Steps to Health Extension Associate Caren Maloy taught classes at a local housing community and worked with residents to enhance onsite gardens.

NC STATE UNIVERSITY Department of Agricultural and Human Sciences

2019 Annual Report

NC STATE UNIVERSITY

The **Department of Agricultural and Human Sciences** is the merger of the departments 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 Development
Youth Development
Volunteer Resource Management
Family Life
Family Resource Management
Community Leadership
Nutrition and Food Safety

Department of Agricultural and Human Sciences

23	34	4	4	10	6	81
Tenure-Track Faculty	Grant-Funded Professionals	Extension-Funded Professionals	Administrative Professionals	EFNEP-Funded Professionals	FFA-Funded Professionals	Total Full-Time Department Members

Publications

Faculty published **58** peer-reviewed articles in professional journals.

Faculty published **2** book and **5** book chapters.

Presentations

Faculty gave **3** presentations at international professional meetings, **26** poster or oral presentations at national professional meetings, and **99** presentations at state and regional professional meetings.

AWARDS

National Awards

Kimberly Allen
Goodheart-Wilcox Secondary Education Housing Teaching Award
Housing Education and Research Association

Lisa Benavente
Excellence as a Supervisor
USDA NIFA–Expanded Food and Nutrition Education Program (EFNEP)

Joseph Donaldson
National Excellence in Extension Program Evaluation Award
Extension Education Topical Interest Group of the American Evaluation Association

Lorelei Jones
Highly Commended Project Award
World Leisure International Organization

Sarah Kirby
Goodheart-Wilcox Secondary Education Housing Teaching Award
Housing Education and Research Association

Katherine McKee
Outstanding Research Poster
Association of Leadership Educators

Myra Moses
2019 Best Open Enrollment Program
Conference for Management and Executive Development

Travis Park
AAAE-Southern Region Distinguished Teacher Award
American Association for Agricultural Education

Travis Park
American Association for Agricultural Education (AAAE) Fellow
American Association for Agricultural Education

State and Regional Awards

Lisa Benavente
Pride of the Wolfpack
NC State University

Lisa Benavente
EFNEP Champion
NC Expanded Food and Nutrition Education Program

Candice Christian
Social Media Education
NCEAFCS

Carolyn Bird
Provost Faculty Fellow
NC State Executive Vice Chancellor and Provost

Carolyn Dunn
William Neal Reynolds Distinguished Professor
College of Agriculture and Life Sciences

Lindsey Haynes-Maslow
Family Health and Wellness Award
North Carolina Extension Association of Family and Consumer Sciences

Lorelei Jones
Family Health and Wellness Award
NCEAFCS

Barbara Kirby
North Carolina FFA 2019 Lifetime Achievement Award
North Carolina FFA Association and Board of Directors

Katherine McKee
Chancellor's Creating Community Award: Outstanding Student Organization
Chancellor's Office

Lauren Morris
R.E. Jones Program Award
NC State Extension

Michael Schulman
2018 Outstanding Graduate Student Mentor
NC State Graduate School

Debra Stroud
Communications Internet Education Technology
North Carolina Extension Association of Family and Consumer Sciences

Department Alumni Receive College Awards

KAYE AND MATT HARRIS

Matt (Ag Ed '99, MS AEE '01) and Kaye Harris (Ag Ed '99, MS AEE '01) were recognized as CALS Outstanding Alumni. Matt and Kaye Harris are a husband and wife agriculture teacher team at Crest High School in Shelby, NC. They have developed online resources for high school agricultural education that are used extensively by many of the 550 agriculture teachers across NC. The National Association of Agricultural Educators has recognized Matt for his involvement in the XLR8 program. Kaye has served as the NC Agricultural Teachers Association State President and is the 2018-19 NC Association of Career and Technical Education State President. They have positively influenced dozens of their own students to pursue agriculture majors across CALS.

KATIE MILLS

Katie Mills (MS AEE '12) received a CALS Outstanding Young Alumni award. Katie Mills is currently Counsel for the Immediate Office of the Secretary at the Department of Interior, a position she has held since February 2018. In the summer of 2012, Mills was a legislative intern for the Majority Leader of the North Carolina General Assembly, Senator Harry Brown. During summer 2013, she was a summer legal intern for the North Carolina Attorney General's Office in the Department of Transportation first and then for North Carolina Supreme Court Justice Paul Newby. From May 2014–August 2015, Mills was a Legal Intern for the North Carolina Department of Environment and Natural Resources. From August 2015 to July 2017, Mills worked at the North Carolina Department of Environmental Quality, starting as a Law Clerk and eventually becoming the Assistant General Counsel.

STEPHANIE JONES

Stephanie Jones (MS YFCS '07), the first NC State graduate student to earn a master's degree in Human Development and Family Studies, received a CALS Outstanding Alumni award. Jones is an independent parenting education and family life consultant at her business, Just Families, which provides parent education and support services to parents, families, and organizations. She is the chairperson of the National Parenting Education Network and a past chairperson of the North Carolina Parenting Education Network. Before earning her master's degree, Jones taught parenting education at the Brunswick County Cooperative Extension office. After earning her master's degree, Jones worked for NC State, managing a multi-site research project promoting school success, as well as coordinating the Family, Life, and Youth Development's graduate certificate program.

GRANTS AND CONTRACTS

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 and funds over 25 professionals.

AS PRINCIPAL INVESTIGATORS

TOTAL FOR 2019:	OVER $5M
TOTAL MULTI-YEAR COMMITMENTS:	OVER $18M

AS COLLABORATORS

TOTAL FOR 2019:	OVER $16M
TOTAL MULTI-YEAR COMMITMENTS:	OVER $23M

ACADEMICS

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.

Spring 2019 Undergraduate Enrollment	
Agricultural Education	78
Agricultural Science	113
Extension Education	14
Total	**205**

Fall 2019 Undergraduate Enrollment	
Agricultural Education	88
Agricultural Science	106
Extension Education	10
Total	**204**

Spring 2019 Graduate Enrollment	
Doctor of Education in AEE	14
Master of Science in AEE	9
Master of AEE	22
Master of Science in Youth, Family, and Community Sciences	4
Master of Youth, Family, and Community Sciences	26
Certificate in AEE	6
Certificate in Youth, Family, and Community Sciences	32
Total	**113**

Fall 2019 Graduate Enrollment	
Doctor of Education in AEE	17
Master of Science in AEE	8
Master of AEE	29
Master of Science in Youth, Family, and Community Sciences	9
Master of Youth, Family, and Community Sciences	25
Certificate in AEE	10
Certificate in Youth, Family, and Community Sciences	31
Total	**129**

2019 Graduates

Degree Program	May Graduates	Fall Graduates	Total
Bachelor of Science in Agricultural Education	11	1	12
Bachelor of Science in Agricultural Science	17	13	30
Bachelor of Science in Extension Education	2	4	6
Total Undergraduate Degrees			**48**
Doctor of Education in Agricultural and Extension Education	1	2	3
Master of Science in Agricultural and Extension Education	1	2	3
Master of Agricultural and Extension Education	2	3	5
Master of Science in Youth, Family, and Community Sciences	8	7	15
Master of Youth, Family, and Community Sciences	1	0	1
Certificate in Agricultural and Extension Education	0	0	0
Certificate in Youth, Family, and Community Sciences	8	9	17
Total Graduate Degrees and Certificates			**44**

DELTA Induction Program Prepares Lateral Entry Teachers

With nearly 550 agriculture teachers across the state and almost 100 openings, many teachers enter the profession out of the agriculture industry. To prepare these *lateral entry* teachers, faculty in the Department of Agricultural and Human Sciences and North Carolina Agricultural Education staff developed a 40-hour teacher induction program. The program is called DELTA—Developing Educational Leaders and Teachers of Agriculture. Annually, nearly 30–40 teachers complete the five-part program. The main components are two weekends of intensive teacher professional development held at the North Carolina FFA Center at White Lake. Master teachers (many of whom are AHS alumni) deliver workshops about classroom management, student engagement, FFA, SAE, budgeting, and overall program delivery. Over 79.0% of all participants in DELTA remain in teaching at least 3 years upon completion of the program. DELTA keeps qualified teachers in NC agriculture classrooms.

Faculty and Staff: Travis Park, PhD; Wendy Warner, PhD; Joy Morgan, EdD; Joshua Bledsoe, MEd; Allison Jennings, MS; Andy VonCanon, MS

Minority Leaders in Agriculture

In June, approximately 50 students attended "Minority Leaders in Agriculture," a day-long workshop for minority students who are enrolled in high school agriculture programs. While on the NC State campus, students participated in leadership-based workshops, learned more about agriculture careers, and had the opportunity to meet with students, faculty, and alumni in CALS degree programs. This event showcased the many opportunities available within CALS and was funded by the Agricultural and Human Sciences Department, Agricultural Institute, and the College of Agriculture and Life Sciences.

Faculty and Staff: Joy Morgan, EdD; Wendy Warner, PhD; Jason Bullock, MS

NC State CASE Agriculture, Food, and Natural Resources Institute Enhances STEM and Inquiry-Based Agricultural Education in North Carolina

The NC State CASE Institute is a 10-day, intensive professional development for agriculture teachers. CASE is an inquiry-based, STEM-oriented agriculture curriculum that prepares next-generation agricultural scientists across all areas of agriculture. In June 2019, Drs. Travis Park, Wendy Warner, Joy Morgan, and Barbara Kirby coordinated the first ever NC CASE Institute.

Twelve teachers from across the United States participated in the Institute. They learned the CASE curriculum so that they can teach their own high school students using activity-, project-, and problem-based instructional strategies. CASE prepares students to matriculate to NC State's College of Agriculture and Life Sciences ready for the demands of challenging curriculum. They think critically, can apply scientific principles to agricultural issues, and have developed creative solutions to real AFNR problems. In 2020, the North Carolina Tobacco Trust Fund Commission will support 12 North Carolina teachers to attend the CASE Institute.

Faculty and Staff: Travis Park, PhD; Wendy Warner, PhD; Joy Morgan, EdD; Barbara Kirby, EdD

AEE Undergraduate Program at All-Time High Enrollments

Our Agricultural Education and Agricultural Science undergraduate majors experienced historically high enrollments in 2019–2020. In fall 2019, our programs enrolled 204 undergraduate majors and over 20 undergraduate minors in Extension Education and Leadership. Clearly, North Carolina youth see the value in our degree programs that provide students with both a depth and breadth of agricultural science studies coupled with valuable industry-recognized human sciences in education and leadership. Our students know their AFNR content AND can apply that knowledge to solve problems and work with people to educate and lead them. At graduation or shortly thereafter, over 95% of our undergraduates are gainfully employed in their fields of choice.

Faculty and Staff: Travis Park, PhD; Desiree Mallon, Jackie Bruce, PhD; Joseph Donaldson, PhD; Barbara Kirby, EdD; Katherine McKee, PhD; Joy Morgan, EdD; Wendy Warner, PhD

Oaks Leadership Scholars: *Famine to Freedom*

Eight Oaks Leadership Scholars participated in a five-day study abroad in Dublin, Ireland in June of 2019. Under the theme *Famine to Freedom*, the scholars examined the roles of agriculture and food in the work of advocates and activists in gaining Irish Independence with particular focus on the 1916 Rising. The scholars participated in tours of Guinness and Jameson and examined their opposing roles in the Rising and in improving conditions with the British, Kilmainham Gaol, and the General Post Office to understand the conditions and consequences leaders faced, and walking history tours.

Faculty: Katherine McKee, PhD; Carolyn Dunn, PhD, RDN, LDN; Jackie Bruce, PhD

Oaks Leadership Scholars

The Oaks Leadership Scholars have had an exciting year! Our scholars have traveled across the state, country, and globe in order to strengthen their knowledge about leadership and equity efforts through conversations with experts in a variety of fields and disciplines.

In April 2019, our program was honored to receive the Chancellor's Creating Community Award for Outstanding Student Organization for our work within the college, university, and larger communities. One of our 2018–2019 cohort members, Libby Indermaur, was also recognized as the Outstanding Undergraduate recipient, and our 2018–19 Peer Mentor, Coleman Simpson, was recognized as a finalist. The Chancellor's Creating Community Award recognizes outstanding faculty, staff, colleges, students, and student organizations that have made exceptional efforts and contributions in the areas of equity, diversity, and inclusion.

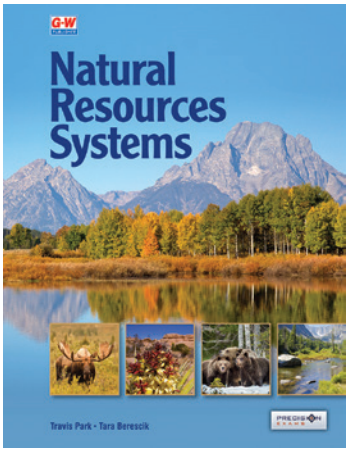
Oaks scholars traveled to Washington, D.C. in May to visit with Representatives David Price and Alma Adams. Scholars met with the Leadership Conference on Civil and Human Rights to learn about how to engage with state and local grassroots communities.

In June, the Oaks traveled to Dublin, Ireland for a week to learn about the historical and cultural impacts of citizens' leadership and equity efforts. Speaking on Ireland, one of our scholars said, "This has been one of my favorite international trips while at NC State. Being in Dublin allowed us to have an in-depth and enriching experience of the history and culture of a beautiful country. I'm so thankful for the Oaks for providing this opportunity!"

Six of our previous scholars graduated from NC State this year. 100% of our scholars graduated with immediate placement in industry, graduate school, or professional training programs.

The year ended with a trip to the International Civil Rights Museum and Center in Greensboro, NC. While there, our scholars toured the museum, and were able to have a debriefing session with the Center's staff to discuss the importance of the impacts they can create in their local and state communities.

Our current cohort of scholars are busy at work with their individual projects, and we cannot wait to see the positive impacts they'll bring to their NC State and local communities.



Dr. Travis Park Publishes New High School Agricultural Education Textbook

Natural Resources Systems is a comprehensive text that features up-to-date coverage of today's natural resources management, including a focus on sustainability, global environmental issues, and the science behind the solutions to natural resources issues. It provides students with a basic introduction to many areas included in natural resources studies, including soil, air, water, endangered species, fisheries, game management, and cartography. *Natural Resources Systems* is a peer-reviewed textbook for agriculture and natural resources students. *Natural Resources Systems* is written for use in grades 8–14 and is distributed in the United States and Canada. *Natural Resources Systems* is aligned with the National Agriculture, Food, and Natural Resources (AFNR) Career Cluster Content Standards, the Texas Essential Knowledge and Skills (TEKS), and where applicable, the Common Core State Standards (CCSS) and the Next Generation Science Standards (NGSS).

Faculty and Staff: Travis Park, PhD

Katie Honeycutt Named National Watermelon Queen

Katie Honeycutt (Ag Ed '19) was crowned the National Watermelon Queen in Hawaii in February 2019. Katie represented the watermelon industry at festivals, retail stores, media events, policy seminars, and other public engagements over the year. Additionally, Katie taught agriculture at Heritage High School in Wake Forest from August to December 2019. Katie grew up near Angier, NC.

Dinah E. Gore Teaching and Research Kitchens Celebrates One Year of Operation

Dinah E. Gore Teaching and Research Kitchens

Summary of **Year One** Activities

40 trainings*

335 hours of training

650 professionals trained**

946 hours of data collection

944 research observations

122 hours of recipe development and testing

79 hours of video and photography production***

*Ranging from 3 hours to 4 days

**Plus thousands online

***Allowing us to reach hundreds of thousands of people across the country

Our Kitchen Philosophy

We believe that:

the best way to learn to cook is by being in the kitchen, cooking;

everyone can learn to cook delicious, healthy, and safe meals;

cooking is an art that is guided by science;

healthy food is essential to a healthy life;

cooking does not have to be complicated or difficult; and

food is medicine.

Foundations in Local Foods Systems

Foundations in Local Foods Systems is an online, professional development certificate series designed to educate extension professionals and others about the food system and local food. In 2019, our team collaborated with colleagues at NC A&T State University, Clemson University, and Virginia Tech to enhance the series by including regional content.

This three-part course series was offered twice in 2019. A total of 46 participants from across the country completed one or more of the courses. Course evaluations indicate that participants increased their knowledge, confidence, and aspirations related to developing high performing local food systems. Course assessments show that extension agents implemented lessons learned from the course in their work with food hubs, farmers' markets, and local food policy councils. We are currently adapting this course to be taught at the graduate-level in the Agricultural and Extension Education program in Fall 2020.

Funding provided by: Southern SARE, NC Cooperative Extension Local Food Program Team

Faculty and Staff: Dara Bloom, PhD; K.S.U. (Jay) Jayaratne, PhD

Faithful Families Expands Across NC and the US

The Faithful Families Thriving Communities (Faithful Families) team had an article published this year in the preeminent public health journal, the *American Journal of Public Health*. In the article, titled, "Faithful Families, Thriving Communities: Bridging Faith and Health Through a State-Level Partnership," Dr. Annie Hardison-Moody and Julia Yao shared best practices and lessons learned through the 10+ year implementation of the program, a collaboration between NC State Extension and the NC Division of Public Health. Faithful Families continues to grow across NC. In 2019 our team trained 55 facilitators from 23 teams representing 33 counties to implement the program. Additionally, the team welcomed 12 new organizations from 9 states across the US to our national implementing partners network. To learn more about Faithful Families, visit FaithfulFamilies.com.

FAITHFUL FAMILIES Thriving Communities

Faculty and Staff: Annie Hardison-Moody, PhD; Julia Yao, MPH; Kim Eshleman; Carolyn Dunn, PhD, RDN, LDN; Lorelei Jones, MEd

Extension Master Food Volunteer Program

The Extension Master Food Volunteer (EMFV) program expands FCS agents' capacity and impacts by training volunteers to assist in delivering high quality, evidence-based programs that are designed to reduce diet-related chronic diseases and food insecurity in their communities.

10 FCS agents were trained in 2019, for a total of 28 agents currently in the program, covering 38 counties. The program includes 83 trained EMFV volunteers; in 2019, they contributed 2,021 volunteer hours (equivalent to $51,389) and reached 11,178 community members. It was the first year that the EMFV program was integrated into the NC Extension Community Association conference, including offering continued education opportunities and recognizing EMFVs at the awards ceremony. The EMFV Food Systems and Local Foods curriculum was also adopted by the NC Department of Public Instruction's FCS Career and Technical Education program, and was taught to 17,106 high school students in 2019.

Funding was provided by the Department of Agricultural and Human Sciences, FCS Extension Program, and the NC FCS and ECA Foundation.

Faculty and Staff: Dara Bloom, PhD; Julia Yao, MPH; Zandra Alford, MPH; Geri Bushel; Ben Chapman, PhD; Carolyn Dunn, PhD, RDN, LDN; Harriett Edwards, PhD; Annie Hardison-Moody, PhD, MTS; Lindsey Haynes-Maslow, PhD, MHA; Robin Stout, Tes Thraves, Kristin Davis, Jennifer Grable, Sue Estridge, Tracy Davis, Michelle Estrada, Olivia Jones

Grow. Cook. Eat.

EFNEP Makes a Difference

The Expanded Food and Nutrition Education Program (EFNEP) serves limited resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population. In 2019, EFNEP served 45 counties in North Carolina reaching 2,676 families and 17,563 youth. 1,379 volunteers donated 17,514 hours to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success. County partners believe in the program and contributed $794,276 to augment federal funds. EFNEP makes a real difference in the lives of its participants.

In 2019, 2,676 families and 17,563 school-aged youth participated with the following impacts:

96%	86%	88%	89%
of EFNEP participants improved dietary intake	now practice daily physical activity	practice better food resource management	have improved their food safety practices

EFNEP is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA) and is administered through 1862 and 1890 land-grant universities.

Faculty and Staff: Lorelei Jones, MEd; Lisa Benavente, MEd; Pamela Foster, MEd, MPH, RDN; Emily Foley, MS; Stephanie McDonald, MPH; Susan Chase, MPH; Anthony Benavente, MEd; Megan Halbohm, MA

EFNEP Turns 50

In 1969, Congress appropriated funds to extend the Expanded Food and Nutrition Education Program (EFNEP) to all US states and territories following a successful pilot in four states between 1964 and1968. Fifty years since it first began, EFNEP still works! EFNEP employs multiple strategies based on educational research including hands-on learning, online education, and social media messaging. Participants complete a series of nutrition education lessons that provides them with skills for making healthy food choices, being more active, stretching their food dollars, and keeping foods safe. To honor the 50 years of program impact in North Carolina, educators and Cooperative Extension staff engaged in a year-long series of events including 9 listening sessions across the state to guide the future direction of the program, a Thunderclap social media event, local celebrations of participant and volunteer success, and a state conference highlighting the program's history, a live-streamed recipe challenge, a celebration of EFNEP Champions, and a presentation of the suggested future guidance from the listening sessions. With strong stakeholder support, EFNEP's positive impacts can only continue to grow. Through partnerships with primary care providers, EFNEP can fill crucial gaps in services for individuals who need life-saving information about how to improve healthy eating and physical activity behaviors.

Steps to Health, NC State's Supplemental Nutrition Assistance Program-Education (SNAP-Ed)

Steps to Health is leading the pack when it comes to developing tools to create healthy food and physical activity environments. In 2019, Steps to Health released three toolkits to improve policies, systems, and environments: *The Nuts and Bolts of a Healthy Food Pantry*, *The ABCs of a Healthy School Environment*, and *The Building Blocks for a Healthy Community Site*. Our educators use these toolkits to share evidence-based strategies with our partners, ensuring that the healthy choice becomes the easy choice.

Steps to Health–Wilmington Farmers Market at Tidal Creek

Steps to Health partnered with the Wilmington Farmers Market at Tidal Creek, in efforts to create policies, systems, and environmental changes that increase access to fresh and local foods. The Steps to Health Farmers Market toolkit was used to assess the market and provide recommendations for improvement. Through support, efforts were made to assist the market in applying to be a Supplemental Nutrition Assistance Program (SNAP, also known as food stamps) authorized retailer. A partnership was formed with RAFI, USA to implement Fresh Bucks, a dollar for dollar matching program and the Produce Box, which provides free produce to those running low on their SNAP benefits. By offering these benefits, residents can now access fresh and local foods at an affordable price.

Steps to Health Community Walk Audit

Steps to Health was a vital partner to assist with implementing the Healthy Places for Healthy People Action Plan to help community leaders and partners work together to create a healthy, walkable, vibrant neighborhood, and downtown in the Town of Weldon through a walk audit. Steps to Health provided a Walk Audit Leader Training for volunteers on how to guide the routes during the walk audit as well as lead the walk audit. Over 30 people including community members, elected officials, representatives from the EPA and USDA, first responders, community organizations, Halifax Community College staff, and faith community members participated in the walk audit to experience how supportive the downtown area of Weldon is for walking and biking. The participants identified issues, barriers, ideas, and opportunities, and possible solutions to increase walkability in the community. The results have been reported to the Department of Transportation, a beautification committee has been created, and grant opportunities are being explored.

School Assessment Leads to Grant Funding

Schools that participate in Steps to Health programs complete an assessment to identify additional environmental supports that contribute to students' health and wellness. School gardens provide students a real-time look at how food is grown and provide opportunities for learning how to harvest, prepare, and taste a variety of fruits and vegetables. Star Elementary in Montgomery County identified that they would like to start a school garden, but were lacking resources to purchase items like soil, seeds, and tools and people to help get the garden started. The *Parents for Healthy Kids* grant provided $1,000 in funding from the *Action for Healthy Kids* to start a school garden for use during the 2019–2020 school year and beyond.

Faculty and Staff: Lindsey Haynes-Maslow, PhD, MHA; Jayne McBurney, MS; Elizabeth Gerndt, MPH; Sam Hoeffler, MS; Kathryn Hoy, MFN, RDN, LDN; Caren Maloy, MS, RD, LDN; Christian Woods, Ariel Fisher, Shannon Hoffman, Virginia Lopez, Megan Baker, CHES; Breyana Davis, MPH; Jennifer Morgan, Juliet Eirikis, Lauren Morris, RD, LDN, Jacqie Shoe, MS, RD, LDN; Annie Hardison-Moody, PhD, MTS; Dara Bloom, PhD; Carolyn Bird, PhD, AFC, RFG; Carolyn Dunn, PhD, RDN, LDN; Ben Chapman, PhD; K.S.U. (Jay) Jayaratne, PhD

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). Misinformation and application complexity are major barriers to combating food insecurity. *MIMB* is an intervention designed to reduce barriers by dispelling myths and increasing awareness of SNAP (called Food and Nutrition Services, or FNS in North Carolina) through community education and improved access to program benefits through application assistance.

NC Cooperative Extension Family and Consumer Sciences agents deliver education in venues such as classroom-type sessions, health fairs, and individual consultations. *MIMB*'s low-stigma techniques connect people to *MIMB* staff and informational messaging via the MoreFood.org website and blog, Twitter, Facebook, and Google outreach campaigns. A toll-free in-reach number facilitates private consultation.

In FY2019, *MIMB* reached a total **197,460** North Carolinians across all outreach methods. Highlights include social media outreach to **29,732** people. *MIMB* reached another **15,200** geographically dispersed North Carolinians through print media.

The *More In My Basket* program is funded by the USDA Food and Nutrition Services Division.

Faculty and Staff: Carolyn Bird, PhD, Mayra Rangel; Cintia Aguilar

Faculty and Staff: Dara Bloom, PhD; Caroline Stover; Shironda Brown; Nancy Creamer, PhD

Farm to Early Care and Education

The Farm to Early Care and Education (F2ECE) Initiative connects local food with education facilities for children birth–five, with the goals of improving the health of young children and opening up previously untapped markets for farmers. The Center for Environmental Farming Systems leads a multi-stakeholder statewide team to implement F2ECE programs.

In 2019, we worked with project teams from 13 counties, reaching over 1,300 children in 20 child care centers. We have also increased our efforts to engage Cooperative Extension in this project, including conducting a training at the Extension State Conference for 30 agents, and forming a work group as part of the Local Food Program Team. Five Family and Consumer Science Agents are working closely with the project team to integrate F2ECE in Extension programming.

Funding was provided by the Kellogg Foundation, NC Cooperative Extension Local Food Program Team.

Safe Plates Food Safety Information Center Outreach

Safe Plates Food Safety Information Center (FSIC) was launched in 2018 by the NC State Extension food safety team. Throughout 2019, the team steadily increased outreach on social media channels, Twitter, Facebook and Instagram. Safe Plates FSIC is a practical approach to sharing science-based food safety information to all consumers. In 2019, collectively there were 1,095 posts developed, reaching 352,044 individuals. Highlights in 2019 include developing a March Madness and food safety push to reach a larger audience, establishing a conference giveaway to target FCS agents across the country and disseminating the annual holiday food safety campaign.

Faculty and Staff: Benjamin Chapman, PhD; Natalie Seymour, MS; Candice Christian, MPH; Debra Stroud, MEd

safe plates

NC Prevents Diabetes Receives $5M to Serve NC

Research indicates that diabetes can be prevented in those with prediabetes if they eat smart and move more. NC Prevents Diabetes is a partnership between NC State University and the NC Division of Public Health with Blue Cross and Blue Shield of North Carolina to offer diabetes prevention programs (DPPs) to all North Carolinians regardless of insurance status. This project is made possible through $5 million in funding from Blue Cross NC. This funding supports both online and onsite DPPs across the state by covering the program registration cost. The goal of the project is to remove the barrier of cost to participate in a DPP. From January 1st, 2019, through December 31st, 2019, the program served over 1,000 North Carolinians. There were a total of 719 online participants and 462 onsite participants. Thus far, this project has served people from 89 of the 100 counties.

Faculty and Staff: Carolyn Dunn, PhD, RDN, LDN; Surabhi Aggarwal, MPH, RDN, LND; Kelly Nordby, MPH, RDN, LDN; Sarah Myer, MPH, MCHES; Casey Collins, MPH; Corinne Goudreault

Eat Smart, Move More, Weigh Less

Eat Smart, Move More, Weigh Less is an evidence-based, 15-week, online weight management program for adults delivered in real-time by Registered Dietitian Nutritionists (RDNs). Program offerings are funded through a variety of sources with the primary one being North Carolina based self-insured employers that cover the program cost for their employees.

The program has been successfully offered to more than 19,000 participants since 2008. Participants that complete the program lose an average of 7.5 pounds and maintain their weight loss six months after the program ends. Additionally, program completers are more mindful about healthy eating and physical activity, improve their blood pressure, and reduce waist circumference as a result of the program.

Participant Testimonial

"This class has helped me to build healthier habits. The healthier eating and activity have made me feel better. It is progress not perfection, but the info the instructor shared helped put everything into perspective. Wonderful Series!"

Faculty and Staff: Carolyn Dunn, PhD, RDN, LDN; Surabhi Aggarwal, MPH, RDN, LDN; Kelly Nordby, MPH, RDN, LDN; Sarah Myer, MPH, MCHES

Eat Smart, Move More, Prevent Diabetes

Eat Smart, Move More, Prevent Diabetes was developed using evidence-based strategies for diabetes prevention in adults and is approved by the CDC as a lifestyle change program through the National Diabetes Prevention Program. The program is 12 months in duration and is delivered both in a real-time, online and an in-person, onsite format by trained lifestyle coaches. Program offerings are currently being funded through a grant from Blue Cross and Blue Shield of NC which covers the full program cost for all North Carolinians with prediabetes.

The program has been successfully offered to more than 1,200 participants since 2016. According to the CDC, participation in a lifestyle change program with the goal of losing 5–7% body weight and 150 minutes of physical activity per week can lower one's risk for developing type 2 diabetes by up to 58%.

Participant Testimonial

"I participated in an Eat Smart, Move More, Prevent Diabetes class throughout 2019. I learned so many things about choosing healthy habits and, as a result, really changed the way I look at diet and exercise. I achieved my goal of losing 5% of my body weight. I also gained confidence in my ability to live a healthier lifestyle. The most significant thing that came out of the changes I made, however, were the changes in my cholesterol and HA1c. My cholesterol level is normal for the first time in many years and my HA1c is a number of points lower than when I began this journey. I couldn't have made these changes without the information I gleaned from the class and the support of my class instructor. She was positive, encouraging and non-judgmental. I always looked forward to and loved participating in the classes. I really have no doubt that I can continue to keep a focus on good health given the knowledge I gained. Thank you for this opportunity and experience!"

Faculty and Staff: Carolyn Dunn, PhD, RDN, LDN; Surabhi Aggarwal, MPH, RDN, LDN; Kelly Nordby, MPH, RDN, LDN; Sarah Myer, MPH, MCHES; Casey Collins, MPH; Corinne Goudreault

MED instead of MEDS Simple | Delicious | Satisfying

Med Instead of Meds

The Med Instead of Meds program teaches how to eat the Mediterranean way for better health. Research indicates that following a traditional Mediterranean eating pattern promotes health and decreases the risk of many chronic diseases including some forms of cancer, type 2 diabetes, and cardiovascular disease. Med Instead of Meds includes a website, video series, webinar series, and an in-person class series. In 2019, 19 FCS agents reported offering a total of 31 Med Instead of Meds class series to 299 participants across 21 NC counties. County-level partnerships in presenting the curriculum included libraries, ECA, Senior Centers, hospitals and health departments, and the American Heart Association.

Some feedback shared by Med Instead of Meds participants about their class series experience includes the following:

"More aware of what I buy. Cooking and tasting the dishes in class really made the difference, otherwise I would not have tried these dishes."

"This program has showed me how to cook simple meals that are healthy and will fill these empty tummies (children x5)."

"It helped me understand food as well [as] how it pertains to my health!"

"I use the recipes [from medinsteadofmeds.com] to plan and prepare more healthy meals. The recipes are easy to prepare and delicious. I'm cooking a lot more instead of going out to eat."

"Made more aware of how food can affect your overall health."

"You learn that eating healthy food isn't bad at all."

Faculty and Staff: Zandra Alford, MPH; Carolyn Dunn, PhD, RDN, LDN

FCS Cooking Skills Training

An intensive professional development training series for Family and Consumer Science (FCS) agents and SNAP-Ed nutrition educators, the FCS Cooking Skills Training enhances food preparation and programming skills in support of successful nutrition and foods programs across NC counties. This training series builds agent capacity so that they may better promote healthy eating and the adoption of healthy food behaviors in their communities.

In 2019, 14 FCS agents and Steps to Health (SNAP-Ed) nutrition educators covering 21 counties participated in the training. They join the 12 FCS agents who participated in the 2017–2018 training and the 12 FCS agents who participated in the 2014 pilot of the training.

83% of agents increased their ability to cook healthy and teach healthy cooking; **100%** improved their knife skills, baking skills, and food demonstration skills; **92%** increased their knowledge of marinating, roasting, using leftovers, creating vegetarian meals; and **100%** **felt confident in planning their foods programming**.

Faculty and Staff: Zandra Alford, MPH; Dara Bloom, PhD; Geri Bushel, Ben Chapman, PhD; Carolyn Dunn, PhD, RDN, LDN; Annie Hardison-Moody, PhD; Lindsey Haynes-Maslow, PhD, MHA; Lorelei Jones, MEd; Jayne McBurney, MS

Development of an Evaluation Competency Model for Extension Professionals

There is a need for building evaluation capacity of extension professionals. However, there is not any specific competency model for extension evaluation. NC State collaborated with faculty from University of Florida and Penn State University to develop an extension evaluation competency model. A Delphi study with extension evaluation specialists in the US was employed to determine the skill set necessary for extension professionals. 36 evaluation competencies were identified for extension professionals to evaluate their programs. This research team will now conduct a national study with a random sample of extension professionals to select the most critical and practical competencies. This will ultimately be used to develop a practical and useful competency model for extension professionals.

Faculty and Staff: K.S.U. (Jay) Jayaratne, PhD

Internships Develop the Next Generation of Extension Professionals

In 2019, 31 extension internships were provided across North Carolina, selected from 125 applicants representing 25 colleges/universities. Interns assisted extension agents and experienced a first-hand view of extension careers, county extension center operations, and community engagement.

The internship program, funded by state and county allocations, is a priority of the NC State Extension Administrative Team.

Among Extension Interns

32% increase in being very or extremely interested in pursuing a career in extension

13% increase in being very or extremely interested in working in a rural North Carolina county

9% increase in being very or extremely interested in pursuing a graduate degree in Extension Education

95% reported they felt better prepared to enter the workforce as a result of their internship

Among County Extension Directors

73% indicated that the program exposed them to new ideas and/or new skills

Faculty and Staff: Joseph Donaldson, PhD

"Extension makes a positive difference in the community every day. We provide educational programs that connect communities with research-based information. Our internship program is another way we help prepare students for challenging and rewarding careers.

Dr. Rich Bonanno
Associate Dean, NC State College of Agriculture and Life Sciences and Director, NC State Extension

My oral communication skills were further developed during this internship due to the wide range of events. I found myself in many situations having to talk to new people...and that helped me greatly. **Summer 2019 Intern**

I was able to create lesson plans for several different camps. One of the lessons I planned was on budgeting and writing checks. The students thought my lesson was the best of the camp and we were featured in the local newspaper. **Summer 2019 Intern**

The agents and county director made it very clear through interactions with community members, and specifically on farm visits, that a huge part of extension is about building relationships and working with the general public. **Summer 2019 Intern**"

MyPI NC

Faculty and Staff:
Sarah Kirby, PhD

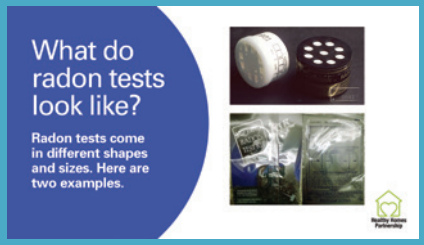
The *My Preparedness Initiative North Carolina* (*MyPI NC*) helps prepare youth and community residents for unexpected emergencies by increasing their knowledge about disaster preparedness and moving them to action through the creation of family communication plans and disaster kits. Through this program, youth are trained in three important disaster components: Federal Emergency Management Agency-certified Community Emergency Response Training (CERT); disaster technology information related to social media and apps for emergency response, CPR and AED certification, and HAM radio and NOAA radio; and creating emergency supply kits and emergency communication plans for their family and 6 additional households. In 2019, youth from Orange County and Chatham County participated in *MyPI NC* week-long camps. Thus far, 50 students have completed all of the *MyPI* requirements, resulting in 350 families making emergency supply kits and emergency communication plans. Also, results of pre- and post-test surveys indicate that participation in *MyPI NC* programs increased their knowledge of community emergency response and disaster preparation.

Healthy Homes Partnership

The Healthy Homes Partnership addresses health hazards that may result in housing-related injuries and illnesses. In 2019, the Healthy Homes Partnership provided training for educators and workshops for consumers on radon, energy efficiency, healthy homes principles, and home safety. As a part of National Radon Action Month, in collaboration with the NC Radon program, radon test kits were distributed across the state. Almost one-fifth of those homes tested had levels above 4 pCi/L and required mitigation in order to reduce lung cancer risks associated with high radon levels. Another one-fifth tested between 2-4 pCi/L. Also, in 2019, educators in the International Federation of Home Economics, Mississippi State University Extension, and NC Cooperative Extension were trained in the use of the Middle School Healthy Homes curriculum. This curriculum bridges the gap between science theory and science practice by having middle school students apply scientific phenomena to their everyday home environment. Educators from across the globe were also introduced to this curriculum at the Hawaii International Conference on Education. Pre-test, post-test, and anecdotal information gathered indicate significant knowledge gains for students across topics. In recognition of its effectiveness, this curriculum was awarded the 2019 Housing Secondary Teaching Award from the Housing Education and Research Association.

The US Department of Housing and Urban Development and NIFA fund the Healthy Home Partnership.

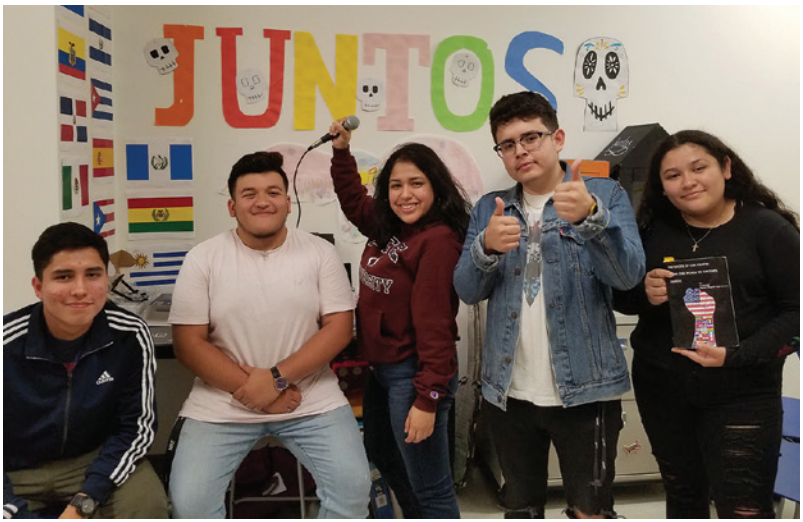
Faculty and Staff: Sarah Kirby, PhD; Kimberly Allen, PhD



#PassTheMicYouth Multimedia Program

#PassTheMicYouth is a youth-led podcast and blog that aims to amplify youth voices, shine a spotlight on youth activism, and provide educators with tools to develop critical consciousness and youth voice. Since its official launch in May 2019, we have produced 9 podcast episodes and 25 blog entries, accruing over 1,800 followers on social media, more than 3,000 website visitors, and over 1,000 podcast downloads. One refereed article has been published, another is under review, and two have been published in the popular press. To date, 210 people have attended one of eight conference sessions and over 80 aspiring youth-serving professionals have participated in one of five classroom presentations. The program has collaborated with Juntos, NCSU's Literacy and Community Initiative, 4-H, and WKNC radio in addition to numerous local and national youth-serving organizations. Youth participants reported an increase in self-efficacy as it relates to their capacity to motivate social change, as well as a deeper, more critical awareness of power, privilege, and difference. A youth leadership curriculum is under development. #PassTheMicYouth is currently being funded internally through NC State Extension.

Faculty and Staff: Maru Gonzalez, EdD; Christy Byrd, PhD; Katherine McKee, PhD



Using Coaching to Enhance Resiliency, Economic Self-Efficacy, and Social Wellbeing in Wake County's Middle Class Express Program

Faculty and students teamed up with Wake County Extension and Health and Human Services to review and expand the Middle Class Express (MCE) program. As part of the grant funding from the Outreach and Engagement Incentive Grant, a curriculum review was completed and the team recommended evidence-based practices on resilience and adverse childhood experiences (ACES), protective factors, and family science. In partnership with the Family Life Coaching Association, messages were designed to increase awareness of Family Life Coaching. A training was also completed with MCE coaches. Our partnership with MCE will continue as we work to complete focus groups with the program participants to provide feedback for growth to the staff.

Faculty and Staff: Kim Allen, PhD; Amber Harkey, BCC; Niambi Ivery, MR; Kristin Feierabend, Vielka Gabriel; Verna Best

Empowering Youth and Families to Prevent Opioid Misuse Across NC

The Empowering Youth and Families Program (EYFP) provides opioid prevention education for middle school youth and their caregivers in 11 rural North Carolina counties. AHS faculty and staff partner with NC 4-H to provide expertise in family communication, adverse childhood experiences research, program development, and evaluation. To date, 58 youth and caregivers have completed the program. Participants reported gains in their abilities to: define addiction, understand how opioids impact the brain, communicate as a family, identify warning signs of substance misuse, discuss ways to resist peer pressure, access community resources, and teach others in the community about opioid misuse. Youth reported a greater likelihood to talk to caregivers if someone asks them to take a drug not prescribed to them. EYFP is funded by grants from the National Institute of Food and Agriculture and Substance Abuse Mental Health Services Administration.

Faculty and Staff: Autumn Guin, MS; Kimberly Allen, PhD; Maru Gonzales, EdD

Coaching, Evaluation Expertise, and Technical Assistance Provided Across the US for CYFAR

Quality program implementation and evaluation increase the potential for programs to achieve sustainability. In 2019, AHS faculty and staff provided coaching and evaluation expertise for NIFA's Children, Youth, and Families At-Risk (CYFAR) Programs. A member of AHS staff serves as the CYFAR Evaluation Consultant, providing one-on-one evaluation support to each newly funded CYFAR grantee in partnership with the CYFAR Professional Development and Technical Assistance (PDTA) Leadership Team. There were 20 new grantees in 2019. Two sessions on engaging and recruiting non-traditional audiences were conducted by AHS staff at the 2019 CYFAR Professional Development Workshop with more than 150 participants. Three in-person site visits for programs in Virginia, South Carolina, and a joint Hawaii and Colorado program were conducted and monthly virtual coaching sessions were provided for 8 CYFAR grantees throughout the year.

Faculty and Staff: Autumn Guin, MS; Kimberly Allen, PhD

Project Youth Extension Service (YES)

Project YES is a national internship program designed to meet the needs of military-connected youth by engaging college interns looking to deepen their knowledge and gain real-world experience working with youth and teens. Project YES interns make a 1-year commitment to work with military youth at least one weekend each month. Project YES has supported over 920 individual events and served 28,000 military youth throughout the 50 United States, US territories, and Germany. This was possible through the service of 167 interns representing 38 states and Puerto Rico from 99 universities and colleges.

Project YES interns partner with individually assigned mentors and complete career-enhancing projects tailored to meet their specific career goals. Exit interviews and follow up research indicates that interns in the program still value the training and experience even years later, and that the YES! experience impacted their career paths.

Faculty and Staff: Harriett Edwards, EdD; JC Johnson, EdD; Myra Moses, PhD; Ben Silliman, PhD; Cameron Rutledge, MS; Beverley Cash; Khadija Laasiri

Agricultural Education and FFA Program Highlights

Membership

Highest membership in NC FFA since 1976!

20,472

Total number of chapters: 321

- **66%** Rural
- **18%** Urban
- **16%** Suburban
- **76%** High School
- **24%** Middle School

5,300+ students in state leadership training

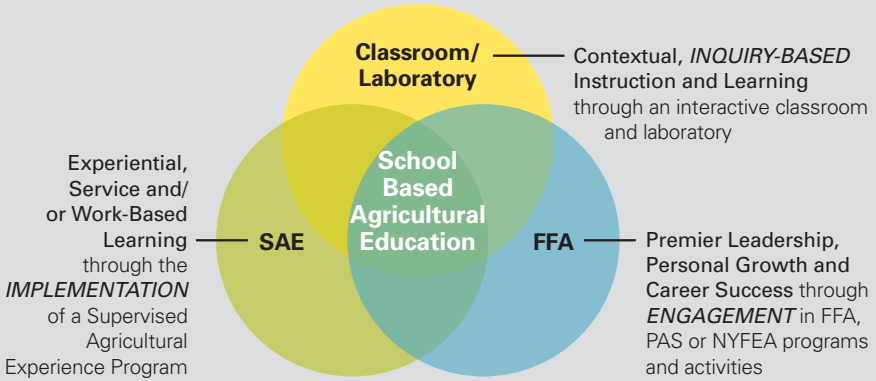
4,000+ students in state career and leadership development events

1,000,000+ student hours invested in projects, leadership, and community service activities

$5.2 million income from student projects

Agricultural education students are enrolled in a variety of courses ranging from **Animal Science** to **Horticulture** to **Exploring Biotechnology**.

In North Carolina, **63,733** students are enrolled in **23** courses taught by **541** agriculture teachers.



NC FFA Vision

Growing Leaders

Building Communities

Strengthening Agriculture

NC FFA Center

The North Carolina FFA Center at White Lake, the second oldest FFA camp in the country, provides students with leadership and personal growth experiences. Programs hosted include six weeks of recreational camp, State Leadership Conference, and Wildlife Camp. During the center's 90-year history, more than 150,000 students have made lifelong memories. New facilities have expanded our ability to accommodate more than 375 campers!

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