

Summary of Publication Examples

1. Shilts, M., **Martin, A.**, and Townsend, M. Dose: Comparison of 6 and 12 Nutrition and Physical Activity Sessions Targeting Middle School Adolescents. (Winter 2009) *Journal of Youth Development: Bridging Research and Practice*. V 4 (4)
Online: [http://data.memberclicks.com/site/nae4a/JYD_090404final\(r\).pdf](http://data.memberclicks.com/site/nae4a/JYD_090404final(r).pdf)

The **Nutrition Education Program for Adolescence Project in San Joaquin County** sought to determine “How important is the number of *EatFit* lessons on program outcomes/impact?” A randomized, controlled study at Webster Middle School in San Joaquin County assigned **107 7th and 8th students** to treatment (12 *EatFit* lessons intervention) or control (6 *EatFit* lessons plus 6 *Money Talks* lessons). All students set two goals: one dietary and one physical activity, regardless of dose. Measures assessed were participants’ dietary and physical activity self-efficacy and behavior. The intervention intensity of 6 lessons resulted in similar outcomes for changing one dietary and one physical activity behavior in adolescents compared to intervention intensity of 12 lessons. Knowing the dose (6 vs. 12 lessons) can be less and still achieve the same results from a 6-week *EatFit* intervention is good news for teachers who are limited on time. For teachers who want to implement a 12-week *EatFit* intervention, the research team recommended setting new goals after the 6th lesson to maintain motivation.

2. Kaiser, L., **Martin, A.**, and Steinberg, F. (2010, January-March) Diabetes in farmworkers: What are the implications for occupational health and safety programs? *California Agriculture*.

Type 2 diabetes is increasing rapidly in the United States and Latin America and contributes significantly to the rise in health care spending. Diabetes increases the risk of cardiovascular disease, renal failure and blindness, and leads to other complications. Type 2 diabetes and its complications can be delayed in high-risk individuals through a healthy lifestyle and ongoing medical care. Some research suggests a relationship between diabetes and other underlying metabolic conditions, either as predisposing factors or as adverse outcomes of occupational exposures in farmworkers. UC Cooperative Extension can have a greater impact on the health and safety of California’s workforce by filling in research gaps and strengthening collaborations.

3. Development Team: Wakimoto, P., Yang, S., Peterson, L., Neville, L., Sutherland, B., Donohue, S., Martin, A., and Schneider, C. (2009) *Building Healthy Families: Nutrition Education for Hmong Families*. California EFNEP.

The Hmong Healthy Families project started as a project when I was an Assistant Advisor that explored Hmong and Cambodian health beliefs around diabetes and nutrition. The overall project involved multiple collaborators and multiple funding sources, internal and external, from 2005 to 2010. Specific to ANR was Susan Donohue, UCCE Butte County; Connie Schneider, UCCE Fresno County; and Barbara Sutherland, California EFNEP. As a UC ANR Advisor and San Joaquin County EFNEP P.I., I was one of the key members of the research team responsible for multiple aspects of assessing Hmong family needs and developing/testing the curriculum, handouts, and DVDs produced. I was co-P.I. on two UC ANR Core Issues Grant Projects, the Tri-County Child Obesity Prevention Project in the Hmong Population and the Hmong Healthy Families, both of which provided the background information and staff support to develop the curricula, activities and supporting materials. Based on the team’s current and previous findings, the curriculum, *Building Healthy Families: Nutrition Education for Hmong Families*, was developed, food behavior checklist questions were modified for content understanding by Hmong participants, and a DVD was produced to accompany the lessons (Bibliography 47). More recently, the project was taken to the multi-state level and Wisconsin and Minnesota EFNEP/FSNEP trained their educators to teach the lessons and field test the DVD and handouts (Bibliography 9).