy Homes</b>  Dr. Michael P. Vogel, Professor and Extension FCS Program Leader, Montana State University Extension  Due to genetics, poor living conditions, or limited access to health care and prevention education Native America families and children face many unique environmental health challenges. To respond to Native American environmental health needs, the Housing and Environmental Health Program of Montana State University Extension has partnered with American Indian organizations and agencies to develop culturally specific Extension outreach programs, publications and curriculum. This fast moving presentation will focus on six successful, time-tested Tribal environmental health programs that may be used with 808 Native American Tribes located throughout the United States.</li> <li>○ <b>Living Safely With Lead: Reducing The Risk And Advancing Health</b>  Shirley Niemeyer, Ph.D., Extension Specialist, Housing &amp; Environment, University of Nebraska-Lincoln Extension and Sharon O Skipton, M.S., Extension Educator, University of Nebraska-Lincoln Extension  This session illustrates an educational program that uses multiple strategies to impact a large metro-targeted area composed of different racial, cultural, ethnic and economic backgrounds. The program's successes resulted from the use of focus groups, a multi-practitioner educational team, strong communications through an interagency/government lead coalition, multiplier effects, creative use of technology, and education at point of interest. This session will provide educational and collaborative strategies that educators and others working with environmental health risks and with multicultural and low income audiences can use. Interactive visuals and shared experiences will involve the participants.</li> </ul>	
<p><b>Hurricane Katrina: Mississippi State University Extension Service, Family and Consumer Sciences Response and Current Recovery Strategies</b>  Jane Clary, Ph.D., RN, MS, CHES, Associate Extension Professor, Health Promotion &amp; Health Education, Mississippi State University Extension Service and Bobbie D. Shaffett, Ph.D., Associate Extension Professor, Family Resource Management and Housing, Mississippi State University Extension Service  How can the work of family and consumer sciences Extension professionals benefit citizens in communities affected by natural disaster? Learn what health, housing, family life and financial education professionals did to serve citizens affected by natural disaster in Mississippi in immediate response to Hurricane Katrina and what they are still doing to assist in recovery, rebuilding efforts and research efforts.</p>	
<p><b>Promoting Aging in Place with Universal Design</b>  Mary Yearns, Professor &amp; Extension Housing Specialist, Iowa State University  The Universal Design for Better Living Program (UDBL) was created for the Iowa Department of Elder Affairs to show how the concept of <i>universal design</i> could be incorporated into products and features for the home environment that can facilitate aging in place. The UDBL project included several components: purchasing and installing universal design exhibits in two display trailers, assembling universal design demonstration kits, and preparing a teaching guide with five lessons and supporting resource materials. Conference participants will see an overview of the five lessons, test out the "gadgets" in the demonstration kits, and tour the bathroom display trailer.</p>	
<p><b>Concurrent Presentations April 12</b></p>	
<p>April 12 8:30 AM to 9:15 AM</p>	
<p><b>Youth Focused Nutrition Programs</b>  During this moderated session two programs currently being used in Extension will be discussed.</p> <ul style="list-style-type: none"> <li>○ <b>Munchy Adventures: 4-H Project Book</b></li> </ul>	

<p>Norma Samuel, Extension Agent II, 4-H, University of Florida/ IFAS Marion County Extension Service and Nancy Gal, Extension Agent IV, Family and Consumer Sciences, University of Florida/ IFAS Marion County Extension Service</p> <p><i>Munchy Adventures</i>, a 4-H nutrition and health program, introduces youth ages 8 – 10 to simple, healthy lifestyle practices through fun and engaging activities. Chef Nicky, the fruit and vegetable loving guinea pig mascot, takes youth on an exploration of MyPyramid, daily energy requirements, exercise ideas, and easy to prepare healthy snacks. This session is targeted to anyone working with youth and families. Participants will experience creative strategies for engaging youth in personal health promotion through experiential learning techniques focusing on nutrition and physical activity. Participants will receive a copy of the <i>Munchy Adventures</i> curriculum.</p> <ul style="list-style-type: none"> <li>o <b>A FUN (Focus on Understanding Nutrition) Curriculum is Elementary</b>  Sandi Roberts, Nutrition Educator, University of Maryland Cooperative Extension/Food Stamp Nutrition Education</li> </ul> <p>FUN (Focus on Understanding Nutrition) is a nutrition curriculum that has been used for four years in the fourth grade classrooms at a site in Frederick, MD. It is the result of a collaboration with the fourth grade teachers and the Food Stamp Nutrition Education Educator providing nutrition lessons in the classroom. The target audience for this session would be educators who want to provide nutrition education in elementary schools or after-school programs. This will be a hands-on session where participants can experience the curriculum and see how fun and interactive the lessons are.</p>
<p><b>Trickle Down Collaboration/Address Medicare Part D</b></p> <p>Carolyn S. Wilken, Ph.D., M.P.H., Associate Professor, Extension Specialist Gerontology, University of Florida; David M. Angaran, MS, FCCP, FASHP, Clinical Professor of Pharmacy, Assistant Director Experiential Programs, University of Florida, College of Pharmacy; Susie Butler, Acting Director, Division of Provider Affairs, Partner Relations Group, Office of External Affairs, Centers for Medicare &amp; Medicaid Services; Caroline E. Crocoll Ph.D., CFLE, CFCS, National Program Leader-Family Science and Human Development Families, 4-H and Nutrition, USDA, Cooperative State Research, Education and Extension Service (CSREES); Sandra Leonard, M.P.H. Senior Manager, Government Reimbursement, AstraZeneca Pharmaceuticals; Charles Milsted, Associate State Director, AARP; and Betsy Nayfield-Crisp, M.S., L.D., Extension Agent IV - Family and Consumer Sciences, UF/IFAS Extension – Pasco County</p> <p>This program describes the collaborative efforts of a multi-agency group to teach Florida’s Medicare beneficiaries about the options available through Medicare Part D with special focus on minority and limited-income Floridians. The audience for this 45-minute presentation includes health educators, Extension professionals, policy makers, and gerontologists. We will describe the development and actions of the coalition and the resulting project conducted by county Extension professionals with their local partners and volunteers. The presenters will share the training process used to teach county agents about Medicare Part D, the resources used, and the results of the outcome evaluation.</p>
<p><b>Performance of Flooded Homes, the Impact of the Wetting and Drying on Home Durability and a Healthy Living Environment</b></p> <p>Heshmat A. Aglan, Associate Dean and Professor, Tuskegee University and Robert Wendt, Project Manager Oak Ridge National Laboratory</p> <p>During the past six years, Tuskegee University and Oak Ridge National Laboratory (ORNL) have been conducting field and laboratory testing to study the performance of conventional and flood-damage-resistant home construction under flood conditions. The purpose of this research was to identify materials and methods that can make the envelope of a house more flood-damage-resistant and mitigate potential long-term adverse health impacts from flood exposure. The moisture response of various residential materials and systems to flood conditions was studied. Indoor Air Quality (IAQ) and mold development associated with the exposure of homes to excessive moisture were studied. The results of testing were compared with the impact of the long-term flooding of homes in New Orleans after Katrina. The target audience for this presentation is general homeowners, builders, and government agencies. The presentation will be in a lecture format.</p>
<p><b>Reforming the Health Care System in America: Findings of the Citizens’ Health Care Working Group</b></p> <p>Bonnie Carew, Rural Health Program Leader/Extension Instructor Agricultural Economics, Mississippi State University and Alan Barefield, Assoc. Dir. Southern Research Development Center/Extension Prof Agricultural Economics, Mississippi State University</p> <p>During 2006, over 250 Mississippians became part of a historic discussion that took place across America about the future of health care. Mississippi State University Extension Service, in support of the work of the Citizens’ Health Care Working Group, conducted listening sessions throughout rural Mississippi. This presentation will describe that community dialogue and present differences found between a national urban audience and a predominantly rural Mississippi audience. Additionally, the recommendations that the Working Group made to Congress and the President will be discussed. Conference participants interested in health policy, rural health issues, and community resource development are encouraged to attend.</p>
<p><b>See the Future: Your Vision as You Age</b></p> <p>Jeanne Brandt, Family and Community Development, Oregon State University</p> <p>This Extension developed program was offered as a state-wide Family and Community Education (FCE) program. On a scale from “none” to “very good,” participants reported significant increases (p=.000) in their understanding of how</p>

	<p>age increases vision, signs and symptoms of common vision disorders in later life, and what to do to protect eyes and vision. This session for community educators including extension field faculty, will be an overview of the packaged lesson which is suggested for use with older adults in your community.</p>
	<p><b>April 12 9:30-10:15</b></p>
	<p><b>Small Steps Are Easier Together: A Community Environment-Based Intervention to Stop Weight Gain and Decrease Breast Cancer Risk</b>          Barbour S Warren, PhD, Research Associate, BCERF/Cornell University; Carol M Devine, PhD, Assoc Professor, Cornell University; Mary Maley, Health Educator, BCERF/Cornell University; and Jeanne M. Darling, Ext Exec Director, Delaware City, Cornell Cooperative Extension</p> <p>This program is designed to use a community environment-based intervention to stop weight gain and decrease breast cancer risk. The target audience of this program is adult women in small or rural communities. This session is aimed at an audience of researchers and extension agents who are interested in obesity prevention and/or community based interventions. The session will have an open discussion guided by a slide presentation format. The rationale, design and results of this pilot project will be shared.</p>
	<p><b>Women's Health</b>          During this moderated session two programs related to women's health will be discussed.</p> <ul style="list-style-type: none"> <li>○ <b>WISEWOMAN in Iowa: An Extension – Public Health Partnership</b>          Ruth Litchfield, State Nutrition Extension Specialist, Iowa State University Extension and Sandi Ryan, WISEWOMAN Program Coordinator, Iowa Department of Public Health          The Iowa WISEWOMAN Cardiovascular Study serves under- and uninsured women aged 40-64 years, focusing on reducing cardiovascular risk factors by improving nutrition knowledge/behavior, increasing physical activity, and building self-efficacy. The program, based upon the Health Belief Model (HBM), is a collaboration of the Iowa Department of Public Health, University of Iowa and Iowa State University Extension. This presentation will share development of a successful Extension-Public Health partnership. The HBM will be explored as a theoretical framework for health programming. Quantitative and qualitative methods of evaluation, a crucial Extension programming component, will be discussed.</li> <li>○ <b>Every Woman Matters</b>          Jamie Goffena, Extension Educator, University of Nebraska Extension and Linda Boeckner, Extension Nutrition Specialist, University of Nebraska-Lincoln Extension          Every Woman Matters outreach education began in 1995 as a collaborative effort with the Nebraska Office of Women's Health to educate women about the importance of breast cancer screening as a prevention of breast cancer death. This outreach education has significantly reduced the rate of breast cancer mortality in Nebraska. Currently, over 900 women (including Latina women) in 11 counties of rural Nebraska receive annual health screenings paid by Every Woman Matters for breast cancer, cervical cancer, cardiovascular disease and diabetes. Innovative Extension educational activities, collaborations, funding opportunities and program results will be shared.</li> </ul>
	<p><b>Healthy Homes</b>          This moderated session will review three programs</p> <ul style="list-style-type: none"> <li>○ <b>CLEMSON PAWS (Prevention and Awareness for Wellness Success)</b>          Deborah Thomason, Professor and State Specialist, Clemson University and Kellye S. Rembert, Interim State 4-H Program Leader, Clemson University          The Clemson Cooperative Extension Service will provide educational programs and trainings for South Carolina Senior 4-H members that will promote prevention and awareness strategies to insure a healthy living environment. The South Carolina 4-H program will sponsor training for county 4-H faculty and will conduct a statewide awareness and prevention effort that will include training workshops and materials for Senior 4-H members and publicity during State 4-H Congress and South Carolina 4-H Senior Teen Weekend. The senior 4-H members will increase their knowledge of the symptoms of asthma, common triggers, possible treatments, and strategies for sharing wellness education with family members and other youth. Pre-test and Post-test surveys will be administered to evaluate the knowledge gained during the educational process. This session will demonstrate several of the activities developed for use with the youth. Discussion will follow on how session participants might adapt the materials for their own use in similar health related programs.</li> <li>○ <b>Building Blocks for a Successful Community-Based Asthma Coalition</b>          Dr. Sandy Wiggins, Extension Specialist, Environmental Health and Housing, NC State University/NC Cooperative Extension; Nancy Abasiokong, Cleveland County Family &amp; Consumer Sciences Extension Agent, NC State University/NC Cooperative Extension; and Dr. Barbara Garland Professor and NC Cooperative Extension Rural Health Program Coordinator, NC State University/NC Cooperative Extension          Issue-specific coalitions became increasingly popular in the 1980s to promote health issues. (Garland, et.al. 2004). In the 1990's asthma coalitions were being formed to address asthma, having reached epidemic levels. Cooperative Extension and community health professionals and collaborators will benefit from the outcomes of programs and research being conducted. This presentation will address components of effective asthma community-based coalitions, emphasizing Cooperative Extension's role. Extension state and field faculty attending this session will receive examples of a strategic plan, goals and objectives, collaborators and roles, educational</li> </ul>

<p>tools developed and successes of the Asthma Coalition in Cleveland County, North Carolina.</p> <ul style="list-style-type: none"> <li>○ <b>Building Collaborative Efforts to Reduce Children’s Exposure to Health Hazards</b>        Robert Williamson, PhD, Natural Resources Specialist, NCA&amp;T State University/NC Cooperative Extension; M. Cassandra Wiggins, EdD, Extension Specialist, NCSU State University/NC Cooperative Extension; and Travella Free, Extension Associate, NCA&amp;T State University/NC Cooperative Extension        Have you been asked to collaborate with others to produce “high quality programs” to reduce children’s exposure to environmental health hazards? Yes! Having much success? No! Then come hear how a “cross-disciplinary” team is helping make the world a safer, healthier place for children in North Carolina. Learn how and why three “new” program resources were adapted to meet the needs of audiences with low literacy skills. Gain first hand experience using resources related to water quality, sun safety, mold and moisture problems. Leave with copies of the resources for use in your state.</li> </ul>
<p><b>Empirical Studies in Occupation Exposures</b>        This moderated session reviews two research studies of important to those working with rural populations.</p> <ul style="list-style-type: none"> <li>○ <b>Pesticide exposures and development of Parkinson’s disease in an East Texas population,</b>        Amanpreet S. Dhillon, M.D., Chief Resident, Univ. of Texas Health Center at Tyler, Dept of Occupational Health Sciences, Jeffrey L. Levin, M.D., M.S.P.H., Professor and Chair, Univ. of Texas Health Center at Tyler, Dept of Occupational Health Sciences; and Joseph T. Nalbone, M.S., Ph.D., C.I.H. Assistant Professor, Univ. of Texas Health Center at Tyler, Dept of Occupational Health Sciences        This study examines possible links between Parkinson’s disease and exposures to pesticides (especially rotenone) in an East Texas population. The session begins with a brief introduction about Parkinson’s disease. This will be followed by discussion about this particular study including the development of a survey questionnaire designed to evaluate the association between the exposures to various agrochemicals and this disease, study design, target population and other pertinent aspects. The program and session target audience are health care professionals, health extension educators with an interest in Parkinson’s disease and environmentally based health interventions and other key stakeholders interested in public health.</li> <li>○ <b>Prevention of Respiratory Diseases Related to Work in Animal Production Facilities</b>        Prosper K. Doamekpor, Graduate Assistant (Doctoral candidate), The Pennsylvania State University and Connie D. Baggett, Associate Professor, The Pennsylvania State University        Not much has been done to assess the effectiveness of intervention programs in animal production agriculture. Few studies have recommended a great need for implementing feasible intervention research to reduce respiratory diseases in animal production operations. This study employs a conceptual framework (figure 1) to study beliefs of Penn State University farm workers about respiratory diseases related to work in animal production facilities. Results of the developmental research phase will be presented to session audience.</li> </ul>
<p><b>Decluttering...Clean It Up, Clear It Out, and Reduce Stress as You Age</b>        Lois Clark, Extension Educator, FCS/Associate Professor, Ohio State University Extension and Nancy Recker, Extension Educator, FCS/Associate Professor, Ohio State University Extension        This session will take findings from a research survey “Getting Rid of Your Midlife Clutter” and apply those findings to an interactive workshop. The research questionnaire was designed and implemented to assess midlife clutter - factors that influence clutter, clutter situation, clutter behavior, and organizational styles relating to midlife clutter. Utilizing survey findings, the presenters are targeting the baby boom generation to help them focus on dealing with their own personal clutter...how to manage it, dispose of it, and store it. These action steps will result in reduced stress levels, energy conservation, and enhanced relationships as a person successfully ages.</p>