

Proposal Summary

Title: Creation of the Nutrition Outreach Program as a Center

Subject Specification: The purpose of this proposal is to make the Kent State University Nutrition Outreach Program into an official university center named the Kent State University Center for Nutrition Outreach.

a. Name of Center or Institute: *Center for Nutrition Outreach*

b. Purpose and Background:

The Nutrition Outreach Program has been in existence since 2002. It was created through funding from College of Fine and Professional Arts and School of Family and Consumer Studies. The Nutrition Outreach Program provides individual/family nutrition education on weight control, cardiovascular/hypertension, digestive disorders, diabetes, eating disorders, general nutrition/wellness, pediatric nutrition, childhood obesity, sports nutrition, vegetarian, food allergies, and food safety. A Registered Dietitian coordinates the program in collaboration with the Nutrition and Dietetics faculty. The Nutrition Outreach Program currently has a business plan that includes a Mission Statement, Philosophy, and learning objectives. The Nutrition Outreach Program began as a service to the university providing free nutrition education programming for students, faculty, and staff free of cost and has expanded to provide nutrition services to Portage, Summit, and Stark Counties through collaboration with the Portage County Health Department and the Ohio Department of Health funding. The Nutrition Outreach Program has been actively participating in the encouragement of policy formation for healthy eating behaviors through county obesity prevention planning, local school wellness policy initiatives, with the goal of moving toward state and then national initiatives in the areas of promotion of healthy eating behaviors and obesity prevention.

Regionally, there are few opportunities for community members to engage with community nutrition dietitians. There is also a lack of available and accurate nutrition education resources regionally. The Nutrition Outreach Program has been able to meet this niche and has expanded its services and opportunities for the community yearly.

The mission of the Nutrition Outreach Program is to provide university-based, community-centered nutrition and wellness education through individual and group counseling, community programming, and providing healthy food options that serve as a mechanism for nutrition education and to provide educational experiences and community engagement opportunities for nutrition and dietetic students at all education levels that strengthen nutrition education competencies and professional skills. The philosophy of the Nutrition Outreach Program is to provide individuals, families, and groups holistic, practical, and science based nutrition education and assisting individuals,

organizations, and communities to adopt healthy lifestyles with the intention to prevent chronic disease that is related to poor diet/lifestyle.

The Nutrition Outreach Program also provides experiential learning opportunities that range from paid experiences, volunteer opportunities, service-learning, community based action research, and community development for KSU Nutrition and Dietetics undergraduate and graduate students. Students will learn and participate in program development, implementation, research, and evaluation. These experiences benefit the students in professional development, and provide the KSU community as well as local schools and community groups with nutrition education opportunities.

c. Institutional, Research, Professional Service Activities:

Last year, the Nutrition Outreach Program Coordinator acted as the coordinator for the development of the Portage County Obesity Prevention Coalition and the development of the Portage County Obesity Prevention Plan which was a collaborative project with the Portage County Health Department, Nutrition Outreach Program, and Robinson Memorial Hospital. The Nutrition Outreach Program continues to coordinate the activities of this coalition and has formalized itself as the site for nutrition education. The Nutrition Outreach Program was subcontracted over \$40,000 of an \$80,000 Ohio Department of Health grant to complete this project last year. Funding has continued during the AY 2009-10 through subcontracting from the Portage County Health Department through funding from the Ohio Department of Health to continue initiatives set forth in the obesity prevention plan.

The service to both the Kent State Community as well as the tri-county area is extensive. Each semester over 80 students, faculty, and staff receive individual nutrition education counseling; in addition 5-15 classroom and dorm room presentations are provided per semester. The Nutrition Outreach Program also provides nutrition services and programming to the KSU Wellness Center, Dining Services and the Child Development Center. Regionally, the Nutrition Outreach Program provides free nutrition counseling to Medicare and Medicaid patients with referrals coming from physicians in the tri-county area (i.e., Portage, Summit, & Stark Counties). K.I.D.S. Camp, a free weight management program for children and their families, is also offered free of charge two times a year on the KSU main campus and at Akron Children's Hospital. The Nutrition Outreach Program participates in community health fairs across the counties and provides free nutrition education to non-profit community groups such as Coleman Services, Robinson Memorial Hospital, and Community Health Center.

The largest constituent that the Nutrition Outreach Program serves is the pediatric population through free nutrition programming for schools, children, and families. Currently, the Nutrition Outreach Program coordinates a variety of nutrition education programs in Portage County Schools ranging from classroom, lunchroom, and health fairs that reaches approximately 2,500 children and adolescent children within Portage County School Districts per semester. The Nutrition Outreach Program coordinates the

BMI measures of all children within Portage County School Districts in collaboration with school administration and school nurses. The Nutrition Outreach Program also collaborates with the Portage County Health Department in the nutrition education program FLIGHT which is available to children and families residing in Portage County free of cost. This program connects clinical measures with nutrition education and the child's primary physician/pediatrician.

The Nutrition Outreach Program also acts as a site for dietetics interns for the Masters Dietetic Internship program as well as a site for experiential and service-learning for both undergraduate and graduate dietetic students. Yearly, students record approximately 300 student hours through their internship rotations, experiential, and service-learning opportunities. The Nutrition Outreach Program is an extension of the Nutrition and Dietetics Program Area whereby coursework, research, and class projects are aided by the the opportunities available in the Nutrition Outreach Program. Collaborative research projects have been completed through the Nutrition Outreach Programs such as identifying overweight and obesity rates in the pediatric population, effectiveness of nutrition education programming, and the submission of NIH grant funding. Research has been published in peer-review journals as well as presented at national conferences from the work produced through the Nutrition Outreach Program. Since the inception of the Nutrition Outreach Program, both the undergraduate and graduate program in Nutrition and Dietetics has grown significantly.

The Nutrition Outreach Program has gained some publicity over the last year whereby the Nutrition Outreach Program Coordinator as well as faculty have been invited to appear on regional news shows from Cleveland to Columbus, have authored invited papers or received press for research endeavours from national organizations. The Nutrition Outreach Program also has a website that contains pertinent nutrition education information for the community.

d. Administrative and Reporting Structures:

The Nutrition Outreach Program is housed at Kent State University, College and Graduate School of Education, Health, and Human Services, School of Health Sciences, Nutrition and Dietetics program. The Program has an established undergraduate degree in nutrition and dietetics and Master of Science degrees of which one includes a dietetic internship. The program areas faculty's research is in line with the mission of the Nutrition Outreach Program and all TT faculty have published in the area of community nutrition education.

The Nutrition Outreach Program is coordinated by an NTT faculty, Jodie Luidhardt, M.S., R.D., L.D. and the current coordination will continue. Natalie Caine-Bish, PhD, RD, LD, and Dr. Karen Lowry Gordon, PhD, RD, LD act as faculty liaisons to the Nutrition Outreach Program and oversee all educational initiatives. Both Dr. Caine-Bish and Dr. Gordon publish in the area of community nutrition and both have worked and are currently working on acquiring NIH funding that fit the mission of the Nutrition Outreach Program. The Nutrition Outreach Program coordinator's responsibilities include:

- coordinating all student experiences that are part of the Nutrition Outreach Program
- provide individual counseling to patients who are not seen by dietetic interns.
- maintain the budget
- aid in the search of external grant funding and contracts

She reports on current activities, needs, and budget to the Nutrition and Dietetics program area through monthly nutrition and dietetics program area meetings and quarterly to the Nutrition Outreach Program advisory committee, which includes Nutrition and Dietetics faculty, students, and community members on current activities, needs, and budget. An annual report summarizing all activities is submitted to the Director of the School of Health Sciences.

e. Operating Policies and Procedures:

Operating procedures involve monthly reports to the Nutrition and Dietetics Program area, quarterly reports to the Nutrition Outreach Program advisory committee, as well as ongoing updates at FAC meetings. An annual report will be made available to the advisory committee, KSU community, Portage County Health Department, and Portage County Obesity Prevention Coalition.

f. Current and Future Space Needs: The Nutrition Outreach Program is housed in 200 Nixson Hall. The Nutrition and Dietetics program area is also housed in Nixson Hall. Because of the expansion of the Nutrition Outreach Program, an old lab in the Nutrition and Dietetics area is currently being renovated to allow for more space for programming. With the addition of this space, there should be no need for further space.

g. Proposed Budget: The Nutrition Outreach Program has also opened the Food for Thought Cyber Café located in White Hall on KSU main campus. This restaurant was developed with the goal of creating a site on campus that promoted healthy eating and would also be a mechanism of developing revenue for maintaining the operation of the Nutrition Outreach Program. The Cyber Café is currently creating revenue and the loans to create the café will be fully paid by the start of the next academic year. Profits are being split with the college for scholarship funds and the remainder will be used to provide programming. Approximately \$10,000 in profits per year are expected minimally from the Cyber Café.

The Nutrition Outreach Program Coordinator is an NTT faculty member within the School of Health Sciences. Her salary is funded through the College of EHHS. One-half of her load is dedicated to coordinating the Nutrition Outreach Program.

Approximately \$12,000 for ½ time graduate assistant contingent upon external funds would be desired. Currently, graduate assistant hours that faculty in the nutrition and dietetics program have are used on an as needed basis to fulfill this need.

Expenses for materials and supplies are variable depending on funding, but are covered with external funds currently. General office supplies are part of the School budget.

It is expected that approximately a 4% increase in funding annually for existing personnel.

The combination of external funding, profits from the Cyber Café, and the use of students in internship, experiential, and service learning opportunities allows the Nutrition Outreach Program to run with very low overhead.

h. Evaluation procedures:

Initial evaluation of the Nutrition Outreach Center will focus on.

- The amount of external funds secured for research and development activities.
- The amount of involvement from the Center and its affiliated organizations in the community involvement, research, and development activities (e.g. how many organizations/universities are involved in the research and development efforts?)
- The impact of the Center on impacting healthy dietary behaviors.

i. Timetable: The Nutrition Outreach Program is already in existence, but it is the hopes that making it an official university center will begin during the 2010/2011 academic year. Approved by Nutrition and Dietetics program area March 5, 2010; School of Health Sciences Curriculum Committee March 10, 2010; to be reviewed by EHHS Curriculum Committee May 7, 2010.

KENT STATE UNIVERSITY CERTIFICATION OF CURRICULUM PROPOSAL

Preparation Date 16-Mar-10 Curriculum Bulletin _____
Effective Date Spring 2011 Approved by EPC _____

Department NUTR
College EH - Education, Health and Human Services
Proposal Establish Center
Proposal Name **Creation of the Nutrition Outreach Program as a Center**

Description of proposal:

The purpose of this proposal is to make the Kent State University Nutrition Outreach Program into an official university center named the Kent State University Center for Nutrition Outreach. The Nutrition Outreach Program has been in existence since 2002 and has grown to reach regionally 6,000 individuals annually. The purpose is to formalize the Nutrition Outreach Program as a Center to help increase visibility and demonstrate to external funders its official organizational structure within KSU.


Describe impact on other programs, policies or procedures (e.g., encroachment and duplication issues; enrollment and staffing considerations; need, audience, prerequisites)

There is no encroachment or duplication of this center because it is focused solely on nutrition education and wellness. There are no other centers that have this focus. Because the current Nutrition Outreach Program is already staffed by one of the NTT faculty in Nutrition and Dietetics there are no staffing issues. Because of the numerous public health concerns within the U.S. and the lack of nutritional services available regionally in Ohio, the Center of Nutrition Outreach is needed. This is evident in the number of individuals that are served each year by this program. This Center will reach the KSU community as well as the regional community with the hopes of reaching into national endeavors.

Units consulted (other departments, programs or campuses affected by this proposal):

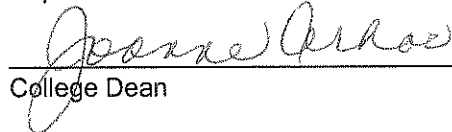
None.

REQUIRED ENDORSEMENTS



Department Chair / School Director / Campus Dean

4 / 19 / 10



College Dean

5 / 10 / 10

Executive Dean of Regional Campuses / Dean of Graduate Studies

1 / 1

Senior Vice President for Academic Affairs and Provost

1 / 1