

NC STATE UNIVERSITY Department of Agricultural and Human Sciences

Annual Report

COVID-19 Edition

2020



We have never started an annual report with a letter. However, 2020 was a year like no other. This report highlights how, despite a pandemic that threatened us all, the Department of Agricultural and Human Sciences continued our mission to serve students, youth, and families in creative and innovative ways.



In the pages that follow, you will learn about how our talented faculty, students, and staff worked remotely, all while ensuring they and their families stayed safe.

They juggled remote learning of children, caring for family members, creating workspaces in their homes, along with the unknown of vaccines and returning in person to the office and classroom. Zoom meetings, virtual graduations, new protocols for research, virtual extension programs, and distance education for all classes became the new normal.

2020 challenged everyone as it was not a time to be reticent about change but focus on solutions. Our students, faculty, and staff remained optimistic and focused on navigating the new reality. Some work was repurposed, and priorities had to be adjusted. I could not be prouder of the faculty, students, and staff who moved quickly from plan-driven to purpose driven. This report celebrates all that was accomplished.

Events of 2020 have shown a bright light on the racial inequities that plague our society. Our department has responded. We have realized that instead of trying to change some people to fit our ideals, we must focus on transforming our department to fit all people. As a result, our department now has a racial equity committee that is examining what we can continue to do to address systemic racism in ourselves, our programs, and our department culture. We look forward to continuing to work to ensure that everyone has their history acknowledged and their life experience and contributions valued.

Our nation has faced tremendous loss due to COVID-19 and we know that we all will continue to grapple with shared grieving. Our deepest sympathy goes to those across the country and within our own AHS family who lost loved ones in 2020.

As I retire on June 30, 2021, the past 7+ years as department head have been the honor of my 30-year career at NC State University. Our faculty and staff excel at all that they do as evidenced by the many accomplishments highlighted in this report. However, what sets them apart and has been my privilege to witness, is that not only are they innovative, creative, conscientious, and persistent, they truly care.

Carolyn Dunn, PhD, RDN, LDN
William Neal Reynolds Distinguished Professor and Department Head

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



“The strength of the pack is the wolf and the strength of the wolf is the pack.”



AWARDS

National Awards

K. S. U. Jayaratne

AAAE Fellow

*American Association for
Agricultural Education*

K. S. U. Jayaratne

Distinguished Researcher Award

*American Association for
Agricultural Education*

Jayne McBurney

Continued Excellence Award

*NEAFCS National Extension
Association of Family & Consumer
Sciences*

**Chapman, Christian, Seymour,
Stroud, Yavelak**

Communications Internet Education
Technology Award

*National Extension Association of
Family and Consumer Sciences*

Joy Morgan

USDA Early Career Teacher Award

*United States Department of
Agriculture*

Dr. Joy Morgan Recognized with USDA's 2020 Early Career Award

Dr. Joy Morgan, Assistant Professor in Agricultural and Human Sciences, was awarded the USDA 2020 Early Career Award for Excellence in College and



University Teaching in food and agricultural sciences. Dr. Morgan's courses are always among the highest student evaluations of teaching in the college. Dr. Morgan's passions for teaching and advising are unparalleled. Dr. Morgan builds community among students, opens access to all students, and brings in numerous outside speakers and professionals to create relevance to the courses. She developed a much-needed course on working with students with diverse needs in agriculture by collaborating with the Governor Morehead School for the Blind and with the Reality Center, a Durham nonprofit focused on teens and adults with developmental disabilities. Congratulations Dr. Morgan for this much deserved award.

State and Regional Awards

Joseph L. Donaldson

New Faculty Advising Award,
Undergraduate Academic Advising
*NC State Academic Advising
Programs and Services*

Joseph L. Donaldson

Excellence in Advising New Advisor
Certificate of Merit
NACADA Region 3

**Chapman, Christian, Seymour,
Stroud, Yavelak, Colon, Estrada**

Outstanding Subject Matter
Program developed by a Specialist
or Program Team Award
*North Carolina Association of
Cooperative Extension Specialists*

Lindsey Haynes-Maslow

Faculty Scholars Program Award
NC State University

Carolyn Bird

Community Engaged Faculty Fellow
NC State University

Carolyn Bird

Provost Faculty Fellow
NC State University



Dr. Joseph Donaldson Named the College of Agriculture and Life Sciences (CALs) and NC State Outstanding New Undergraduate Advisor

Dr. Joseph Donaldson was recognized by CALS and NC State as the Outstanding New Advisor for 2019–2020. Dr. Donaldson leads our undergraduate extension education efforts. He has revitalized the undergraduate extension education minor and the summer extension internship experiences across NC.

This award recognizes and celebrates Dr. Donaldson’s ability to connect with and advise undergraduate students. Caleb Richardson (Ext Ed ’20) stated, “Not only is he a resource for students, but he is an exemplary faculty member that brings his position to the fullest potential for the University.” Sophie Farlow (Ext Ed ’20, MS ’22) attested to Dr. Donaldson’s advising and added, “When sitting down to meet with Dr. Donaldson, he always approaches situations in a calm, reassuring manner. He sits quietly, listens closely and then offers suggestions on how to tackle the problem at hand.” Graduate student Tiara George (MS ’21) summarized Dr. Donaldson’s efforts accurately with, “Dr. Donaldson is a warm, intentional, gracious, kind, and compassionate faculty member.”

Mary Kate Morgan ’20 Recognized with Prestigious Mathews Medal

Mary Kate Morgan, ’20 was one of four undergraduate students awarded the Mathews Medal by the NC State Alumni Association. The Mathews Medal is awarded annually to graduating seniors who have demonstrated a commitment to service throughout their academic career as well as show a desire to continue their commitment to service in their community after graduation. It is the highest undergraduate honor at NC State University.

Mary Kate’s service included serving as the president for the Alumni Association Student Ambassador Program, a university ambassador, and Professional Committee Chair for Sigma Alpha Professional Agricultural Sorority. Mary Kate founded the Agricultural and Extension Education Pack Peers, a mentorship program for incoming AEE students to help them navigate NC State and start their professional networking. Mary Kate was also a Teach Ag Ambassador and a counselor for the NC State/NC Farm Bureau’s Institute for Future Agricultural Leaders (IFAL). Mary Kate continues her education as a master’s student in our department.



Dr. Travis Park Served as President of the National Council for Agricultural Education

Dr. Travis Park served as the 2020 President of the National Council for Agricultural Education. The Council provides leadership for stakeholders in agriculture, food, fiber and natural resources systems education.



It is the leadership and vision body for all of agricultural education and includes members from all Agricultural Education-Related Organizations (AERO), including American Association for Agricultural Education, National FFA organization, National Association of Agricultural Educators, National Association of Supervisors Agricultural Education, and the National Farm & Ranch Business Management Education Association.

The Council has led efforts such as *Teach Ag*, which has increased the number of students majoring in agricultural education and who eventually teach agriculture in public schools. Dr. Park led the Council’s 2021-25 strategic planning initiative which yielded foci on diversity and inclusion across agricultural education; preparing and supporting agricultural educators; credentialing and transitioning students into agriculture, food, and natural resources careers; and developing collaborations with AERO stakeholders.

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. Our faculty served as PI for 46 active grants in 2020 and were collaborators on 64 grants.

AS PRINCIPAL INVESTIGATORS

TOTAL FOR 2020:

\$7.9M

TOTAL MULTI-YEAR
COMMITMENTS:

OVER
\$20M

AS COLLABORATORS

TOTAL FOR 2020:

OVER
\$9M

TOTAL MULTI-YEAR
COMMITMENTS:

OVER
\$30M



Simpson Receives Funding to Address Mental Health Crisis in Agriculture

Master's student Coleman Simpson has secured two grants to grow and extend a program that addresses the mental health crisis faced by agricultural producers and rural North Carolina. An Agricultural & Extension Education, \$5,000 grant from the NCSU Women's Council and \$15,000 from the Southeast Center for Agricultural Health & Injury Prevention will pay for dedicated counseling services for College of Agriculture and Life Sciences (CALs) students (current and future producers), outreach and education programs, promotional materials, and resources. These services, programs, and materials intend to address the immediate needs of CALs students and to reduce the stigma of mental health among producers and rural North Carolinians.

ACADEMICS

Spring 2020 Undergraduate Enrollment

Agricultural Education	85
Agricultural Science	100
Extension Education	9

Total 194

Fall 2020 Undergraduate Enrollment

Agricultural Education	87
Agricultural Science	96
Extension Education	5

Total 188

Spring 2020 Graduate Enrollment

Doctor of Education in AEE	14
Master of Science in AEE	7
Master of AEE	29
Master of Science in Youth, Family, and Community Sciences	9
Master of Youth, Family, and Community Sciences	26
Certificate in AEE	8
Certificate in Youth, Family, and Community Sciences	17

Total 110

Fall 2020 Graduate Enrollment

Doctor of Education in AEE	19
Master of Science in AEE	4
Master of AEE	29
Master of Science in Youth, Family, and Community Sciences	11
Master of Youth, Family, and Community Sciences	30
Certificate in AEE	11
Certificate in Youth, Family, and Community Sciences	19

Total 123

2020 Graduates

Degree Program	Spring Graduates	Fall Graduates	Total
Bachelor of Science in Agricultural Education	15	4	19
Bachelor of Science in Agricultural Science	20	10	30
Bachelor of Science in Extension Education	2	1	3
Total Undergraduate Degrees			52
Doctor of Education in Agricultural and Extension Education	0	1	1
Master of Science in Agricultural and Extension Education	3	2	5
Master of Agricultural and Extension Education	5	9	14
Master of Science in Youth, Family, and Community Sciences	4	8	12
Master of Youth, Family, and Community Sciences	1	0	1
Certificate in Youth, Family, and Community Sciences	16	6	22
Total Graduate Degrees and Certificates			55



Undergraduate Student Excellence for 2020

Our undergraduate students deliver consistently productive and scholarly efforts at NC State. The AHS Department recognized several students for their excellence in 2020. Award winners included:

Zach Hale, CALS Outstanding Senior:
Scholarship AHS

Mary Kate Morgan, CALS
Outstanding Senior: Research AHS

Rachel Brown, CALS Outstanding
Senior: Community Engagement AHS

Ally Edwards, Student Teacher of the
Year

Casey Lemons, Outstanding Senior in
Agricultural Education, May

Cari Mitchell, Outstanding Senior in
Agricultural Science, May

Sophie Farlow, Outstanding Senior in
Extension Education, May

Kaleb Modlin, Outstanding Senior
in Agricultural Education, December

Joseph Short, Outstanding Senior
in Agricultural Science, December

Haleigh Swenfurth, Outstanding
Senior in Extension Education,
December

edTPA Honors: Lauren Barker, Ally
Edwards, Clark Fowler, Zach Hale,
Hannah Hardee, Casey Lemons,
Anna Mertson, Madeline Wilhelm

Perfect 4.0: Zach Hale, Casey Lemons,
Anna Mertson

Summa Cum Laude (GPA 3.75–4.00):
Rachel Brown, Alison Csapo, Ally
Edwards, Zach Hale, Casey Lemons,
Anna Mertson, Cari Mitchell, Mallory
Simpson

Magna Cum Laude (GPA 3.50–3.74):
Lydia Burcham, Sophie Farlow, Hannah
Hardee, Trey Martin, Mary Kate
Morgan, Gavin Peedin, MaKayla White

Cum Laude (GPA 3.25–3.49): Dwight
Cauthen, Caitlin Collins, Clark Fowler,
Bryan Hughes, Rachael Moore, Allison
Morris, Jacob Parks, Sierra Raynor,
Morgan Register, Caleb Richardson,
DJ Stokes, Madeline Wilhelm



Emily Ragland

The fully distanced Youth, Family, and Community Sciences (YFCS) Graduate Program has provided recent graduate, Emily Dutton Ragland, the flexibility she needed to manage and navigate schoolwork, and life amid the pandemic. She successfully started her own business, communiTEAM training, consulting and coaching in Pittsboro, NC. Her business helps support families and communities by providing trauma-informed education. She focuses on the needs of those with developmental delays and those on the autism spectrum. Emily says, "I think, especially with COVID-19, online is almost as real as life gets anymore, and even when it goes back to "normal," online is a great fit for someone who is already pretty busy." Emily graduated from the YFCS program Spring 2020 and was awarded most engaged YFCS student at the virtual 2020 Spring Agricultural and Human Sciences commencement.



Jennifer Vazquez

The pandemic inspired recent graduate, Jennifer Vazquez, to generate ways to stay connected with her peers and alumni of the Youth, Family, and Community Sciences (YFCS) Graduate Program. Social distancing inspired her to get the YFCS student body and YFCS alumni engaged online. She coordinated the very first YFCS Virtual Alumni and Networking Symposium in the Fall of 2020. The symposium brought together 20 YFCS faculty, students, and alums for time to connect and network concerning job prospects and opportunities. Jennifer graduated from the YFCS program in Fall 2020 and received the YFCS outstanding student award.

Agricultural and Extension Education (AEE) Faculty Serve Students During COVID-19

On Friday, March 6, 2020, our undergraduate faculty sent our students off to Spring Break not knowing that it would be our final time teaching in-person courses on campus for many months. In spite of these unknowns and challenges, our faculty have performed effectively and compassionately in teaching, advising, and connecting with our students.

In March and April, all faculty pivoted from predominantly face-to-face (F2F) courses to entirely online, virtual class meetings to complete the spring semester. During this time, faculty met with each student individually to check on both their personal well-being and academic progress.

As the fall semester started, many faculty were eager for F2F instruction, which lasted but three short weeks, then NC State pivoted back to entirely virtual instruction. Faculty, again, adapted quickly to a distance-delivered format. Faculty worked diligently to provide instruction in formats to meet the needs of their students, including synchronous, asynchronous, and HYFLEX modes.

Synchronous instruction allowed faculty to actually see and interact with their students in real-time while other modes allowed students to

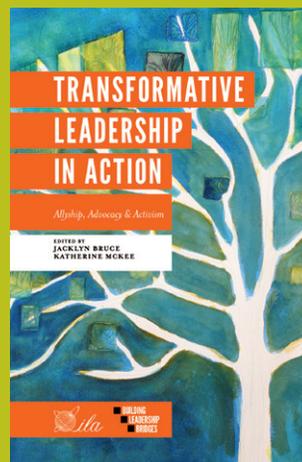
maximize their personal schedules, obligations, and both personal and technological bandwidths. Faculty engaged in a variety of means to connect with students. Some established socially distanced and

masked in-person interactions with small groups of students near campus. Others Zoomed in with students regularly. The Zoom format allowed students to engage with students across the nation at other land-grant universities for evening *Second Mile Seminars* focused on important topics related to agricultural education, such as inclusion and equity, science integration, and leadership development.

The AEE Club continued to meet regularly and provide welcomed respite from courses and the challenges of dealing with COVID-19.

Our faculty have effectively delivered high-quality instruction, advising, and connections with our undergraduate students during the pandemic.

Transformative Leadership in Action: Allyship, Advocacy & Activism



Edited by Drs. Jackie Bruce and Katherine McKee—with chapters contributed by them—*Transformative Leadership in Action: Allyship, Advocacy & Activism* is a text to teach

the theory of transformative leadership and its application using in-class and real world activities, case studies, and tales from the field written by leadership scholars and practitioners. The text was published by Emerald Publishing through the International Leadership Association's Building Leadership Bridges series.

Released in October 2020, this text has been adopted by NC State and other universities. The authors were invited to facilitate a workshop on allyship and advocacy in writing for IVolunteer International—a Civil Society Organization associated with the United Nations Department of Global Communications

Faculty and Staff: Jackie Bruce, PhD; Katherine McKee, PhD, Coleman Simpson, AEE MS student, Elizabeth Indermauer, Oaks Scholar

DELTA Induction Program Prepares Lateral Entry Teachers

Agriculture teachers are in high demand with almost 100 openings across the state. Many teachers enter the profession outside 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, 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. Over 75% of all participants in DELTA remain in teaching at least 3 years upon completion of the program.

Due to COVID-19, the in-person sessions were moved to virtual. Master teachers (several of whom are AHS alumni) delivered workshops about classroom management, student engagement, Future Farmers of America, Supervised Agricultural Experience, budgeting, and overall program delivery. Additionally, asynchronous sessions were offered on a variety of topics such as experiential learning, differentiated instruction, literacy strategies, and the New Farmers of America. Even with the remote delivery of the program, participants were able to create a shared space for curriculum resources and assessment ideas and engage in valuable conversations on the opportunities and challenges faced by beginning agriculture teachers.

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

Graduate Students: Research, Teaching, and Writing Doesn't Stop for a Global Pandemic

The Department is fortunate to have some fantastic graduate students on assistantship who are teaching, doing original research, and writing thesis, dissertations, and journal articles over the last year, all while also dealing with the challenges brought by COVID-19. They moved classes they taught fully online in the Spring, and again in the Fall, and helped faculty do the same. While it meant that there was an increase in emails, and in Zoom meets, our graduate students continued serving our students to ensure success.

Several students were also writing and defending their original research to complete their graduate programs. Faculty and graduate students were able to move the process fully online (using Zoom and other technologies) seamlessly, ensuring that the students could still present and defend their work and graduate on time. Additionally, a short graduate orientation, usually held at the start of the Fall and in person, was moved to Zoom, which allowed for the addition of a hands-on session on “Inclusive Teaching via Distance” by Dr. Kim Allen. This real time session gave our students, and the faculty in attendance, some fantastic teaching tools that can be utilized not just during COVID-19 but in all distance efforts.

We applaud all of our students who are working full time in Extension Offices, classrooms, not-for-profits, and industry positions across the state and the country who, while dealing with the challenges of COVID-19, also persevered in their graduate studies, completing coursework and research. It is a testament to the quality of students in our Department that they can do all these things with grace and fortitude, never complaining and continuing to give of their time and talents to meet the needs of our constituencies.

ACADEMICS

Course Redesigned to Develop Leadership Competencies

Undergraduate Agricultural Science major's complete leadership courses as the core of their major. To better develop Student Leadership Competencies, the senior seminar, AEE 490 has been redesigned. Each student develops a learning contract with the faculty member and a supervisor in an existing leadership experience to intentionally apply the leadership competencies to their work and capture evidence of their development.

Each student collects evidence of their work and development and submits a portfolio with reflections as the final project for the course. One student shared that, "This 490 class really brought home many of the different topics that I have learned in the past few semesters and allowed me to have the opportunity to put some of those abstract concepts to work in real life." This redesign will no doubt help students to be better leaders in future endeavors and is but one example of how our students think and do.

Faculty: Katherine McKee, PhD



The Oaks Social Justice Leadership Scholars



Ten College of Agriculture and Life Sciences students completed their Oaks Leadership Scholars experience in April 2020 with the virtual presentation of their year-long projects enacting transformative leadership in agriculture and life sciences to faculty, staff, industry professionals, family, and friends. The 2019–2020 scholar year was the first time the program was able to welcome back second year scholars in a more formalized "senior scholar" program. These scholars participated in internships sponsored by their host organizations that built on the knowledge and skills they developed through the program and continued to participate in cohort sessions. Other highlights from this year included our docent-led tour and discussion at the International Civil Rights Center and Museum in Greensboro and an industry tour and meeting with Employee Resource Groups at BASF in the Research Triangle Park.

The ten students in the 2020–2021 cohort have had their entire Oaks experience online. The format presents the authentic opportunity to learn how to engage in transformative leadership in virtual spaces. In December, the scholars were given a half-day virtual tour of the International Civil Rights Center and Museum in Greensboro. Because travel time was not needed, we had time for additional speakers on the field trip day. Cedric Lawson, Field Director at the Leadership Conference on Civil and Human Rights, has hosted our scholars for a visit to their District of Columbia office in May each year. Our virtual sessions this year made it possible for Mr. Lawson to meet with our scholars for an additional afternoon in December. He provides an essential learning opportunity for the scholars through his expertise and experience and is often able to connect individual scholars to organizations and resources related to their programs.

Faculty and Staff: Jackie Bruce, PhD; Katherine McKee, PhD, Coleman Simpson, AEE MS student

Using HYFLEX Teaching to Maximize Student Learning

By necessity, leadership is a full contact sport, requiring the intentional interaction of leaders and followers to work toward common goals. Teaching the discipline in the middle of a global pandemic certainly presents challenges. During the Fall of 2020, the teaching team for AEE 323 jumped in with both feet into a new HYFLEX model for the course. HYFLEX gives all students, those taking the course synchronously and asynchronously, the opportunity to decide for themselves how they would engage with the course and the subject matter each week, so that their learning became more self-directed and intentional. The 80 students in the course could choose each week to attend the live Zoom lectures with a requirement to participate in either the chat conversations or live discussions, or they could choose to engage in one of the other 8 opportunities

offered including: a coffee chat with their instructor or TA, creating and distributing a podcast, interviewing a leader they admire about the course content, or creating an infographic. This gave every student the flexibility to engage in ways that fit their schedules, played to their strengths, and worked for their learning preferences.

Students acknowledged that the HYFLEX model, with its emphasis on choice and self-direction, made them more aware of how important it was for them to hold themselves accountable for their own learning and engagement.

Students commented on how the lively course discussions made the course important, relevant, and a favorite during the chaos of the Fall 2020 semester. The plan is to implement HYFLEX for the spring semester in both AEE 323 and AEE 460—Organizational Leadership.

Faculty: Jackie Bruce, PhD

“Being in 323 made me realize how important it is to go to class prepared and ready to participate—I learn more when I do.”

“I didn’t think I needed to really engage because I don’t have to with my other courses, and then after I didn’t for a week, I saw that I didn’t enjoy class as much because I couldn’t participate in the discussions. I didn’t not engage again.”

“Thank you so much. This has been such an interesting and challenging class, and I know it has prepared me for my future in leadership.”

EXTENSION AND RESEARCH

Dinah E. Gore Teaching and Research Kitchens Research Restart

Research resumed in July of 2020 in the Dinah E. Gore Teaching and Research Kitchens. Faculty and staff followed strict NC State research restart protocol for numbers of people in the kitchens, masks, social distancing, and COVID-19 testing. Data collection and filming for use with clients were some of the activities that were ongoing in the kitchen complex.

We also hosted the Eloise S. Cofer Lecture Series featuring Chef Cheetie Kumar of Raleigh's Garland restaurant on December 10, 2020. The virtual format for the lecture from the kitchen allowed for over 300 people to watch live or later on the website.



The Department of Agricultural and Human Sciences presents the
ELOISE S. COFER FAMILY LIVING LECTURE SERIES

Chef and Owner
Garland Restaurant
in Raleigh

Cheetie Kumar

2020 James Beard Award Finalist
Best Chef Southeast

Photo by Lull Lehard

JOIN US: December 10, 2020 • 5-6 pm EST
Broadcast live via the Internet
REGISTER: go.ncsu.edu/2020CoferForum

Be our guest for this interactive **VIRTUAL** event featuring Chef Kumar's story of how she blends the flavors of India and Asia with local ingredients. She will also share favorite recipes and cooking techniques.

Chef Kumar embraces the area's culture of readily available renowned agriculture. Her cooking is filled with imagination and rebellion and is unassumingly delicious. It is an interpretation of local ingredients made through the eyes of someone who grew up in India, New York City, and the South.

NC STATE UNIVERSITY College of Agriculture and Life Sciences
NC Agricultural Foundation, Inc.

Event will be broadcast from the Dinah E. Gore Teaching and Research Kitchens.



Family and Consumer Sciences Agents Use Technology to Continue to Serve Clientele

In response to the COVID-19 pandemic, Family and Consumer Sciences (FCS) agents have moved from in-person to virtual on-line programming. They have worked with adults and youth, and reached clients in their counties, across the nation, and even internationally with their programs. The pandemic created new opportunities for agents to reach and accommodate audiences that they may not have been able to reach through in-person programming. Facebook live, Zoom meetings, YouTube, Twitter, and Instagram are just a few of the ways agents reached audiences. They created a number of educational series including Med Instead of Meds; Home Food Preservation; and Cook Smart, Eat Smart. FCS agents not only utilized technology to conduct educational programs, but also worked collaboratively with community groups virtually, so that they did not lose their contact with stakeholders. In addition to educational programs, FCS served in critical roles helping to ensure that North Carolina residents who are food insecure are able to feed their families. FCS agents were instrumental in helping to address needs and gaps in food distribution in their county. Many agents also served as food distribution coordinators in their counties. While FCS agents continued to work in core areas of food preservation, food preparation, and food safety they have been active in sharing information about COVID-19, parenting, balancing family life, senior health insurance information, budgeting, Ask FCS, as well as diversity and equity issues.

FOOD PRESERVATION MADE EASY!



Learn more about food preservation by virtually attending **Food Preservation Made Easy!** This will be a FREE online series of classes.

Classes will meet via Zoom
Tuesday's, April 21 - May 19
11:00am - 12NOON

Live Participation is Encouraged!



Eating the Med Way has been proven to protect against chronic illness. In some cases, eating the Med Way may even result in decreasing medication taken for high blood pressure, high cholesterol or diabetes.

The Med Instead of Meds class sessions will help you GO MED by explaining 7 simple steps to eating the Med Way. Learn Med Tips, life hacks, recipes and cooking skills that will help you eat the Med way every day.

Participation is free, but registration is required. The program will be recorded, so registrants can view at their convenience.

Wednesdays
October 7-
November 11
12 noon - 1:30

Register at:
<https://go.ncsu.edu/fall19m>

All sessions will be conducted via Zoom. For security, the link will only be provided to registrants and a password will be required.

Please contact any member of the instructional team for questions or more information.

Alexander County



Der Holcomb

Anson County



Roshunda Terry

Iredell County



Andrea Sherrill

Mecklenburg County



Kristin Davis

Montgomery County



Rhonda Peters

Stanly County



Hayley Cowell

Union County



Marcus McFarland



Dr. Ben Chapman, Sought-After Expert on COVID-19 and Food Safety

When SARS-CoV-2, commonly referred to as COVID-19, began to dominate the global stage in March 2020 and there were concerns about whether the virus was being spread through food or food packages, Dr. Ben Chapman became the go-to source for media inquiries throughout the US. Cited more than any other NC State University expert over the course of the pandemic, Chapman appeared nationally on NBC, CNN, and FOX, as well as notable print and online sources such as the New York Times, Washington Post, Los Angeles Times, Associated Press, Slate, The Atlantic, Vox, and Bloomberg explaining what was known about the virus as it related to food, what consumers could do to protect themselves, and what the food industry was doing to reduce risks. Chapman was interviewed over 700 times in 2020 and was quoted in over 980 unique sources with hundreds of reprints.

Safe Plates Team Leaders in Food Safety Education and COVID-19

In 2020, the Safe Plates team was active in developing outreach and extension materials to manage and communicate COVID-19 risk reduction in food settings. Partnering with collaborators from University of Florida, Rutgers, and University of Nebraska–Lincoln, the Safe Plates

Program created an initiative: FoodCoVNet. Funded by a \$1 million USDA-NIFA grant, FoodCoVNET’s extension database includes over 160 different resources in English, Spanish, Mandarin, and Haitian Creole that were translated into over 700 cobranded materials for 39 partner institutions and organizations nationally. The materials included infosheets and social media images addressing takeout, grocery shopping, bulk meat sales, face coverings, produce concerns, retail establishments, employee health, receiving and packaging food, food banks, farmers markets, agribusiness, and gardening. In the few short months of this pandemic, FoodCoVNET led and participated in over 70 webinars and reached 496,000 individuals with over 850 COVID-19 related consumer messages on social media. The Safe Plates Program also received over \$150,000 in new funding from the NC Department of Health and Human Services and the NC Restaurant and Lodging



COVID-19 PREVENTATIVE MEASURES ASSESSING RISKS WITH DINING OUT

The more an individual interacts with others, and the longer that interaction, the higher the risk of COVID-19 spread. The following is based on CDC recommendations. High risk populations should consider continuing to eat at home or stick with no contact delivery options.

The risk of COVID-19 spread increases in a restaurant or bar setting as follows:

Lowest Risk: Drive-through, delivery, take-out, and curbside pick up.

More Risk: On-site dining limited to outdoor seating. Seating capacity reduced to allow tables to be spaced at least 6 feet apart.

Even More Risk: On-site dining with both indoor and outdoor seating. Seating capacity reduced to allow tables to be spaced at least 6 feet apart.

Highest Risk: On-site dining with both indoor and outdoor seating. Seating capacity NOT reduced and tables NOT spaced at least 6 feet apart.

NC STATE
EXTENSION

For more info: go.ncsu.edu/covid-19
Updated September 10, 2020



Association in conjunction with Visit NC to create the Count On Me NC program for practical education for food operators and food employees resulting in over 16,400 certificates for individuals representing 7,493 food and retail businesses in North Carolina.



Count On Me NC is a partnership between these organizations. Visit CountOnMeNC.org to learn more.

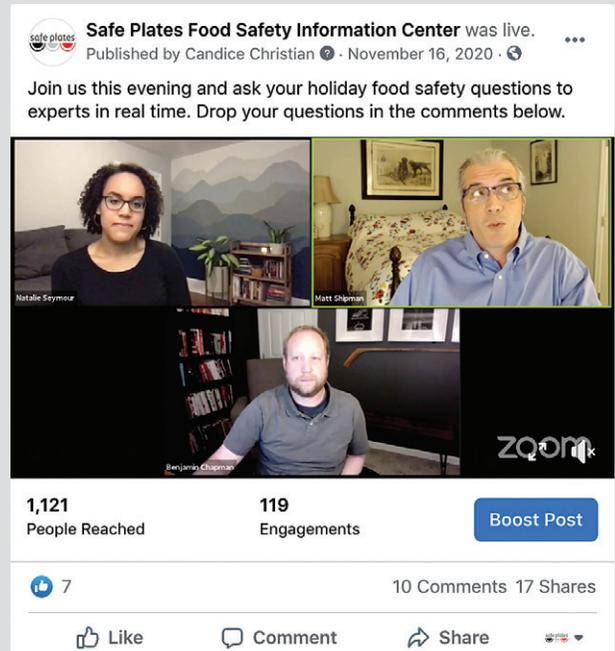
Faculty and Staff: Ben Chapman, PhD; Natalie Seymour, MS; Candice Christian, MS, MPH, CHES; Mary Yavelak, MS; Rebecca Goulter, PhD; Lisa Shelley, PhD



Food Safety Education Transitions to Online

The Safe Plates Program at NC State spent much of 2020 supporting NC Cooperative Extension field faculty through weekly support of agents through virtual fora and “Ask Me Anything” sessions as well as transitioning 5 programs to an online environment. The programs shifting to an online environment included Safe Plates for Food Managers and Retail HACCP and Variances, a course pointed to by the Food and Drug Administration's Center for Food Safety and Nutrition as the preeminent education offering for regulators and restauranteurs on specialized processes. Dr. Ben Chapman and Natalie Seymour were also featured as instructors in the inaugural offering of a new online experience, *Wicked Problems, Wolfpack Solutions*, a multidisciplinary course. All incoming Fall 2020 first year and transfer students automatically had access to the course, with over 3,500 participating. Throughout *Wicked Problems, Wolfpack Solutions*, students explored the history, biology, and societal impacts of pandemics such as COVID-19, and discovered how NC State faculty in many different areas contributed to solutions to this wicked problem. Also, Chapman and Seymour created a customized podcast episode that explored how restaurants and health inspectors changed their work to manage the risks of COVID-19.

Faculty and Staff: Ben Chapman, PhD; Natalie Seymour, MS; Candice Christian, MS, MPH, CHES; Debbie Stroud, MEd; Mary Yavelak, MS



Steps to Health and EFNEP Respond to Family Needs

In March 2020, the Governor of North Carolina issued an executive “stay-at-home” order to prevent the spread of COVID-19. Additionally, NC State University suspended all face-to-face classes and in-person Cooperative Extension programming. In response to this, Steps to Health, NC State’s SNAP-Ed program, quickly began to shift all program delivery to a virtual platform which included distribution of resources through emergency food sites. Four funding sources were used for this work: Steps to Health, EFNEP NC State University Family and Consumer Sciences Foundation, and NC State University Local Foods Program Team.

The reach of the nutrition education resources was broad:

- **102,000 card decks** including 12 recipes, information on preparing and storing fruits and vegetables, tips for food safety, and resources for connecting with Steps to Health and the Expanded Food and Nutrition Education Program (EFNEP).
- **264 emergency food distribution sites** including food pantries, schools, and faith-based organizations.

The success of this project was made possible by the Family and Consumer Science Agents and EFNEP Educators who engage with partners locally through nutrition education programs.



EFNEP and Steps to Health Faculty and Staff: Lindsey Haynes-Maslow, PhD, MHA; Lorelei Jones, MEd; Jayne McBurney, MS; Lisa Benavente, MEd; Pamela Foster, MEd, MPH, RDN; Emily Foley, MS; Stephanie McDonald, MPH; Susan Chase, MPH; Catherine Hill, MS, RDN, LDN; Kathryn Hoy, MFN, RDN, LDN; Caren Maloy, MS, RD, LDN; Lauren Morris, RD, LDN, Breyana Davis, MPH; Tony Benavente, MEd; Megan Halbohm, MA, Kyle Hood, MS, RD; Carla Dockery, RD; Paula Norris; Federico Planchon; Christian Woods, Ariel Fisher, Shannon Hoffman, Annie Hardison-Moody, PhD, MTS; Dara Bloom, PhD; Michael Edwards, PhD; Carolyn Dunn, PhD, RDN, LDN; Ben Chapman, PhD; K.S.U. (Jay) Jayaratne, PhD





NC Cooperative Extension 2020 REPORT

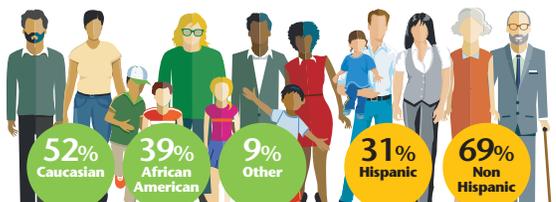


North Carolina

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



North Carolina EFNEP Reaches Diverse Audiences In 2020:

2,053 families enrolled in EFNEP **10,731** participated in 4-H EFNEP
85% of EFNEP participants enrolled in one or more food assistance programs.

WHAT IS EFNEP?

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 2020, EFNEP served 45 counties in North Carolina. Participants learned how to:

- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference

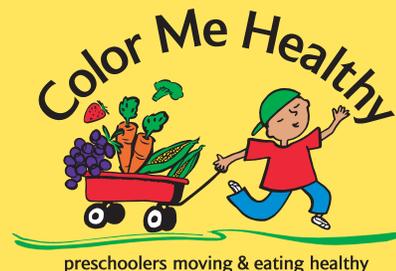
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

EFNEP Adapts to Reach Participants During the COVID-19 Pandemic

A collaboration between NC State's SNAP-Ed/Steps to Health, Local Foods and EFNEP resulted in **102,000** families receiving nutrition and food safety information through **264** emergency food distribution sites across the state.

3,177 low-income families and youth participated in the program using live remote and pre-recorded online lessons.

65,140 individuals viewed nutrition information via EFNEP state and county social media pages.



Color Me Healthy Goes Virtual

Color Me Healthy is a program for pre-schoolers designed to learn by using color, music, and exploration of the senses that healthy eating and physical activity are fun. Classes were offered virtually at Head Start sites in Wake County in urban and suburban settings during COVID-19 as part of Steps to Health.

After completing Color Me Healthy classes, students were able to identify more foods by food group, increased their intake of fruits and vegetables, understood the importance of drinking water, and continued to move more on a daily basis. During playground activity, posters were used to count the daily steps of all the students. More than 90% of the parents providing feedback indicated that their children were more willing to eat fruits and vegetables after the completion of the class.

NC Extension Master Food Volunteer Program

The NC Extension Master Food Volunteer Program (EMFV) is made possible by funding from the 4-H and FCS Extension Program and the NC FCS and ECA Foundation. 43 FCS Agents in the Extension Master Food Volunteer Program (EMFV), oversee 108 volunteers in 53 counties. In 2020, FCS Agents trained volunteers in-person before the pandemic, and virtually, for a total of 25 new volunteers and 521 training hours. Volunteers contributed 880 service hours (valued at \$22,378) and made 5,640 contacts. All of these numbers are a decline from 2019 due to the challenges of COVID-19 and a decrease in in-person volunteer opportunities. In response to these challenges the following adaptations were made:

- Converted the EMFV Agent training from in-person to virtual, training 17 FCS Agents and one Extension Professional from Oregon, who plans on adapting the program
- Began a monthly EMFV Continuing Education Webinar Series, organized by a new committee composed of FCS Agents and Dr. Bloom. Volunteers contributed a total of 257 continuing education hours in 2020.
- Created virtual resources, including recordings of each section of the curriculum, virtual activities, and an online teaching platform FCS Agents can adapt to train volunteers virtually
- Provided ongoing support to FCS teachers in the Career and Technical Education program, including a conference session, virtual resources, and connections with county agents. The Food Systems and Local Food section of the EMFV curriculum was taught to 10,894 high school students in 2020.

Faculty and Staff: Dara Bloom, PhD (EMFV Program Director); 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, Mary Morris, Ellen Owens, Der Holcomb

EXTENSION AND RESEARCH

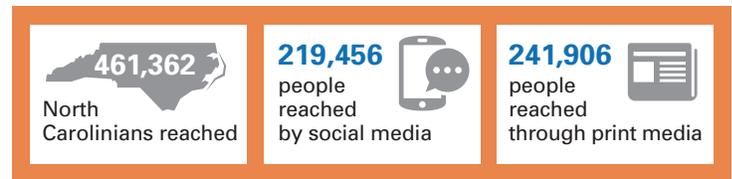
More In My Basket Exceeds All Project Goals for 2020

Since 2010, the researched-based *More In My Basket (MIMB)* program has conducted Supplemental Nutrition Assistance Program (SNAP) Outreach across North Carolina. *MIMB* supports families in meeting their nutrition needs through understanding the facts about and receiving practical assistance to apply for Food and Nutrition Services (FNS)/SNAP. Importantly, *MIMB* addresses misinformation and application complexity, the major barriers identified through research to combating food insecurity through SNAP.



The COVID-19 pandemic required *MIMB* to shift outreach methods to focus on virtual delivery. New methods included Extension agent-led development and delivery of synchronous and asynchronous web conference-based education and outreach. The *MIMB* program developed new resources for outreach including online evaluation tools to capture participant feedback and bilingual flyers for partner dissemination at food and other distribution sites. *MIMB* increased its focus on non-place-based outreach conducting virtual interviews with media outlets and through informational messaging via the MoreFood.org website and blogs, Twitter, Facebook, and Google outreach campaigns. A website “Contact Us” form facilitated private telephone consultations. The *More In My Basket* program is funded by the USDA Food and Nutrition Services Division and the NC Department of Health and Human Services.

2020 Highlights



Faculty and Staff: Carolyn Bird, PhD, AFC, Melissa Roseboro, MA; Mayra Rangel, BA; and Cintia Aguilar, MA

Eat Smart, Move More, Weigh Less Delivered through Telehealth

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.

In 2020, the program was delivered to 601 participants vs. 353 in 2019, an increase due in large part to the expansion of telehealth coverage due to COVID-19. Participants that complete the program lose an average of 7.5 pounds and maintain their weight loss six months after the program ends. Additionally, research shows that 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.

What Makes Eat Smart, Move More, Weigh Less Unique?



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



Participant Testimonial:

“The Eat Smart, Move More, Weigh Less online program helped me to understand the reason for gaining weight and how to control my weight. The program taught me that being healthy is to be smart about grocery shopping, portion control, and exercise.... At the end of the program, I reached my goal on losing weight. I would recommend this program to everyone. The program was an awesome experience.”

NC Food Resiliency Plan

The Center for Environmental Farming Systems and the Duke World Food Policy Center received a grant from the Blue Cross and Blue Shield of North Carolina Foundation to conduct research that will inform recommendations for how North Carolina funders can strategically invest in the food system to address short-term impacts of COVID-19 as well as underlying disparities in health, wealth, and opportunity exacerbated by the pandemic. This research project aims to document current public and private investments in the food system, increase connections between funders and community experts, especially Black, Indigenous, and People of Color (BIPOC) food systems leaders, and identify short and long-term strategies and principles that cultivate food equity for all communities in North Carolina.

To learn more, please refer to:

www.northcarolinafoodsystemresiliency.org

cefs.ncsu.edu/food-system-initiatives/nc-food-resiliency-plan

Faculty, Staff, and Students: Dara Bloom, PhD; Nancy Creamer, PhD; Abbey Piner, Robyn Stout, Janie Hynson, Tessa Thraves, Andrew Smolski, Tiera George, Andrea Padilla Guerrero, Erin Van Fleet, Josie Walker, Duke World Food Policy Center

Holiday Challenge

The Holiday Challenge, Don't Gain This Holiday Season (Holiday Challenge) is a free online weight maintenance program offered from Thanksgiving to New Year's Eve. This 7-week program includes weekly e-newsletters, daily tips, healthy recipes, and practical ways to increase physical activity during the holidays. The goal is to encourage participants to maintain their weight throughout the holiday season. The 2020 Holiday Challenge had the largest participation since it began in 2006.

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

In 2020, the Holiday Challenge had
44,670 participants.

Participants came from

100 counties in
North Carolina,

50 states and **32** other countries
or territories.

At the end of the Holiday Challenge,

92% of participants maintained
or lost weight.

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

EXTENSION AND RESEARCH



NC Prevents Diabetes

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 has been made possible through \$5 million in funding from Blue Cross and Blue Shield of NC. This funding supports both online Eat Smart, Move More, Prevent Diabetes 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 1, 2020, through December 31, 2020, cumulative enrollment was 1,116 including 866 participants in the online and 250 participants in onsite DPPs. The online program saw a nearly 20% increase in enrollments

in 2020 compared to 2019 likely due to the overall transition of programs to virtual delivery as a result of COVID-19. Thus far, this project has served North Carolinians from 95 of the 100 counties. 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%.

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; Jerrel Bushel

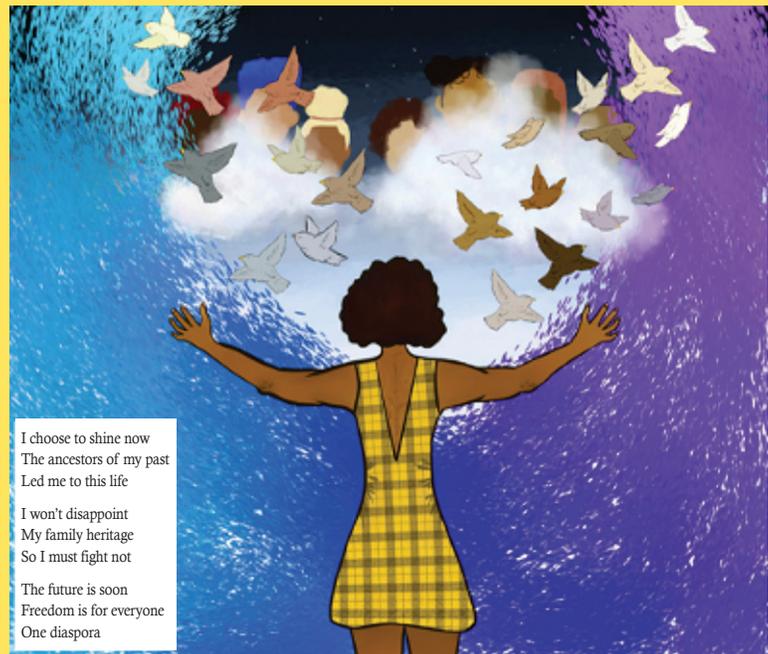


#PassTheMicYouth Addresses Mental Health During COVID-19

To address COVID-19's socio-emotional impact on young people, #PassTheMicYouth has spearheaded a number of efforts focused on nurturing connection, building solidarity, practicing self and community care, and prioritizing youth mental health. In addition to blog posts, podcast episodes, and webinars aimed at both young people and youth-serving professionals, the program launched an *Isolation Activism Art Challenge*. The program encouraged youth to submit artistic pieces that spread joy, hope, and solidarity in the midst of ongoing economic uncertainty, health concerns, and physical distancing. The artwork below is from one of the youth, entitled "In the Hands of Hope." #PassTheMicYouth is currently being funded internally through NC State Extension.

www.passthemicyouth.com

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



I choose to shine now
The ancestors of my past
Led me to this life

I won't disappoint
My family heritage
So I must fight not

The future is soon
Freedom is for everyone
One diaspora

#PassTheMicYouth Addresses Racial Justice

#PassTheMicYouth, a youth-led multimedia NC Extension program, has engaged in a variety of racial justice initiatives. The program launched a *Juneteenth Art Activism Challenge*, which called for Black youth submissions of original art centered around the theme of liberation. See the submission above entitled "Liberation of the Diaspora." Blog posts and podcast episodes have also focused on the contributions of Black youth and featured the racialized experiences of young people across racial and ethnic identities. In addition, the #PassTheMicYouth team has published one peer-reviewed paper and facilitated five webinars utilizing the #PassTheMicYouth content to foster racial understanding and motivate informed action. A #PassTheMicYouth positive youth development curriculum is under peer-review and an anti-racism curriculum is forthcoming. www.passthemicyouth.com

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

Faculty Works with North Carolina Botanical Gardens on Equity and Inclusion

Nine members of the North Carolina Botanical Gardens (NCBG) Diversity Committee (Committee) worked with NC State faculty from September of 2019 to June of 2020 to develop a strategic plan for diversity and inclusion in the garden's programming and exhibits. This process included monthly meetings facilitated by the faculty and resulted in an action plan and ongoing evaluation. While all parties intended to hold the meetings at the NCBG facility to allow for immersion in the context, COVID-19 restrictions dictated that the process continued virtually. Advantages of the online meetings included: more time on task as there was no travel time, increased participation from off-site collaborators, and the opportunity for more anonymous input from participants. The Committee looks forward to implementing some of their ideas over the coming year, including increased multi-language signage across the gardens, an emphasis on indigenous plants and culture, and growing and developing multicultural partnerships in and around the NCBG community.

Faculty: Jackie Bruce, PhD; Katherine McKee, PhD



Connecting the College of Agriculture and Life Sciences (CALs) and Tribal Students

The “New Beginning for Tribal Students” program creates opportunities for students who are members of the Eastern Band of Cherokee Indians (EBCI) to engage with the College of Agriculture and Life Sciences. These opportunities increase awareness of degrees and careers from CALS and increase enrollment and retention of EBCI students. To follow COVID-19 regulations and ensure participant safety, all programming moved online with some face-to-face programming as local guidance allowed at the EBCI Center of NC Cooperative Extension.

Online programming is a struggle for EBCI youth, as 99% of residents on tribal lands in the state do not have broadband access that meets the minimum FCC threshold. Thus, the EBCI Center of NC Cooperative Extension hosted EBCI youth, at allowed capacity, to complete hands-on science exploration activities facilitated by CALS faculty on a virtual platform with Extension professionals at the Center serving as co-facilitators. The virtual format and engagement with NC Cooperative Extension for local programming and technology allowed us to bring the university to the people.

Funding for this program has been provided by USDA NIFA New Beginning for Tribal Students.

Faculty and Staff: Jackie Bruce, PhD; Katherine McKee, PhD; Sally Dixon, EBCI 4-H Youth Development Agent and AHS Doctoral Student

International Efforts in Post-Harvest Loss

The Post Harvest Loss Innovation Lab is focused on researching and developing technologies to mitigate post-harvest loss in multiple countries and has been working in Ghana for seven years. Technologies and strategies have been disseminated through one-on-one



and group trainings. As the project wraps up its funding cycle, the focus shifted to measuring the diffusion of these innovations and the barriers to adoption that still existed. The team was prepared to travel to Ghana in March 2020 to collect data when COVID-related

travel restrictions went into place. Because of lock down, Ghanaian partners were then trained to collect data for the project.



After revising the IRB approvals, adjusting the instrument to have the data collected on the Android-friendly KoboToolbox platform, local Ghanaian partners contacted 142 farmers who were previous workshop and training participants. Quantitative data collection wrapped up in early December with publications forthcoming. The team is now hiring and equipping two partners to conduct and translate qualitative interviews data collection on a separate portion of the project.

Faculty: Misty Lambert, PhD

Balancing Life Webinar

In response to COVID-19's ongoing impact on youth and families, faculty have been engaged in various efforts aimed at nurturing socio-emotional health. To assist families and practitioners navigate pandemic-related challenges, NC State Extension, in collaboration with Virginia Cooperative Extension, developed the *Balancing Life* webinar series. The webinars averaged over 400 participants each week.

Faculty: Maru Gonzalez, EdD

Racial Justice Initiatives

To ensure the work of racial justice was sustained and wide-reaching, the Department utilized various initiatives in research, teaching, Extension, and service. A new Youth, Family, and Community Sciences (YFCS) course exploring matters of social justice in family science was developed. A social justice youth development curriculum for National 4-H has been developed and a curriculum on critical positive youth development is currently being peer-reviewed. In 2020, 11 trainings, webinars, and conference presentations were presented that focused on fostering racial understanding. We are pleased to share that soon to be released is a 3-part *Awareness to Action* webinar series for Extension professionals.

Faculty and Staff: Maru Gonzalez, EdD

NC Tobacco Trust Fund Leadership Program Goes Virtual

The North Carolina Tobacco Trust Fund Commission Agricultural Leadership Development is a College of Agriculture and Life Sciences leadership program designed to develop personal and civic leadership skills in North Carolina farmers and agricultural professionals. The 2020–2022 cohort is made up of 28 individuals (11 full-time farmers, 4 Extension, and 13 ag industry; 10 individuals are also part-time farmers). The program continued during the COVID-19 pandemic thanks to the use of online technology. Guest speakers were able to Zoom into the sessions to provide a “live” experience that engaged participants in discussions. In addition, participants meet with their personal executive coach via Zoom monthly. Participants appreciated the flexibility of meeting times and their coaches’ willingness to often go beyond the allotted time requirement to discuss career transitions and other matters. While 2020 looked different than previous programs, the leadership team continued to meet the program’s mission.

Faculty: Joy Morgan, EdD; Blake Brown, PhD; Bill Collins, PhD; Rhonda Sutton, PhD; Lanny Hass, PhD; Jason Bullock, MS

Extension Internships Continue Despite COVID-19 Challenges

Extension internships develop the next generation of Extension professionals. In 2020, 30 Extension interns served across North Carolina, selected from 130 applicants representing 30 colleges/universities. Despite the challenges of COVID-19, interns assisted Extension agents and experienced a first-hand view of Extension careers, county extension center operations, and community engagement. Interns reported that they developed the competencies identified by the National Association of Colleges and Employers as indicating career readiness.

Among Extension Interns:

91% reported they felt better able to enter the workforce as a result of their internship.

59% increase in digital technology (leveraging existing digital technologies ethically and efficiently to solve problems).

32% increase in career management (identifying and articulating skills, strengths, knowledge, and experiences relevant to the position).

27% increase in being very or extremely interested in pursuing a career in Extension.

12% increase in being very or extremely interested in working in a rural North Carolina county.

11% increase in being very or extremely interested in pursuing a graduate degree in Extension Education.

“My internship placement afforded me opportunities that are not available to most college students. These opportunities allowed me to learn more about Extension, expand my network, and gain hands-on skills with soil sampling and videography that will benefit me in my future.”

Summer 2020 Intern

“I’m very happy that NC State Extension administration made the difficult decision to move ahead with the program this summer. We were able to produce a lot of good programming thanks to our intern. It was a great experience.”

County Extension Director

Among County Extension Directors:

100% indicated they would participate in the internship program in the future.

89% reported they gained new knowledge and/or skills from their intern.

The internship program, supported by state and county funding, is a priority of NC State Extension.

Faculty: Joseph Donaldson, PhD

#WalkwithFF2020 Virtual Walking Challenge

Faithful Families Thriving Communities developed and led the Faithful Families Virtual Walking Challenge, a national 4-week event in summer 2020. The challenge helped participants stay connected and be physically active while staying socially distanced. Participants reported that the challenge helped them to walk more and to continue with their physical activity after the challenge ended. Across the country, 22 teams participated in the challenge and a total of 322 people participated!

As part of the evaluation, participants reported that they enjoyed the feeling of camaraderie as they encouraged and supported each other to walk more. Others commented about taking time out for themselves to improve mental health. Many enjoyed the increase in physical activity as a result

of walking more. To read the full evaluation report, view or download all challenge materials, as well as success stories from challenge participants and award winners, visit FaithfulFamilies.com.

Faculty and Staff: Annie Hardison-Moody, PhD; Kim Eshleman; Lareissa Stumm



FIRST Study to Analyze How Policy Shapes Food Access



FIRST
Food Insecurity Responses, Solutions,
and Transformation during COVID 19

Faculty were awarded a National Science Foundation Rapid Response Research grant to

study how variations in policy responses to COVID-19 and social context shape families' access to food and their ability to prevent or cope with food insecurity. The study's goal is to understand how families' food practices have shifted as a result of COVID-19 and identify processes that buffer some families from food insecurity but not others. The

study is guided by a multidisciplinary team of researchers and Extension professionals in five states across the U.S. During 2020–2021, researchers will interview 30 people in five states, focusing on how experiences of food insecurity vary across states and varied social contexts. The team will publish articles, op-eds, and work collaboratively with Extension professionals in five states to inform policies and programming that support a more effective and equitable food system. Learn more at FirstResearchStudy.com.

Faculty and Staff: Annie Hardison-Moody, PhD; Kim Eshleman; Lindsey Haynes-Maslow, PhD, MHA

North Carolina FFA Delivers Mission Virtually

When COVID-19 changed our normal, North Carolina FFA reinvented all events and activities. In-person experiences and competitive events were transitioned to virtual meetings with hours of video content posted online for members. The state FFA officers created additional video blogs and social media posts. The annual State Convention was recorded from our homes, edited, and posted on YouTube. And instead of meeting at the NC FFA Center in White Lake, the annual State Leadership Conference brought students from every region of the state together online.

In spite of the challenges, 2020 was still a successful year:

- **Sixteen** FFA chapters were chartered or reactivated across the state.
- Membership grew to **21,863**—the highest since 1971–72, making North Carolina the eighth largest FFA association in the nation.
- State FFA Convention videos had over **13,000** views and over **65,500** impressions on YouTube and reached over **117,000** people on our social media channels.

Serving Agriculture Teachers Virtually

An important function of the Agricultural Education/FFA Team in AHS is to provide service to 550 middle and high school agriculture teachers across the state. This service comes through program visits, in-service meetings, workshops, conferences, and a variety of professional development opportunities. And even during the pandemic, the Ag Ed/FFA Team awarded \$13,000 in grants to local programs to assist their delivery of work-based and experiential learning thanks to the generous support of the Universal Leaf Foundation.

Since March 2020, the Agricultural Education/FFA Team has transitioned the delivery of this service to completely online offerings:

- An online hub was created to host resources for teachers.
- The annual summer conference was held virtually with more than 450 teachers in attendance.
- Hour-long workshops began in August and continued weekly through December offering teachers a variety of professional development.
- Sixteen regional in-service meetings and countless one-on-one meetings with teachers were conducted via Zoom.

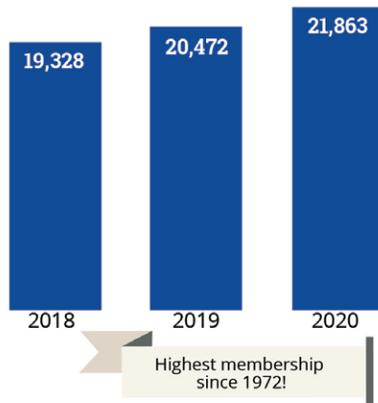


Faculty and Staff: Joshua Bledsoe, MEd; Carmen Bracey, MS; Andy VonCanon, MS; Allison Jennings, MS; Megan Blanke; Alycia Thornton

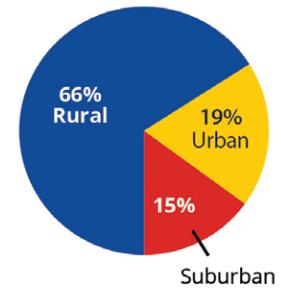
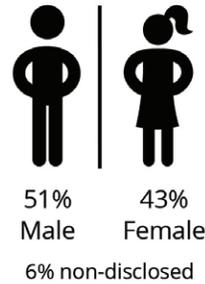
2020 North Carolina FFA Quick Facts

| Growing Leaders | Building Communities | Strengthening Agriculture |

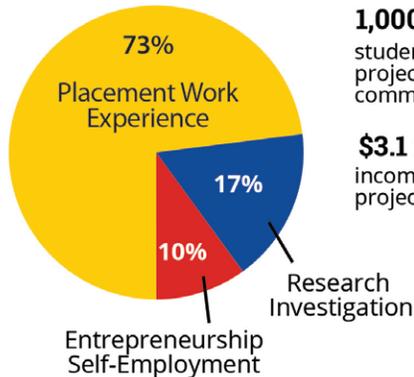
Membership



74% High School
26% Middle School



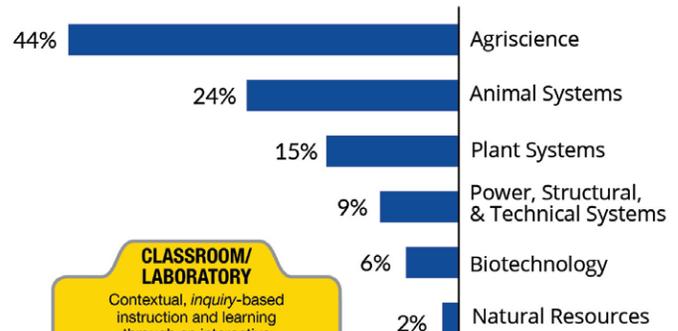
Student Projects



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

\$3.1 million
income from student projects

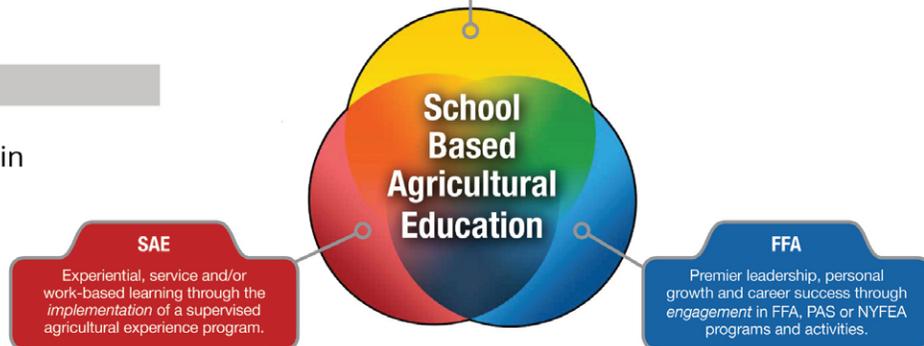
Ag Ed Enrollment



CLASSROOM/LABORATORY
Contextual, inquiry-based instruction and learning through an interactive classroom and laboratory.

At A Glance

- **67,014** students enrolled in agriculture courses
- **23** courses offered
- **550** agriculture teachers across the state



Faculty

Jamie Alexander, PhD, CFLE,
Assistant Professor, Extension
Specialist

Kimberly Allen, PhD, BCC, Professor,
Extension Specialist, Human
Development, Family Life Coaching

Carolyn Bird, PhD, AFC, RFG,
Professor, Extension Specialist, Family
Resource Management

Dara Bloom, PhD, Associate Professor,
Extension Specialist, Local Foods

Jackie Bruce, PhD, Associate
Professor, Agricultural and Extension
Education, Director of Graduate
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Extension Specialist, Food Safety

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