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th-12th grades, Enumclaw High School, Enumclaw School District, Enumclaw, Washington, 1999-01.

Teacher, Physical Education/Health – 7th-9th grades, Spanaway Junior High School, Bethel School District, Tacoma,

TEACHING ACCOMPLISHMENTS:

Areas of Specialization:

Healthy Lifestyle Promotion & Nutrition
Wellness/Physical Fitness/Activity

Courses Taught:

Jensen, K. Integrating Technology Applications with Healthy Active Lifestyles, PE 504, 2015.

Materials Developed:

Workbooks, Manuals:

McCurdy, S., Abo, B., Dye, L., **Jensen, K**., Johnson, S., Hampton, C., Peutz, J., Sant, L., and G. Whittman. 2010. Ready, Set, Food Safe, 3rd Edition.

Web Pages:

Jensen, K. Idaho County Employee Wellness Challenge. Facebook Private Group.

TEACHING ACCOMPLISHMENTS (cont.):

Materials Developed (cont.):

Displays and Posters:

Tifft, K. and **K. Jensen**. Mental Health First Aid: The Beginning of Extension's Story in Idaho. University of Idaho Extension Annual Conference, Sun Valley, ID., April 10-13, 2023.

Jensen, K., C, Bruynis, S. Hansen, and J. Shukaitis. Make Every Second County When Communicating with Elected Officials. Epsilon Sigma Phi Nationat n igmt..9W TJ8.0c 0.004 Tw (n)-41 (d)-5 ( )0.50.5 (( )0.5 (T)9.2 (he)3.9

TEACHING ACCOMPLISHMENTS (cont.):

Materials Developed (cont.):

PowerPoint/Slide Presentations (cont.):

230c.
Jensen, K., Fitness @ Your Level. Syringa Hospital and Clinics. 2014.
Jensen, K., and K. Richel. Beyond Surviving to Thriving. Ignite Extension, University of Idaho CALS Annual Conference. 2014.
Jensen, K. Physical Activity & Fitness. Eat Smart Idaho Statewide Training (video-conference). 2014.
Jensen, K. Kick Your Bootcamp. University of Idaho CALS Annual Conference, FCS In-service. 2013.
Jensen, K. C

TEACHING ACCOMPLISHMENTS (cont.):

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):

Healthy Lifestyle Promotion & Nutrition (cont.):

Jensen, K. Healthy Nutrition at all Ages. Presentation given to: Idaho County Extension Club, Grangeville, Idaho, February 2, 2017.

Jensen, K. Metabolism & Me. Presentations given to: Biggest Loser Challenge Event, Kooskia, Idaho, March 19, 2014, Grangeville, Idaho, January11, 2014; Grangeville Elementary/Middle School Staff Health Fair, April 24, 2013; Biggest Loser Challenge Event, Kooskia, Idaho (via live video streaming) January 31, 2013, Grangeville, Idaho, January 12, 2013; Kooskia, Idaho, January 14, 2012, Grangeville, Idaho, January 12, 2012; Grangeville, Idaho, January 13, 2011, Kooskia, Idaho, January 20, 2011; Grangeville, Idaho, January 28, 2010; Extension Nutrition Program Nutrition Advisor Mini-Conference, Coeur d'Alene, Idaho, October 1, 2009; Syringa General Hospital Wellness Program Kick-off 2 sessions, Grangeville, Idaho, September 9, 2009; Nez Perce Senior Center, Nez Perce, Idaho, May 11, 2009; Take Off Pounds Sensibly (TOPS), Grangeville, Idaho, April 20, 2009; Our Health Our Community, Grangeville, Idaho, March 31, 2009.

Jensen, K. Beyond Surviving to Thriving. Ignite Extension, University of Idaho CALS Annual Conference, March 12, 2014.

Jensen, K. You Are What You Eat: Healthy Meal Planning. Beyond Surviving 2 Thriving Workshop Series, 3 sessions, Cottonwood, Idaho, Kendrick, Idaho, Kamiah, Idaho, 2013; Orofino Correctional Institute, Orofino, Idaho, 2011; Extension Nutrition Program Nutrition Advisor Mini-Conference, Coeur d' Alene, Idaho, July 8, 2010; Lewis & Clark State College, Lewiston, Idaho, May 4, 2010; 5 sessions, Lewiston, Idaho, Cottonwood, Idaho, Orofino, Idaho, Grangeville, Idaho, Moscow, Idaho, 2010.

Jensen, K. Healthy Lifestyles for a Healthy Legacy, for

TEACHING ACCOMPLISHMENTS (cont.):

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):

Wellness/Physical Fitness/Activity (cont.):

Jensen, K. and K. Tifft. U and I Together: Family Fun with Physical Activity, online, February 21, 2023.
Jensen, K. and S. Johnson – Five for Five – 5 Minutes to Better Health, Curriculum Development presentation to FCS FN 492 class, online, January 31, 2023.
Jensen, K. Walk and Talk – Community Walking Program. Program offered two times/week 2021 – present; (affected by COVID-19 for 2018 – 2020), Grangeville, Idaho.
Jensen, K. Walk the Prairie & Beyond – HD! A Community Walking program offered virtually (4 and 8 week challenges), October 24 – December 18, 2021; February 1– 28, 2021; October 18 – December 12, 2020; August 16 – October 10, 2020.
Jensen, K. "Five for Five", 3 sessions, PICH Extreme Adventure Club, Grangeville Country Club, Grangeville, Idaho, June 5, 2021; 6 sessions, 4H Youth Animal Feed Day – Zoom live presentations, April 3, March 20 & 27, 2021.
Jensen, K. Running a Successful Fitness Program. University of Idaho CALS Annual Conference, Burley, Idaho, April 5, 2017.
Jensen, K. Kick Your Bootcamp: Program offered twice/week, Grangeville, Idaho, June – August, 2016; March – April 2016; November – December 2015; June – August, 2015; January – March, 2015; October – December, 2014; June – August, 2014; June – August, 2013; October 2012 – May 2013; June – August, 2012; October 2011 – May 2012; June – August, 2011; October 2010 – May 2011; June – August 2010; June – September 2009.
Jensen, K. Partner Fitness Challenge Kick-Off at The Gym, Grangeville, Idaho, March 28, 2016.
Jensen, K. Fitness @ Your Level. Syringa General Hospital and Clinics, Grangeville, Idaho, April 23, 2014.
Jensen, K. Physical Activity & Fitness. Eat Smart Idaho Statewide Training (via live video streaming). Grangeville, Idaho, February 3, 2014.
Jensen, K. Wellness Training at Gold's Gym, Lewiston, Idaho, January 16, 2014.
Jensen, K. Partners Inspiring Community Health (PICH), Biggest Loser Kick-Off Event, Grangeville High School, Grangeville, Idaho, January 11, 2014; January 7, 2012; January 8, 2011; January 9, 2010; Biggest Loser Challenge Wrap-Up Event, Grangeville High School, Grangeville, Idaho, March 8, 2014; April 14, 2012; April 9, 2011; April 10, 2010.
Jensen, K. Kick Your Bootcamp. University of Idaho CALS Annual Conference, FCS In-service, Moscow, Idaho, April 10, 2013.
Jensen, K. Organizing a Community Biggest Loser Weight Loss Challenge. Ignite Extension, University of Idaho CALS Annual Conference, Boise, Idaho, April 4, 2012.
Jensen, K. Fitness & Nutrition. Biggest Loser Weight Loss Challenge, Grangeville High School, Grangeville, Idaho, February 16, 2012; Extension Nutrition Program Nutrition Advisor Mini-Conference, Moscow, Idaho, October 14, 2010.
Jensen, K. Family Bootcamp, six 2-hour sessions, Grangeville, Idaho, July 18 – 29, 2011.
Jensen, K. Triathlon Training. Our Health Our Community Lecture Series, Grangeville, Idaho, June 8, 2010.
Jensen, K. Strength & Balance: Program offered once/week - Groaners Fitness Club, Grangeville, Idaho, November – April 2010; January-May, and September-December 2009, December 2008.

Consulting:

Fitness Consultations, forty-two, one-on-one consultations totaling thirty-five hours. Grangeville, Idaho, 2023.
Nutrition and Healthy Lifestyle Consultations, fifty-one, one-on-one consultations totaling nine hours. Grangeville, Idaho, 2023.
Fitness Consultations, sixty-eight, one-on-one consultations totaling sixty-two hours. Grangeville, Idaho, 2022.
Nutrition and Healthy Lifestyle Consultations, nineteen, one-on-one consultations totaling sixteen hours. Grangeville, Idaho, 2022.
Fitness Consultations, thirty, one-on-one consultations totaling thirty hours. Grangeville, Idaho, 2021.
Nutrition and Healthy Lifestyle Consultations, forty-six, one-on-one consultations totaling twenty-six hours. Grangeville, Idaho, 2021.

TEACHING ACCOMPLISHMENTS (cont.):

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):

Wellness/Physical Fitness/Activity (cont.):

Consulting (cont.):

Healthy Lifestyle Consultations, fourteen, one-on-one consultations totaling nine hours. Grangeville, Idaho, 2010.

Fitness Consultations, eighteen, one-on-one consultations totaling twenty-four hours. Grangeville, Idaho, 2009.

Nutrition Consultations, twenty-eight, one-on-one consultations totaling thirty-one hours. Grangeville, Idaho, 2009.

Healthy Lifestyle Consultations, twenty-seven, one-on-one consultations totaling forty hours. Grangeville, Idaho, 2009.

Eat Smart Idaho Nutrition Advisor Trainings:

Jensen, K. Physical Activity & Fitness. Eat Smart Idaho Statewide Training (via live video streaming),

TEACHING ACCOMPLISHMENTS (cont.):

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):

Youth Development (cont.):

Camas Lanes, Grangeville, Idaho, March 9, 2019, Bike Safety & Maintenance, Soltman Center, Grangeville, Idaho, March 16, 2019, Outdoor Adventure Day, Grangeville Golf and Country Club, Grangeville, Idaho, May 11, 2019, Disc Golf, Lyons Park, Grangeville, Idaho, June 8, 2019; Snowshoeing, Mt. Idaho Fish Creek Recreation Area, Grangeville, Idaho, February 10, 2018, Bowling, Camas Lanes, Grangeville, Idaho, March 3, 2018, Bike Safety & Maintenance, Grangeville Elementary/Middle School, Grangeville, Idaho, March 17, 2018, Jump at the Gym, The Gym, Grangeville, Idaho, April 14, 2018, Outdoor Adventure Day at the Golf Course, Grangeville Country Club, Grangeville, Idaho, May 12, 2018, Disc Golf & Pizza Party, Lions Park, Grangeville, Idaho, June 2, 2018; Snowshoeing, Mt. Idaho Fish Creek Recreation Area, Grangeville, Idaho, January 28, 2017; Bowling, Camas Lanes, Grangeville, Idaho, February 25, 2017, Bike Safety & Maintenance, Grangeville Elementary & Middle School, Grangeville, Idaho, March 25, 2017, Fitness & Dance, The Gym, Grangeville, Idaho, May 20, 2017, Disc Golf, Lions Park, Grangeville, Idaho, June 17, 2017; Geocaching, Grangeville, Idaho, April 16, 2016, Disc Golf, Lions Park, Grangeville, Idaho, June 11, 2016; Cooking & Nutrition with Chef Nancy, The Gallery, Grangeville, Idaho, April 25, 2015, Pickleball, Grangeville High School, Grangeville, Idaho, May 30, 2015, Disc Golf, Lions Park, Grangeville, Idaho, June 13, 2015, Day at The Gym, Grangeville, Idaho, July 18, 2015, 226yJ-0. , Ma, a

TEACHING ACCOMPLISHMENTS (cont.):

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):

University of Idaho Miscellaneous Extension Presentations (cont.):

Wulfhorst, P., **K. Jensen**, and S. Hansen. "Got a Minute?" How to Make Every Second Count when Communicating with Elected Officials, for Epsilon Sigma Phi National Conference, Branson, Missouri, September 28, 2022.

Jensen, K., and S. Johnson. Five for Five – 5 Minutes to Better Health, for Margaret Ritchie School of Family and Consumer Sciences 120th Anniversary Symposium, Moscow, Idaho, September 16, 2022.

Jensen, K., S. Johnson, M. Toomey, J. Buck, L. Blanch, S.G. Lee, and K. Tifft. Five for Five – 5 Minutes to Better Health, for University of Idaho CALS Annual Conference, April 13, 2022.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, March 16, 2022.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County, Employee Wellness Program/Mental Health First Aid, Board of Commissioners for Idaho County, Grangeville, Idaho, March 15, 2022.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County, Employee Wellness Program, Board of Commissioners for Idaho County, Grangeville, Idaho, November 16, 2021.

Jensen, K. and S. Johnson. Five for Five – Five Minutes For Better Health, for University of Idaho CALS Annual Conference, FCS Inservice. 2021.

Jensen, K. CALS Networking Night – Preparing for a career as an Extension Educator. Zoom, March 2, 2021.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, February 16, 2021.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, October 13, 2020.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, September 10, January 31, 2019.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, September 12, 2017.

Jensen, K. Running a Successful Fitness Program. University of Idaho CALS Annual Conference, Burley, Idaho, April 5, 2017.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, October 7, 2016.

Jensen, K. Train the Trainer Events for Bootcamp. The Gym, Grangeville, Idaho, April 14, February 11, 2016.

Jensen, K. Using Facebook & Twitter. Latah County Extension Training, Moscow, Idaho, August 19, 2014.

Jensen, K. Using Facebook & Twitter Within Extension. University of Idaho CALS Annual Conference, FCS In-service, Moscow, Idaho, March 12, 2014.

Jensen, K. Kick Your Bootcamp Training. University of Idaho, CALS Annual Conference, Moscow, Idaho, April 10, 2013.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, March 20, 2013.

Jensen, K. Creating a Facebook Page for Marketing Your Programs, Workshops, and Events. University of Idaho CALS Annual Conference, Boise, Idaho, April 5, 2012.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, March 14, 2012.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, February 3, 2011.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, January 14, February 1, 2010.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, May 19,

TEACHING ACCOMPLISHMENTS (cont.):

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):

University of Idaho Miscellaneous Extension Presentations (cont.):

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, January 14, 2009.

Jensen, K. Update on Family & Consumer Sciences Extension Programs in Idaho County. Idaho County Healthy Lifestyles Advisory Board, Grangeville, Idaho, December 1, 2008.

SCHOLARSHIP ACCOMPLISHMENTS:

Publications, Exhibitions, Performances, Recitals:

Refereed:

Journals:

Jensen, K., K. Tifft, T. Winfield, K. Gunter, G. Goc Karp, and D.H. John. 2019. Engaging Residents in Participatory Photomapping and Readiness Conversation to Address the Rural Obesogenic Context. *Journal of Extension* [On-line], 57(5), 5FEA1. Available at: https://joe.org/joe/2019october/a1.php.

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SCHOLARSHIP ACCOMPLISHMENTS (cont.):

SCHOLARSHIP ACCOMPLISHMENTS (cont.):

Publications, Exhibitions, Performances, Recitals (cont.):

Peer Reviewed/Evaluated Publications (cont.):

Research Reports:

Jensen, K., K. Tifft, T. Winfield, D. John, and K. Gunter. 2016. Grangeville, ID. HEAL MAPPS™ Community Report. Oregon State University, College of Public Health and Human Sciences, and University of Idaho Extension. Report on the Grangeville, Idaho's community's initiative to prevent childhood obesity. (2,3,4,5,6)

Jensen, K., K. Kauffman, and C. Walsh. 2015. Understanding how Technology is Utilized to Enhance Physical Activity Amongst Adolescents. University of Idaho Department of Movement Sciences. (1,5,6)

Scruggs, P.W., D.R. Paul, G. Goc Karp, H. Brown, C.A. Vella, C.A. Davis, and **K Jensen**. 2013. *Statewide SurTD 3 (nt5.605 S)2T8 0Tw 4*

Jensen, Kirstin D.

SCHOLARSHIP ACCOMPLISHMENTS

SCHOLARSHIP ACCOMPLISHMENTS (cont.):

Publications, Exhibitions, Performances, Recitals (cont.):

Scholarly Presentations and Other Creative Activities (cont.):

PowerPoint Presentations (cont.):

Jensen, K. 2013. Kick Your Bootcamp Training, for University of Idaho CALS Annual Conference, Moscow, Idaho.

Jensen, K. 2012. Creating a Facebook Page for Marketing Your Programs, Workshops, and Events, for University of Idaho CALS Annual Conference, Boise, Idaho.

Jensen, K. 2012. Organizing a Community Biggest Loser Weight Loss Challenge, for Ignite Extension, University of Idaho, CALS Annual Conference, Boise, Idaho.

Jensen, K. 2012. Healthy Lifestyles for a Healthy Legacy. (used by Keeping the Legacy Alive, Northern District.)

Jensen, K. 2011. Taking Control of Your Cholesterol – The Good, The Bad, & The Ugly (used by Extension

SCHOLARSHIP ACCOMPLISHMENTS (cont.):

Grants and Contracts Awarded (cont.):

Jensen, K. Ted Lindsey, County Commissioner, Idaho County Employee Wellness Challenge, 2022 ($800 spending authority).
Jensen, K. Thrivent Financial, PICH Extreme Adventure Club, 2022 ($500 spending authority).
Jensen, K. Umpqua Bank, PICH Extreme Adventure Club, 2022 ($100 spending authority).
Jensen, K. Grangeville Country Club, PICH – Junior Golf Program, 2021 ($1000 spending authority).
Jensen, K. Thrivent Financial, PICH Extreme Adventure Club, 2020-2021 ($500 spending authority).
Jensen, K. Umpqua Bank, PICH Extreme Adventure Club, 2020-2021 ($100 spending authority).
Jensen, K. Thrivent Financial, PICH Extreme Adventure Club, 2019-2020 ($500 spending authority).

Jensen, K. Umpqua Bank, PICH Extreme Adventure Club, 2019-2020 ($100 spending authority).
Jensen, K. Umpqua Bank, PICH Extreme Adventure Club, 2018-2019 ($100 spending authority).
Jensen, K. Trails Restaurant, PICH Extreme Adventure Club, 2018-2019 ($300 spending authority).
Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2018-2019 ($350 spending authority).
Jensen, K. Umpqua Bank, PICH Extreme Adventure Club, 2017-2018 ($100 spending authority).
Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2017-2018 ($200 spending authority).
Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2016-2017 ($500 spending authority).
Jensen, K. Idaho Community Foundation, PICH Extreme Adventure Club, 2015-2016 ($1200 spending authority).
Jensen, K. Grangeville Community Foundation Grant, PICH Extreme Adventure Club, 2014-2015 ($500 spending authority).

Internal Funding Awarded:

Jensen, K. Joint Council of Extension Professionals Scholarship, 2023, $300; 2022, $300; 2021, $300; 2019, $300; 2017, $200; 2016, $200; 2015, $300; 2014, $300; 2013, $300; 2011, $300.
Jensen, K. Mildred Haberly Extension Professional Endowment Award, School of Family and Consumer Sciences,

SCHOLARSHIP ACCOMPLISHMENTS (cont.):

Internal Funding Awarded (cont.):

Jensen, K. and M. Toomey. University of Idaho, CALS Innovation Project Award, 4-H Yoga for Kids, 2017-2018, $7500.

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SERVICE (cont.):

Outreach Service (cont.):

Popular Press (cont.):

PROFESSIONAL DEVELOPMENT:

Teaching (cont.):

Center for Disease Control & Prevention, Idaho Department of Health & Welfare: Change Tool Train the Trainer Workshop, Boise, Idaho, November 9, 2011.
Civil Rights Diversity Training, Lewiston, Idaho, June 2, 2009.
Rural Leadership Training, Grangeville, Idaho, April 1, 2009.

Scholarship:

Minimizing Unconscious Bias On Committees, University of Idaho, online training, May 11, 2022.
UI Search Committee Training, University of Idaho, online training, May 11, 2022.
Society of Nutrition Education & Behavior, Utilizing story mapping for community engagement and as a novel way to present qualitative data, online training, May 16, 2019.
Society of Nutrition Education & Behavior, Using Mendeley as a citation manager, May 7, 2019.
Promotion and Tenure Training, University of Idaho College of Agriculture and Life Sciences, online training, April 8,

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PROFESSIONAL DEVELOPMENT (cont.):

Outreach (cont.):

National Extension Association of Family and Consumer Sciences, How Families and Communities Can Use the Monday Fresh Start to Get Moving for Health, webinar, March 15, 2022.

Society of Nutrition Education & Behavior, Low-Income Parent's Use of Front-of-Package Nutrition Labels in a Virtual Supermarket, webinar, March 14, 2022.

Society of Health and Physical Educators National Convention,

PROFESSIONAL DEVELOPMENT (cont.):

Outreach (cont.):

Society of Nutrition Education & Behavior, Diet Dilemmas (webinars): Inflammation and Chronic Disease, April 21, 2020; Anti-Inflammatory Diets, March 17, 2020; Hot Topics in Inflammation and Disease, February 19, 2020.
Military Families Learning Network, Exploring the Research on Fad Diets, webinar, February 12, 2020.
National Extension Association of Family and Consumer Sciences Annual Conference, Hershey, Pennsylvania, September 30-October 4, 2019.
Society of Nutrition Education & Behavior, Beyond nutrient intake: Use of digital food photography methodology to examine family dinnertime, webinar, September 16, 2019.
Society of Nutrition Education & Behavior, Feasibility of online nutrition education in the workplace: Working toward healthy lifestyles, webinar, September 9, 2019.
American Public Health Association: Nothing about us without us: Authentic youth engagement in public health, webinar, July 16, 2019.
Epsilon Sigma Phi (ESP) – The basics for international collaborations, webinar, June 20, 2019.
American Public Health Association: Walking the walk: Applying positive youth development approaches to adolescent health, webinar, June 18, 2019.
National Urban Extension Conference, Seattle, Washington, May 19-23, 2019.
National Extension Association of Family and Consumer Sciences, Vegetarian, vegan, and raw diets, webinar, May 14, 2019.
National Health Outreach Conference, Fort Worth, Texas, April 30-May 3, 2019.
Public Issues Leadership Development Annual Conference, Washington D.C., April 14-17, 2019.
Society of Nutrition Education & Behavior, Digital Technology in nutrition education and behavior change division, webinar, April 10, 2019.
National Extension Association of Family and Consumer Sciences, Gluten-free and alkaline diets, webinar, April 9, 2019.
National Extension Association of Family and Consumer Sciences, High protein and ketogenic deits; Intermittent Fasting, webinar, March 12, 2019.
Military Families Learning Network, The Ketogenic Diet – Is it another fad? webinar, February 26, 2019.
National Extension Association of Family and Consumer Sciences, Diet composition: Tipping the balance of carbs, fat and protein, webinar, February 12, 2019.
Society of Nutrition Education & Behavior, A plate waste evaluation of the Farm to School program, webinar, October, 22, 2018.
National Extension Association of Family and Consumer Sciences Annual Conference, San Antonio, Texas, September 24-28, 2018.
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PROFESSIONAL DEVELOPMENT (cont.):

Outreach (cont.):

Society of Nutrition Education & Behavior, Self-weighing throughout adolescence and young adulthood: Implications for well-being, webinar, November 7, 2016.

National Extension Association of Family and Consumer Sciences Annual Conference, Big Sky, Montana, September 12-15, 2016.

PROFESSIONAL DEVELOPMENT (cont.):

Outreach (cont.):

National Extension Association of Family and Consumer Sciences Annual Session - National Conference, Portland, Maine, September 20-24, 2010.
American Dietetic Association, Communication Nutrition: Working with the Media, webinar, September 8, 2010.
University of Idaho Extension, Oregon State University, Preserve @ Home, February – March, 2010.
Idaho State Department of Education Wellness Forum, Lewiston, Idaho, January 28, 2009.

University of Idaho Extension:

University of Idaho Extension Health and Wellness Priority Extension Theme Meeting, Moscow, October 3-4, 2023.
Northern Extension District Faculty and Staff Meeting, Sandpoint, Idaho, July 20-21, 2023.
University of Idaho College of Agriculture and Life Sciences Annual Conference, April 10-13, 2023.
University of Idaho Extension Health and Wellness Priority Extension Theme Meeting, Zoom, October 4, 2022.
Northern District Promotion to Full Professor Presentation, Moscow, Idaho, July 27, 2022.
Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, July 27, 2022.
University of Idaho College of Agriculture and Life Sciences Annual Conference, April 11-15, 2022.
Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, February 11, 2022.
University of Idaho Extension Health and Wellness Priority Extension Theme Meeting, March 10, 2022.
Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, September 29 & 30, 2021.
University of Idaho Extension Health and Wellness Priority Extension Theme Meeting, Zoom, September 15, 2021.
University of Idaho College of Agriculture and Life Sciences Annual Conference, virtual, April 12-15, 2021.
University of Idaho Extension Health and Wellness Priority Extension Theme Meeting, Zoom, April 14, 2021.
Northern Extension District Faculty and Staff Meeting, Zoom, May 17, 2021; October 7, July 28, April 8, April 1, 2020.
University of Idaho College of Agriculture and Life Sciences Annual Conference, Virtual, April 13-16, 2020.
University of Idaho Extension All Extension, Zoom, October 4, September 13, August 2, June 7, May 3, April 5, March 1, February 1, January 4, 2021; December 7, November 2, October 5, September 14, August 3, July 6, June 15, June 1, May 19, May 4, April 20, April 13, April 6, March 30, March 23, 2020.
Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, 2019.
University of Idaho Extension All Extension Zoom, May 6, 2019.
University of Idaho College of Agriculture and Life Sciences Annual Conference, Idaho Falls, Idaho, 2019.
Northern Extension District Faculty and Staff Meeting, Cottonwood, Idaho, 2018.
Northern Extension District Faculty and Staff Meeting, Moscow, Idaho, 2018.
Topic Team Planning Meetings, Health & Nutrition Topic Team, Boise, Idaho, 2017.
Northern Extension District Faculty and Staff Meeting, Sa.9 (n)39.3234,ac9 (a)( )0.5 (C)5.6 (d,)7.

PROFESSIONAL DEVELOPMENT (cont.):

Outreach (cont.):

University of Idaho Extension (cont.):

District 1 Faculty Meeting, Moscow, ID., 2010.
District 1 Extension Nutrition Program Annual Mini-Conference, Moscow, ID., Coeur d'Alene, ID., 2010.
University of Idaho College of Agriculture and Life Sciences Annual Conference, Burley, ID., 2010.
District 1 Extension Nutrition Program Annual Mini-Conference, Coeur d'Alene, ID., 2009.
District 1 Extension Retreat, Coeur d'Alene, ID., 2009.
New Extension Faculty Orientation, Boise, ID., 2009.
University of Idaho College of Agriculture and Life Sciences Annual Conference, Moscow, ID., 2009.
District 1 Faculty Meeting, Moscow, ID., 2009.

In-Service Education:

Family & Consumer Sciences In-Service Training, 2023; 2022; virtual, 2021; virtual, 2020; 2019; 2017; 2016; 2015; 2014; 2013; 2012; 2011; 2010; 2009.