

Mary L. Meck Higgins, Ph.D., R.D., L.D., CDE

Associate Professor, Kansas State University
Human Nutrition Specialist, K-State Research & Extension
Justin Hall, Dept. of Human Nutrition, Manhattan KS 66506
Phone: 785-532-1671 FAX: 785-532-1678 Email: *mhiggins@ksu.edu*

Section 1. Education and Professional Accreditations

Certified Diabetes Educator (certified by examinations in 1994 and 2000)
Kansas Licensed Dietitian (1991)
Registered Dietitian (1981)

July 1982 Iowa State University Ames, Iowa
Ph.D. Food and Nutrition with minor in Physiology GPA: 3.79 out of 4.0
Ph.D. Dissertation: Selected Indices of Iron and Fitness Status in Women Participating in an Exercise Clinic.

Nov. 1979 Iowa State University Ames, Iowa
MS. Food and Nutrition GPA: 3.77 out of 4.0
M.S. Thesis: Effect of Variations in Dietary Fat Unsaturation of Lipid Constituents of Selected Tissues in Young Rats.

Dec. 1975 Purdue University, W. Lafayette, Indiana
B.S. Dietetics GPA: 5.89 out of 6.0

High School in Hyattsville, Maryland

Section 2. Professional Experience

Associate Professor, and K-State Research & Extension Human Nutrition Specialist / Program State Leader, Dept. of Human Nutrition, College of Human Ecology, Kansas State University, Manhattan, KS. Jan 1999-present. (Promoted to Associate Professor in 2005.) Full-time position: 100% Cooperative Extension Service from 1999-2003; 95% extension and 5% teaching starting in 2004. Primary assignment involves providing statewide leadership in planning, implementing and evaluating nutrition Extension education programs, especially those for older adults. Develop educational materials about topics of importance for good nutrition, especially for: older adults, adults with limited resources and people with diabetes. Provide research-based information to support county K-State Research & Extension faculty about a broad spectrum of human nutrition topics. Seek extramural funding and opportunities to collaborate on health promotion projects with other organizations. Direct graduate students. Teach one course, HN 530, Nutrition Education in Extension. Research interests include: nutrition-related practices and attitudes of grandparents raising their grandchildren; understanding attitudes towards and knowledge of food assistance programs among older adults, and impact of education outreach on food assistance program participation rates; nutrition education for older adults; and diabetes education. Member of gerontology faculty (Center on Aging), public health faculty and graduate faculty.

Long-term care facility consultant dietitian. St. Joseph Senior Community, Manhattan, KS. Jun 1992-Nov 1998. 4 hours weekly, as part of my full-time position responsibilities. Primary responsibilities: patient care (assessment, care plans, education), sanitation inspections, biannual 5-week menu cycle writing with recipes, periodic staff in-services. Sponsored three staff members to enable them to complete their Certified Dietary Manager coursework at Washburn Univ., Topeka, KS.

Adjunct Assistant Professor. Dept. of Foods and Nutrition, K-State, Manhattan, KS. Jan 1983-Jan 1999. Courtesy appointment. Cooperated with K-State staff / students (graduate and undergraduate) in directing clinical experiences and as occasional guest speaker in the classroom.

Chief Clinical Dietitian / Assistant Director of Dietetics / Director of Dietetics. Mercy Health Center (known as The St. Mary Hospital prior to July 1996), Manhattan, KS. Nov 1982-Jan 1999. Full-time position. Primary responsibilities: Develop and implement acute-care and ambulatory patient assessment and care plans; direct clinical activities of four other dietitians; develop educational materials and provide education to patients, their families, staff and community groups; develop, coordinate and report dept. quality improvement indicators in accord with the Joint Commission on Accreditation for Healthcare Organizations standards; develop dept. policies and procedures; and conduct body composition assessments and wellness education activities. Direct food service and clinical operations of 100-bed acute care hospital, budget management, develop and implement dept. productivity standards and staffing management for approx. 20-25 staff, create job descriptions and evaluation tools, and provide equipment oversight and catering events management. I organized the dept. to be a clinical and food production training site for undergraduate, graduate and post-master's level students in the K-State Dietetics or Nutrition Depts. and offered 12-month internship program work experiences for two graduate student dietitians per year. I led multiple committees.

Graduate research assistant on two projects, temporary instructor, and administrative assistant. Dept. of Food and Nutrition, Iowa State Univ., Ames, IA. Jun 1976-Aug 1982. Half-time positions:

A) Sports anemia project under the leadership of Drs. William Runyan, professor, Dept. of Food and Nutrition, and Jackie Puhl, associate professor, Dept. of Physical Education. Primary responsibilities: recruiting, screening, monitoring the progress of our volunteer subjects, liaison with exercise clinic personnel, scheduling / organizing / coordinating collection of data and blood samples, analyzing blood and evaluating food diaries. I gained experience in developing and defending a research proposal, instructing subjects in data collection, preparing medical and dietary histories, and familiarity with running an exercise program and assessing physical fitness status. Guest lecturer in class taught by Dr. M Corey entitled *Human Nutrition*.

B.) Responsible for teaching the laboratory section of FN 214, Introduction to Food Preparation. I developed skills in planning and presenting lessons, demonstrating food preparation techniques to small groups, and leading class discussions, and gained experience in evaluating student performance, preparing and grading examinations, and writing letters of recommendation for dietetic students applying to the Coordinated Undergraduate Program and to honor societies. My other primary responsibilities were preparing the dept. 1979 newsletter and developing a survey of recent baccalaureate graduates concerning their experiences since graduation and opinions of the importance and quality of their required coursework.

C) Graduate research assistant on project, Nutritional Impacts of Fat-Altered Diets, under the leadership of Dr. Lotte Amrich, distinguished professor, Dept of Food and Nutrition, Iowa State University. Primary responsibilities: designing and formulating experimental diets for laboratory rats, analyzing dietary and tissue lipids for cholesterol, triglycerides, phospholipid and fatty acids, and analyzing serum lipids from obese college women undergoing weight loss. I developed skills in designing experiments, using research equipment and procedures, animal caretaking, analyzing and interpreting research results, and scientific report writing. Volunteered as a substitute nutritionist at the local Story County Well Child Clinic, WIC program and ISU Dietary Service, where I gained experience in assessing the nutritional adequacy of a client's food intake and counseling about dietary modifications.

Research associate. Dept. of Food and Nutrition, Purdue University, W. Lafayette, IN. Jan 1976-May 1976. Full-time position. Project, Trace Mineral Nutritional Status of Adolescent Girls, under the leadership of Dr. Janet Greger, assistant professor. Primary responsibilities: coordinating site visits to schools for collection of data (dietary, height, weight, hair and saliva samples) and activities of research

technicians, interviewing girls to obtain dietary histories and 24 hour recalls, analyzing the recalls, recruiting / screening / selecting girls for a metabolic study regarding mineral nutriture, planning a 7-day menu and standardized recipes for use in the metabolic study, and evaluating the menu using food composition data so that it met but did not exceed RDA for the girls. Gained familiarity with planning a human metabolic study.

Section 3. Competitive Funding Received

1. **Kansas Senior Farmers' Market Nutrition Program.** USDA, with a small amount of supplementary funds from Kansas Governor's budget; coordinated through the Kansas Dept. on Aging. \$1,164,378 cumulative funds from 2003 through 2008. Program benefited low-income senior adults in the participating Kansas counties. In collaboration with seven other Kansas agencies and associations.
2. **Kansas Family Nutrition Program / Food Stamp Nutrition Education Program.** USDA, coordinated through the Kansas Social and Rehabilitation Services. I obtained cumulative funds of \$149,588 from 1999 through Sep 2008. Varying nutrition education projects, including support for graduate student's project and community / classroom connections.
3. **Pick a Better Snack campaign.** The United Methodist Health Ministry Fund, billed through the Kansas Nutrition Network. \$4,624. Funded May 2006. Six months. Funds were provided to promote the campaign in order to increase consumption of fruits and vegetables among Kansans.
4. **Fix It Fresh Fruits and Vegetables Series.** Kansas Dept. of Health and Environment. \$10,000, cumulative funding 2004 to 2006. Funds were provided to promote the Fix It Fresh Fruits and Vegetables Series and varying other nutrition education promotions to increase consumption of fruits and vegetables in Kansas.
5. **Gardening with older adults for health and nutrition.** USDA, coordinated through the Kansas Social and Rehabilitation Services. \$34,535. Funded Oct. 2003. One year. In collaboration with C Shoemaker, Dept. of Horticulture; N Gyurcsik, Dept. of Kinesiology; and the Family Nutrition Program / Food Stamp Nutrition Education Program. (I began collaborating on this project during their previous funding cycle, in Feb. 2003)
6. **The role of stigma in the decisions of older Kansans to participate in food assistance programs.** Kansas State University USRG, \$1,000. Funded May 2003. One or two years. In collaboration with J Twiggs, Dept. of Sociology, Anthropology and Social Work, Kansas State University.
7. **Spanish-language food stamp outreach and nutrition education.** Kansas Association of Community Action Programs (KACAP) and Kansas Dept. of Commerce and Housing (KDOCH). \$1,200. Funded Jan. 2003. Three months. An outreach grant to develop Spanish-language food stamp outreach and / or nutrition education materials.
8. **Nutrition, mental health and enhanced aging.** USDHHS. \$172,141, with an additional \$79,950 in match contributed by the Kansas Mental Health and Aging Coalition. Funded Sep. 2002 for two years. In collaboration with the Kansas State University Center on Aging. A research and outreach grant to develop nutrition, mental health and enhanced aging educational resources.
9. **Improving nutritional outcomes in rural homebound older adults who receive home-delivered meals.** USDA. \$3,947. Funded Sep. 2001. One year. A subcontract with the National Policy and Resource Center on Nutrition and Aging at Florida International Univ., Miami.
10. **Improving Food Stamp Program access and usage by rural older adults in north central Kansas.** USDA Food and Nutrition Services. \$299,974, of which \$114,245 is K-State's subcontract portion. Funded Jan. 2001. Three years. In collaboration with North Central-Flint

Hills Area Agency on Aging and Kansas Social and Rehabilitation Services. A research and outreach grant to improve Food Stamp Program access by rural older adults in north central Kansas through partnerships and new technology, to research Food Stamp Program perceptions and to conduct an outreach campaign.

11. **Nutrition 2030 Research Outcomes.** Administration on Aging, \$500 travel stipend + registration + meals. Funded Dec. 1999. Nutrition 2030 Research Outcomes workshop in Washington, D.C. Organized by the National Policy and Resource Center on Nutrition and Aging, Florida International Univ.

Section 4. Awards and Honors

2007. K-State Research & Extension's Team Award. Team name: What's Cookin' with Diabetes. Presented annually to acknowledge outstanding effort by a group of individuals who are addressing a core mission theme of K-State Research & Extension.
2005. Promoted to Associate Professor and granted tenure, Kansas State University.
2005. K-State Research & Extension's Team Award. Team name: Walk Kansas. Presented annually to acknowledge outstanding effort by a group of individuals who are addressing a core mission theme of K-State Research & Extension.
2004. K-State Research & Extension's Team Award. Team name: Family Nutrition Program (FNP). Presented annually to acknowledge outstanding effort by a group of individuals who are addressing a core mission theme of K-State Research & Extension.
2004. Jeanne M. Priester National Award. Project name: *A Vision for the Future: Food Assistance for Senior Adults*. Presented by USDA annually to one State / Multi-State project in recognition of outstanding Extension health programming that is improving lives and communities throughout the nation.
2004. Kansas State University College of Human Ecology Faculty Extension Excellence Award.
2004. State of Kansas Dept. of Social and Rehabilitation Services' Certificate of Appreciation, given for collaborating to improve services to elderly Kansans.
2002. Cherokee County, in southeast KS, won the first place State Service Award from the Family and Community Education Association for the work they did teaching my two diabetes programs, the *Diabetes Awareness and Management* lesson that I wrote in 2000, along with a West Virginia diabetes program that I introduced to Kansas Extension educators after I adapted it for use in Kansas (by creating press releases, PSAs, consumer brochures and evaluations), *Dining with Diabetes*.
- 1998-1999. Little Apple 4-H Family of the Year Award, Manhattan KS.
1993. The St. Mary Hospital Outstanding Service Award. Award for Excellence given to the top ten employees of the year, Manhattan KS.
- 1982-1999. Annually. "Excellent" job performance evaluations by my supervisors at Mercy Health Center, Manhattan KS.
1982. Graduated cum laude from Iowa State University.
- 1980-1981. P. Mabel Nelson Scholarship from Iowa State University.
- 1979-1980. General Foods Fund Fellowship from Iowa State University.
1979. Ruth Dana DeVaul Award for Service from Iowa State University.
- 1977-1979. Elected secretary and member of public relations committee, Dept. Food and Nutrition, Iowa State Univ.
- 1977-1978. Premium for Academic Excellence Scholarship from Iowa State University.
- 1977-1978. Chairperson of FN graduate student club, Iowa State Univ.
1975. Graduated "with highest distinction" from Purdue University.

Section 5. Professional Memberships

American Association of Diabetes Educators, since 2000
American Dietetic Association and various practice groups, since 1980
Epsilon Sigma Phi, National Honorary Extension Fraternity, since 2005
Kansas Dietetic Association and the Kaw Valley Dietetic Association, since 1982
Kansas Nutrition Council, since 1982
Kansas Nutrition Network, since 1999
Society for Nutrition Education and various divisions, since 1999

Section 6. National Professional Service and Leadership

1. Invited reviewer for journals. 1999-Ongoing. Review manuscripts submitted to the *J of Nutrition for the Elderly*; the *J of Nutrition, Health and Aging*; *The Forum for Family and Consumer Issues*; *J of Nutrition Education and Behavior*; and the *J of the American Dietetic Association* and for various USDA Food and Nutrition Service national reports; and for Cooperative Extension Service bulletins, such as for Rutgers University in N. Jersey and for Iowa State University.
2. Representative for the Healthy Aging division of The Society for Nutrition Education on their Advisory Committee on Public Policy. 2006-2007.
3. Elected chairperson of the new Healthy Aging Division of The Society for Nutrition Education, and served one year as immediate past-chair. 2005-2007.
4. Elected as the American Dietetic Association's Gerontological Nutrition Dietetic Practice Group's Education and Research Practice Coordinator (2001-2003) and as Nominating Committee Chair Elect / Chair (2003-2005). I participated in board meetings, authored numerous articles published in *Gerontological Nutritionists* newsletter; developed the concept for and organized a member exhibition of tabletop displays at the reception during the annual national conference; helped acquire the opportunity for members to earn CEUs for reading specific newsletter articles; was requested to develop draft expert testimony for the Older Americans Act listening session, which I completed on time; and developed a slate of candidates for the annual ballot. I co-authored a case study article published for CEU credit in the *Gerontological Nutritionists* newsletter on Dementia for Geriatric Patients: *Community Care Case Study on Dementia of Recent Onset* (Summer 2003 issue) which an internship director at the VA hospital in MN is using with students in her program. 2001-2005.
5. Co-organized and moderated a Society for Nutrition Education post-conference symposium, *Federal and Local Nutrition Programs for Older Adults: Creating Opportunities for Collaboration* (with J. McClelland and others in ENE group) held on July 21, 2004 in Salt Lake City, UT. Involved planning, organizing and moderating the oral portion of the session with three federal and four state speakers; calling for SNE members to present poster sessions then organizing 10 displays for research- and program-based older adult nutrition projects from across the U.S. 2004.
6. Invited member, Society for Nutrition Education's Advisory Committee on Public Policy subcommittee on older adult nutrition issues. 2004.
7. Increased diabetes awareness and practices of diabetes self-management in Kansas and nationally. Participated in national diabetes programming surveys and shared diabetes training resources with state extension nutrition specialists in Maryland (D Miiller), New Mexico (M Archuleta), Oregon (E Schuster) and Indiana (B Evers) and with national nutrition educators for the food stamp nutrition education program. I had my publication, *Diabetes Awareness and Management*, translated into Spanish and accepted for publication on the Extensión en Español web site as Conscientización y Manejo de la Diabetes. I shared

my description of the role of K-State Research & Extension when delivering educational diabetes programs upon request with Extension's north central region states' nutrition specialists. I promoted and enabled Kansas county extension agents to use several different diabetes-specific nutrition education curricula, including English- and Spanish-language videos and several other state extension services' curricula. I continued to develop resources featuring diabetic-appropriate Latino foods with nutritional analyses. 2000-2004.

8. Elderly Nutrition Education (ENE) group team member, 10 states represented. We collaborate on projects to improve nutrition education and services for older adults, and nutrition professionals' understanding of older adults' nutrition education needs. 1999-2004.
9. Invited member, Family Nutrition Program national youth evaluation / impact indicators development work group. 2000-2001.
10. Shared and collaboratively developed older adult nutrition education resources with Jackie McClelland and her research team in Raleigh, North Carolina. 2000-2001.
11. Guest editor for six articles regarding nutrition education of older adults published in the *J of Nutrition for the Elderly*. 1999-2002. I also authored an introduction to the series, published in the *J of Nutrition for the Elderly*. 2001. 21(2):57-58.
12. Helped obtain funding for the supplemental issue to *J. of Nutrition Education and Behavior* that focused on Nutrition Education for Older Adults, published in Mar/Apr 2002. \$10,000 obtained in Fall 1999 from the Center for Nutrition Policy and Promotion, USDA. 2000: I helped write the call for original manuscripts, as a member of the Elderly Nutrition Education group, which was published in *JNE* in the Sep/Oct 2000 issue.
13. Edited and produced a compilation of abstracts from 26 speakers / displayers of poster sessions and distributed it to the 60 SNE meeting attendees at the symposium, *Federal and Local Nutrition Programs for Older Adults: Creating Opportunities for Collaboration*. 1999.
14. Recommended improvements in USDA nutrient composition database for standard references. These changes have been implemented and vitamin D values of foods are now shown. 1999.
15. Invited member, Family Nutrition Program Mountain Plains Regional Impact Indicators Development Committee for 10-state region. 1999.
16. Co-organized SNE symposium, *Aging Challenges: Closing the Nutrition Gap* (with M Barkley, J McClelland, A Saddam, D Weddle and W Hart) held on July 27, 1999. Involved planning, organizing and being the ENE liaison for the nine invited speakers, and arranging for 25 research- and program-based older adult nutrition project organizers from across the US to present poster displays.
17. Edited and produced a compilation of abstracts from 26 authors, and distributed it to 80 SNE meeting attendees at the symposium, *Aging Challenges: Closing the Nutrition Gap*. 1999.

Section 7. State Professional Service and Leadership

1. Invited member, Kansas Food Security (Insecurity) Task Force. 2006-Ongoing.
2. Member, Kansas Nutrition Network. 1999-Ongoing.
3. Invited member, Kansas Diabetes Control Program Advisory Council. Participate in scheduled meetings with, and write letters of support for, the Kansas Dept. of Health and Environment's Office of Chronic Disease and Health Promotion's Diabetes Prevention and Control Program to advise on collaborations to reduce the burden of diabetes in Kansas. 1995-Ongoing.
4. I coordinated with Blue Cross/Blue Shield of Kansas, Prime Therapeutics, and county K-State Research & Extension faculty to produce a program that provided diabetes nutrition education to clients in 28 locations. 2005-2008.

5. I coordinated the nutrition education component of the Kansas Senior Farmers' Market Nutrition Program funded through the USDA. I collaborated with staff at the Kansas Dept. on Aging, the Kansas Dept. of Health and Environment and the Kansas Dept. of Agriculture, and with K-State Research & Extension educators in 20 counties, to provide information about health benefits of eating fruits and vegetables and practical information on selecting, storing and using fresh produce. 2003-2008.
6. Collaborator with North Central-Flint Hills, Northeast and Southwest Kansas Area Agencies on Aging. Various projects with all three agencies. 1999-2007.
7. Invited member, Kansas Cancer Partnership, Topeka, KS. Participated in plan development meeting. 2004.
8. Member, Senior Nutrition and Activity Program (SNAP) Coalition and SNAP Nutrition Resources Task Force. 1999-2000.
9. Invited member, Kansas Dept. of Aging committee for recommending revisions for the field manual policies for meal sites and home-delivered meals nutrition services. I attended meetings and responded to two complete sets of policies, reference 98-06, with comments and rationale for suggested changes. 1999-2000.
10. Elected co-chair, Kansas Fundraising Team for American Dietetic Association Foundation, Kansas Dietetic Association. 1997-1998.
11. Appointed member, Kansas Diet Manual Revision Task Force, Kansas Dietetic Assoc. 1995-1996.
12. Appointed member, Kansas Diet Manual Committee for writing 1992 6th edition, Kansas Dietetic Assoc. 1990-1992.
13. Elected member of Nominating Committee, Kansas Nutrition Council. 1991.
14. Appointed member, Kansas Dietetic Association Annual Conference Planning Committee, spring meeting, 1989. Strategies for Creative Change in: Your Practice, Your Workplace, Your Community. Held in Manhattan, KS. 1988-1989.

Section 8. University Service and Leadership

1. Member, HN graduate faculty; graduate faculty in public health; and gerontology faculty of the Center on Aging, Kansas Family Nutrition Program Team; chair or member of numerous committees. 1999-On-going.
2. Supervisory responsibilities for one Extension HN Office Professional. 2001-Ongoing.
3. State Leader, Human Nutrition Extension Programming. 2000-Ongoing.
4. Chairperson of FN graduate student awards committee, Iowa State Univ. 1982.
5. Member of Home Economics graduate education committee, Iowa State Univ. 1980-1981.
6. Member of curriculum committee during the transition from a quarter to semester system, Dept Food and Nutrition, Iowa State Univ. 1978-1980.
7. Member of search committee for FN Dept. executive officer, Iowa State Univ. 1977-1978.

Section 9. Student Mentoring

Graduate Student Committees

Doctoral Students

Linda Yarrow (grad. 2006), Human Nutrition

Tandalayo Kidd (grad. 2005), Human Nutrition

Master's Students

Chair, Bethany Murray (grad. 2007), Human Nutrition; Thesis: Nutrition-related practices and attitudes of Kansas skipped-generation caregivers and their grandchildren.

Master's of Public Health Students

Chair, Lisa Martin (grad. 2007), Human Nutrition; Thesis: Online nutrition education: Perceived understanding, acceptance, and usability of *Food and Nutrition Bytes* curriculum for the Expanded Food and Nutrition Education Program.
Virginia Barnard (grad. 2006), Human Nutrition

Non-Classroom Student Projects

1. Mentored E Greig, Nutrition Science senior. Honors project finished in May 2006: Acculturation: Nutrition and Food Choice among Hispanics. She conducted personal interviews with Hispanic immigrants living in Kansas. Upon graduation from K-State, she began a Fulbright Scholarship in Mexico on a related topic. 2006.
2. Mentored K Kirchner Sobecky, Dietetics senior. Honors project finished in fall 2005: Evaluation of Food Safety Education for Youth. She conducted food lessons with school age children in the summer and evaluated children's food safety behaviors. 2005.
3. Mentored M Fitzsimons, HN master's student. Educational resource project finished for credit as HN 780, Problems in Human Nutrition: Dysphagia Management. 2005-2006.
4. Organized and mentored a HN/HRIMD K-State LEA/RN student learning community. Along with K Sauer in HRIMD, I led four HN and HRIMD students in seven two-hour, bi-weekly sessions throughout the semester to enhance student community and increase student learning. Spring 2005.
5. Advisor to HN master's student R Dixit for two semesters. 2004.
6. Mentored a local high school student, L Meyer. Nutrition-focused consumer research honors project finished in 2004.
7. In collaboration with the University's "Developing Scholar" program, I involved K Wimberly, an African-American minority freshman majoring in biology, in a project involving computer-assisted nutritional analysis of English and Spanish language recipes. Her learning experiences included gaining an understanding of professional career-related expectations, knowledge about dietary modification for persons with diabetes, calculating diabetic exchanges information and entering diabetes program evaluation data into SPSS to facilitate statistical analysis of results. 2001-2002.
8. Mentored graduate students with professional writing experiences. Co-authored with a HN graduate student (S. Boger) a numbered extension fact sheet; and with two HN graduate students (C. Allen, S. Wang) two reviews of resources articles for the *Journal of Nutrition Education*

Professional Employment Provided to Students/Graduates

1. Funded wages for 38 HN / HRIMD undergraduate students to work for one or two summer months gaining nutrition education experience in positions within community programs working with county Family Nutrition Program Extension faculty. I solicited applications from students successfully completing my HN 530 course, and applications from county agents, and matched the student's interests to the county's needs. The students provided reports of their experiences periodically throughout the duration of their county work; I co-mentored them during their county experiences. 2002-2008.
2. MPH in HN master's student J Buchholz worked with me on a grant for five-tenths time. I supervised and mentored her in conducting qualitative interviews and quantitative surveys and preparing educational newsletters for my funded project, Nutrition-related practices of Kansas skipped-generation caregivers and their grandchildren.
3. HN doctoral student K Shafer worked with me on a grant for five-tenths time. I supervised and mentored her in outreach techniques for two of my funded projects, the Kansas senior farmers' market nutrition program and the nutrition / mental health / aging project. 2004-2006.

4. HRIMD graduate, E Henry, B.S., worked with me to produce Dining on a Dime newsletter bimonthly. Initially developed during her summer experience with the HN 530 Family Nutrition Program, we have continued to co-author it, with her contract funded through one of my extramural grants. 2003-2008.
5. HN master's student M Perversi worked for me full-time from May-Aug. on developing nutrition education materials for older adults, including those who speak Spanish, for use with Extension programming. 2005.
6. HN graduate J Stotts, M.S., worked with me on a grant for five-tenths time. I supervised and mentored her in outreach techniques and in research data collection and analysis for three of my funded projects, the nutrition / mental health / aging project, the food assistance outreach project and the role of stigma project. 2003.
7. FSHS undergraduate student, S Filipi, worked with me on a grant for five-tenths time. I supervised and mentored her in outreach techniques and in research data collection and analysis for two of my funded projects, the food assistance outreach project and the role of stigma project. 2003.
8. HN graduate, V Barnard, B.S., worked with me on grants from five-tenths to ten-tenths (variably) for 2 1/2 years. I supervised and mentored her in outreach techniques and in research data collection and analysis for two of my funded projects, food assistance outreach and the nutrition outcomes of homebound older women projects. 2001-2003.
9. Twenty-two undergraduate students have each worked and / or volunteered a few hours a week for several months doing recipe development, fact sheet development, qualitative data collection to support Extension programming, data entry of survey data, etc. 2000-2008.

Professional Community Work Opportunities Provided to Students

1. Coordinated a practical learning experience for 37 undergraduate students enrolled in HN 610, *Life Span Nutrition*, at the invitation of instructor K Shafer. Each student completed K-State's Use of Human Subjects training modules. Teams of students then interviewed an older adult twice: before and after a nutrition education intervention that did not involve the students. The older adults that the students interviewed were homebound women receiving home-delivered meals who I had recruited in cooperation with the North Central-Flint Hills Area Agency on Aging dietitian and Senior Center managers. Fall 2001.
2. Supervised 45 graduate and undergraduate students while giving them the opportunity to gain the hospital clinical experiences they needed to become registered dietitians. 1982-1999.

Section 10. Peer-Reviewed and Professional Publications

Refereed Journal Articles

1. Yarrow L, VM Remig, and **MM Higgins**. 2008. Food safety awareness: Concerns, practices, and openness to change of college students with health and non-health majors. *J of Food Protection Trends* (in press)
2. Yarrow L, VM Remig, and **MM Higgins**. 2008. Food safety educational intervention positively influences college students' food safety attitudes, beliefs, knowledge, and self-reported practices. *J of Environmental Health* (in press)
3. **Higgins MM** and M Clarke Barkley. 2004. Barriers to nutrition education for older adults, and nutrition and aging training opportunities for educators, healthcare providers, volunteers and caregivers. *J of Nutrition for the Elderly* 23(4):99-121.
4. **Higgins MM** and M Clarke Barkley. 2004. Group nutrition education classes for older adults. *J of Nutrition for the Elderly* 23(4):67-98.
5. **Higgins MM** and M Clarke Barkley. 2004. Improving effectiveness of nutrition education resources for older adults. *J of Nutrition for the Elderly* 23(3):19-54.

6. Chambers DH, **MM Higgins**, C Roeger and A-MA Allison. 2004. Nutrition education displays for young adults and older adults. *Health Education* 104(1):45-54.
7. **Higgins MM** and M Clarke Barkley. 2003. Concepts, theories and design components for nutrition education programs aimed at older adults. *J of Nutrition for the Elderly* 23(2):57-75.
8. **Higgins MM** and M Clarke Barkley. 2003. Tailoring nutrition education intervention programs to meet needs and interests of older adults. *J of Nutrition for the Elderly* 23(1):59-79.
9. **Higgins MM** and M Clarke Barkley. 2003. Evaluating outcomes and impacts of nutrition education programs designed for older adults. *J of Nutrition for the Elderly* 22(4):69-81.
10. Clarke Barkley M, **MM Higgins**, WD Hart, JW McClelland and A Saddam. 2003. Development and evaluation of a multi-state older adult nutrition education pilot program. *J of Nutrition for the Elderly* 22(4):55-68.
11. **Higgins MM** and M Clarke Barkley. 2003. Important nutrition education issues and recommendations related to a review of literature on older adults. *J of Nutrition for the Elderly* 22(3):65-78.
12. Greger JL, **MM Higgins**, RP Abernathy, A Kirksey, MB DeCorso, and P Baligar. 1978. Nutritional status of adolescent girls in regard to zinc, copper, and iron. *American Journal of Clinical Nutrition* 31: 269-275.

Peer-Reviewed Numbered Extension Publications (May be viewed at www.oznet.ksu.edu)

1. **Higgins MM**. 2008. Vary your protein. Fact sheet, MF-2835. Reviewed by J McClelland, NC State Univ., and J Stephens and K Walsten, Kansas State Univ.
2. **Higgins MM**. 2008. Vary your protein. Leader's guide, MF-2836. Reviewed by J McClelland, NC State Univ., and J Stephens and K Walsten, Kansas State Univ.
3. **Higgins MM**. Revised 2007; 2002. Healthful whole grains! Fact sheet, MF-2560. Reviewed by JM Jones, College of St. Catherine, St. Paul MN, and M Reicks, Univ. of MN. This publication was the leading download from all publications on K-State Research & Extension's website. This publication was selected to be taught by the Iowa Nutrition Network / Iowa Dept. of Public Health in 2008; and by the Univ. of Minnesota Extension Service's Educators in Health and Nutrition in 2003 as one of their nine statewide "Learning Circle Lessons." In spring 2003, this publication was also used by K-State President Jon Wefald to assist him in helping grain farmers and trade groups rebut claims made by advocates of low-carbohydrate diets.
4. **Higgins MM**. Revised 2007; 2002. Healthful whole grains! Leader's guide, MF-2559. Reviewed by JM Jones, College of St. Catherine, St. Paul MN, and M Reicks, Univ. of MN.
5. **Higgins MLM**, and K Shafer. 2006. Men's health: A guide to living long, strong and well. Fact sheet, MF-2742. Reviewed by M Bradshaw, Kansas State Univ.
6. **Higgins MLM**, and K Shafer. 2006. Men's health: A guide to living long, strong and well. Leader's guide, MF-2741. Reviewed by M Bradshaw, Kansas State Univ.
7. **Higgins MM**. 2005. Steps to a healthier you: A summary of the 2005 Dietary Guidelines for Americans and the Food Guide/MyPyramid. Fact sheet, MF-2686. Reviewed by H Roy, Louisiana State Univ. Agriculture Center.
8. **Higgins MLM**. 2005. Steps to a healthier you: A summary of the 2005 Dietary Guidelines for Americans and the Food Guide/MyPyramid. Leader's guide, MF-2687.
9. **Higgins MLM**. 2004. Color me healthy: Enjoying fruits and vegetables. Fact sheet, MF-2649. Reviewed by J Garden-Robinson, N. Dakota State Univ., Fargo ND.
10. **Higgins MLM**. 2004. Color me healthy: Enjoying fruits and vegetables. Leader's guide, MF-2650. Reviewed by J Garden-Robinson, N. Dakota State Univ., Fargo ND.
11. **Higgins MM**. 2003. Spanish translation of Diabetes Awareness and Self-Management, Fact Sheet, MF-2478, was accepted by Extensión en Español and published as Conscientización y Manejo de la Diabetes, MF-2478S, at <http://extensionenespanol.net/pubinfo.cfm?pubid=204>

12. **Higgins MLM**. 2000. Diabetes awareness and self-management. Fact sheet, MF-2478. Reviewed by C Crawley, Univ. of Georgia. By 2003, this publication had been used by the Kansas Association of Family and Consumer Education members to present a diabetes informational lesson to 8,447 people; they had reached 773,634 others with my diabetes information through media, booths and displays; and they had spent 3,064 volunteer hours working on these diabetes educational efforts.
13. **Higgins MLM**. 2000. Diabetes awareness and self-management. Leader's guide, MF-2477. Reviewed by C Crawley, Univ. of Georgia.
14. Boger S, and **MLM Higgins**. 1999. Age-related macular degeneration. MF-2402. Reviewed by CA Holcomb, Kansas State Univ.

Professionally Published Short Articles and Abstracts

1. **Higgins MM**. 2007. Food and nutrition professionals can help older adults improve dietary practices. *J of the American Dietetic Association* 107:806-807.
2. **Higgins MM**. (I was one of multiple reviewers listed on the publication.) 2006. Position of the American Dietetic Association: Food Insecurity and Hunger in the United States. *J of the American Dietetic Association* 106: 446-458.
3. **Higgins MM**, and C. Russell. 2005. Tailoring nutrition education for older adults. *J of Nutrition Education and Behavior* 37: S21.
4. **Higgins MM**. 2004. A call for research: What works when teaching older adults to improve their nutrition practices? *J of the American Dietetic Association* 104:69.
5. Barkley MP, and **MM Higgins**. 2003. Nutrition education for older adults: Promise and progress. Abstract. *The J of Nutrition, Health and Aging* 7(4):235.
6. **Higgins MLM**. 2001. Nutrition education for older adults: Introduction. *J of Nutrition for the Elderly* 21(2):57-58.
7. Chambers IV E, S Godwin, and **M Higgins**. 2000. Cognitive strategies of U.S. elderly for reporting amount eaten during 24-hour dietary recalls. Abstract. *Revista Espanola de Geriatria y Gerontologia* 35(6):385.
8. **Higgins MLM**, D Brochetti, M Clarke, W Hart, J McClelland, and A Saddam. 1999. *HELP*, A nutrition education resource for the aging. Published in web form; representing 1999 National Society for Nutrition Education meeting symposium presentation. Abstract. www.fiu.edu/~nutrelder/Higgins_abstract.htm
9. **Higgins MLM**, and N Wagner. 1995. Economic benefits of medical nutrition therapy in non-insulin-dependent diabetes mellitus. Abstract. *J of the American Dietetic Association* 96 (supplement):A-31.

Professional Book / Video Resource Reviews

1. Allen C, and **MLM Higgins**. 2002. Review of resource packet, Penn State Pyramid Packet. *Journal of Nutrition Education and Behavior* 34:238.
2. Wang S, **MLM Higgins**, and KP Penner. 2001. *Journal of Nutrition Education* 33: 309-310. Review of *Food Technology: Irradiation—VideoActive*. [video]. Lubbock, TX: CEV Multimedia; 2000.

Section 11. Presentations at Scientific Meetings and Professional Conferences

International Conferences

1. **Higgins MM**, V Barnard and P Gordon. 2004. Getting the word out to rural folks about food assistance and improving Food Stamp Program use: A partnership for research and results. Interactive lecture presentation at the International Congress on Dietetics, Chicago, Illinois.

2. Barkley MP, and **MM Higgins**. 2003. Nutrition education for older adults: Promise and progress. Poster presentation at the International Academy of Nutrition and Aging Congress, Albuquerque, New Mexico.
3. Chambers IV E, S Godwin and **M Higgins**. 2000. Cognitive strategies of U.S. elderly for reporting amount eaten during 24-hour dietary recalls. Poster presentation at the Third European Congress on Nutrition and Health in the Elderly People, Madrid, Spain.

National Conferences

1. **Higgins MM**. 2007. What consumers need and want regarding fresh produce across the life span: Older adults. Invited lecture presentation at the National Association of Farmers' Market Nutrition Programs Annual Conference, Overland Park, KS. I was on a panel of four people discussing Who's really buying fresh fruits and vegetables: Understanding and measuring consumer behaviors.
2. **Higgins MM**, and DM Sellers. 2007. Nutrition for older adults: Ideas for effective education. I co-taught this invited lecture presentation at the Priester National Extension Health annual conference, Kansas City, MO.
3. **Higgins MM**. 2006. Health benefits of eating fruits and vegetables; Seniors' attitudes towards, and consumption of, fruits and vegetables; Tailoring education to senior adults. Invited lecture presentation at the National Association of Farmers' Market Nutrition Programs Annual Conference, Sparks, NV. I was on a panel of three people discussing Promoting nutrition to seniors: Tips for success.
4. **Higgins MM**. 2006. Awakening to aging: An introduction to our future. Invited moderator for four-member panel presentation that I led at the Society for Nutrition Education Annual Conference, San Francisco, California. A description of the presentation was published in 2006 issue of *J of Nutrition Education and Behavior* 38(4)(Supplement 1):S7-8.
5. **Higgins MM**. 2005. Successes and challenges in delivering nutrition education to low income older adults. Invited lecture presentation at the USDA Food and Nutrition Services Conference, Arlington, VA. I was on a panel of four people discussing Energized in the golden years: Nutrition and fitness initiatives for older adults.
6. **Higgins MM** and C Russell. 2005. Tailoring nutrition education for older adults. I co-taught this invited lecture presentation at the Society for Nutrition Education Annual Conference, Orlando, Florida.
7. **Higgins MM**. 2004. Food assistance for senior adults. Invited presentation at the American Public Human Services Association Annual Conference, Pittsburgh, Pennsylvania.
8. **Higgins MM**. 2004. A vision for the future: Food assistance for senior adults. Invited lecture presentation at the Federal and Local Nutrition Programs for Older Adults: Creating Opportunities for Collaboration Post-Conference of the Society for Nutrition Education, Salt Lake City, Utah.
9. **Higgins MM**. 2004. Publication series: Nutrition education for older adults. Poster presentation at the Federal and Local Nutrition Programs for Older Adults: Creating Opportunities for Collaboration Post-Conference of the Society for Nutrition Education, Salt Lake City, Utah.
10. **Higgins MM**. 2004. Getting the word out about food assistance / the Food Stamp Program to rural older adults living in mid-America: A partnership for research and results. Interactive lecture presentation at the National Association of Nutrition and Aging Services Programs Annual Conference, Seattle, Washington.
11. **Higgins MM**. 2004. Nutrition education for older adults. Invited interactive lecture presentation at the National Association of Nutrition and Aging Services Programs Nutrition Intensive Pre-Conference, Seattle, Washington.

12. Barkley MP, and **MM Higgins**. 2003. Nutrition education for older adults: Promise and progress. Poster presentation at the American Dietetic Association's Food and Nutrition Conference and Exhibition, Gerontological Nutritionists' reception, San Antonio, TX.
13. **Higgins MM**, KH Hudson and D Canter. 2003. Community / classroom connections: Collaborations that maximize resources and promote health. I taught this lecture presentation at the USDA Food and Nutrition Service national nutrition education conference, Nutrition Connections: People, programs and science conference, Washington, D.C.
14. **Higgins MM**. 2003. Invited presentation of a summary of my Food Stamp Program Outreach to Older Adults project, presented at the pre-conference of the National Anti-Hunger Policy Conference sponsored by the Food Research and Action Center, America's Second Harvest and National CACFP Forum in Washington, D.C.
15. **Higgins MM**, JG Walter, V Barnard and P Gordon. 2002. Carumba! Getting the word out to rural folks about food assistance. I co-taught this interactive lecture presentation at the conference of the National Association of Agencies on Aging. San Antonio, TX.
16. **Higgins MLM**, and V Barnard. 2001. Improving food stamp program use among rural older adults: A partnership for research and results. I co-taught this lecture presentation at the conference, Nutrition Education for Diverse Audiences II: Integrating Research and Practice, Dallas, TX.
17. **Higgins M**. 2001. Aging traditions, transitions, technologies: Maintaining nutritional well-being for older adults--Food preferences, age-related oral health problems and food texture modifications. Lecture presentation at the Southern Gerontological Society, Lexington, KY. I also led planning for supplies and helped give cooking demonstrations of three older adult-friendly recipes and provide taste-test sampling at a booth at the conference.
18. **Higgins M**. 2001. Improving food practices and health outcomes in older adults—The Healthy Eating for Life Program. Lecture presentation at the first joint conference of The American Society on Aging and The National Council on the Aging, New Orleans, Louisiana.
19. **Higgins M**. 2000. Linking policy, practice and research to improve nutrition outcomes in older adults; Healthy Eating for Life Program. Symposium presentation (one of four speakers) at the Southern Gerontological Society annual meeting, Raleigh, North Carolina.
20. **Higgins MLM**, and MC Barkley. 1999. *HELP*, a nutrition education resource for the aging. Poster presentation at the Aging Challenges: Closing the Nutrition Gap symposium at the Society for Nutrition Education annual meeting, Baltimore, MD.
21. **Higgins MLM**, and N Wagner. 1995. Economic benefits of medical nutrition therapy in non-insulin-dependent diabetes mellitus. Poster presentation at the American Dietetic Assoc. annual meeting, Chicago, Illinois.
22. Runyan WS, **MLM Higgins** and JL Puhl. 1983. Selected indices of iron status of women participating in an exercise clinic. Lecture presentation at FASEB. I helped prepare the research talk that was presented by Dr. W Runyan.

Multi-State Conferences

1. **Higgins M**. 1999. The needs of people with diabetes. Invited presentation at the Dept. on Aging four-state Community Nutrition Services Continuing Education conference, Meeting the Nutritional Needs of Seniors in the Community, Overland Park, MO.

Section 12. Other Research and Creative Activities

Extension Program Outcomes and Impact Reports

1. **Higgins MM**. 2007. Family Nutrition Program final report for my state project, Nutrition education for older surrogate parents raising children.

2. **Higgins MM.** 2007. Program Impact Report: What's cookin' with diabetes.
3. **Higgins MM.** 2007. Program Impact Report: Kansas senior farmers' market nutrition program.
4. **Higgins MM.** 2006. Family Nutrition Program final report for my state project, Community / classroom connections: Collaborations that maximize resources and promote health.
5. **Higgins MM.** 2006. Program Impact Report: Diabetes awareness and management.
6. **Higgins MM.** 2005. Family Nutrition Program final report for my state project, Community / classroom connections: Collaborations that maximize resources and promote health.
7. **Higgins MM.** 2005. Program Impact Report: Diabetes awareness and management.
8. **Higgins MM.** 2005. Program Impact Report: Improving food stamp program use among rural older adults.
9. **Higgins MM.** 2005. Helping older Kansans improve their nutrition and health. *In: K-State Research & Extension, An Informal Report to the Kansas Legislature; released January 2005.* Page 33
10. **Higgins MM.** 2004. Five-Year Action Plan: Healthy eating for adults and older adults.
11. **Higgins MM.** (principal author). 2004. LTIO 1, Healthy Eating and Physical Activity. Written in collaboration with 18 K-State Research and / or Extension faculty interested in Healthy Eating and Physical Activity outcomes
12. **Higgins MM.** (co-author). 2004. LTIO 4, Positive Adult Quality of Life. Written in collaboration with K Parsons and other K-State Research and / or Extension faculty interested in older adult outcomes.
13. **Higgins MM.** 2004. Logic model program framework, 2004, Extension Human Nutrition
14. Improving nutrition in rural homebound adults. *In: K-State Research & Extension, An Informal Report to the Kansas Legislature; released January 2004.* Page 29
15. **Higgins MM.** 2003. Program Impact Report, Kansas senior farmers' market nutrition program
16. **Higgins MM.** 2003. Program Impact Report, Food assistance for older adults
17. Improving nutritional outcomes in rural homebound older adults. *In: K-State Research & Extension, An Informal Report to the Kansas Legislature; released January 2003.* Page 26
18. **Higgins MM.** July 2002. A "news bullet" describing the impact of the Family Nutrition Program for K-State President Jon Wefald to use in addressing the public.
19. A brief about my diabetes programming was featured in the K-State Research & Extension, *Making an Impact* report; released April 2002.
20. **Higgins MM.** 2002. Program Impact Report: Improving food stamp program use among rural older adults in north central Kansas
21. **Higgins MM.** 2002. Program Impact Report: Improving nutritional outcomes in rural homebound older adults who receive home-delivered meals
22. **Higgins MM.** 2002. Program Impact Report: Nutrition and dietetics students working in communities to promote healthful eating
23. **Higgins MM.** 2002. Program Impact Report: K-State Nutrition PAGE, Pactical Advice for Good Eating
24. **Higgins MM.** 2002. Logic model program framework, A vision for the future: Food assistance for senior adults in north central Kansas
25. Knous BL, and **MM Higgins.** 2002. Program Impact Report: Nutrition Spotlight
26. **Higgins MM.** 2001. Action Plan Progress Report of *Promote Healthier and Safer Lives* Action Teams. 25 pages. I contacted all 20 project leaders to get updates, and wrote summaries for each section of the report. Submitted to M. Blythe, Planning / Reporting Extension Director.
27. **Higgins MM.** 2000. Program Impact Report: Nutritional health and well-being in older adults.

28. **Higgins MM.** 2000. Program Impact Report, Preventing / Delaying and improving management of chronic disease problems.

Printed / Electronic Consumer Materials

1. **Higgins MM.** I authored four articles for the *Nutrition News* series. Posted at www.oznet.ksu.edu/humannutrition/newnews.htm 2007-2008.
2. **Higgins MM.** *What's Cookin' with Diabetes.* Two slideshows and 22 handouts, including recipes, in English and Spanish. Updated yearly since its inception in 2005.
3. Henry E, and **MM Higgins.** *Dining on a Dime—Eating Better for Less.* Posted at www.oznet.ksu.edu/humannutrition/Dining.htm Four-page newsletters. Bimonthly since Oct 2003.
4. **Higgins MM.** *Kansas Senior Farmers' Market Nutrition Program / Pick a Better Snack* materials. Two-sided flyers feature different locally grown fruits and vegetables. 2006-2007.
 - Pick a Better Snack – Green Beans
 - Pick a Better Snack – Corn
 - Pick a Better Snack – Tomatoes
 - Pick a Better Snack – Watermelon
 - Pick a Better Snack – Peaches, Enjoying Fall Flavors
 - Pick a Better Snack – Strawberries
 - Pick a Better Snack – Apricots
 - Pick a Better Snack – Cantaloupe, Honeydew Melons
 - Pick a Better Snack – Nectarines, Plums
 - Pick a Better Snack – Pears, Pumpkins
5. **Higgins MM.** *Take Steps to a Healthier You.* Four modules and a 14 page Leader's Guide. In each module, I included background information for leaders; suggested group physical activities and cooking demonstrations / food tastings; a scripted slideshow presentation and numerous handouts; suggested interactive games / discussions, a take-home challenge for goal setting, and participant and leader evaluation surveys. 2006-2007.
 - Module 1, Making smart food choices – What types of food to eat more of each day
 - Module 2, Eating healthy – What types of food to use in moderation each day
 - Module 3, An eating plan for you—How much of which foods to eat, based on calorie needs
 - Module 4, Sizing up portions—How to estimate serving sizes
6. **Higgins MM,** and K Shafer. *Nutrition and Men's Health.* Eight handouts and six sets of scripted slideshows, along with other resource links. Can be accessed at www.oznet.ksu.edu/humannutrition/menshealth.htm 2006.
7. **Higgins MM.** I authored 74 articles for the *Nutrition Spotlight* newsletter. Mailed to 600+ addresses; posted at www.oznet.ksu.edu/humannutrition/spotlight/welcome.htm 1999-2006.
8. **Higgins MM,** V Barnard, J Stotts, and S Filipi. Nutrition and health messages that complement the Kansas Food Assistance Program information. Posted at www.oznet.ksu.edu/humannutrition/foodassistflyers.htm Monthly posters / placemats and half-page flyers and table tents. 2004-2006.
9. **Higgins MM.** Two issues of *Fruits and Vegetables...Good for You!* newsletter. Posted at www.oznet.ksu.edu/humannutrition/Good_4_You.htm Spring 2005 and Fall 2004.
10. **Higgins MM,** K Shafer, and T Kidd. Eighteen articles for the *Walk Kansas* newsletter. 2005.
11. **Higgins MM,** and K Shafer. *Fruits and Vegetables Gazette.* Electronic copies are posted at www.oznet.ksu.edu/humannutrition/Gazette.htm Six four-page newsletters that feature one color of produce each. 2004-2005.
12. **Higgins MM,** and C Marr. 2004. *Buying guide for Kansas-grown fresh fruits and vegetables.* MF-2647. (Posted at www.oznet.ksu.edu/humannutrition/buying_gd_2.pdf)
13. Stotts J, **MM Higgins,** and V Remig. 2004. *Vim and Vigor for Older Kansans.* Three 30-minute scripted slideshow presentations. I was responsible for providing references and

overseeing development of the scripts. I distributed these to county extension agents as a CD-ROM in April 2004.

Live smart! Be smart! – How a healthy lifestyle promotes mental and emotional vitality;

Eat smart! Be smart! – A “recipe” for keeping your brain in shape; and

Medicine and herbal safety – Easing your mind.

14. **Higgins MM.** I authored seven articles for *Young Families* Family and Consumer Sciences newsletter. 2002-2004.
15. **Higgins MM,** in collaboration with the K-State Center on Aging, Human Nutrition Dept. and K-State Research & Extension Dept. of Communications. *Vim and Vigor for Older Kansans.* A 12-month, full-color 2004 calendar and an informational and entertaining 30-page calendar insert. I was responsible for developing the concept, and for most of the health messages on the days of the month and in the insert, and for the insert recipes. I distributed one of my *Vim and Vigor for Older Kansans 2004* calendar to each of the nutrition educators for the 11 Kansas Area Agencies on Aging and one to each of the county FCS agents responsible for nutrition programming, along with a 12-month list of multiple nutrition programming ideas that relate to the health messages in the calendar. Additionally, I made the calendars available for order to all Family Nutrition Program county agents and to all faculty and staff in the College of Human Ecology; and thus distributed 2,400 additional calendars to older adults throughout Kansas. 2003.
16. **Higgins MM.** *Fix it fresh! Fruits and vegetables recipes series and facts sheets.* I developed 23 produce fact sheets and a cookbook with 57 recipes for main dishes, hot and cold side dishes, and healthy sweet foods. I distributed these and multiple other resources to promote consumption of fruits and vegetables to county extension agents as a CD-ROM in April 2004. At the beginning of the 2003 summer farmers’ market program, I designed four county class schedule flyers of nutrition education programming that were implemented by participating county Family and Consumer Sciences agents. In the fall, I created and distributed to participating county FCS agents a project evaluation survey for the Kansas Senior Farmers’ Market Nutrition Program for market coupon recipients to complete. 2003.
17. **Higgins MM,** and V Barnard. Colorful, county-specific (18 counties) 12-month calendars with tips and advice about food assistance, K-State Research & Extension resources, nutrition recommendations, mental health, physical activity, food resource management and more. Thirty-two pages each. 2001-2002.
18. **Higgins MM.** *Nutrition PAGE--Practical Advice for Good Eating* (all are in English and in Spanish). Recipe series: I authored and pilot-tested with accompanying educational handouts for consumers, program evaluation survey, and leader’s guide / lesson suggestions a four-part series, featuring main dishes, healthy sweet foods and hot and cold side dishes. 2002.
19. **Higgins MM.** I authored six articles for *Personal Actions to Health (PATH)* newsletter. Mailed to 1000+ addresses. 2000-2002.
20. **Higgins MM.** I authored 12 *Timely Topics* fact sheets. Electronic copies are posted at www.oznet.ksu.edu/humannutrition/timely/timely.htm 1999-2002.
21. **Higgins MM.** *Nutrition PAGE--Practical Advice for Good Eating* (all are in English and in Spanish). Nutrition bulletins: I developed these easy-to-read, four-page bulletins along with accompanying evaluation surveys, and leader’s guides / lesson suggestions. I distributed some of Nutrition PAGE bulletins in conjunction with other projects, such as the Kansas Senior Farmers’ Market Nutrition Program; the 18-county Food Stamp Program outreach to rural senior adults; the mental health, nutrition and aging; and gardening with older adults for health and nutrition.
 - Volume 1, Number 1 Our Changing Food Supply (2000)
 - Volume 1, Number 2 Make Breakfast a Priority (2000)
 - Volume 1, Number 3 Eat Plenty of Fruits and Vegetables (2000)
 - Volume 1, Number 4 Increase Your Safety of Taking Medications (2000)

Volume 2, Number 1 Drink Fluids Often (2001)

22. **Higgins MM**, and members of the food assistance outreach project to senior adults in North Central Kansas. Resource Manual. *A Vision for the Future: Food Assistance for Senior Adults in North Central Kansas* Training Manual. I was responsible for writing 200+ pages of this 300+-page training manual for professionals and volunteers who work in community organizations with older adults. The manual was created as part of a USDA grant to do food stamp education and outreach to older adults and community members in North Central Kansas, in collaboration with the North Central-Flint Hills Area Agency on Aging and Kansas Social and Rehabilitation Services. We gave a copy of the manual to each K-State Research & Extension county agent and area specialist with Family and Consumer Sciences responsibilities in 18 counties of North Central Kansas, and to all of the managers and some volunteers at Senior Centers that serve meals in affiliation with the North Central-Flint Hills Area Agency on Aging. 2001.
23. Additionally, I distributed 56 one- or two-page fact sheets on varying nutrition topics to Kansas extension county agents. 1999-Ongoing.

Produced CD-ROMs for Consumers

1. **Higgins MM**. 2004. This CD contains my *Fix It Fresh! Fruits and Vegetables* series (educational materials to promote why and how to eat fruits and vegetables) and my *Vim and Vigor for Older Adults* series (three scripted presentations describe aspects of a healthy lifestyle and how it promotes physical, mental and emotional vitality). Produced in cooperation with K-State Research & Extension Dept. of Communications.

Produced Videos for Consumers

1. **Higgins MM**. 2001. "*Body Image, An Artist's View: An interview and footage of Larry Kirkwood's artwork from Kansas City, MO.*" On this video, I interview an artist to explore issues of body size acceptance. Running time: 9 minutes. Produced in cooperation with K-State Research & Extension Dept. of Communications.

Produced Audiocassette Tapes for Consumers

1. **Higgins MM**. 2002. Make Breakfast a Priority. I provided the voice reading one of my *Practical Advice for Good Eating* pamphlets, for older adults who prefer audio to visual educational materials. Produced in cooperation with K-State Research & Extension Dept. of Communications (Radio).
2. **Higgins MM**. 2002. Eat Plenty of Fruits and Vegetables. I provided the voice reading one of my *Practical Advice for Good Eating* pamphlets, for older adults who prefer audio to visual educational materials. Produced in cooperation with K-State Research & Extension Dept. of Communications (Radio).
3. **Higgins MM**. 2002. Drink Fluids Often! I provided the voice reading one of the *Practical Advice for Good Eating* pamphlets, for older adults who prefer audio to visual educational materials. Produced in cooperation with K-State Research & Extension Dept. of Communications (Radio).
4. **Higgins MM**, and members of the food assistance outreach project to senior adults in North Central Kansas. 2001. Lyrics to *Vision Card Song*. An eight-verse interactive song is sung by a professional folksinger to help community members, especially older adults, remember advantages of the Kansas food assistance program.

Web Sites I Developed or Co-Developed

1999-Ongoing. Most are viewable from the web site, www.oznet.ksu.edu/humannutrition

Mass Media: Taped Video / TV / Radio Interviews

14 local and regional video or television interviews from 1999-2007.

52 local and national radio interviews from 1999-2007.

Press Interviews

300+ published local and national popular press articles from 1999-2007.

Section 13. Instructional Classroom Activities

Scheduled Classroom Instruction

1. Spring Semester, 2002-Present. I teach HN 530, Nutrition Education in Extension, a rigorous one-credit course. I helped develop this course, and have served as the lead instructor since its inception.
2. Jun 1976-Aug 1982. Teaching Assistant responsibilities, as described in Section 2.

Guest Lecturer Classroom Instruction

1. 2001-2007. Evaluated food science knowledge and skills of student groups in the final lab project for HN 413, *Science of Food*, at the invitation of D Chambers.
2. Fall 2003. Guest lectured for one session of HN 644, *Women, Aging and Health* at the invitation of CA Holcomb, HN. I presented information about age-related changes in the skeletal system and connective tissues.
3. Spring 2003. Guest lectured for one session in two different sections of Sociology 520, *Methods of Social Research*, at the invitation of J Twiggs. I presented information about my funded Food Stamp Program older adult outreach project to illustrate research concepts, methods, theories and samples.
4. Spring 2001. Guest lectured for one session of Geron600, *Seminar in Gerontology*, at the invitation of CA Holcomb, HN.
5. Spring 2001. I led the in-class discussion of case studies for dietetics students for one session of HRIMD 475, *Internship*, at the invitation of J Freyenberger.
6. Jan 1996. Guest speaker at the invitation of E Doebler-Irvine for a FSHS intersession class on Disordered Eating. Physiological Changes Associated with Eating Disorders and the Role of the Registered Dietitian in Treatment.
7. Jun 1995. Guest speaker at the invitation of E Doebler-Irvine for a FSHS intersession class on Disordered Eating. Physiological Changes Associated with Eating Disorders and the Role of the Registered Dietitian in Treatment.
8. Apr 1993. Guest lecturer on Issues in Clinical Dietetics at the invitation of A Frey for an HRIMD class.
9. Jan 1983. Guest lecturer on Sport's Anemia for one session of a nutrition and athletics class at the invitation of R Reeves.
10. Apr 1981. Guest lecturer, Dept. of Food and Nutrition, Iowa State University. Nutrient intakes and selected hematological indices of adult women participating in an exercise program.
11. Apr 1979. Guest lecturer, Dept. of Food and Nutrition, Iowa State University. Effect of variations in dietary fat unsaturation on lipid constituents of selected tissues in young rats.
12. May 1978. Guest lecturer, Dept. of Food and Nutrition, Iowa State University. Methods of lipid research and preliminary results of the effect of variations in dietary fat unsaturation on lipid constituents of selected tissues in young rats.
13. Apr 1977. Guest lecturer, Dept. of Food and Nutrition, Iowa State University. Zinc nutriture of children in the United States.

Section 14. Presentations to Extension and Other Professionals in Kansas

1. May and Dec 2007. HN Extension resources orientation given in Manhattan, KS. Led discussion for new FCS county agents attending agent program development training.
2. Aug 2007. Invited lecture presentation at the Family and Consumer Sciences Fall Update Conference in Manhattan, KS. Fighting Cancer with your Knife and Fork. (On the intranet at <https://intranet.oznet.ksu.edu/humannutrition/Cancer.Diet.Higgins.ppt>)
3. Feb 2007. Invited lecture presentation at the Family and Consumer Sciences / FNP and EFNEP Winter Update Conference in Manhattan, KS. Take Steps to a Healthier You, a new online curriculum based on the Dietary Guidelines for Americans and MyPyramid. Co-taught with K. Walsten (On the intranet at https://intranet.oznet.ksu.edu/humannutrition/Take_Steps.htm)
4. Oct 2006. FNP NE Workshop for Extension agents, nutrition assistants and program assistants in Manhattan, KS. Helped lead discussion session about resource modules, *Take Steps to a Healthier You*.
5. Sep 2006. K-State Research & Extension Annual Conference in Manhattan, KS. Helped lead two discussion sessions and provided resource materials for the program focus team for nutrition, and two sessions on professional development.
6. Aug 2006. Family and Consumer Sciences Annual Lesson Series Training Teleconference. Men's Health: A Guide to Living Long, Strong and Well.
7. Nov 2005. Invited lecture presentation at the K-State Center on Aging, PEAK board in Manhattan, KS. A Summary of the 2005 Dietary Guidance for Older Adults.
8. Aug 2005. Invited lecture presentation at the Family and Consumer Sciences Fall Update Conference in Manhattan, KS. Steps to a Healthier You.
9. Apr 2005. K-State Research & Extension Spring Action Conference in Salina, KS. Helped lead discussion sessions on long term intended outcome of healthy eating and physical activity, and on implementing action plans for FCS programs for senior adults.
10. Feb 2005. Invited lecture presentation at the Family and Consumer Sciences Winter Update Conference in Manhattan, KS. Dietary Guidelines for Americans 2005.
11. Nov 2004. Invited lecture presentation at the Kansas Nutrition Network State Meeting in Topeka, KS. Nutrition Issues for Older Adults.
12. Sep 2004. Invited speaker to address leaders in the Kansas Association for Family and Community Education in Hesston, KS. Lesson and leaders' guide training on Color Me Healthy: Enjoying Fruits and Vegetables.
13. Sep 2004. Family and Consumer Sciences Agent Update conference in Manhattan, KS. Diabetes Update.
14. Aug 2004. Family and Consumer Sciences Agent Update conference in Manhattan, KS. Color Me Healthy: Enjoying Fruits and Vegetables.
15. Mar and Apr 2004. K-State Research & Extension Spring Action Conference in Pittsburg, KS, Mar 30; in Manhattan, March 31; in Hays, April 6; and in Garden City, April 7. Led discussion sessions on issues and HN Extension resources for educational programming about "Healthy Eating and Physical Activity."
16. Jan 2004. K-State Research & Extension Annual Conference in Manhattan, KS. Led discussion on Five Year Plan for Healthy Eating and Physical Activity Long Term Intended Outcomes.
17. Jan 2004. One-day training event, Gardening with older adults for health and nutrition, in Manhattan, KS. Characteristics of older low-income learners: Tailoring your education messages. I co-organized and co-presented this training, in collaboration with C Shoemaker, N Gyurcsik and M-C Lin, for K-State Research & Extension county faculty, Master Gardeners and Master Food Volunteers.

18. Dec 2003. Healthful whole grains. Poster session presented at the Kansas Value-Added Conference and Commodity Classic, Manhattan, KS.
19. Nov 2003. Invited speaker at the Kaw Valley Dietetics Association Diabetes Update Conference in Manhattan, KS. Diabetes Nutrition Education for Audiences with Limited Resources.
20. Nov 2003. Hosted a brown bag luncheon in Manhattan, KS to update interested HN faculty and staff on what occurred at the fall American Dietetic Association's Food and Nutrition Conference.
21. Oct 2003. Statewide Family Nutrition Program Update meeting. One polycom interactive-audiovisual long-distance "meetings" for all regions in Kansas but held in Manhattan, KS.
22. Oct 2003. Invited speaker at New-to-FNP Family and Consumer Sciences Agent training in Manhattan, KS. I led a discussion of FNP resources available to do nutrition programming for older adults, including the Kansas Senior Farmers' Market Program, Fix it Fresh Fruits and Vegetables recipes series, Healthy Eating for Life Program and others.
23. Sep 2003. Invited presentation to the Dept. of Human Nutrition, Justin Hall, Manhattan, KS. Improving Food Stamp Program Use among Rural Older Adults: A Partnership for Research and Results.
24. Sep 2003. Training on recruiting and research methodology using older adult subjects and on conducting qualitative semi-structured interviewing of older adults on the role of stigma in their decision to participate in food assistance program in Manhattan, KS. I organized and presented the training in collaboration with J. Twiggs.
25. May 2003. Invited speaker at statewide meeting of the Expanded Food and Nutrition Education Program (EFNEP) in Wichita, KS. Diabetes Update.
26. Mar and Apr 2003. Statewide Arthritis Education and Management Training in Manhattan, March 3; in Chanute, March 13; in Garden City, April 2; and in Hays, April 22. Practical Advice on Good Eating / How to Simplify Cooking / Adaptive Kitchen Tools Available for People with Arthritis. . I presented B. Knous' talk on Nutrition Update with a Focus on Dietary Supplements once in her absence. I helped organize the series of trainings and participated in providing information in collaboration with N. Gyurcsik, B. Lohse Knous, K. Parsons and others.
27. Mar 2003. K-State Research & Extension Spring Action Conference in Salina, KS. Led discussion sessions on issues and needs for educational programming about "Nutrition for Limited Resource Families" and "Diabetes."
28. Feb 2003. Regional Family Nutrition Program Updates. One polycom interactive-audiovisual long-distance "meetings" for Southwest Kansas but held in Manhattan, KS. I led a discussion of summer experience opportunity for agents to have for one month a temporary nutrition assistant, i.e., HN 520 students.
29. Feb 2003. Invited speaker at Master Food Volunteers training in Wyandotte County, KS. Healthful Whole Grains.
30. Nov 2002. Invited speaker at the northeast Kansas meeting of the Kansas Family and Consumer Educators' Education Program Committee in Manhattan, KS. Healthful Whole Grains.
31. Oct 2002. K-State Research & Extension Annual Conference in Manhattan, KS. Health Benefits of Eating Fruits and Vegetables.
32. Oct 2002. Regional Family Nutrition Program Updates. Three polycom interactive-audiovisual long-distance "meetings" for Northeast, Southeast, South Central, Southwest, Northwest Kansas but held in Manhattan, KS. Discussion of new regulations regarding FNP programming and chronic diseases, including discussion of the upcoming Practical Advice for Good Eating cooking program, Dining with Diabetes and An Ounce of Prevention curricula.

33. Oct 2002. Invited speaker at New-to-FNP Family and Consumer Sciences Agent training in Manhattan, KS. I led a discussion of new regulations regarding FNP programming and chronic diseases, including discussion of the upcoming Practical Advice for Good Eating cooking program, Dining with Diabetes and An Ounce of Prevention curricula.
34. Sep 2002. Invited speaker to address leaders in the Kansas Association for Family and Consumer Educators in Hesston, KS. Lesson and leaders' guide training on Healthful Whole Grains.
35. May 2002. Statewide Family and Consumer Sciences Update in Hesston, KS. Presented training on Healthful Whole Grains lesson and leader's guide.
36. Apr 2002. K-State Research & Extension Program Council in Manhattan, KS. Food, Nutrition, Health and Safety Action Team Report, and Outcomes of the Food Stamp Program Outreach campaign, and of diabetes programming efforts.
37. Apr 2002. K-State Research & Extension Spring Action Conference in Salina, KS. Participated in discussion sessions of successful programs and of plans for the next few years regarding "Aging and Health," "Nutrition for Limited Resource Families," "Dining with Diabetes," and "Healthy Outcomes Initiative."
38. Feb 2002. Invited speaker at Family Nutrition Program and Expanded Food and Nutrition Education Program Conference in Manhattan, KS. Discussion of agents supervising students for one- to two-month summer experiences.
39. Sep 2001-Jan 2002. One-day training events, A Vision for the Future: Food Assistance for Senior Adults in North Central Kansas, for K-State Research & Extension faculty and North Central Kansas Senior Center managers and volunteers. Manhattan, Sep. 28; Rock Springs, KS, Oct. 10; Manhattan, Nov. 8; Salina, KS, Jan. 24.
40. Oct 2001. K-State Research & Extension Annual Conference in Manhattan, KS. Nutritional Benefits of Eating Whole Grains.
41. Oct 2001. Invited speaker at New-to-FNP Family and Consumer Sciences Agent training, Manhattan, KS. Curricula Mini-Workshop: Healthy Eating for Life Program, and Dining with Diabetes.
42. Aug 2001. Fall Update for Family and Consumer Sciences Agents training in Topeka, KS. New Resources for Diabetes and Normal Nutrition.
43. Mar 2001. Invited presentation to joint meeting of faculty of the K-State HN Dept. and KU Medical Center-Kansas City Nutrition Dept. in Lawrence, KS. Older Adult Nutrition Education.
44. Feb 2001. Invited presentation at the Brown Bag Seminar Series on Aging, sponsored by K-State's Galichia Center on Aging in Manhattan, KS. Changes in Older Kansans' Nutrition Practices due to Nutrition Education.
45. Feb 2001. Invited speaker at Family Nutrition Program Conference in Manhattan, KS. Resource Fair with Recommended Education Materials for Healthy Weight. Body Image. Critical Thinking, which was co-presented with B. Lohse Knous.
46. Nov 2000. Invited presentation at the Brown Bag Seminar Series for HN faculty and graduate students in Manhattan, KS. Recent Developments in Diabetes.
47. Oct 2000. K-State Research & Extension Annual Conference in Manhattan, KS. Presented with M. Bradshaw, Tailoring Education to Older Adults, a portion of which included simulated aging.
48. Oct 2000. K-State Research & Extension Annual Conference in Manhattan, KS. Diabetes Care.
49. Oct 2000. New-to-FNP Counties Training, Manhattan. Evaluation, Healthy Eating for Life Program workshop.
50. Sep 2000. Fall Update Family and Consumer Science Agents Training in Lawrence, KS. Lesson and leader's guide training on Diabetes Awareness and Management.

51. Sep 2000. Invited speaker to address leaders in the Kansas Association for Family and Community Education in Hesston, KS. Lesson and leaders' guide training on Diabetes Awareness and Management.
52. Aug and Sep 2000. Invited speaker for Nutrition Trainings for Staff of Northeast Kansas Area Agency on Aging in Washington and Highland, KS. Eating to Age Healthfully.
53. May 2000. New Family and Consumer Science Agents Program Development Training, Manhattan. Older Adult Resources for Nutrition Education Programming.
54. May 2000. Invited speaker for Northeast Kansas Area Family and Consumer Science and 4-H Agents Program Enhancement, Manhattan, KS. Simulated Aging: What It Might Feel Like to Have Aging Disabilities.
55. Mar 2000. Invited speaker at K-State Research & Extension Spring Action Conference, in Wichita and in Emporia, KS. Food Safety: Safe Food Handling for 4-H Bake and Take, Potlucks, Banquets, Concession Stands, etc.
56. Mar 2000. Invited speaker at K-State Research & Extension Spring Action Conference, in Wichita and in Emporia, KS. Biotechnology: Responding to Concerns of our Audiences.
57. Mar 2000. K-State Research & Extension Spring Action Conference, in Wichita and in Emporia, KS. Dining with Diabetes, and Cooking to your Heart's Content (two times each site).
58. Mar 2000. Family Nutrition Program Spring Training in Manhattan, KS. Evaluation Reviewed, and Sharing Resources.
59. Feb 2000. Family Nutrition Program Conference in Manhattan. Resource Fair with Recommended Nutrition Education Materials, and Simulated Aging / Eating to Age Successfully.
60. Feb 2000. Invited speaker for Topeka Association of Family and Consumer Sciences monthly meeting. Eating to Age Successfully.
61. Oct 1999. Presented with P. Peters at K-State Research & Extension Annual Conference in Manhattan, KS. Phytochemicals, Functional Foods and Herbals.
62. Oct 1999. Presented at K-State Research & Extension Annual Conference in Manhattan, KS. Nutrition Needs of Older Adults.
63. Oct 1999. Invited speaker at New-to-FNP Family and Consumer Sciences Agent training, Manhattan, KS. New resource: Nutrition PAGE—Practical Advice for Good Eating.
64. Sep 1999. Presented at the Senior Nutrition and Activity Program (SNAP) coalition meeting in Wichita, KS. Resources available for nutrition for older adults.
65. Fall 1999. Presented to Family Nutrition Program Extension Agents in Manhattan, KS, August 31; Russell, KS, September 1; Chanute, KS, September 8; Hutchinson, KS, September 14. Senior Nutrition and New Resources for Older Adults' Nutrition.
66. Spring 1999. Presented to Family Nutrition Program Extension Agents in Chanute, KS, March 4; Hutchinson, KS, March 9; Manhattan, KS, March 10; Garden City, KS, March 15; Russell, KS, March 16. Status of Nutrition Work with Kansas Older Adults, and Programming Needs.
67. Mar 1999. Presented at K-State Research & Extension spring action conference, Great Bend, KS. Promoting healthier and safer lives: Well Being and a Higher Quality of Life for Older Kansans.
68. Jun 1998. Invited speaker to College of Human Ecology, Kansas State Univ., Manhattan, KS. Nutrition in the Next Millennium.
69. Nov 1997. Presentation to Diabetes Team staff, Mercy Health Center, Manhattan, KS. Nutrition Protocols for Patients with Diabetes Mellitus.
70. Jan 1997. Invited speaker for a K-State Extension staff (professionals and paraprofessionals) training held in Emporia, KS. Organized by M Pearson. Gestational Diabetes Mellitus.
71. Feb 1995. Presenter, multi-county Extension Home Economics Agents Training with M. Clarke and M. Bradshaw. Manhattan, KS. Diabetes Mellitus, the Disease and its Treatment.

72. Sep 1994. Guest speaker, Continuing Education for Nurses and other health professionals, The St. Mary Hospital, Manhattan, KS. Diabetes: The Keys to Control; An Overview of Nutrition.
73. Jun 1985. Diet technicians / dietary managers' 6-hour Continuing Education Credits presenter, Manhattan Vo-tech School. Supervision Techniques.
74. Mar 1985. Two-hour Continuing Education Credits presenter for Dietary Managers Association, Manhattan chapter. Portion Control.

Section 15. Area and Community Service and Leadership, including Presentations to the Public

1. Sep 2007. Invited speaker at multi-county Master Food Volunteers Training in Salina, KS. Four talks presented: Benefits of eating fruits and vegetables; Phytochemicals and more; Older adults; and Diabetes.
2. Jun 2007. Invited speaker at multi-county Master Food Volunteers Training in Olathe, KS. Benefits of eating fruits and vegetables.
3. Apr 2007. Invited speaker to the public in five locations: Osborne, Stockton, Hays, Russell, and Lincoln, KS. Fighting cancer with your knife and fork: Diet and cancer – What can you do?
4. Oct 2006. Invited speaker to kick off Dining with Diabetes series in Leavenworth and in Lawrence, KS. Diabetes awareness and management, and Smart choices for healthy eating for people who have diabetes.
5. Aug 2006. Invited speaker to address leaders in the Kansas Association for Family and Community Education in McPherson, KS. Provided Train the Trainer training on presenting a lesson and using the leaders' guide on Men's health.
6. Jun 2006. Invited speaker at Diabetes Support Group meeting in Council Grove, KS. Osteoporosis, Calcium-rich foods, and Lactose intolerance.
7. Mar 2006. Invited speaker to the public in two locations, Beloit and Jewell, KS. Living with arthritis: Tips for food preparation, joint protection and healthy eating guidelines.
8. Feb 2006. Invited speaker at multi-county Master Food Volunteers Training in Olathe, KS. Benefits of eating fruits and vegetables.
9. Feb 2006. Invited speaker and provided a food demonstration and taste tests at *Arthritis at Any Age* conference in Topeka, KS. Nutrition advice for people living with arthritis: Tips for food preparation, joint protection and healthy eating guidelines.
10. 2000-2005. Appointed by Manhattan's mayor to Riley Co. Special Alcohol Funds Advisory committee (two terms).
11. Nov 2005. Speaker to Senior Center clientele in two locations, St. Marys and Ogden, KS. Eat smart, spend less.
12. Sep 2005. Invited speaker at Diabetes Support Group meeting in Oskaloosa, KS. Diabetes management, and Smart choices for healthy eating for people who have diabetes.
13. Sep 2005. Invited speaker at Master Gardeners' training in Manhattan, KS. Co-presented with C Shoemaker in the session, Gardening with older adults for health and nutrition. I presented Nutrition, physical activity and characteristics of older learners, and provided cooking demonstrations and taste-testing of recipes.
14. Sep 2005. Invited speaker for five groups from the public, in Dighton, Scott City, Ness City and Lacrosse, KS. Diabetes management, and Smart choices for healthy eating for people who have diabetes.
15. May 2005. Invited speaker at multi-county Master Food Volunteers' training in Salina, KS. Four talks presented: Phytochemicals; Diabetes awareness and management; Benefits of eating fruits and vegetables; Nutrition for older adults.

16. May 2005. Invited speaker at Diabetes Support Group meeting in Abilene, KS. Meal planning and carbohydrate counting for people with diabetes.
17. Apr 2005. Invited speaker for three groups from the public, in Osborne, Hays and Russell, KS. Nutrition advice for people living with arthritis: Tips for food preparation, joint protection and healthy eating guidelines.
18. Apr 2005. Invited speaker at the Full Circle...An Aging Expo conferences in Oberlin and Hays, KS. Two talks presented at each location: Diabetes awareness and management, and Eating for enjoyment and health.
19. Apr 2005. Invited speaker at the Coffey County Community Elderfest in Burlington, KS. (Presented two times.) Color me healthy — Enjoying fruits and vegetables.
20. Mar 2005. Invited speaker for conference call for caregivers, organized by the North Central-Flint Hills Area Agency on Aging from Manhattan, KS. Maintaining good nutrition in people with reduced appetites or with dementia.
21. Feb 2005. Invited speaker at multi-county Master Food Volunteers' training in Olathe, KS. Benefits of eating fruits and vegetables.
22. Feb 2005. Invited speaker at Personal Actions to Health (PATH) meeting in Lawrence, KS. Presented a talk on Healthy whole grains and gave a demonstration of recipes and quick to serve products.
23. Feb 2005. Invited participant for a K-State "Got Connections?" Fair as part of a pre-National Nutrition Month celebration in Manhattan, KS. I organized and found staff for two displays of Extension's fruits and vegetables resources. I interacted with K-State students during the noon hour in the lobby of one of their dining centers.
24. Feb 2005. Invited speaker at multi-county Master Food Volunteers' training in Topeka, KS. Three talks presented: Benefits of eating fruits and vegetables; Phytochemicals; Nutrition issues for vegetarians.
25. Jan 2005. Invited speaker at Your Health! Your Meds! Your Life! conference in Maple Hill, KS. Nutrients and medications: Safe practices for older adults.
26. Nov 2004. Invited speaker at Diabetes Support Group meeting in Council Grove, KS. Take charge of your diabetes.
27. Nov 2004. Invited speaker at Dining with Diabetes meeting in Lawrence, KS. Diabetes self-management.
28. May 2004. Invited speaker at meetings for the public at the Governor's Conference on Aging Services in Topeka, KS. Nutrition and you – Eating for enjoyment and health. (Presented two times).
29. Feb 2004. Invited speaker at Personal Actions to Health (PATH) meeting in Lawrence, KS. Presented a talk on Benefits of eating whole grains and gave a demonstration of recipes and quick to serve products.
30. Oct 2003. Invited speaker at Dining with Diabetes series in Lawrence, KS. Diabetes awareness and management.
31. Sep 2003. Invited speaker at an open meeting for the public in the Riley County Senior Center in Manhattan, KS. Gardening with older adults for health and nutrition.
32. Mar 2003. Invited speaker at Personal Actions to Health (PATH) meeting in Lawrence, KS. Presented a talk on Benefits of eating plenty of fruits and vegetables and gave a demonstration of three recipes.
33. Jan 2003. Invited speaker at an open meeting for the public in Larned / Pawnee County, KS. Getting back on track with healthful eating after the holidays: Food choices, portion control and exercise.
34. 2002 and 2003. Served as a foods judge for Boy Scouts Pack 284 Christmas cookies contest.
35. Jul 2002. Invited speaker at a senior adults' church group in Manhattan, KS. Eating healthfully in the "third age."

36. Jun 2002. Invited speaker at a public meeting with Riley County Health Dept. and Riley County extension agent in Manhattan, KS. Diabetes questions and answers session as part of Dining with Diabetes series.
37. Mar 2002. Invited speaker at an adults' church group in Manhattan, KS. Good nutrition for better health.
38. Dec 2001. Invited speaker for session of Dining with Diabetes classes offered to the public in Manhattan, KS. Diabetes questions and answers session.
39. Aug 2001. Invited speaker for public presentation in Columbus, KS. Diabetes awareness and management.
40. Mar 2001. Invited speaker for public presentations in Iola and Garnett, KS. Diabetes awareness and management.
41. Mar 2001. Invited speaker for Burlington, KS, Community / ElderFest. (Presented four times). Diabetes awareness and management.
42. Feb 2001. Invited speaker to the K-State Junior Rowing Crew members. Sports and body weight, and Healthy eating. K-State campus, Manhattan, KS. I arranged for body fat assessments to be done afterwards by T Sanborn, Clinical Dietitian at Mercy Health Center, Manhattan.
43. Jan 2001. Invited speaker for public presentations in Kingman, Hutchinson and Pratt, KS. Diabetes awareness and management.
44. 1999-2000. Riley Co. American Heart Association programs planning committee.
45. 1996-2000. Elected member of Riley Co. Extension Program Development Council (PDC), Family and Consumer Sciences (2 terms)
46. Nov 2000. Invited speaker to public meeting in Lawrence, KS. Eating to age healthfully.
47. Nov 2000. Invited speaker for public meetings in Sharon Springs, Goodland, St. Francis, Atwood, Oberlin and Colby, KS. Diabetes awareness and management.
48. Oct 2000. Invited speaker for Marysville, KS, Senior Expo. Antioxidants in foods.
49. Mar 2000. Invited speaker for public meetings in Clay Center (presented in two locales). Living well with diabetes.
50. Feb and Mar 2000. Invited speaker for public meetings in Russell, Hays, Stockton, Kensington and Downs, KS. Diabetes self-management.
51. Feb 2000. Invited speaker for Diabetes Support Group in Council Grove, KS. Diabetes self-management.
52. Jan-Feb 2000. Presented over four weeks to class members of Cooking to Your Heart's Content, Manhattan, KS. Risk factors for cardiovascular disease; Recommendations for dietary fats; Hypertriglycerides; Using the Food Guide Pyramid; Breakfast foods; Snack foods.
53. Jan 2000. Invited speaker for Diabetes Support Group in Council Grove, KS. More about your diabetes, and Preventing long-term diabetes complications.
54. Nov 1999. Presented to the public in Manhattan. Live well with diabetes.
55. Nov 1999. Invited presentation with R Wells, retired HN extension specialist, to K-State's Smurthwaite Leadership / Scholarship Hall residents. Family and Consumer Science Cooperative Extension: The past and the present.
56. Oct 1999. Invited speaker in Minneapolis, KS, to Senior K-State group. Three presentations: DASH diet, Herbals, and The dangers of fad diets.
57. Oct 1999. Keynote speaker in Concordia, KS, for public conference Focus on Diabetes Day. Diabetes self-management.
58. Oct 1999. Invited speaker at Personal Actions to Health (PATH) sustainability retreat, Hesston, KS. Reliable nutrition resources for older adults.
59. Sep 1999. Invited speaker at Abilene KS diabetes support group. Diabetes meal planning methods.
60. Jun 1999. Presented to Riley Co. Senior Citizens. Vitamin and mineral supplements.

61. Jun 1999. Assisted with Topeka, KS, State of Poverty Welfare Simulation Workshop, open to the public.
62. Apr 1999. Invited speaker at Elder Festival, Burlington, KS. Nutrition recommendations for older adults. (Presented four times.)
63. Mar 1999. Invited speaker for American Diabetes Association Family Weekend in Rock Springs Camp, KS. Nutrition and meal planning methods for children with diabetes. (Two presentations, one with children and one with parents.)
64. Feb 1999. Presented with T Sanborn, dietitian at Mercy Health Center, to K-State's Junior rowing "crew" teams. Sports nutrition.
65. Sep 1998. Invited speaker to Multiple Sclerosis Support Group, Manhattan, KS. Maintain good nutrition and conserve your energy.
66. Apr 1998. Guest speaker, Mercy Health Center Osteoporosis support group. Soy foods in the diet and how to prepare them.
67. May 1997. Guest speaker, Chronic Fatigue / Fibromyalgia support group at Senior Center, Manhattan, KS. Nutrition for you.
68. Mar 1997. Guest speaker, Mercy Health Center Osteoporosis support group. Calcium in the diet.
69. 1993-1996. Appointed member, Bylaws Revision Team, Kaw Valley Dietetic Association (3 consecutive years)
70. Oct 1996. Guest speaker, North Central-Flint Hills Area Agency on Aging volunteers workshop. Osteoporosis and older adults. Senior Center, Manhattan, KS.
71. Feb 1996. Guest speaker, chronic obstructive pulmonary disease group, The St. Mary Hospital, Manhattan, KS. Good nutrition and you.
72. 1994-1995. Member, Walk for Diabetes fundraiser team, Amer. Diabetes Assoc., Manhattan chapter.
73. Nov/Sep/Mar/Apr 1995 and Jun/Aug 1994. Public presentations for The St. Mary Hospital's small-group class series, Diabetes: Keys to control; Meal planning basics; and Meal planning: Adding flexibility.
74. May 1995. Guest speaker, TOPS (Take Off Pounds Sensibly) group, Manhattan, KS. Weight management.
75. Apr 1995. Guest speaker, Stroke support group, The St. Mary Hospital, Manhattan, KS. Easily-prepared, tasty and nutritious meals for the summer.
76. Apr 1995. Interacted with the public informing them of the hospital's programs at The St. Mary Hospital's booth during the Chamber of Commerce Business show. Approximately 1,100 promotional materials were distributed during the two-day show.
77. Mar 1995. Guest speaker, Student Dietetic Association, K-State, Manhattan, KS. Practicing clinical dietetics.
78. Jan 1995. Five hospital staff presentations at The St. Mary Hospital, Manhattan, KS. Low fat eating.
79. Mar 1994. Guest speaker, U.S. Grain Marketing Research Lab Seminar Series, Manhattan, KS. Nutrition and health.
80. 1991-1993. Elected Council on Practice Chair for Kaw Valley Dietetic Association (2 consecutive years)
81. Fall 1993. Organizer, heart healthy poster contest for Riley Co. Heart Fest, American Heart Assoc. 107 entries from grade school children, 44 winners with prizes, and used Manhattan Mall space to exhibit them
82. Fall 1993. Member of Heart Fest, Amer. Heart Assoc. team that sponsored the 5th annual heart healthy cook-off, Pottorf Hall, Manhattan, KS.
83. Sep 1993. Guest speaker, Epilepsy support group, Manhattan, KS. Maintain good nutrition.
84. 1992. Member of team that organized the American Heart Assoc. Food Festival promotional booths at Manhattan's Mall.
85. Apr 1992. Organized hospital's Riley Co. Health Fair booth and volunteer staffing featuring Back to Work Center and Cardiac Rehab.
86. Oct 1991. Guest speaker, Franklin Co. chapter of American Diabetes Association, Ottawa, KS.
87. Apr 1991. Organized hospital's Riley Co. Health Fair booth and volunteer staffing featuring baby and child safety restraints and adaptive self-care equipment.
88. Mar 1991. Public presentation at The St. Mary Hospital, Manhattan, KS. Nutrition during the adult years.

89. Feb 1991. Guest speaker, Maternity Fair, The St. Mary Hospital, Manhattan, KS. Nutrition during pregnancy and in the post-partum period.
90. Apr 1990. Organized hospital's Riley Co. Health Fair booth and volunteer staffing featuring X-rays of Tomorrow.
91. Mar 1990. Interacted with the public informing them of the hospital's fitness and nutrition program at The St. Mary Hospital's booth during the Chamber of Commerce Business Show. 700 people attended.
92. Mar 1990. Public presentation at The St. Mary Hospital, Manhattan, KS. Nutritious meals--Quick and easy.
93. Mar 1990. Interacted with the public informing them of the hospital's nutrition programs and distributing promotional materials at The St. Mary Hospital's booth during the Homemakers School, Inc. 300 people attended
94. Nov 1989. Guest speaker, Farm Bureau Insurance claims seminar, Manhattan, KS. Cholesterol and the diet.
95. Nov 1989. Guest speaker, Manhattan Diabetes Support Group, Eating over the holidays.
96. Oct 1989. Guest speaker, American Association of Retired Persons. Manhattan, KS. Shopping and eating for one or two.
97. Sep 1989. Assisted with Distinguished Dietitian celebration, Kaw Valley Dietetic Association
98. Aug 1989. Guest speaker, The St. Mary Hospital Stroke support group.
99. Apr 1989. Guest speaker, Manhattan Breakfast Optimist Club. Cholesterol and heart disease.
100. Apr 1989. Organized hospital's Riley Co. Health Fair booth and volunteer staffing featuring posture evaluation and self-breast exam instruction
101. Feb and Mar 1989. Public presentations at The St. Mary Hospital, Manhattan, KS. Cholesterol in the diet.
102. 1982-1988. Manhattan Chapter American Diabetes Association support group board member. Planned six education meetings with volunteer speakers yearly.
103. Nov 1988. Public presentations at Manhattan Town Center Mall and The St. Mary Hospital. Weight control for the holidays.
104. Oct 1988. Guest speaker. Widow-to-Widow support group, Manhattan, KS. Cholesterol and nutrition.
105. May 1988. Presenter for Riley Co. Fire Dept. staff. Wellness and nutrition.
106. Mar 1988. Lecturer for public presentation sponsored by The St. Mary Hospital. Choose good nutrition for a healthy heart today and tomorrow.
107. Jan-Mar 1988. Team teacher of group weight control class. Manhattan, KS.
108. Nov 1987. Guest speaker, Manhattan Chapter / Geary Co. chapter, American Diabetes support group. Living with diabetes.
109. Oct 1987. Guest speaker, McCall's Pattern Co., Manhattan, KS. Weight loss diets.
110. 1986-1988. Board member, Riley Co division, Kansas Affiliate, American Heart Association
111. 1986-1987. Elected nominating committee member, Kaw Valley Dietetic Association
112. Oct 1986. Guest speaker, Riley Co. Young Farm Women. Weight control.
113. Aug 1986. Guest speaker. The St. Mary Hospital cardiac support group. Triglycerides.
114. Apr 1986. Taught three group weight control / weight maintenance classes. Manhattan, KS.
115. Mar 1986. Interacted with the public answering nutrition questions at the Riley Co. Health Fair.
116. Mar 1986. Organized and presented grocery store tour for people with cardiac problems, Shop with heart.
117. Jan 1986. Guest speaker, Manhattan chapter Stroke group. Weight control.
118. Nov 1985. Member of four-person panel, including the President of the Kansas Hospital Association, to discuss "hospital-based wellness services" at K-State conference, Coping with change in the country.
119. Nov 1985. Manhattan chapter, American Diabetes Association. Organized and taught cooking class for people with diabetes.
120. Nov 1985. Three part series of classes developed for Riley Co. Senior Center, including introduction to type 2 DM, diet for the diabetic person, and self-care.
121. Oct-Dec 1985. Helped start and organize Manhattan chapter support group for Anorexia Nervosa and Associated Disorders (ANAD).
122. Oct 1985. Guest speaker, Take off Pounds Sensibly (TOPS), Manhattan, KS. High fiber diets.
123. Jun 1985. Guest speaker, Manhattan Cancer support group. I Can Cope program on Nutrition during cancer treatment.

124. Feb 1985. Guest speaker, American Assoc. University Women, Manhattan chapter. Diet for a healthy heart.
125. Sep 1984. Guest speaker, Manhattan Better Breathers' club. Nutrition and chronic lung disease.
126. Sep 1984. Helped sponsor Family Health Day with Riley Co. Health Dept. Interacted with children and their families using nutrition puzzles and growth charts.
127. Sep 1984. Guest speaker, Kansas chapter Arthritis Foundation, Riley County. Nutrition portion of ABC's of Arthritis Cooking EZ class.
128. Mar 1984. Guest speaker to local Brownie troop of 8-year-old girls. Salt information and taste test comparisons and led them on a tour of hospital kitchen.
129. Feb 1984. Facilitator for discussion of Diabetes videotape for Manhattan chapter American Diabetes support group.
130. Dec 1983. Guest speaker, Kansas chapter Arthritis Foundation, Riley County. Nutrition portion of ABC's of Arthritis Cooking EZ Class.
131. Mar 1983. Guest speaker, Manhattan Diabetes Support Group. Equal, the newest sugar substitute.