

## **Nutrition, Family and Consumer Sciences Area Cooperative Extension Advisor Shasta, Trinity and Tehama Counties**

**Position Title:** The Nutrition, Family, and Consumer Sciences Area Cooperative Extension Advisor will focus on the prevention of obesity, diet-related chronic disease and associated relevant issues through the promotion of healthy lifestyles and improved overall community health with emphasis on nutrition education, family resource/money management and improved access to healthy foods.

**Position:** The Advisor will conduct applied research and extension education programs in nutrition, with an emphasis on obesity and chronic disease prevention and family resource management including money and food resource management to increase food security and access. The Advisor will coordinate with public and private sector collaborators in nutrition and community health; seek external funding to supplement federally funded nutrition programs and conduct research related to the Healthy-Families and Communities and Sustainable Food Systems Initiatives; and develop nutrition education and policy relevant materials/briefs. The Advisor will provide academic leadership in the delivery of the UC CalFresh Nutrition Education Program (UC CalFresh) in Shasta, Tehama and Trinity counties as well as direct and indirect supervision of ten nutrition education staff. A minimum of a Master's degree is required in the areas of: nutrition, health education, human development, family and consumer sciences, family resource management or other closely related field. Experience in conducting applied research, program evaluation and educational programs with diverse youth and adults is required. Experience working with underserved populations is desirable. Strong leadership skills and experience in program and personnel management are required.

**Justification:** This position primarily addresses the *Healthy Families and Communities* strategic initiative. Within California, Shasta, Tehama and Trinity counties are ranked very low at 42<sup>nd</sup>, 35<sup>th</sup>, and 55<sup>th</sup> in health outcomes and 38<sup>th</sup>, 42<sup>nd</sup> and 43<sup>rd</sup> (respectively) in health factors with high levels of poverty and need. According to the County Health Rankings and Roadmap, 26% of adults in this region are obese. These data reveal that a prospective Advisor has a high potential for impacts and outcomes related to improved health in these communities. In Shasta, Tehama, and Trinity counties, 52%, 68% and 64% of school age children are eligible for free and reduced-price meals, therefore the majority of schools can benefit from the UC CalFresh Youth Nutrition Education Program. Healthy food availability and access, and money management skills improves the likelihood of individuals and families to make healthy food choices which has direct impacts on food security; providing another significant avenue of research and extension for a potential academic. Population-wide obesity has serious health, economic, and social consequences for individuals and society at large. Building a society of healthy children, families and communities will require coordinated leadership at multiple levels, and strategies must be designed to ensure goals and processes of other sectors align. With the retirement of the NFCS Advisor in June 2017, this position is critical to continued leadership and stability with community partners and to continue to expand research in these areas that will make measurable impacts on the area's communities.

**Extension:** Extension efforts will be based on the current needs of the community in the areas of promoting nutritional health, wellness and family resource management, and will include the development of curricula that promotes nutrition education and policy, systems and environmental changes with partners who serve at-risk low-income adults, families and youth from child care centers, schools, community worksites, health care centers, food policy councils, collaborative forums and other community venues. Outreach methods will include: presentations at

local collaborative meetings, individual consultations, publications, social media content and blogs, web content, newsletters, evaluation tools, impact reports, radio and other printed media.

**Research:** The Advisor will conduct applied research and evaluation based on the assessment of clientele needs related to obesity and community-based nutrition, food resource management, food security and food access. The Advisor will collaborate with ANR Specialists and campus faculty to develop applied research projects, pursue grant opportunities and evaluate program effectiveness. Potential research questions include: What strategies increase food literacy knowledge, skills, and behaviors to identify healthy food and beverage choices? How can adult nutrition education be used to help families stretch their food dollars to purchase healthy foods? What are the barriers to accessing healthy foods within the local food system? What are strategies for improving access to healthy foods through community gardens, farmer's markets, retail stores and food pantries? How do school and community policies sustain healthy food systems and physical activity environments to prevent and manage obesity and chronic disease? The Advisor will develop and adapt curricula for use in the nutrition education or family resource management discipline area based on the needs of the community. Curricula may align with the UC CalFresh program. Publication outlets include Journal of Nutrition Education and Behavior, California Agriculture and Journal of National Extension Association of Family and Consumer Sciences.

**ANR Network:** This Advisor would be expected to interact with specialists, AES researchers and NFCS Advisors through workgroups (such as Money Talks, Families with Young Children, and UCCE Connects to You). Shasta, Tehama and Trinity counties have the needs and resources to maximize the productivity of the Advisor for statewide as well as local benefit. It is expected that the Advisor will interact with other staff at the local level and with faculty and specialists that are affiliated with nutrition, the Nutrition Policy Institute, and the Center for Nutrition in Schools. UC CalFresh allows for the Advisor to participate in on-going evaluation projects. The Advisor's county-based experience will contribute to the broad conversation of improving health outcomes.

**Network External to ANR:** The Advisor will be able to continue collaborative programming that is established with agencies and community groups (Shasta County Office of Education, Shasta County Dept. of Health and Human Services, Healthy Shasta Coalition, Growing Local Coalition, Partnership in Action for Trinity Health Coalition, Tehama County Community Food Alliance Coalition, etc.). The Area CE Advisor will work with local partners as a collaborative leader for the Shasta, Tehama and Trinity SNAP Ed County Nutrition Assistance Partnerships as required by USDA.

**Support (County):** Basic operational support of the Advisor will be covered by the County of Shasta budget sustainably provided to UC Cooperative Extension. Shasta County has a proven history of stable funding and support for ANR program implementation. The Advisor can expect to be provided office space, vehicle, administrative clerical support, office supplies, IT support services, communication (telephone and internet).

Costs associated with travel to required programmatic meetings will be paid by UC CalFresh.

**Location:** Shasta County (Redding)

**Developed and Proposed by:** This position was developed by the UCCE Shasta, Trinity and Tehama County Directors, Statewide Director of NFCS, Director of UC CalFresh and the Healthy Lifestyles Program Team.