

CURRICULUM VITAE

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Extension Nutrition Specialist

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EDUCATION

- Ph.D. Rutgers University
1985 Major: Nutrition
Dissertation: Alterations in Sulfur and Nitrogen Metabolism in Rats with Portacaval Shunts
(Note: Completed research and coursework at University of Wisconsin-Madison, 1983-85)
- M.S. Rutgers University
1982 Major: Nutrition
Thesis: Effect of Portacaval Shunt on Sulfur Amino Acid Metabolism in Rats
- B.A. Brooklyn College
1970 Major: Elementary Education

PROFESSIONAL EXPERIENCE - UNIVERSITY OF FLORIDA

- 2003 – Present Professor – tenured
Department of Family, Youth and Community Sciences
Appointment: 100% Extension
- 2003 – Present Affiliate Professor, Food Science and Human Nutrition Department
1990 – 2003 Associate Professor – tenured
Department of Family, Youth and Community Sciences
Appointment: 95% Extension, 5% Teaching
- 1990 – 2003 Affiliate Associate Professor, Food Science and Human Nutrition Department
1985 – 1990 Assistant Professor – tenure-accruing
Department of Family, Youth and Community Sciences (formerly Home Economics Department)
Appointment: 70% Extension, 30% Research
- 1985 – 1990 Affiliate Assistant Professor, Food Science and Human Nutrition Department

PUBLICATIONS

Book

Lieberman LS, Bobroff LB, Eds. (1993) *Cultural Food Patterns of Florida* 3rd Ed. Florida Cooperative Extension Service, University of Florida

Book Chapters

Bobroff LB (2011) "Nutrition Guidelines and Recommended Eating Patterns" In: *Handbook of Medical Nutrition Therapy: The Florida Diet Manual 2011 Edition*. Christie C, Ed., Tallahassee FL: Florida Dietetic Association

Bobroff LB (2000 and 2005) "Normal Nutrition" In: *Handbook of Medical Nutrition Therapy: The Florida Diet Manual 2000 and 2005 Editions*. Tallahassee FL: Florida Dietetic Association

Bobroff LB (2004) "Nutrition and Diet" In: *Optimal Aging*. O'Neil KW and Peterson RL, eds. Sarasota FL: Optimal Aging, LLC, pp 627-641

Encyclopedia Sections

The following sections are included in: James, DCS, ed. *Nutrition and Well-Being A to Z*. Detroit, MI: Macmillan Reference USA, 2004:

Bobroff LB "Dietary Guidelines" Vol. 1, p. 153-154

Bobroff LB "Dietary Reference Intakes" Vol. 1, p. 155

Bobroff LB "Food Guide Pyramid" Vol. 1, p. 225-228

Bobroff LB "Recommended Dietary Allowances" Vol. 2, p. 164

Refereed Publications

Perri MG, Limacher MC, von Castel-Roberts K, Daniels MJ, Durning PE, Janicke DM, Bobroff LB, Radcliff TA, Milsom VA, Kim C, and Martin AD. Comparative Effectiveness of Three Doses of Weight-Loss Counseling: Two-Year Findings from the Rural LITE Trial. *Obesity* 2014; 22:2293-2300.

Radcliff TA, Bobroff LB, Lutes LD, Durning PE, Daniels MJ, Limacher MC, Janicke DM, Martin D, and Perri MG. Comparing costs of extended care programs for the management of obesity in rural settings. *Journal of the Academy of Nutrition and Dietetics*. 2012; 112:1363-73

Janicke DM, Lim CS, Perri MG, Mathews A, Bobroff L, Silverstein JH, Brumback B, & Dumont-Driscoll M. Extension Family Lifestyle Intervention Project (E-FLIP for Kids): Design and methods. *Contemporary Clinical Trials* 2011;32:50-8

Goosen AC, Guyer LK, and Bobroff LB. An evaluation of the *Be Wise about Your Portion Size* nutrition education program. *Florida Public Health Reviews*, 2010; 7:106-110

Shelnutt KP, Bobroff LB and Diehl DC. MyPyramid for Older Adults. *Journal of Nutrition Education and Behavior*. 2009;41(4):300-302

Perri MG, Limacher MC, Durning PE, Janicke DM, Lutes LC, Bobroff LB, Dale MS, Daniels MJ, Radcliff TA, and Martin AD. Extended-care programs for weight management in rural communities - The Treatment of Obesity in Underserved Rural Settings (TOURS) randomized trial. *Archives of Internal Medicine*. 2008;168(21):2347-2354

Bobroff LB, Turner RE, Weddle DO, Brake JH, Lieberman LS, and Allen TB. Interactive learning for congregate nutrition site nutrition education: a pilot study. *Journal of Nutrition for the Elderly*, 2003;23(1): 81-93

Bobroff LB, Christian LL, Lieberman LS, Guyer LK, and Frazee C. Encouraging elementary school children to eat breakfast. *Journal of Nutrition Education*. 1996;28:293B

Guyer LK, Roht RR, Probart CK, Bobroff LB. Broadening the scope of dietetic practice through research. *Topics in Clinical Nutrition* 1993; 8:26-32

Smith MF, Bobroff LB. Study of the effectiveness of a health risk reduction program. *Evaluation and the Health Professions*. 1991; 14:88-99

Jerkins A, Bobroff LB and Steele RD. Hepatic cysteine sulfinic acid decarboxylase activity in rats fed various levels of dietary casein. *Journal of Nutrition*. 1989;119: 1593-1597

Benjamin LE and Steele RD. The effect of dietary protein on nitrogen and sulfur metabolism in portacaval shunted rats. *Journal of Nutrition*. 1986; 116: 59-69

Benjamin LE and Steele RD. Methionine metabolism after portacaval shunt in the rat. *American Journal of Physiology*. 1985; 249: G321-G327

Fell D, Benjamin LE and Steele RD. The determination of adenosine and S-adenosyl derivatives of sulfur amino acids in rat liver by high performance liquid chromatography. *Journal of Chromatography* 1985; 345: 150-156

Benjamin LE and Steele RD. Effect of portacaval shunt on sulfur amino acid metabolism in rats. *American Journal of Physiology*. 1981; 241: G503-G508

Published Abstracts (last ten years)

Bobroff LB, Minton E, Diehl DC, Diaz X, Keith M, Medina-Solorzano A & Gylfadottir U. Evaluation of MyPlate mini-poster for older Latino adults: MiPlato para Adultos Mayores. *FASEB Journal* 2012;26: 245.4

Nackers LM, Ross KA, Thomas CH, DeBraganza N, Andre R, Hoover VJ, Newell KE, Milsom VA, von Castel-Roberts KM, Thomas ML, Allen KK, Rogers CJ, Lynch WW, **Bobroff LB**, Mathews AE, & Perri MG. Family matters: the impact of children in the home on weight change in adults undergoing a weight management program. Abstract accepted for the 2010 annual meeting of the Society of Behavioral Medicine, Seattle, WA.

Shelnutt KP, Bobroff, LB, and Diehl DC. ENAFS diabetes module increases diabetes knowledge of older adults. *Journal of Nutrition Education and Behavior*. 2009;41(4S): S6

Shelnutt KP, Bobroff LB and Diehl DC. Evaluation of "MyPyramid for Older Adults," *Journal of Nutrition Education and Behavior*. 2008;40(4S): S71-S72

Bobroff LB, Shelnutt KP, & Hillan J. Development of "MyPyramid for Older Adults" – an adaptation of USDA's food guidance system." *Journal of Nutrition Education and Behavior*. 2007;39(4S): S103

Perri MG, Durning PE, Janicke DA, Lutes LD, Limacher MC, Martin AD, Bobroff LB, Dale MS, & Radcliff TA. "Treatment of Obesity in Underserved Rural Settings (TOURS): 18-month findings." *Annals of Behavioral Medicine*. 2007;33: S022

Perri MG, Fox LD, Durning PE, Limacher MC, Martin AD, Bobroff LB, Janicke DA & Radcliff TA. "Treatment of Obesity in Underserved Rural Settings: preliminary findings." *Annals of Behavioral Medicine*. 2005; 29:S130

YouTube Videos

Understanding Diabetes, 2:26 min, November 7, 2014

https://www.youtube.com/watch?v=5M0bn2QzNrE&list=UUZ9eSxgi-NS-0_1k_bE3SsA

Holiday Eating Tips, 1:49 min, November 21, 2014

<https://www.youtube.com/watch?v=xElpA2n2BFg&feature=youtu.be>

Web Log Posts (UF/IFAS Family Album) – posted at <http://blogs.ifas.ufl.edu/familyalbum>

Bobroff LB. (2014, February 14) *Give Your Heart Some Loving on Valentine's Day!*

Bobroff LB. (2014, March 10) *Living Well to Keep Your Blood Pressure Down*

Bobroff LB. (2014, June 18) *How Dairy Foods Can Help Keep Older Adults Healthy and Strong*

Bobroff LB. (2014, August 13) *Fresh Berries: In Season, Delicious, and Nutritious!*

Ellis S and Bobroff LB. (2014, September 3) *Healthy Aging*

Bobroff LB. (2014, November 17) *Whatever Happened to Homemade Bread?*

Newsletter Articles

Bobroff LB and Minton E (2010) University of Florida IFAS Extension ENAFS Publications and Educational Modules. *Society for Nutrition Education Healthy Aging Division Newsletter*, Winter 2010

Bobroff LB (2010) "Take Charge of Your Diabetes" In: *Alliance Action News* - Newsletter of the Florida Alliance for Diabetes Prevention and Care

Bobroff LB (Summer 2007) "Vitamin D Status and Adiposity among Older Adults: Does Sun Exposure Play a Role?" in *Research News You can Use*. <http://fyics.ifas.ufl.edu/newsletters/research.htm>

Bobroff LB (Spring 2007) "Potential Impacts of the Dietary Guidelines for Americans 2005 on American Agriculture" in *Research News You can Use*.
http://fyics.ifas.ufl.edu/newsletters/rnycu06/2007_01_01_archive.html

Bobroff LB (February 2007) "MyPyramid for Older Adults: A New Resource from the University of Florida" in *Healthy Aging Division Newsletter*, Society for Nutrition Education

Bobroff LB (Spring 2006) "Body-mass Index and Mortality: Does Being Overweight Increase Risk of Death?" in *Research News You can Use*. <http://fyics.ifas.ufl.edu/newsletters/rnycu06/2006/10/body-mass-index-and-mortality-does.html>

Bobroff LB (2005) "Portion sizes and risk for overweight and obesity." In: *Research News You Can Use*.
<http://fyics.ifas.ufl.edu/Newsletters/researchsu05/pdf>

Bobroff LB (Winter 2004) "Micronutrients and cancer risk" in *Research News You Can Use*.
<http://fyics.ifas.ufl.edu/research09.htm>

Bobroff LB (April 2004) "Elder nutrition" in *Networking News*, Nutrition Education for the Public, American Dietetic Association

Bobroff LB (2004) "Are low carb diets safe for you?" in *Optimal Aging Report*, Vol 1(1)

Martin LA and Bobroff LB. (Spring 2000) "Florida partnership funds nutrition education for Florida's elders" In: *Gerontological Nutritionists* - A Dietetic Practice Group of The American Dietetic Association

Training Manuals

Von Castel-Roberts K and Bobroff LB (2008) *TCYD Train-the-Trainer Manual*. Gainesville: University of Florida IFAS Extension, 21 pp

Hillan J and Bobroff LB (2003) *Treatment of Obesity in Underserved Rural Settings (TOURS) Interventionist Manual*. Gainesville: University of Florida, 17 pp

Extension curricula – Published by University of Florida IFAS Extension

Bobroff LB and Joshi G (2014) *Take Control to Reduce Your Cancer Risk*, Nine-module on-line Extension curriculum adapted from the 15-lesson *Take Control to Reduce Your Cancer Risk* learn-by-mail program (1999), and designed to promote lifestyle behaviors that promote overall health and reduce cancer risk.
<http://tinyurl.com/TakeControlUF>

Bobroff LB and Gal, NJ (2007; major revision 2015) *Take Charge of Your Diabetes*. Nine-session, collaborative educational program designed to help persons with type 2 diabetes improve blood glucose control, reduce their health risks, and improve quality of life

Bobroff LB and Fish L (2005; major revisions, 2009, 2015) *Keeping the Pressure Down*. Eight-session educational program designed to help adults with hypertension or at risk for hypertension attain a healthy blood pressure level

Bobroff LB and Larson DL (2004) *Smart Food Shopping for Teens*. Seven-session healthy lifestyles and environmental awareness program targeted to youth

Hillan J and Bobroff LB (2003) *TOURS Participant Manual - first 13 lessons*. Gainesville: University of Florida, 100 pp. Weight management curriculum targeted to women in medically-underserved rural areas developed as part of an NIH-funded research study

Hillan, J and Bobroff LB (2000-2001; major revision 2009-13) *ENAFS Healthy Living Program* materials. Six lesson plans and consumer education materials for older adults

Bobroff LB and Oliver-Cordero L (2000; major revision 2009-13) *ENAFS Healthy Living Program* materials. Four lesson plans and consumer education materials for older adults

Bobroff LB (2000) *Cholesterol Control Self-Study*. Six-session educational program designed to assist program participants in managing their blood cholesterol levels

Bobroff LB and Turner RE (2000) *Smart Food Shopping for Teens Video Program*. Two-session program and DVD clips developed to encourage teens to select healthful foods packaged in environmentally friendly packaging

Eva Morava and Bobroff LB (1999; major revision 2015) *Cholesterol Control*. Seven-session educational program designed to promote lifestyle behaviors that support health blood lipid levels and reduce cardiovascular disease risk

Bobroff LB (1996) *Take Control to Reduce Your Cancer Risk*. Fifteen-session learn-by-mail program designed to promote lifestyle behaviors that reduce cancer risk and encourage screening for early detection of cancer
Bobroff LB, Cantrell MJ, Cook LD (Editor), Hackler RN, Harrison M, and Pergola J (1996) *CHOICES: Charting a*

Positive Future for Teen Parents, Volume III. Third volume of a multi-disciplinary curriculum developed to help pregnant and parenting teens make choices that improve their lives and that of their babies

Bobroff LB, Cantrell MJ, Cook LD (Editor), Copenhagen J, Davis J, Hackler RN, Harrison M, Stobbs Y, Torres N, and Warren G (1995) *CHOICES: Charting a Positive Future for Teen Parents, Volume II.* Second volume of a multi-disciplinary curriculum developed to help pregnant and parenting teens make choices that improve their lives and that of their babies

Bobroff LB, Cantrell MJ, Cook LD (Editor), Hackler RN, Harrison M, Miller F, Pergola J, and Warren G (1994) *CHOICES: Charting a Positive Future for Teen Parents, Volume I.* First volume of a multi-disciplinary curriculum developed to help pregnant and parenting teens make choices that improve their lives and that of their babies

Bobroff LB, Christian LL, Cantrell MJ, and Frazee C (1992) *Building Better Breakfasts.* Curriculum consists of five lessons at three grade levels for elementary school children to learn the health benefits of eating a healthy breakfast every day

Bobroff LB (1988; major revisions 2006, 2009) *Toward Permanent Weight Management.* Eleven-session educational program developed to promote healthy lifestyle behaviors that foster long-term weight management and positive body image among participants

Extension publications

The following publications are published by EDIS – the Electronic Data Information Source – an integrated Web-based system in which Extension publications are created and processed for electronic and print delivery. These peer-reviewed publications must be reviewed by the author(s) and revised as needed every three years (*original publication dates provided here*). Most are also available in Spanish.

EDIS Publications (selected – Bobroff has over 300 publications on the EDIS website)

Gal NJ and Bobroff LB (2012) *Sick Day Management for Adults with Diabetes Who Take Insulin*, FCS8996, 3 pp, <http://edis.ifas.ufl.edu/FY1281>

Headrick L and Bobroff LB (2012) *A Guide to Meal Replacements*, FCS8998, 3 pp. <http://edis.ifas.ufl.edu/FY1283>

Bobroff LB (2011) *MyPlate for Older Adults*, FCS8993, 3 pp. <http://edis.ifas.ufl.edu/FY1260>

Bobroff LB (2011) *Carotenoids and Eye Health*, FCS 8935, 2 pp. <http://edis.ifas.ufl.edu/FY1217>

Bobroff LB (2010) *Remembering to Take Your Diabetes Medications*, FCS8930, 1 page <http://edis.ifas.ufl.edu/FY1206>

Bobroff LB. (2010) *MyPyramid Scramble* series, http://edis.ifas.ufl.edu/topic_series_mypyramid_scramble (currently http://edis.ifas.ufl.edu/topic_series_myplate_scramble - updated in 2013).

MyPlate Scramble: Veggie Power! FCS 8895, 2 pp. <http://edis.ifas.ufl.edu/FY1146>

MyPlate Scramble: Milk and More FCS 8896. <http://edis.ifas.ufl.edu/FY1147>

MyPlate Scramble: Protein Foods, FCS 8897, 2 pp. <http://edis.ifas.ufl.edu/FY1148>

MyPlate Scramble: Great Grains, FCS 8898, 2 pp. <http://edis.ifas.ufl.edu/FY1149>

MyPlate Scramble: Fantastic Fruits, FCS8899, 2 pp. <http://edis.ifas.ufl.edu/FY1150>

Bobroff LB (2007) *Reducing Your Risk for Diabetes: A Resource Guide*, FCS8840, 3 pp,

<http://edis.ifas.ufl.edu/FY933>

Bobroff LB (2007) *Healthy Eating: Improve Nutrition with Food Stamps*, FCS 8837, 1 page.
<http://edis.ifas.ufl.edu/FY918>

Bobroff LB (2007) *Reducing Your Risk for Diabetes: A Resource Guide*, FCS 8840, 2 pp.
<http://edis.ifas.ufl.edu/FY933>

Monroe MC, Shea B & Bobroff LB (2007) *Breast Cancer: When the Woman You Love Has Breast Cancer*, FCS 8826, 3 pp. <http://edis.ifas.ufl.edu/FY896>

Bobroff LB (2007) *Facts about Copper*, FCS8804, 3 pp. <http://edis.ifas.ufl.edu/FY1038>

Bobroff LB (2006) *Facts about Chromium*, FCS8803, 2 pp. <http://edis.ifas.ufl.edu/FY888>

Hillan JB and Bobroff LB (2006) *Healthy Eating: Create Your Plate*, FCS 8796, 2 pp.
<http://edis.ifas.ufl.edu/FY823>

Monroe MC, Shea B and Bobroff LB (2006) *Breast Cancer: Making Sense of the Numbers*, FCS8825, 5 pp.
<http://edis.ifas.ufl.edu/FY895>

Simonne AH and Bobroff LB (2006) *Identifying Accurate Internet Resources for Nutrition, Food Safety, and Health Demonstrations*, FCS 8797, 4 pp. <http://edis.ifas.ufl.edu/FY827>

Turner RE and Bobroff LB (2006) *Facts about Potassium*, FCS 8805, 2 pp. <http://edis.ifas.ufl.edu/FY889>

Bobroff LB (2002) *Symptoms and Treatment of Low Blood Sugar*. FCS 8749, 2 pp. <http://edis.ifas.ufl.edu/FY521>

Bobroff LB (2002) *Symptoms of Diabetes*. FCS 8751, 1 page. <http://edis.ifas.ufl.edu/FY344>

Bobroff LB (2002) *Healthy Meal Plans*. FCS 8750, 20 pp. <http://edis.ifas.ufl.edu/FY522>

Gal NJ and Bobroff LB (2002) *Living with Diabetes*. FCS 8706, 5 pp. <http://edis.ifas.ufl.edu/FY334>

Bobroff LB (2002) *Food and Fitness: Myths and Truths*. FCS 8100, 5 pp. (being revised)

Bobroff LB (2001) *Facts about Calcium*. FCS 8703, 2 pp. <http://edis.ifas.ufl.edu/FY216>

Bobroff LB (2001) *Facts about Vitamin B₁₂*. FCS 8701, 2 pp. <http://edis.ifas.ufl.edu/FY214>

Jensen NC and Bobroff LB (2001) *Facts about Vitamin A*. FCS 8639, 2 pp. <http://edis.ifas.ufl.edu/FY206>

Bobroff LB (2001) *Healthy Eating: Folate*. FCS8560, 1 page. <http://edis.ifas.ufl.edu/FY055>

Bobroff LB (2001) *Healthy Eating: Calcium*. FCS 8561, 1 page. <http://edis.ifas.ufl.edu/FY057>

Oliver-Cordero L and Bobroff LB (2000) *Healthy Eating: Fluids*. FCS 8564, 1 page. <http://edis.ifas.ufl.edu/FY061>

Oliver-Cordero L and Bobroff LB (2000) *Healthy Living: Clues of Quackery*. FCS 8584, 1 page.

<http://edis.ifas.ufl.edu/FY094>

Bobroff LB (2000) *Healthy Living: Reliable Nutrition and Health Resources*. FCS 8586, 1 page.

<http://edis.ifas.ufl.edu/FY098>

Bobroff LB (2000) *Healthy Living: Diabetes Warning Signs*. FCS 8577, 1 page. <http://edis.ifas.ufl.edu/FY084>

Bobroff LB (2000) *Healthy Living: What Do You Know about Diabetes?* FCS 8578, 1 page.

<http://edis.ifas.ufl.edu/FY086>.

Bobroff LB (2000) *Healthy Living: Tips to Remember Your Medication*. FCS 8600, 1 page.

<http://edis.ifas.ufl.edu/FY121>.

Web-pages for eXtension (national Extension website)

Bobroff LB. "Race/Ethnicity and Diabetes Risk" (2012) Diabetes Community of Practice website available at: <http://www.extension.org/>

Bobroff LB. "Health Impacts: Heart Disease" (2012) Diabetes Community of Practice website available at: <http://www.extension.org/>

Miscellaneous publications

von Castel-Roberts KM, Thomas ML, Allen KK, Rogers CJ, Lynch WW, Rogers JM, Schrader J, Bobroff LB, Hoover VJ, Middleton KMR, Medina KE, Lespinasse DM, Maurer SN, Minski SA, and Perr MG. Influence of household members' weight status on weight loss in obese adults. Abstract for the 2012 annual meeting of the Society of Behavioral Medicine, New Orleans LA

Nackers LM, Ross KA, Thomas CH, DeBraganza N, Andre R, Hoover VJ, Newell KE, Milsom VA, von Castel-Roberts KM, Thomas ML, Allen KK, Rogers CJ, Lynch WW, Bobroff LB, Mathews AE, & Perri MG. Family matters: the impact of children in the home on weight change in adults undergoing a weight management program. Abstract for the 2010 annual meeting of the Society of Behavioral Medicine, Seattle WA

Bobroff LB (2008) "Literature Review" In: *Wake Up to Breakfast Resource Manual*, Tallahassee: Florida Interagency Food and Nutrition Committee (FIFNC). 8 pp. <http://fifnc.com/resources.htm>

Bobroff BL, Bobroff LB, Brennan C, and Warren G (2008) "Stretch Your Food Dollars at Home" in *Managing in Tough Times*, Gainesville: University of Florida IFAS Extension. Adapted from Henneman A (2008) *Supermarket Savings: 16 Tips That Can Total Big Bucks*

Bobroff BL, Bobroff LB, Brennan C, and Warren G (2008) "Stretch Your Grocery Dollars" in *Managing in Tough Times*, Gainesville: University of Florida IFAS Extension. Adapted from Henneman A (2008) *Supermarket Savings: 16 Tips That Can Total Big Bucks*

Bobroff BL, Bobroff LB, Brennan C, and Warren G (2008) "Stretch Your Food Dollar: Keep Food Safe" in *Managing in Tough Times*, Gainesville: University of Florida IFAS Extension

Bobroff LB (2007) *Ten Tips for Cool Summer Treats*, Gainesville: UF IFAS, 1 page.

<http://fyics.ifas.ufl.edu/news/2007/05/summertreats.html>

Bobroff LB (2007) *Ten Tips for Helping Family Members with Special Dietary Needs during the Holidays*. Gainesville: UF IFAS, 1 page. <http://fyics.ifas.ufl.edu/news/2007/holidaydietaryneeds.htm>

Bobroff LB (2006) *TCYD: An Extension Diabetes Education Program*, Gainesville: UF IFAS, 1 page. <http://solutionsforyourlife.ufl.edu> (featured in 2006)

Bobroff LB (2006) *Tips for Nutritious School Lunches*, Gainesville: UF IFAS, 1 page. <http://fyics.ifas.ufl.edu/news/2006/08/tips-for-nutritious-school-lunches.html>

PRESENTATIONS (last ten years)

The following are individual presentations by LB Bobroff unless otherwise noted.

National Conferences – Invited Presentations

Moderator, George Briggs Nutritional Sciences Symposium, Society for Nutrition Education annual conference, Reno NV, July 26, 2010

“MyPyramid for Older Adults” National Association of Nutrition and Aging Service Programs annual conference, Orlando, June 29, 2008

“MyPyramid for Older Adults: A New Resource” Healthy Aging Dietetic Practice Group pre-conference, American Dietetic Association FNCE, Philadelphia, October 28, 2007

Bobroff LB and Courtney EA (co-presenters) “Take Charge of Your Diabetes” National Extension Association of Family and Consumer Sciences, Philadelphia, September 28, 2005

National Conferences – Contributed Posters, Oral Presentations, and Workshops

Bobroff LB (session organizer and lead speaker) “Sharing strategies for successfully implementing the National Diabetes Prevention Program,” Link and Learn discussion session presented at annual conference of the Society for Nutrition Education and Behavior, Portland OR, August 10-14, 2013

Gillen MS and Bobroff LB (presenter) “An Exploration of the Health and Personal Finance Information Needs of Older Adults through Focus Groups,” oral presentation at Gerontological Society of America annual conference, New Orleans LA, November 21, 2013

Bobroff LB, Minton E, Diehl DC, Diaz X, Keith M, Medina-Solorzano A, and Gylfadottir U “Evaluation of MyPlate mini-poster for older Latino adults: MiPlato para Adultos Mayores” Experimental Biology annual conference, San Diego, CA, April 23, 2012

Bobroff LB, Gal NJ, Jensen NC, Thompson T, and Doering P “Expanding Outreach of a Diabetes Self-Management Education Program to Antigua” Poster at Society for Nutrition Education annual conference, Kansas City, MO, July 25, 2011

Shelnutt KP (presenter), Bobroff LB (presenter) and Diehl D “Evaluation of MyPyramid for Older Adults” Poster at

Society for Nutrition Education annual conference, Atlanta, July 22, 2008

Bobroff LB (presenter), Gal NJ, Johnson TM (presenter) and Kauwell GPA "Building Effective Partnerships for Diabetes Education" CDC Diabetes Translation Conference, Orlando, May 8, 2008

Bobroff LB and Shelnutt KP (co-presenters) "Using MyPyramid for Older Adults with a Varied Audience" Poster at Food and Nutrition Extension Education pre-conference workshop, Society for Nutrition Education annual conference, Chicago, July 28, 2007

Bobroff LB and Shelnutt KP "Development of MyPyramid for Older Adults – An Adaptation of USDA's Food Guidance System" Society for Nutrition Education annual conference, Chicago, July 31, 2007

Bobroff LB and Johnson TM (co-presenters) "Outcomes of a Cooperative Extension-Based Collaborative Diabetes Education Program" CDC Diabetes and Obesity Conference, Denver, May 19, 2006

Shuford-Law J (presenter), Bobroff LB (presenter) and Warren GL "Snack Smart Move More – A Collaborative Nutrition Education Campaign" Poster at Food and Nutrition Extension Education Division pre-conference workshop, Society for Nutrition Education annual conference, Orlando, July 2005

Regional Conferences – Invited Presentations

"Diabetes Update: Programming Opportunities from Florida and Georgia" Multi-state Extension Family and Consumer Sciences Meeting, Bainbridge GA, April 9, 2006

State Conferences – Invited Presentations

"Extension and the Land-Grant System: Opportunities for Collaboration" scheduled for presentation at the Nutrition Pre-conference Intensive, Florida Council on Aging, Orlando FL, August 20, 2012

"Dietary Guidelines for Americans 2010 for a Healthier Life" Florida Association of Family and Consumer Sciences annual conference, Gainesville FL, March 26, 2011

"Exploring an In-Depth Extension-based Collaborative Diabetes Education Program: Outcomes and Opportunities for Health Professionals" Diabetes – Changing the Face of Our Nation Every Six Seconds, sponsored by the University of Florida/Shands Diabetes Center of Excellence, Gainesville FL, January 18, 2008

Presider, "Macronutrient Profile and Cancer Prevention" Florida Dietetic Association annual conference, Marco Island, July 9, 2007

State Conference – Contributed Presentation

Bobroff LB (presenter), Diehl DC and Gylfadottir, U. *MyPlate Mini-Poster for Older Latino Adults: MiPlato para Adultos Mayores*. Poster presentation at The People's Scientific Conference to Promote Health and Eliminate Health Disparities, University of Florida, Gainesville FL, June 14, 2013

Gal NJ (presenter), Bobroff LB (presenter), and Diehl DC (presenter). *Take Charge of Your Diabetes: A Diabetes Self-Management Program for Adults with Type 2 Diabetes in Marion County*, abstract co-presented at Extension Professional Associations of Florida Conference, Ponte Vedra Beach FL, August 28, 2013

Bobroff LB (presenter), Gal NJ (presenter), and Jensen NC (presenter) Internationalizing Florida Extension's

Diabetes Self-Management Education Program: the Antigua Experience. Extension Professional Associations of Florida annual conference, Orlando, Sept 1, 2010

Shelnutt KP (presenter), Bobroff LB (presenter) and Hillan J "Development of *MyPyramid for Older Adults* – An Adaptation of USDA's Food Guidance System" Extension Professional Associations of Florida annual conference, Orlando, August 13, 2008

Bobroff LB (presenter) and Holloway BC (presenter) "An Extension-Health Center Weight Management Program for Rural Obese Women (the TOURS Project) Focuses on Permanent Lifestyle Changes" Extension Professionals Associations of Florida annual conference, Sarasota, September 14, 2005

Local Conferences – Invited Presentations

Shelnutt KP (presenter), Bobroff LB (presenter) and Diehl D "Evaluation of *MyPyramid for Older Adults*" Scholars in Aging Community Day, University of Florida Health Sciences Center, Gainesville, Nov 3, 2008

"MyPyramid for Older Adults: An Adaptation of the USDA's Food Guidance System" Hot Topics in Nutrition 2007, VA Medical Center, Gainesville, September 24, 2007

"Nutrition, Food Safety, and Health Curricula, Materials and Strategies" NE District Extension meeting, Starke, April 20, 2006

"Successful Strategies: Focus on the Positive" Promoting Healthy Lifestyles in the School Environment workshop, Gainesville, November 11, 2005

Invited Consumer Presentations

"Eating for Pleasure and Health: Yes We Can!" Women's League of Conservative Judaism - Florida Region Conference, Gainesville, May 17, 2015

"Healthy Eating Strategies" Plenary session, Florida Association of Home and Community Educators annual conference, Ocala, October 7, 2015

"Stay Healthy during Our Golden Years" Plenary session, Florida Association of Home and Community Educators annual conference, Altamonte Springs, October 7, 2013

"Nutrition in Our Golden Years" Plenary session, Florida Association of Home and Community Educators annual conference, Altamonte Springs, October 2, 2012

"Nutrition and Cardiovascular Disease" Gators against Cardiovascular Disease, a University of Florida student organization, Gainesville FL, April 5, 2012

"Nutrition as We Age" Institute in Learning in Retirement at Oak Hammock, Gainesville FL, March 14, 2012

"Nutrition Update" Florida Master Food and Nutrition Volunteer re-certification (Marion County), Ocala, November 9, 2011

"Feeding Your Infant" consumer presentation; part two of a four-part workshop for new parents sponsored by the Maimonides Society, Gainesville, November 2, 2011

"Cooperative Extension: Future Opportunities" Collegiate Health Service Corps, University of Florida

undergraduate pre-health student organization, Gainesville, October 27, 2011

“Making Sense of the New Dietary Guidelines” Plenary session, Florida Association of Home and Community Educators annual conference, Altamonte Springs, October 4, 2011

“Focus on Women’s Health: Obesity and Heart Disease” Florida Association of Home and Community Educator’s annual conference, Altamonte Springs, FL, October 5, 2010

“Nutrition Labeling” Florida Food Summit, University of Florida, Gainesville, FL, April 13, 2010

UNIVERSITY AND PROFESSIONAL SERVICE (selected key activities during last five years)

University

2012-present Member, College of Public Health and Health Professions External Advisory Committee
 2012-15 Member, Sustainability Committee (elected by Faculty Senate)
 2009-11 **Member, Academic Personnel Board**
 2007-Present Co-advisor, Campus Kitchens at UF (student-run organization)
 2005-11 Member, Food Service Advisory Committee
 2005-10 Member, Healthy Gators 2010 Committee
 1998-2012 Area Health Education Centers Advisory Board

Institute of Food and Agricultural Sciences

2013-2015 Member, York Distinguished Lecture Committee
 2012-2015 Co-chair, Aging Well in Florida priority work group (Extension programming)
 2012-present Member, Nutrition, Food Safety and Health priority work group (Extension programming)
 2010 Member, Search and Screen Committee, FSHN Department Chair
 2010 Member, Mary Harrison Extension Professional and Enhancement Award Committee
 2008-09 Member, IFAS Faculty Assembly
 2007 Member, Review team for Pinellas County Extension program review
 2007 Member, Search and Screen Committee, Nutrition faculty, FSHN Department
 2007 Member, Search and Screen Committee, Family Economics faculty, Homestead
 2007 Member, Focus area team review committee
 2006-08 **Member, IFAS Tenure, Permanent Status, and Promotion Committee**
 2007-12 Chair, IFAS Extension Goal V focus area teams (Extension programming)
 2003-12 Co-chair, Health, Nutrition and Food Safety focus area team (Extension programming)

Professional Service and Consultations

2006-Present Reviewer, *Journal of Nutrition Education and Behavior* (formerly *Journal of Nutrition Education*)
 2013 Reviewer of educational materials for Wheat Foods Council
 2011-12 Member, expert panel for University of Massachusetts research project, “Community and Environmental Support for Healthy Eating in Older Adults”
 2010 Consultant to Ketchum Public Relations, hired by USDA/CNPP to develop educational materials related to the Dietary Guidelines for Americans 2010
 2010 Reviewer of educational materials for a diabetes education program, University of Kentucky

- Extension
- 2008-2014 Member, Editorial Board, *Journal of the Academy of Nutrition and Dietetics* (formerly *Journal of the American Dietetic Association*)
- 2006-2014 Provided letters of evaluation for tenure and promotion packets of faculty at Virginia Tech, University of Maryland, Mississippi State University

PROFESSIONAL MEMBERSHIPS

American Society for Nutrition (formerly American Institute of Nutrition and American Society for Nutritional Sciences), 2002-present (Member); 1986-2002 (Associate Member)

Academy of Nutrition and Dietetics (formerly American Dietetic Association), 1987-present (Registered Dietitian, R718519)

Practice Groups: Nutrition Education for the Public, 1987-present
 Healthy Aging (formerly Gerontological Nutritionists), 1998-present
 Diabetes Care and Education, 2005-present

Activities in Florida Dietetic Association: Served on By-laws committee; moderator for sessions at annual state meeting; member of various committees

Leadership in Gainesville District Dietetic Association: President, 1994-1995

Society for Nutrition Education and Behavior (formerly Society for Nutrition Education), 1986-present

Elected Positions: Co-chair, Nominating Committee, 2010-11
 Member, Nominating Committee, 2009-10
 Chair, Healthy Aging Division, 2007-2008
 SNE Director at Large, 2000-2003
 Chair, Food and Nutrition Extension Education Division, 1992-1993

American Association of Family and Consumer Sciences, 1986-2006

Florida Association of Family and Consumer Sciences, 1986-2006

Elected Position: Vice President-Public Relations, 2000-2002

National Extension Association of Family and Consumer Sciences, 1995-present

HONORS AND AWARDS

- 2013 *Florida Cooperative Extension Service Professional Development Mini-Grant*, Dean for Extension, \$2,025 award to attend Southern Gerontological Society conference and meet with faculty at the University of Arkansas – Little Rock
- 2011 *Outstanding Specialist*, Florida Extension Association of Family and Consumer Sciences
- 2009 *Professional Development Improvement Scholarship*, Dean for Extension, \$1,800 award to attend American Association of Diabetes Educators annual conference
- 2009 *Christine Taylor Waddill Extension Professional and Enhancement Award*, for excellence in diabetes education (Take Charge of Your Diabetes)
- 2008 *Award of Excellence Honorable Mention 2008* (for *MyPyramid for Older Adults*) Nutrition Education for the Public Dietetic Practice Group, American Dietetic Association
- 2007 *Outstanding Member Award*, Weight Realities Division, Society for Nutrition Education
- 2005 *Program Excellence through Research Award* (for *Take Charge of Your Diabetes* research project), National Extension Association of Family and Consumer Sciences
- 2005 *Mid-career Achievement Award*, Society for Nutrition Education
- 2004 *Program Excellence through Research Award* (for *Take Charge of Your Diabetes* research project),

	Florida Extension Association of Family and Consumer Sciences
2002	<i>Distinguished Dietitian</i> , Florida Dietetic Association
2001	<i>Outstanding Specialist</i> , Florida Extension Association of Family and Consumer Sciences
2001	<i>Distinguished Dietitian</i> , Gainesville District Dietetic Association

HONOR SOCIETIES

Epsilon Sigma Phi (ESP), elected to membership, 1991
Gamma Sigma Delta, elected to membership, 1990
Sigma Xi, Scientific Research Society, elected to full membership, 1986

GRANTS AND CONTRACTS (last seven years)

PI	Florida Department of Health, Bureau of Chronic Disease Prevention – Cancer Program <i>Take Control to Reduce Your Cancer Risk: Update and Adaptation for Implementation via the Internet</i> June 2014 – September 2014	\$54,627
Co-I	National Heart, Lung and Blood Institute, NIH <i>Rural Lifestyle Eating and Activity Program (Rural LEAP)</i> 2013-2018	\$2,532,844 (\$39,252 – IFAS)
PI	Centers for Disease Control and Prevention (via Molina Healthcare) <i>Health Plans Preventing Diabetes and Improving Well-Being – National Diabetes and Prevention Program Implementation</i> 9/30/12-9/29/14	\$167,912
PI	Florida Department of Health, Diabetes Prevention and Control Program <i>Diabetes Train-The-Trainer Workshop 2010</i> 12/18/09 – 6/30/10	\$21,972
Co-I	National Institute of Diabetes and Digestive and Kidney Diseases, NIH <i>Extension Family Lifestyle Intervention Program (FLIP) for Kids</i> 6/01/09 - 7/31/14	\$2,743,055 (\$22,438 – IFAS)
Co-I	National Heart, Lung and Blood Institute, NIH <i>Rural Lifestyle Intervention Treatment Effectiveness Trial (Rural LITE)</i> 6/01/08 - 5/31/13	\$3,647,926 (\$52,634 – IFAS)
PI:	State of New York Department of Law <i>Enhancing Nutrition and Food Safety Education for At-risk Elders in Florida</i> 6/14/05 – 7/31/12	\$229,264
Co-I:	U.S. Department of Agriculture <i>Addressing the Needs of Older Adults in Times of Disaster: an EDEN-based Program</i> 9/1/07 - 8/31/08	\$100,000
PI:	Florida Department of Health, Diabetes Prevention and Control Program <i>Take Charge of Your Diabetes</i>	

7/31/07 – 6/30/08 \$14,885

PI: Florida Department of Health, Diabetes Prevention and Control Program
Take Charge of Your Diabetes: An Extension-based Collaborative Diabetes Education Program
 7/31/06 – 6/30/07 \$35,000

Co-I: National Heart, Lung and Blood Institute, NIH
 R18 HL0733, *Treatment of Obesity in Underserved Rural Settings (TOURS)*
 6/01/03 - 5/31/07 \$1,818,000 (\$53,546 – IFAS)

EXTENSION PROGRAMS

As an Extension Nutrition Specialist, I provide leadership for statewide nutrition and health Extension programs designed to (a) promote optimal health throughout the life cycle, (b) reduce risk for chronic conditions and diseases such as obesity, hypertension, and cardiovascular disease, and (c) manage diseases such as type 2 diabetes to reduce health complications. My duties include planning and coordinating in-service trainings for county Extension faculty in collaboration with team members, reviewing and developing educational curricula and consumer education materials, and keeping county Extension faculty informed on an on-going basis about emerging research, educational strategies, public policy issues, and availability of educational materials and professional development opportunities such as webinars, seminars, and conferences.

In 2013, UF IFAS Extension began implementing a ten-year strategic plan and a new multi-disciplinary focus for Extension programs for which I provided leadership in the program planning process is the aging of our state's population. Currently, I serve as co-leader of the Aging Well in Florida (AWiF) programming team ("priority work group") and in that capacity I have brought together 30 county and state faculty who are focusing on the diverse and complex challenges related to aging, including those pertaining to nutrition and health, housing and universal design, family relationships, end of life decisions, and financial concerns, among others. AWiF has initiated 12 Action Teams that address a broad spectrum of issues in aging that have been identified as priorities or potential areas of focus by team members. These teams include AWiF priority work group members as well as other UF/IFAS Extension faculty and outside collaborators. AWiF Action Teams cover many of the major issues in aging including financial management, end of life decisions, nutrition and health, housing, and family relationships.

In recent years my Extension programs have primarily focused on two critical areas of concern: (1) Preventing and Managing Chronic Diseases and (2) Conditions and Meeting Special Nutritional Needs of Older Adults.

Preventing and Managing Chronic Diseases and Conditions

Chronic diseases and conditions including obesity, high blood pressure, heart disease, stroke, and diabetes are related to lifestyle choices. When people change their behaviors toward a healthier lifestyle, and seek and receive care at the appropriate time, they can reduce their health risks. Persons with existing diseases, such as diabetes, can reduce risk for debilitating and expensive health complications through lifestyle changes. Extension nutrition and health education programs are designed to provide program participants with the knowledge, motivation, and behavioral skills they need to adopt behavior changes that promote positive nutritional status and reduce health risks. Changes in lifestyle behaviors that lead to reduced health risks can have dramatic impacts on skyrocketing health care costs. Educational programs are targeted to Floridians at risk for one or more chronic diseases and adults with type 2 diabetes. Training and program support are provided to county Extension faculty and health professionals who work with persons with diabetes (with external funding support).

My primary role as Extension nutrition specialist is to enhance the ability of county Extension faculty to address critical health and nutrition issues that have been identified as priorities in their counties. To this end I provide research-based information, educational curricula (see Publications section), educational materials such as slide sets (available upon request) and consumer handouts (see EDIS Publications), and evaluation strategies and instruments. I also have been effective in providing collaborative programming opportunities, grant support for particular programs (weight management and diabetes education; see Research Focus and Grants and Contracts), and training experiences to increase their subject matter and programming competencies.

Trainings organized by our programming team are consistently well attended, with 30 to 40 county faculty typically participating. With funding from the Florida Department of Health, we opened our annual Diabetes training to health professionals for four years, which enhanced the training experience for our Extension faculty. Training evaluations demonstrate that county faculty increased knowledge and competencies to implement educational programs designed to prevent the major chronic diseases and conditions that are the focus of this program area.

Educational curricula in this program area that I have developed over the years, often in collaboration with county Extension faculty and in several cases as supervisor for graduate students in the Food Science and Human Nutrition Department, are listed in the Publications section. *Take Charge of Your Diabetes* (TCYD) is an innovative and award-winning educational program that has broken new ground for Florida Extension and increased our visibility across campus, in counties implementing the program, and nationwide. A more detailed description of this program follows.

TCYD is an in-depth, collaborative, team-taught diabetes self-management education program that targets adults who have been diagnosed with type 2 diabetes. The original pilot study in 2003, in three counties (n=46) was funded by the IFAS Dean for Research and demonstrated that the program is effective in improving blood glucose control as measured by significant decreases in hemoglobin A1C at post-test and three-month follow-up. In 2005, the Florida Department of Health (FDOH) funded an evaluation study of TCYD in seven counties (n=78), again demonstrating significant decreases in hemoglobin A1C at post-test and follow-up. A third study in 2007 included eleven counties (n=156). Significant changes in knowledge and behaviors were found from pre- to post-test and pre- to follow-up, based on written surveys. Key behaviors that were improved included evenly spacing carbohydrate intake, taking medications as prescribed, being physically active, and self-monitoring blood glucose, all of which are important in managing diabetes and improving blood glucose control. TCYD was recognized nationally with the **Program of Excellence through Research Award** from the National Extension Association of Family and Consumer Sciences in 2005.

In 2009, TCYD came to the attention of the Antigua Medical Benefits Scheme, which provides health care services, materials, and education, including promotion of healthy lifestyles for the public in this island nation. In January 2010, the Antiguan government paid for five members of our TCYD team to travel to Antigua to present three days of diabetes training for 30 health professionals. To date, their implementation team has provided the program 33 times, with significant health outcomes for the participants. We are planning a second training for Antiguan health professionals in St. Johns, tentatively scheduled for February 2016.

Meeting Special Nutritional Needs of Older Adults

The percent of Floridians over the age of 60 is growing rapidly. As people age, physiological changes influence their food and nutrient needs and socioeconomic changes can make lifestyle choices challenging for high-risk older adults. Well-designed nutrition education programs can help older adults adopt lifestyle choices that promote positive nutritional status and optimal health. Changes in lifestyle behaviors that lead to reduced health risks among older adults also can have dramatic impacts on skyrocketing health care costs. Floridians over age 60,

primarily those at high nutritional risk, are the primary target audience for these educational programs. My primary role in this program area is to provide support for county Extension faculty who are addressing nutrition and health issues of older adults. I provide leadership for the Elder Nutrition and Food Safety (ENAFS) program, which addresses the special nutrient needs of older adults and, when the position was funded, I worked closely with the ENAFS coordinator to develop educational materials and modules, plan and implement in-service training, and work on special projects.

ENAFS has been funded by the Florida Department of Elder Affairs (1999-2000) and the University of Florida Foundation (2005-2012). Currently I am funding a part-time Coordinator with my IDC account, and continue to seek additional funding. The most recent special ENAFS project was developing and testing the Latino version of MyPyramid (later changed to MyPlate) for Older Adults (MPOA). This project was funded by a matching grant from the Dean for Extension (see Grants section) and led by the ENAFS Coordinator. Three county Extension faculty conducted focus groups with older Latino adults in their counties to obtain input on the mini-poster. The finalized resource, MiPlato para Adultos Mayores (MPAM), is available along with the English version on the FYCS website (downloadable PDF) and the IFAS Bookstore (for sale in packs of 50). One of my long-time collaborators, the Florida Department of Elder Affairs, paid for large posters (2' x 3') of MPOA and MPAM to be printed and distributed to congregate nutrition sites, Extension offices, and Research and Education Centers in Florida. An oral presentation on the focus group study was presented at the Experimental Biology conference in San Diego (April 2012).

ENAFS modules and packages of the MPOA mini-posters have been purchased by educators in many states and our educational materials are widely respected among nutrition educators. With the availability of MPAM, we expect wide distribution among states with large Latino/Hispanic populations as well as internationally. We have granted permission for MPOA to be included in several nutrition textbooks and recently had a request for MPAM to be published in a textbook as well. In 2008, I received the **Award of Excellence Honorable Mention** for *MyPyramid for Older Adults* from the Nutrition Education for the Public Dietetic Practice Group of the American Dietetic Association.

We have conducted two evaluation studies of ENAFS program materials. The first study, funded by the USDA National Policy and Resource Center on Aging, found that high-risk older adults (n=23) between the ages of 55 and 103 years who attended five ENAFS lessons (Unique Nutritional Needs of Elders module) increased their knowledge and were motivated to plan to make behavior changes. This study was published in the *Journal of Nutrition for the Elderly* in 2003 (see Publications). The second evaluation study evaluated a lesson plan developed to teach the major concepts of MyPyramid for Older Adults. We taught the lessons at six congregate nutrition sites in low-income neighborhoods in north central Florida. Sixty men and women participated with 57% indicating that they learned "a lot," 39% learned "some," and 4% learned "very little" (perceived knowledge gain). When we tested actual knowledge gained using a pre- and post-test survey, we found significant knowledge gains in two of the three content areas. In addition, 96% of the participants indicated that they planned to make at least one behavior change and 71% said that they planned to share what they learned with a family member or friend; both of these are goals of the ENAFS program. This study was published in the *Journal of Nutrition Education and Behavior* in 2009 (see Publications). Dr. David Diehl has been compiling outcome data for selected county Extension faculty for an impact evaluation of the completely revised and updated Module 5: Healthy Eating for Older Adults. The project was initiated at the FCS Summit, May 2014.

ENAFS training workshops are consistently well-attended and highly rated and the curriculum is used in many counties in the state. The most recent training targeted to the needs of older adults was co-presented with David Diehl, Judy Corbus, Unnur Gylfadottir, and Beth Shephard at the FCS Summit, May 2014. Evaluation of the session ranged from **4.6 to 4.9** out of 5.0 for the six items included in the PDEC evaluation. Six county faculty indicated that they will increase their ENAFS programming. "Issues in Aging: Helping Older Floridians Get Their Fiscal and Physical House in Order," was a two-day multi-disciplinary training planned and presented by ENAFS faculty and

members of the Personal Financial Education and Personal and Family Well-Being program teams in February 2012. Evaluations were outstanding, with most ratings over 4.5 out of 5. This training demonstrates the type of issues-based, collaborative programming that has been discussed in recent Extension strategic planning sessions in Florida. The first *Aging Well in Florida* training was held in Gainesville Feb 11-13, 2014, with 26 in attendance. Overall evaluations for individual sessions ranged from **4.24 to 4.96** out of 5.00 (21 evaluations submitted).

Other Extension Program Activities

Additional program focuses include nutrition and health for children and youth (including but not limited to 4-H program materials), weight management for youth (see Research Focus), and support for Extension nutrition programs targeted to limited resource families and children, including the Family Nutrition Program and the Expanded Food and Nutrition Education Program (EFNEP). Over the years I have developed educational lessons and curricula, consumer fact sheets and slide presentations targeted to these audiences, and have further supported these program areas with external funding and provision of in-service training to enhance competencies of county faculty. I also answer numerous questions for county Extension faculty and consumers in all aspects of nutrition and health and participate in interviews with the press and with journalism students preparing nutrition and health-related stories for their classes or for publication.

RESEARCH FOCUS

Throughout my career I have sought opportunities to participate in collaborative research that can inform the development or improvement of Extension health and nutrition programs in Florida. In the past I have conducted evaluation studies of the *Take Charge of Your Diabetes and Elder Nutrition and Food Safety* (ENAFS) programs (see Extension section). My major research focus over the last ten years has been in the area of weight management in medically underserved rural areas, serving as co-investigator for four NIH-funded randomized controlled trials, in collaboration with Dr. Michael Perri, Dean of the College of Public Health and Health Professions and Dr. David Janicke, Associate Professor in the same college. Dr. Perri's research team recently completed the *Rural Lifestyle Intervention Treatment Effectiveness Trial* (Rural LITE), which was a follow-up to the *Treatment of Obesity in Underserved Rural Settings* (TOURS) study (2003-07). A Rural LITE outcomes manuscript was published in 2014. We are currently implementing the *Rural Lifestyle Eating and Activity Program* (Rural LEAP) project, which will further evaluate weight maintenance strategies following a 16-week weight loss intervention in ten medically underserved rural counties.

Treatment of overweight in young people is challenging and involves addressing the family environment as well as individual lifestyle choices, particularly among younger children who often have minimal control over their meal and snack options. I was co-investigator (Dr. Janicke, PI) on the *Extension Family Lifestyle Intervention Project* (E-FLIP for Kids) (2009-14), which studied family-based and parent-only behavioral interventions for weight management in children 7-12 years of age in medically underserved rural counties.

TEACHING ACTIVITIES

I have supported the teaching mission of the University of Florida through service on graduate student committees and presentation of guest lectures for several courses in IFAS. During my tenure at the University I have served on a total of 45 graduate committees in several departments representing four UF colleges. This includes serving as chair of 17 M.S. committees and 1 M.Ag. committee, member of seven Ph.D. committees, and member of 20 Master's committees. The majority of students with whom I have worked have been graduate students in the Food Science and Human Nutrition Department (FSHN), but I have had the opportunity to serve on Master's and Ph.D. committees for students in Agricultural Education and

Communication, Anthropology, Clinical and Health Psychology, Food and Resource Economics (FRED), and Health Education and Behavior. Many of the graduate students with whom I have worked contributed to Extension nutrition and health programs through their research projects.

My guest lectures for courses in FSHN, FYCS, and FRED have focused on three areas: (1) Cooperative Extension, including history, educational focuses, and career opportunities, (2) federal Dietary Guidelines and consumer applications, and (3) curriculum development, with an emphasis on the process of developing a nutrition education program designed for behavior change, from needs assessment through program evaluation.