The **Department of Agricultural and Human Sciences** is the merger of Agricultural and Extension Education and Youth, Family, and Community Sciences. Faculty in the Department of Agricultural and Human Sciences work across the functions of extension, research, and teaching to serve students and stakeholders. We believe that integration of extension, research, and teaching advances effective and impactful learning, discovery, translation, application, and engagement.

**Areas of focus include:**
Agricultural Education  
Extension Education  
Agricultural Leadership  
Community Youth Development  
Volunteer Resource Management  
Family Life  
Family Resource Management  
Community Leadership  
Nutrition and Food Safety
Faculty published 45 peer-reviewed articles in professional journals.

Faculty published 2 books and 4 book chapters.

Faculty gave 11 presentations at international professional meetings, 165 poster or oral presentations at national professional meetings, and 90 presentations at state and regional professional meetings.

Faculty spoke in Korea, Canada, Japan, Guatemala, Ireland, and Costa Rica, and 22 states across the US.

The Department of Agricultural and Human Sciences held the Eloise S. Cofer Family Living Lecture on December 15, 2016. Vivian Howard ’00, acclaimed chef, television personality, and author, joined our faculty for a discussion of local food, hunger, and health. She then presented a lecture to over 500 people on her path to finding her passions of food and writing. She engaged the audience with humor and stories of the south.
Agricultural and Extension Education faculty from NC State received the 2016 Program Excellence Award from the AG-IDEA (Interactive Distance Education Alliance). Nineteen universities participate in the Alliance and cooperatively offer courses, degrees or certificate programs in ten agricultural program areas. Our faculty are actively involved in teaching for the online Master’s program in Agricultural Education.

Alumni Honored at National Association of Agricultural Education

The 2016 meeting of the National Association of Agricultural Educators recognized six outstanding agricultural teachers in America. Two of these talented educators had ties to NC State and our programs. Sherissa Nailor, ’12, now teaching in Pennsylvania, received her Master’s degree in Agricultural Education at NC State. Tom Andress, ’09, now teaching in Montana, received his agricultural teacher certification through the Lateral Entry Agriculture Program (LEAP) program at NC State. Our department is proud of the accomplishments of our graduates. Congratulations.

Zandra Alford, Emily Foley, and Lorelei Jones
Dr. Nadine Tope Family and Consumer Sciences Program Development Award
Family and Consumer Sciences and Extension and Community Association Foundation

Kevin Curry, Wendy Warner, Travis Park
Outstanding Research Presentation Association for Career and Technical Education

Harriett Edwards
NCAE4-HA Excellence in Volunteer Teamwork Award
NCAE4-HA

Jim Flowers
Outstanding Journal Article, Second Runner Up, Journal of Agricultural Education American Association for Agricultural Education

Drs. Flowers, Moore, and Kistler receive honors from the American Association for Agricultural Education.
**Koralalage Jayaratne**  
Distinguished Extension Educator Award  
*American Association for Agricultural Education, Southern Region*

**Gary Moore**  
Distinguished Teaching Award  
*American Association for Agricultural Education*

**Koralalage Jayaratne**  
Outstanding Leadership and Service to the Extension Evaluation Profession Award  
*Extension Education Evaluation Topical Interest Group of the American Evaluation Association*

**Gary Moore**  
UNC Board of Governors Award for Excellence in Teaching  
College Nominee  
*College of Agriculture and Life Sciences*

**Mark Kistler**  
Academy of Fellows  
*American Association for Agricultural Education*

**Joy Morgan**  
North American Colleges and Teachers of Agriculture Teaching Award of Merit  
*NACTA-NCSU Chapter*

**Ben Silliman**  
Excellence in Program Evaluation  
*American Evaluation Association  
Extension Education Evaluation Topical Interest Group*

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**Department Alumni Receive College Awards**

The Distinguished Alumni Awards are granted each year to outstanding graduates of the College of Agriculture and Life Sciences to recognize achievement and an ongoing commitment to giving back to NC State University. These awards were given in a ceremony in November prior to the Ag Day football game and tailgate. We were fortunate to have four of our talented alumni receive these prestigious awards.

**Outstanding Alumni Award**  
**Dr. Marshall Stewart**  ‘86, ’94, ’03, Agricultural and Extension Education

**Outstanding Young Alumni Award**  
**Iliana Santillan-Carrillo**  ’15, Youth, Family, and Community Sciences  
**Dr. Kristin Stair**  ’06, ’09, Agricultural and Extension Education  
**Kristen Baughman**  ’10, ’12, Agricultural and Extension Education
Faculty in the Department of Agricultural and Human Sciences have a long history of successful resource development. They receive grants and contracts from a variety of sources including state government, federal government, and private foundations. They serve as Principal Investigators and collaborators for grants outside the department. In addition, our entrepreneurial faculty fund programmatic work through sales and service accounts. Funding from grants and contracts supports teaching, research and extension efforts in the department as well as over 25 full-time and 20+ part-time professionals.

**OUR FUNDERS:**
- Altria Foundation
- Association of Leadership Educators
- California Department of Food and Agriculture
- Center for Produce Safety
- Centers for Disease Control and Prevention
- John Rex Endowment
- National 4-H Council
- NC Agricultural Foundation
- NC Department of Housing and Urban Development
- NC Department of Public Instruction
- NC Human Relations Commission
- NC State Health Plan for Teachers and State Employees
- New York Life Foundation
- Robert Wood Johnson Foundation
- Southern Sustainable Agriculture Research and Education
- US Agency for International Development
- US Department of Agriculture
- US Department of Justice

**AS PRINCIPAL INVESTIGATORS**

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<th>TOTAL FOR 2016:</th>
<th>OVER $6.1 M</th>
<th>TOTAL MULTI-YEAR COMMITMENTS:</th>
<th>OVER $24 M</th>
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**AS COLLABORATORS**

| TOTAL FOR 2016: | OVER $7.7 M | TOTAL MULTI-YEAR COMMITMENTS: | OVER $40 M |
Degree Programs in Agricultural and Extension Education

Undergraduate
The Agricultural and Extension Education undergraduate program offers Bachelor’s Degrees in Agricultural Education, Agricultural Science, and Extension Education.

- **Agricultural Education**—prepares students to teach agriculture and be FFA advisors in public and private K–12 schools.

- **Agricultural Sciences**—includes a leadership component and allows students to explore all aspects of the food and fiber industry.

- **Extension Education**—prepares students for positions with Cooperative Extension.

Graduate
The Agricultural and Extension Education graduate degree program offers the Master of Science (thesis option) and Master of Agricultural and Extension Education (non-thesis option). Both degrees offer students in-depth knowledge of school-based agricultural education or non-formal education that is focused on extension, youth development, rural development, international education, and family and consumer sciences.

A Doctor of Education is offered in Agricultural and Extension Education. This research degree is designed for students who want to pursue careers in higher education or administrative positions in educational settings or government.

Degree Programs in Youth, Family, and Community Sciences

Two distance graduate programs are offered in Youth, Family, and Community Sciences. Both the Master of Youth, Family, and Community Sciences (non-thesis option) and Master of Science (thesis option) are designed to meet the individual needs of the student. Graduate programs prepare and strengthen current and future professionals who work with youth and/or families in community-based settings. Graduate faculty are subject-matter experts who create applied learning environments to prepare students to seek dynamic careers in youth, family, and community development. The program offers three concentration options; these are also Graduate Certificate options:

- **Family Life Education and Coaching**
- **Leadership and Volunteer Management**
- **Youth Development and Leadership**

The Youth, Family, and Community Sciences graduate program is approved as a Certified Family Life Educator (CFLE) program through the National Council on Family Relations and is a Board Certified Coach (BCC) approved program from the Center for Credentialing and Education. As such, students who graduate with this master’s degree are eligible to become a Certified Family Life Educator and students that complete specific coaching courses are eligible to become a Board Certified Coach.
Shonette Lewis ’11, received her Master’s degree in Family Life and Youth Development. She works as a Family Educator and Training Specialist for the nonprofit organization, Imprints Cares in Winston-Salem, NC. The mission of Imprints Cares is to enrich children’s development while supporting their families on their journey of parenthood.

**Undergraduate Enrollment 2016**

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<tr>
<th>Semester</th>
<th>Degree</th>
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<td>Agricultural Science</td>
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<td>Fall 2016</td>
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<td>Extension Education</td>
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**Graduate Enrollment 2016**

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## 2016 Graduates

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<tr>
<td>Master of Agricultural and Extension Education</td>
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<td><strong>Total Graduate Degrees and Certificates</strong></td>
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Jeremy Crisp ’15, received his Master of Science degree in Family Life and Youth Development. He now is a Program Manager for the DC Metro area division of Kids Included Together (KIT). KIT drives the national conversation on inclusion for child and youth programs and teaches inclusive practices on an international scale.

Bria Sledge ’16, received her Graduate Certificate in Family Life Education and Coaching. She currently works as an after-school coordinator for the Ravenscroft School and continues to serve fellow students through her work as a project assistant for the Youth, Family, and Community Sciences program.
Youth, Family, and Community Sciences Graduate Program Uses Social Media to Reach Current and Future Students

The Youth, Family, and Community Sciences (YFCS) graduate program uses Facebook, Twitter, CALS News, and NC State Distance Education channels to showcase faculty and student success. Monthly spotlights are posted to the YFCS social media channels (Facebook and Twitter). This has proven to be beneficial to prospective students who have gained a better understanding of career paths for YFCS graduates. Spotlights also provide insight into YFCS faculty research and extension efforts. Stories are posted to our academic website and help current and prospective students learn more about the efforts and career choices of graduates. The overall goal is to showcase the work our students, alumni, and faculty do each day to improve our communities, youth and families. YFCS hosts alumni events, social media contests, giveaways, and have an alumni planning committee, all to encourage engagement. YFCS is currently working on an alumni booklet to send out to prospective students and for use at recruitment events throughout the year. This booklet will highlight some of our outstanding alumni and provide descriptions of what they are doing now in their communities and how they are making a difference in the lives of youth and families.

@NCSU_YFCS
@NCYFCS

YFCS 500 The Supervised Professional Experience

The Supervised Professional Experience, YFCS 500 is a capstone internship course designed to prepare YFCS students for a professional position in youth, family, or community development by gaining practical and professional experience in an actual organization/agency. Students spend 120 hours working with their partner organization during the semester. This experience allows students to connect academic knowledge with practical application. Students conduct a needs assessment with their organization, design and implement a program based on those needs, and evaluate the program. The course culminates in a presentation of the experience for YFCS graduate faculty. In 2016, nine students completed their internship with organizations including the St. John’s Community Development Corporation, Inc.; The Wright School—The North Carolina Re-Education Program; Franklin County Kentucky Health Department and the Kentucky Department of Transportation; and Randolph Montgomery Family Support and Community Collaboration Program.

Faculty and Staff: Sarah Kirby, PhD

This experience allows students to connect academic knowledge with practical application.
Preparing Next Generation Agricultural Education Teachers

NC State University continues to be a nationally recognized leader in agricultural education. The preparation of highly qualified and effective teachers of agriculture is part of the core mission of the Department of Agricultural and Human Sciences.

All teacher candidates at NC State complete the edTPA, a portfolio assessment of teaching that mirrors the National Board of Professional Teaching Standards process for certification. To prepare our agriculture teacher candidates, faculty have been trained in scoring edTPA. Since 2014, they have also focused longitudinal qualitative and quantitative research on pre-service agriculture teacher candidate assessment and the edTPA. Faculty have implemented components of edTPA across all of their courses. The result is that in 2016, our teacher candidates averaged 50.4, compared to the University average of 43.6. All agriculture teacher candidates scored above the University average on all 15 rubrics in 2016.

Faculty and Staff: Travis Park, PhD; Wendy Warner, PhD; Jim Flowers, PhD; Gary Moore, PhD; Joy Morgan, EdD

NC State agriculture teacher candidates prepare for careers that blend agriculture with educating youth in classroom and laboratory settings. Teacher candidates deliver interactive, cutting-edge agriculture instruction to NC high school and middle school students.
Evaluation Champions in 21st Century Extension

Organizational effectiveness and innovation in Extension, as in other public and private organizations, depends on the passion, critical and creative thinking of leaders in their disciplines. A qualitative study sponsored by the national eXtension Evaluation Community of Practice interviewed 40 peer-nominated evaluation champions in four Extension systems who were highly motivated to make—and measure—the “So what?” results of their programming. Those who were mentored by experienced colleagues in early career were most likely to become advocates, role models, and mentors for individuals and project teams as mature professionals. Although graduate training and professional training helped, most skill growth resulted from real-time mentoring and work in project teams. This underlines the value of social networks and learning communities as the nimble and relevant edge for professional and organizational growth in a rapidly changing society. As role models, evaluation champions were not satisfied until their clients were empowered by evaluative thinking and doing, whether with 4-H youth, health and nutrition, financial management, or agricultural systems. Think and do. The process of thriving in a changing world.

Faculty: Ben Silliman, PhD

Building Evaluation Capacity of NC State Extension Field Faculty

Conducting quality evaluations is critical for establishing accountability and improvement of Extension programs. Insuring quality evaluation at the county level requires high-level training and technical assistance. Departmental faculty partnered with district directors to conduct in-service training on evaluation and reporting with the main objective to build evaluation and reporting capacity. This training was attended by 123 Extension field faculty members. The review of participants’ comments indicates that these training workshops were very effective in building their evaluation capacity and confidence enabling them to conduct quality evaluations and reporting of program outcomes. For example, training participants said:

“The instruction was very relevant to my job, and helped me to think in ways that I currently was not.”

“Overall, this training helped me gain a better understanding of evaluations and reporting.”

Faculty: Jay Jayaratne, PhD
In August 2016 the department faculty provided a two-day in-service training for Family and Consumer Sciences and 4-H Extension agents. Training was designed to support professional development, enhance teaching skills, and introduce agents to new curricula. Over 100 agents received training on topics such as Diversity and Inclusion, Delivering Nutrition Programs, Food Safety, Evaluation and Data Collection, Volunteer Investment, Adolescent Development, Local Foods, and the Mediterranean Diet. Faculty have committed to this being an annual training to provide ongoing support for agents.

Faculty and Staff: Kim Allen, PhD, BCC; Jackie Bruce, PhD; Luci Bearon, PhD, CFLE; Lindsey Haynes-Maslow, PhD, MHA; Annie Hardison-Moody, PhD, MTS; Andrew Behnke, PhD, CFLE; Carolyn Dunn, PhD, RDN, LDN; Ben Chapman, PhD; Sarah Kirby, PhD; Katrina Levine; MPH, RDN, LDN; Dara Bloom, PhD; Harriett Edwards, EdD; Ben Silliman, PhD; Zandra Alford, MPH
The Juntos Program

In North Carolina, students who drop out of high school cost the economy an estimated $1.37 million per student over their lifetime. Latino youth are at especially high risk of dropping out. The Juntos Program aims to decrease dropout rates as we help Latino students achieve more success in middle and high school and support first generation youth to go on to college. Juntos empowers students and their families to gain the knowledge and resources they need for success via four components: Family Empowerment; 4-H Clubs; Success Coaching and Mentoring; and a Summer Juntos Academy.

Governmental and foundation funding have made the Juntos Program possible for 676 Latino youth and their families in eight NC counties. These families attend Juntos Family Nights where they learn how parents can help their youth be successful in school. Students in the program receive monthly one-on-one coaching by a trained Success Coach to further assist students in their school experience. Students also join a 4-H Club which focuses on community service and public speaking. The Juntos Summer Academy allows students to experience college for a week at NC State University.

Juntos is growing nationally and is providing technical assistance to other states who are implementing the program, including Alabama, Florida, Illinois, Iowa, Nebraska, New York, Oklahoma, Oregon, Texas, and Wisconsin. This year we have developed new evaluation tools for youth and parents that can be used throughout the country. Please join us in celebrating the 10-year anniversary of Juntos in 2017!

Faculty and Staff: Andrew Behnke, PhD, CFLE; Cintia Aguilar, MS; Diana Urieta, MSW; Juana Hernandez
Youth from Military Families Get Ready for College

The words “college experience” hold new meaning for 72 teens that spent a week exploring the campus and community of NC State University as they attended the College to Career Preparation and Readiness Experience (C2PR). Youth ages 14–18 from military families from all branches of the armed forces participated.

The event featured information on financial aid and scholarships, college application, and study skills. Faculty members and student ambassadors from several colleges (Design, Engineering, Education, Humanities and Social Sciences, Agriculture and Life Sciences, and Veterinary Medicine) assisted by conducting campus tours and information sessions.

Youth lived in dormitories, ate meals in the dining hall, and visited multiple classroom buildings during their time on campus. Students created videos depicting their week-long experience and presented their projects as part of the closing program.

Students indicated that their knowledge was “enhanced” or “greatly enhanced” in the following areas:

- General College Expectations: 83%
- College Scholarships: 81%
- College Admissions Process: 92%
- College Student Life Opportunities: 86%
- College Dorm Experiences: 83%
- College Dining Hall Experiences: 77%
- College Prep Requirements: 89%

“My daughter came home with a new perspective of what it will really take for her to achieve the goals she has for college. Last night we sat down and went through all of the information she received and she told me what we needed to be doing and the steps she should be taking in order to meet those goals. I can honestly say after having to push the first child through the college process it was great to see (this child) telling me what she needed to be doing to pursue her college goals. Without your hard work this would not have been possible for my child.”

—Parent of a participant

Faculty and Staff: Harriett Edwards, EdD; JC Johnson, MBA
Project YES Continues to Serve Youth

Project Youth Extension Service (YES) is a national internship for college students dedicated to providing youth development programs for youth and teens of US Guard and Reserve families impacted by deployments. Project YES expands the resources of the Yellow Ribbon Reintegration Program (YRRP) and offers experiential learning opportunities focused on leadership development, resilience/life skills, and STEM activities. During the year-long internship, Project YES interns receive first-class youth development education and facilitation training. Additionally, Project YES interns partner with a dedicated mentor to complete a career-enhancing project.

In high demand, Project YES enjoyed continued growth and proudly worked with 52 interns representing 20 states and 35 colleges or universities. During 2016, Project YES supported 77 youth events spanning 32 states. This busy schedule enables us to serve 2,400 youth in every branch of the military. In doing so, Project YES interns amassed an impressive 3,932 direct contact hours. Over the last six years, Project YES has served 19,000 youth in 49 states, four US territories, and Germany and facilitated over 18,000 hours of youth programming.

Project YES is made possible through a cooperative agreement between the Department of Defense Office of Employer Programs and Policy, the US Department of Agriculture—National Institute of Food and Agriculture and the Department of Agricultural and Human Sciences.

Faculty and Staff: Harriett Edwards, EdD; JC Johnson, MBA; Beverly Cash, Kavitha Ram

Safe Quality Indoor and Outdoor Environments for Children

Almost 90% of preschool children with employed moms are in a child care setting, spending on average 36 hours a week in child care. Even preschool aged children of non-employed mothers spend approximately 21 hours per week in a child care setting (US Census, 2013). Given the amount of time young children spend away from home in a child care environment, it is essential that these care facilities not only provide a safe environment for children to grow, learn, and play, but also a healthy environment. It is also vital that caregivers understand the connection between health and the child care environment in order to provide the healthiest environment for children in their care. Given the importance of this issue, faculty have begun building resources to assist parents and child care professionals in identifying and creating healthy child care settings. For example, in 2016, faculty conducted two multistate webinars focused on principles of a healthy child care environment. Face-to-face training was also conducted for NC Extension agents. Finally, faculty received a grant to produce a series of online training modules for child care professionals. These modules will increase the capacity of child care providers to provide developmentally appropriate environments where children can safely play, learn, and explore; and improve care provider knowledge related to physical, social, and emotional safety of child care facilities. The result of these modules will be bold actions taken by child care providers that create environments that are physically, socially, and emotionally safe for children.

Faculty and Staff: Sarah Kirby, PhD; Kimberly Allen, PhD, BCC; Bria Sledge, MA, BCC
Parenting as Medicine

In 2016, The Very Important Parents team worked to promote the connection between good parenting and health. The team provided five VIP trainings to over 40 professionals serving teen parents across North Carolina. The VIP Team plans to conduct a randomized control study to investigate the connection of good parenting and health. The VIP team partnered with the National Parenting Education Committee to author a white paper entitled Reimbursement for Parenting Education Services to Promote Family Health and Wellbeing (http://npen.org/wp-content/uploads/2016/10/Reimbursement-for-PE-paper_final.pdf). This paper includes the importance of a third party payer (Medicaid or private insurance) for parenting education. That article was a catalyst for the 2016 State of Parenting Forum, an event hosted by the VIP team that brought professionals in education, youth development, parenting, medicine, social service, state government, and a host of other stakeholders together to identify ways to promote the role of effective parenting in child and adult health.

Faculty and Staff: Kim Allen, PhD, BCC; Autumn Guin, MS; Christina Jolly, MEd; Jenna Barnes, MEd

Using Virtual Reality to Teach Money Management

DOLLAR DECISION$™ is an alternate reality game designed to engage players in learning about personal finance concepts related to retirement planning and investments. Led by NC State University, DOLLAR DECISION$™ combines game and education instruction techniques for an entertaining and educational experience.

DOLLAR DECISION$™ increases players’ understanding of various financial concepts and topics, including: inflation, interest and time value of money, mutual funds and financial products, Social Security, and retirement planning. Everyone who currently participates or plans to participate in the retirement program at work is expected to benefit.

In DOLLAR DECISION$™, players work together on a team to collaborate in solving puzzles, completing missions, and uncovering storylines. The game is a transmedia experience that uses a variety of digital and physical media, including email, text messages, websites, and U.S. postal mail. DOLLAR DECISION$™ is currently in Beta test.

Faculty and Staff: Carolyn Bird, PhD, AFC, RFG

Faculty Provide Support for Hurricane Matthew Relief

On October 8, Hurricane Matthew’s winds and soaking rains wreaked havoc along North Carolina’s eastern shore. Power was lost, homes were flooded and destroyed, and lives were devastated. The significant damage, including catastrophic flooding, occurred in 45 North Carolina counties, and estimated costs of clean up and rebuilding exceed $1.5 billion. Prior to the hurricane’s arrival, Agricultural and Human Sciences faculty distributed essential food safety, housing, and communication information regarding family preparation for the impending storm. They utilized a variety of communication methods, including social media such as Twitter, Facebook, and web-based media; and traditional media such as radio and print. Immediately after the storm, additional information was relayed to agents and citizens alike regarding flooding and disaster recovery, including fact sheets, portals updates, and distribution of resources. In addition, educational video recovery series was created to address emotional difficulties and stress, food safety and clean up, home clean up, and pest issues.

Faculty and Staff: Sarah Kirby, PhD; Kimberly Allen, PhD, BCC; Ben Chapman, PhD
Radon Education and Outreach

Radon is a naturally occurring radioactive gas, produced by the normal breakdown of uranium in rocks, building materials, and soil. As radon breaks down it produces radioactive particles that when breathed in become lodged in the lungs. While all are at risk of lung cancer if exposed to radon, the EPA notes that exposure to this gas is the leading cause of lung cancer among nonsmokers. Every home in the state has the potential to have high levels of radon and all homes should be tested for radon regardless of geographic location. In collaboration with the NC Radon Program, NC Extension provides radon education and outreach during Radon Action Month in January. As a part of the month’s activities, radon test kits are provided free of charge to citizens so that they can test their homes for potential risk. While no level of radon exposure is considered safe, individuals at greatest risk live in homes with measured radon levels above 4 pCi/L and should be mitigated; homes that measure between 2–4 pCi/L should take precautionary measures. In 2016, NC State Extension received laboratory test data back from almost 200 homes. Of those, 20% of the homes tested at or above 4 pCi/L; 21% of the homes tested between 2–4 pCi/L requiring precautionary measures; 42% tested below 2 pCi/L. Tests for 17% of the homes were inconclusive and need to be repeated.

Faculty and Staff: Sarah Kirby, PhD

Safe Grilling at Ag Day Tailgate

Beef food safety is important for families across North Carolina. The Centers for Disease Control and Prevention estimates about 9.4 million people annually get sick from a food-borne illness in the U.S. Of those, about 265,000 people in the U.S. get sick from E. coli:0157-tainted food, leading to about 3,600 hospitalizations and dozens of deaths. Following up on two successful projects in 2015 and early 2016, a collaboration between faculty members in our department and Food Bioprocessing and Nutrition Sciences led to the creation of the NC State Ag Day tailgate beef food safety experience. For three hours prior to the November 19, 2016, NC State/Miami home game, football fans and tailgaters in the Fanzone were encouraged to try their hand at grilling hamburgers and learn about food safety risk reduction steps. Over 20 volunteers assisted with the effort including faculty and staff from Food Bioprocessing and Nutrition Sciences, students, and USDA researchers. The focus was to give participants a hands-on experience to teach thermometer use, safe temperatures, cleaning and sanitation and handwashing. Fans moved through a large tent and spent two to three minutes trying their hand at safe grilling. At the end of the exhibit the team gave participants a sample of an irradiated hamburger, thermometers and cards with safe handling reminders. Over 600 individuals took part in the event.

Faculty and Staff: Ben Chapman, PhD; Katrina Levine, MPH, RDN, LDN; Natalie Seymour, MS
A number of programs led by faculty in the Department of Agricultural and Human Sciences work at the intersection of food and health. Programs address hunger, food access, food quality, food safety, reduction of risk of chronic illness, and consumer behavior. Addressing health as it relates to food is complex and requires contributions of multiple fields of study including nutrition, sociology, religion, medicine, and behavior science. Faculty work as part of interdisciplinary teams from multiple organizations to improve health outcomes of participants.
NC Safe Plates

NC Safe Plates is a new food safety manager certification course. Partners include AHS faculty and NC Cooperative Extension field faculty. The program is offered by NC Cooperative Extension Agents for all those who work in the food service industry. This program prepares food service managers to complete a nationally recognized Certified Food Protection Manager certification exam. This course covers personal hygiene, purchasing and storage, eliminating cross-contamination, handling allergens, pest control and facility design, and correct temperatures for storing, preparing, and holding foods, and is taught through case studies, storytelling and discussion. This class is interactive and encourages participants to engage with the material. In 2016, the program reached 55 Family and Consumer Science Agents trained to deliver the program, and 534 people sat for the Certified Food Protection Manager exam.

Faculty and Staff: Ben Chapman PhD; Katrina Levine, MPH, RD, LDN; Natalie Seymour, MS

Intersections—Integrating Medicine and Food

In 2016, faculty helped in the creation of the NC Food and Health Care Intersections group, a group that seeks to find ways to better integrate medical care and improve local food access through production, distribution, and education with existing NC sustainable farming and food program initiatives to achieve healthy outcomes for children and persons with chronic disease. It includes members from the Center for Environmental Farming Systems, UNC Department of Family Medicine, East Carolina University Brody School of Medicine, UNC Gillings School of Global Public Health, NC Division of Public Health, Blue Cross and Blue Shield of North Carolina Foundation, United Healthcare, Environmental Defense Fund, NC State Employees Health Plan, and Farmer Foodshare.

Faculty: Lindsey Haynes-Maslow, PhD, MHA; Dara Bloom, PhD; Carolyn Dunn, PhD, RDN, LDN
More In My Basket At the Market

More In My Basket At the Market (MIMBM) provides education to inform and engage Supplemental Nutrition Assistance Program (SNAP) households with their local farmers’ market. The program acquaints participants with local markets through tours and food demonstrations. In North Carolina, the number of farmers’ markets that accept SNAP has grown steadily in recent years. Farmers’ markets that accept SNAP offer an important means for SNAP households to access healthy foods, particularly fresh produce. MIMBM facilitates SNAP households’ interest and skill in purchasing and preparing fresh produce available at local farmers’ markets. The program is offered in five North Carolina counties in partnership with farmers’ markets that have established systems to accept SNAP EBT payments.

Behavioral economics research suggests that the manner in which food choices are presented to consumers may influence their decision-making. By providing direct interaction with the markets and the produce offerings, MIMBM heightens SNAP households’ comfort level with accessing their local farmers’ market, with the ultimate goal of increasing SNAP redemptions at farmers’ markets. In using this approach, MIMBM raises awareness of the option to redeem SNAP at farmers’ markets and goes a step further by inviting SNAP households to see how this process works firsthand. MIMBM is in its inaugural year.

Faculty and Staff: Carolyn Bird, PhD, AFC, RFG; Sydney Klein, MS

More In My Basket

The More In My Basket (MIMB) program, developed by North Carolina State University, addresses food insecurity through education on the Supplemental Nutrition Assistance Program (SNAP). MIMB is designed to reduce barriers by dispelling myths and increasing awareness of SNAP through community education and improved access to program benefits through application assistance.

NC Cooperative Extension Family and Consumer Sciences agents deliver group presentations for classroom-type settings, individual consultations are performed in conjunction with other counseling, and booth-based outreach at large-scale events such as health fairs. MIMB’s low-stigma techniques such as Recipe Referral Cards connects people to MIMB staff. Innovations this year were a Google Outreach campaign as a new strategy that reached nearly 1,000 geographically dispersed North Carolinians and electronic billboard messaging in student spaces on campus.

In FY2016, MIMB reached 38,495 North Carolinians through a variety of outreach methods. Highlights include in-person outreach to 2,380 people with another 9,524 accessing information and articles through MIMB’s MoreFood.org website and Twitter account. The More In My Basket program is funded by the USDA Food and Nutrition Services Division. Funding for this reporting period was $504,032.

Faculty and Staff: Carolyn Bird, PhD, AFC, RFG; Jeanette Maatouk, MA; Sue Ellen Colón; Cintia Aguilar, MS
Centers for Disease Control Funds Health Matters

In September 2016, NC State University was awarded a two-year $1.5 million grant from the Centers for Disease Control and Prevention’s (CDC), “Programs to Reduce Obesity in High Obesity Areas to Boost Prevention.” Health Matters focuses on reducing obesity in four rural North Carolina counties: Northampton, Halifax, Edgecombe and Lee. Over 40% of adult residents in these counties are obese, which presents a significant public health burden on families, communities, and the state of North Carolina. To improve the health and lives of residents within these counties, a team of faculty and community partners representing three NC State University colleges (CALS, CHASS, and CNR), NC Cooperative Extension, NC Division of Public Health, NC Department of Transportation, NC Alliance of YMCAs, and county-level stakeholders are implementing this program. This intervention is being led by a multi-disciplinary team at NC State, and four county-level Community Development Program Associates. Health Matters aims to implement evidence-based physical activity and healthy eating strategies to curb obesity rates and promote wellness among North Carolina’s most vulnerable populations.

Faculty and Staff: Lindsey Haynes-Maslow, PhD, MHA; Annie Hardison-Moody, PhD, MTS; Dara Bloom, PhD; Michael Schulman, PhD; Carolyn Dunn, PhD, RDN, LDN; Lorelei Jones, MEd; Lindsay Elliott, MSW, MPH; Jill Kuhlberg, MSW

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Extension Master Food Volunteer Program

In 2016 a team of Extension Specialists and agents were assembled to develop the Extension Master Food Volunteer program (EMFV). The EMFV program supports Family and Consumer Sciences (FCS) agents in the delivery of food and nutrition programs by providing formalized training to volunteers and a volunteer management system. This program gives FCS agents the tools and resources they need to strengthen their programming in food and nutrition, as well as to expand their capacity to serve multiple counties. The EMFV program also provides a way for volunteers to deepen their engagement in their communities while multiplying the impacts of extension programs.

EMFV is being piloted with seven agents in eleven counties. Our team created a new curriculum for the program that covers topics such as cooking skills, nutrition, food safety, cooking demonstrations, and food systems/local foods. The EMFV program includes 30 hours of training and requires that volunteers shadow agents for an additional 30 hours before they are able to perform any activities on their own. 2016 saw the first cohort (n=23) of trained volunteers, who are already putting their training to use in the areas of food preservation classes; Food Day events; Cook Smart, Eat Smart; Catch Kids; Speedway to Healthy; Color Me Healthy; Better Choices, Better Health; and third-grade Steps to Health. EMFV volunteers assisted in classes, programs, and events over the course of just a few months that helped to reach over 700 contacts. Program growth and evaluation will continue into 2017.

Faculty and Staff: Dara Bloom, PhD; Zandra Alford, MPH; Annie Hardison-Moody, PhD, MTS
Eat Smart, Move More, Weigh Less

Eat Smart, Move More, Weigh Less (ESMMWL) is a 15-week adult weight management program that is delivered using synchronous distance technology. ESMMWL was the first program of this type to compare delivery online versus in-person. Results indicate that online synchronous delivery has similar impact as in-person. A randomized trial for ESMMWL was conducted in 2016; findings were published in *Obesity*. The ESMMWL team continues their research on sustainability of weight management resources using a third party payer. Over 2,000 people participated in Eat Smart, Move More, Weigh Less in 2016. ESMMWL is a partnership with the NC Division of Public Health. esmmweighless.com

**Faculty and Staff:** Carolyn Dunn, PhD, RDN, LDN; Surabhi Aggarwal, MHSc, MPH, RDN, LDN; Kelly Nordby, MPH, RDN, LDN; Greg Moore; Madison Johnson; Sarah Myer, MPH, CHES

Eat Smart, Move More, Prevent Diabetes

Eat Smart, Move More, Prevent Diabetes is a year-long diabetes prevention program that was developed in partnership with the NC Division of Public Health. The program received Centers for Disease Control and Prevention recognition and began offering the program using online synchronous distance technology in late 2016. The program is available to those with prediabetes as indicated by A1c or survey that assesses risk. Participants attend live interactive classes and receive weekly support from a trained lifestyle coach. The first cohort of participants continue to attend classes online and will complete in 2017. esmmpreventdiabetes.com

**Faculty and Staff:** Carolyn Dunn, PhD, RDN, LDN; Surabhi Aggarwal, MHSc, MPH, RDN, LDN; Kelly Nordby, MPH, RDN, LDN; Greg Moore; Madison Johnson; Sarah Myer, MPH, CHES
EFNEP—Expanded Food and Nutrition Education Program

North Carolina’s Challenges

• In North Carolina, 1 in 4 children live in poverty.
• North Carolina’s adult obesity rate is currently 30%.
• 15.2% of two- to four-year-olds from low-income families are obese. This makes us the 7th most obese state.
• North Carolina has the 18th highest rate of diabetes and the 11th highest rate of hypertension.

Supporting North Carolina’s Families with Greatest Needs Since 1969

EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, physical activity strategies, and shopping on a limited budget. EFNEP provides:

• Peer-to-peer, hands-on education in the community
• Healthy, low-cost recipes
• Simple strategies to help families move more together

Volunteers Strengthen EFNEP

In 2016, 1,600 adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP’s ongoing success.

In 2016, 3,088 families enrolled in EFNEP
20,922 participated in 4-H EFNEP
88% of EFNEP participants enrolled in one or more food assistance programs.
Children Take Action Against Hunger

During a recent fourth grade lesson, EFNEP led a discussion about the incidence of hunger. During this discussion, students talked about area programs and other resources that could be accessed if someone needed nutritious food. The children also brainstormed ways they could help people in their community that were hungry. Many students reported back that because of what they had learned while participating in EFNEP they were eating breakfast more frequently by taking advantage of the free breakfast program. Some students reported having more food at home because their families had taken advantage of the food resources discussed in class. Other fourth graders reported volunteering at the soup kitchen as a result of the discussion. One child started his own food drive to help Transylvania County children. Although hunger from being food insecure is a difficult subject to talk about at any age, EFNEP successfully facilitated a discussion that empowered fourth grade students to reduce food insecurity for themselves and other members of their community.

Participant Reduces Risk of Diabetes After EFNEP

Within six weeks of implementing changes learned through EFNEP, a pre-diabetic participant began seeing a noticeable improvement in her health. Her blood sugar levels had returned to normal. They went from 140 mg/dl before, to 121 mg/dl after practicing the healthy lifestyle behaviors EFNEP taught. She also lost weight—six pounds! She noticed her energy level had increased. She credited EFNEP for her feeling better physically and, in turn, raising her self-esteem to a level where she confidently applied for and accepted a part-time job. Now she continues to practice healthy lifestyle behaviors by participating in a walking group at work and practicing the MyPlate concepts learned in EFNEP when preparing meals at home. Her fear of becoming diabetic has been greatly reduced because of EFNEP.

Group Learns Strategies for Daily Physical Activity

The Expanded Food and Nutrition Education Program (EFNEP) working through Wayne County Cooperative Extension partnered with Young Families Connect, a program coordinated through the Wayne County Health Department. A pre-food-behavior survey revealed the need to help participants increase their daily physical activity. During the “Choosing to Move More Throughout the Day” lesson, many of the participants stated they wanted ideas for ways to be more active throughout the day. Throughout the lesson, the Program Assistant taught simple strategies to be active and encouraged participants to use the Walk Indoors by Leslie Sansone DVD provided to participants as a take-home skill-builder. Several members of the class stated they have now started incorporating the ideas. One mother shared that she is now walking in her neighborhood at least four days a week to increase her activity.
What Is Steps to Health?

North Carolina State University’s SNAP-Ed Program is Steps to Health. Steps to Health educates and inspires limited resource North Carolinians to eat smart and move more through nutrition and food resource management education programs targeting elementary-aged children, adults, older adults, families, and Latino families.

Steps to Health is delivered by county-based educators across North Carolina. Steps to Health educators are:

• Members of the community they support
• Trained by university faculty to influence changes in behavior and impact the lives of those they teach
• Skilled in using hands-on, interactive teaching methods
• Committed to delivering research-based instruction
• Dedicated to reaching diverse, low-income populations

What Is SNAP-Ed?

Supplemental Nutrition Assistance Program Education (SNAP-Ed) is the nutrition education arm of SNAP. Funded through the US Department of Agriculture and delivered nation-wide, it brings together federal, state, and local resources to improve the likelihood that families enrolled in and eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles.

Defining the Problem

Obesity and related chronic diseases are prevalent among North Carolinians. With 2/3 of adults overweight or obese, North Carolina ranks 13th in the nation for obesity, and 9th and 17th highest for adult diabetes and hypertension, respectively. Poor eating practices and physical inactivity are not limited to adults. Children are following closely in their footsteps, with only 1 in 4 eating recommended amounts of fruits and vegetables and almost half spending more than two hours watching television every day.

The prevalence of food insecurity in North Carolina is higher than the national average.

1/4 children in NC live in households that lack access to adequate food.

3/10 kids in NC rely on SNAP to meet their nutritional needs.

“During lunch my students get excited seeing fruits and vegetables they discussed and tasted during the program!”

—Classroom teacher, Catawba County
Every $1 spent on nutrition education saves as much as $10 in long-term health care costs.

Cultivating Solutions

Beginning in 2007, Steps to Health has improved diets, nutrition-related behaviors, and physical activity levels of thousands of North Carolinians. During this time, Steps to Health educators, in collaboration with NC Cooperative Extension, made 379,808 education contacts, reaching 50,018 participants within 93 of North Carolina’s 100 counties.

Direct education programs are multi-session to provide repetition and aid in the retention of information presented. Sessions are interactive and multi-sensory to better facilitate learning. Session components include: taste tests, cooking demonstrations, games, discussion, physical activity, songs, and goal setting. Participants receive take-home materials to promote behavior change outside of the classroom.

Steps to Health enhances direct education by providing support for policy, systems, and environmental (PSE) change at Head Start and child care centers, elementary schools, congregate nutrition sites, senior centers, and faith communities. All sectors of society, including individuals and families, educators and health professionals, communities, organizations, businesses, and policymakers, contribute to the food and physical activity environment in which people live, learn, work, and play. Direct education combined with PSE changes are more effective than either strategy alone for preventing overweight and obesity.

Highlighted FY16 Impacts

- 93% of preschool children are more willing to try fruits and vegetables.
- 74% of elementary school children eat more fruits and vegetables.
- 55% of children and youth are more active.
- 47% of adults and older adults are more active.
- 65% of child care centers and elementary schools made at least one change in their policy, systems, or environment.
- 70% of Summer Meals site managers said Steps to Health increased participation and retention at their site.

“At the end of each class, my family discussed what we learned. My children are more willing to be physically active and are trying new vegetables.”

—Family participant, Columbus County

“My child usually complains a lot when I tell him a food is good for him. But after the program, when I ask him to try something healthy, he pops it right in his mouth.”

—Parent of participating student, Caldwell County
North Carolina FFA: Seventh Largest in the Country

2016 was a great year for the North Carolina Agricultural Education and the North Carolina FFA Association. North Carolina is proud to be the seventh largest FFA association in the US.

- 319 middle and high school agricultural education programs
  (256 high school, 63 middle school)
- 480 agriculture teachers
- 52,813 students enrolled in agricultural education courses
- 500 additional students in private and homeschool setting
- 19,744 FFA Association members

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<td>FFA Career and Leadership Development Events</td>
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<td>State FFA Degree Recipients</td>
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<td>National Chapter Award Program—Gold Chapters</td>
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New Agricultural Teacher Induction Program

The Agricultural and Extension Education faculty and the State Agricultural Education/FFA staff work together to provide training to new agricultural education teachers through the Developing Educational Leaders and Teachers of Agriculture (DELTA) program. The State Board of Education requires every provisionally certified teacher to participate in an induction program during their first three years of teaching. The DELTA Part I and II trainings each consist a two-day packed agenda providing new teachers the opportunity to learn from master teachers from the field, Agricultural and Extension Education faculty, the State Agricultural Education/FFA staff and from the collaboration with peers. During 2016, 23 teachers participated in the Part II spring meeting and 31 participated in Part II fall meeting. Although only required for provisionally licensed teachers this activity has become popular with new teachers, both fully licensed as well as those working toward a license.

Faculty and Staff: Travis Park, PhD; Gerald Barlowe, MEd; Joy Morgan, EdD
Agricultural Education Program Improvement Grant

During 2016, the North Carolina Agricultural Education/FFA program implemented a $180,000 grant from the North Carolina Tobacco Trust Fund Commission specifically for agricultural education program improvement. Local agricultural education programs submitted program improvement grant applications for up to $5,000. A few examples of grant projects include: construction of hydroponics labs, construction of school chicken coop and processing facilities, purchase of student iPads, and purchase of a school tractor for use on the school’s land labs. Many of these grant projects were supplemented by the local school system, FFA alumni chapters, community groups, business and industry and other grants. Over $193,000 of additional support for projects was generated from these sources. In total over 12,000 people received support or additional training through this year’s grant program.

Staff: Gerald Barlow, MEd and Denning Varnell

FFA Elects New State Officers

Each year, the delegate body of the North Carolina FFA Association elects six young people to serve a one-year term as a State FFA Officer. The requirements to serve in this capacity are that a student must be an active FFA member that has graduated from high school and has earned their State FFA Degree. Candidates for office participate in a rigorous interview process over a three day period and are evaluated by a 12-member committee coordinated by the State FFA Advisor. The committee selects the six best candidates and they are installed at the final session of the North Carolina FFA Association’s State Convention in mid-June. During a typical year an officer will travel over 20,000 miles and teams will have face to face contact with over 10,000 FFA members in our state. They are ambassadors for the NC FFA Association meeting with state dignitaries and business and industry sponsors and supporters. This year, all six of our state FFA officers are also students at NC State University. The 2016–17 State FFA officers are: Layne Baker, President; Sarah Thomas, Vice President; Katherine Miller, Vice President; Trey Palmer, Vice President; Mary Kate Morgan, Vice President; and Clark Fowler, Vice President. Jason Davis, MaE, State FFA Coordinator, has the primary responsibility to oversee and coordinate all of the State FFA Officer activities.

Hurricane Relief Supported by Bayer Crop Science

Many of our state’s agricultural education programs and their communities were heavily impacted by Hurricane Matthew this past October. Bayer Crop Science provided $10,000 for hurricane relief through agricultural education/FFA programs across the state. FFA Chapters submitted grant applications for up to $500 per project to provide relief. Some examples of grant projects include: sponsorship of a Blood Drive—St. Paul’s HS, providing winter clothing for hurricane flood victims—St Paul’s HS, providing food and clothing for flood victims—West Columbus HS, providing and installing playground equipment at a flooded school—Southwest Edgecombe HS, food and materials for home repair for flood victims—Sun Valley HS, picnic table construction and installation at the Neuseway Nature Center damaged from flooding—North Lenoir HS, and boardwalk repair for the Lenoir County Historical Preservation Society at the Civil War historic site in Kinston, NC—North Lenoir HS. We are thankful that Bayer Crop Science chose to use agricultural education programs/FFA chapters to provide this hurricane relief. This project provided students the chance to learn the important value of community service during a difficult time in communities across our state.
Facility

Kimberly Allen, PhD, BCC, Director of Graduate Programs for YFCS, Associate Professor, Extension Specialist, Human Development, Family Life Coaching
Luci Bearon, PhD, CFLE, Associate Professor, Extension Specialist, Adult Development/Aging
Andrew Behnke, PhD, CFLE, Associate Professor, Extension Specialist, Human Development, Latino Audiences
Carolyn Bird, PhD, AFC, RFG, Associate Professor, Extension Specialist, Family Resource Management
Dara Bloom, PhD, Assistant Professor, Extension Specialist, Local Foods
Jackie Bruce, PhD, Associate Professor, Agricultural and Extension Education
Ben Chapman, PhD, Associate Professor, Extension Specialist, Food Safety
Carolyn Dunn, PhD, RDN, LDN, Department Head, Professor, Extension Specialist, Nutrition
Harriett Edwards, EdD, Associate Professor, Extension Specialist, Volunteer Management
Jim Flowers, PhD, Professor, Director of Undergraduate Programs for Agricultural and Extension Education
Annie Hardison-Moody, PhD, MTS, Assistant Professor, Extension Specialist, Faith and Health
Lindsey Haynes-Maslow, PhD, MHA, Assistant Professor and Extension Specialist, Nutrition, SNAP-Ed
K. S. U. (Jay) Jayaratne, PhD, Associate Professor, State Leader for Extension Evaluation, Agricultural and Extension Education
David WW Jones, PhD, Associate Professor, Agricultural and Extension Education
Sarah Kirby, PhD, Associate Professor, Extension Specialist and DEL, Housing, Energy
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Gary Moore, PhD, Professor, Director of Graduate Programs for Agricultural and Extension Education
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Travis Park, PhD, Associate Professor, Agricultural and Extension Education
Michael Schulman, PhD, William Neal Reynolds Distinguished Professor, Rural Sociology
Ben Silliman, PhD, Professor, Extension Specialist, Evaluation
Wendy Warner, PhD, Associate Professor, Agricultural and Extension Education

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Beverley Cash, Administrative Support Associate, Project YES
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Lindsay Elliott, MSW, MPH, Health Matters Project Manager
Madi Fehling, Administrative Support Associate, Eat Smart, Move More, Weigh Less
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**Suzanne van Rijn**, MAAEd, Extension Associate, Expanded Food and Nutrition Education Program

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**Pam Wells**, Administrative Support Specialist