

# **Sandra B. Procter PhD, RD, LD**

**Assistant Professor, Department of Food, Nutrition, Dietetics and Health  
Extension Specialist, Maternal and Child Nutrition  
K-State Research & Extension  
Kansas State University**

## **Education**

- 2006 Ph.D. Human Nutrition Kansas State University  
Dissertation title: *Reasons Affecting Breastfeeding Duration, and its Association with Childhood Overweight, in a Kansas WIC Population*  
Supporting doctoral course work:  
Johns Hopkins University – Bloomberg School of Public Health – 2003  
Wichita State University – School of Nursing – 2004
- 1991 M.S. Institution Management Kansas State University
- 1977 B.S. Dietetics (with journalism emphasis) Kansas State University

## **Certification**

Registered Dietitian, Academy of Nutrition and Dietetics (486263)  
Licensed Dietitian, State of Kansas (no. 510)  
EMS Emergency Care Instructor (CPR, AED, First Aid --KS 183)

## **Member**

Academy of Nutrition and Dietetics  
Kansas Academy of Nutrition and Dietetics  
Society of Nutrition Education and Behavior  
Epsilon Sigma Phi – Extension Professional Organization  
American Public Health Association  
Kansas Public Health Association  
Kansas Breastfeeding Coalition

## **Employment Experience**

- 2007 to present Assistant Professor (non-tenure track), Department of Food Nutrition, Dietetics and Health, Kansas State University  
Specialist, Maternal and Child Nutrition, K-State Research and Extension (KSRE)
- 2011 to 2018 Coordinator, Kansas SNAP-Ed – Nutrition education program in 75+ counties across state
- 2007 to present Approved as graduate faculty and Master of Public Health graduate faculty
- 1998 to 2018 Coordinator, Kansas Expanded Food and Nutrition Education Program (EFNEP), KSRE, Department of Food, Nutrition, Dietetics and Health; Kansas State University
- 2002 to 2007 Associate Specialist, Maternal and Child Nutrition, KSRE

2000 - 2001	Nutrition Instructor, Highland Community College, Wamego, KS
1987 - 1998	Dietitian Manager, Dining Services, Kansas State University Service manager, Derby Dining Service 8/87 - 8/89 Service/sanitation manager, Kramer Dining Service, 8/89 - 8/90 Production manager, Kramer Dining Service 8/90 - 1/98
1980 - 1987	Foodservice Director/Clinical Dietitian, Good Samaritan Village, Hastings, NE Director of Dietary 8/83 - 8/87 Clinical Dietitian, Good Samaritan Village 1/80 - 8/87
1978 - 1979	Clinical Dietitian, St. Joseph Medical Center, Wichita, KS

## Publications

### Juried research.

- Kusuma M, Kidd T, Muturi N, **Procter SB**, Yarrow L, Wei-Wen H.: 2020. HIV knowledge and stigma among dietetic students in Indonesia: Implications for the nutrition education system. *BMC Infectious Diseases*. 20:663 Online. <https://doi.org/10.1186/s12879-020-05379-8>
- **Procter S**: 2020. More than talking the talk: Extension programming and communication support One Health. *One Health Newsletter*: 12(1). Online. [https://www.vet.k-state.edu/OneHealth/Vol12-Iss1/extension\\_programming.html](https://www.vet.k-state.edu/OneHealth/Vol12-Iss1/extension_programming.html). March 2020.
- Kusuma M, Kidd T, Muturi N, **Procter SB**, Yarrow L, Wei-Wen H.: 2020. The symbolic meaning of HIV: Understanding lecturers' ambivalence over teaching HIV to dietetic students. *J Intl Assoc of Providers of AIDS Care*. Online. <https://doi.org/10.1177/2325958220939755>. First published July 14, 2020.
- Auld G, Baker S, Hernandez-Garbanzo Y, Infante N, Inglis-Widrick R, **Procter SB**, Yerxa K: 2019. The Expanded Food and Nutrition Education Program's impact on graduates' quality of life. *J Nutrition Educ & Behavior*. 51(2), 217-223.
- Rockler BE, **Procter SB**, Contreras D, Gold A, Keim A, Mobley AR, Oscarson R, Peters P, Remig V, Smathers C. Communities partnering with researchers: An evaluation of coalition function in a community-engaged research approach. *Prog Community Health Partnersh*. 2019; 13(1): 105-114. (doi:10:1353/cpr.2019.0013)
- Gold A, Bennett K, Jansen RJ, Mobley A, **Procter SB**, Contreras D, Peters P, Smathers, C.: 2018. Ripple effects of the Communities Preventing Childhood Obesity project. *Health Promotion Prac*. Online. <https://doi.org/10.1177/1524839918788581> (doi: 10.1177/1524839918788581). August 2018.
- Delimont NM, Chanadang S, Joseph MV, Rockler BE, Guo Q, Regier GK, Mulford MR, Kayanda R, Range M, Mziray Z, Jonas A, Mugyabuso J, Msuya W, Lilja NK, **Procter SB**, Chambers IV E, Alavi S, Lindshield B: 2017. The MFFAPP Tanzania efficacy study protocol: Newly formulated, extruded, fortified blended foods for food aid. *Curr Dev Nutr*. May 2017, 1(5) e000315; DOI: <https://doi.org/10.3945/cdn.116.000315>
- Auld G, Baker S, Infante N, Inglis-Widrick R, **Procter SB**, Steger MF, Yerxa K: 2016. EFNEP's impact on exemplary educators' quality of life. *J Nutrition Educ &*

- Behavior*. 48(9), 647-654.e1
- Peters P, Gold A, Abbott A, Contreras D, Keim A, Oscarson R, **Procter S**, Remig V, Smathers C, Mobley AR:2016. A quasi-experimental study to mobilize rural low-income communities to assess and improve the ecological environment to prevent childhood obesity. *BMC Public Health*. 2016, 16:376.
  - Buro B, Gold A, Contreras D, Keim A, Mobley A. Oscarson R, Peters P, **Procter S**, Smathers C. 2015. An ecological approach to exploring rural food access and active living for families with preschoolers. *J Nutrition Educ & Behavior*. 47(6), 548-554.e1.
  - Foster JS, Contreras D, Gold A, Keim A, Oscarson R Peters P, **Procter S**, Remig V, Smathers C, Mobley AR: 2015. Evaluation of nutrition and physical activity policies and practices in childcare centers within rural communities. *Childhood Obes* 11(2015)
  - **Procter SB.**, Campbell CG. 2014. Position of the Academy of Nutrition and Dietetics: Nutrition and lifestyle for a healthy pregnancy outcome. *JAND* 114(7), 1099 – 1103.
  - Koszewski W, Hlavacek M, Yerxa K, **Procter S**, Auld G, Baker S, Misner S. 2014. Positive quality of life factors identified from EFNEP participant stories. *J Nutrition Educ & Behavior*. 46(5).
  - Bauer A, **Procter S**. 2013. The effects of communal eating on perceived social support and academic success in first year college students. *J Foodser Management & Educ* 7(1), 1-6.
  - Auld G, Baker S, Bauer L, Koszewski W, **Procter S**, Steger M: 2013. EFNEP's impact on the quality of life of its participants and educators. *J Nutr Educ & Behavior* 45(6), 482-489.
  - **Procter SB**; Holcomb, CA: 2008. Breastfeeding duration and childhood overweight among low-income children in Kansas, 1998-2002. *Am J Public Health* 98(1), 106 – 110.

#### **Extension publications, selected (peer reviewed).**

- **Procter S.** and Locke M. “Lower Your Risk of Breast Cancer.” KSUAES and KSU Johnson Cancer Research Center publication MF3536, August 2020.
- **Procter S.** and Roths B. “Seasoning with Herbs and Spices.” KSUAES publication MF3539, July 2020.
- **Procter S.** “Choose Foods to Decrease Your Risk of Cancer.” KSUAES and KSU Johnson Cancer Research Center publication MF3252, November 2018.
- **Procter S** and Dixon K. 7/2015. Gluten and your gut’s good health. KSU AES and CES publications Fact sheet MF3226, Leader’s guide MF3227. Family and Consumer Sciences Annual Lesson Series 2016.
- **Procter S.** “EFNEP’s Alignment with Emerging Research and Federal Food Policy: Current EFNEP Programming Reflects the 2010 U.S. Dietary Guidelines” 2012 National EFNEP Coordinators’ Conference, Washington, DC.  
<https://nifa.usda.gov/sites/default/files/resources/Report%20-%20EFNEP%20Alignment%20with%202010%20Dietary%20Guidelines.pdf>
- Community Nutrition Education Logic Model, rev. 1/2014. USDA/NIFA. **Project lead:**

- S. Procter**; K.Cason; J. Dollahite; S. Blake. H. Chipman, National Program Leader.
- **Procter, S.** Vitamin D: Sunshine to supplements. KSU AES and CES publication (2010, reviewed 2018).

### **Related Activity**

Peer reviewer for *Journal of Extension*, two consecutive 3-year terms, 2008 -2013; re-appointed as reviewer 2019 to present.

### **Selected Professional Highlights and Presentations**

“Choline – Nutrient of Concern for Moms and More” Kansas WIC staff training. Webinar. June 2019. Rated by attendees 4.39/5.00.

“Quality of Life – A Transformational Aspect of EFNEP” Poster. 2018 National EFNEP Coordinators Conference. Roe AJ, **Procter S**, Yerxa K, Auld G. March 2018, Washington D.C.

“Ripple Effects of the Communities Preventing Childhood Obesity Project” Poster. 2018 National Health Outreach Conference. Gold A, Mobley A, **Procter S**, Smathers C, Contreras D, Peters P, Keim A, Oscarson R. May 2018, Minneapolis.

“Concerns expressed by mothers of infants and young children engaged in a child feeding study in rural Tanzania: an exploratory qualitative study.” October 2016, Denver. American Public Health Association Annual Meeting. Poster: Rockler B. and **Procter S**.

“Childhood Obesity Prevention Research through a Community Context” Aug 2016, San Diego. Society for Nutrition Education and Behavior annual conference. Panel: Peters P, **Procter S**, Gold A, Smathers C.

“What Works and Doesn’t Work with In-Store Nutrition Education: Results from a National AFRI Grant Project.” Invited presentation: **Procter S** and Tynon E. Rural Grocery Summit, Wichita, KS June 2016.

“EFNEP’s Alignment with Emerging Research and Federal Food Policy: Current EFNEP Programming Reflects the 2010 U.S. Dietary Guidelines.” Invited presentation: **Procter S**, for the National Institute of Food and Agriculture, U.S. Department of Agriculture (NIFA/USDA), Nutrition Division. 2012 National EFNEP Coordinators’ Conference, Mar 2012, Washington DC.

“Reasons Kansas WIC Participants Stop Breastfeeding” – Poster session presented at APHA, San Diego – Nov 2008

“Duration of Breastfeeding is Associated with Lower Incidence of Overweight in Low-Income 4-year-olds in Kansas” – Poster session: **Procter S**, American Public Health Association Annual Meeting and Exposition, Boston – Nov 2006

### **Grants and External Funding**

- Mid-America Regional Council. KSRE Double Up Food Bucks. Nwadike L. KSU PI. 2020. **Procter S**. Co-PI. **\$6500 funded**.

- **Procter S.** and Getaneh H. U.S. State Department’s Bureau of Educational and Cultural Affairs. Mandela Washington Fellowship. Reciprocal Exchange. 2019. **\$5,000 funded.**
- Procter, D. (PI); **S. Procter**, H. Peterson, D. Kahl, K. Draeger, Co-PIs. 2014. USDA. AFRI. *Increasing Healthful Food Choice and Strengthening Rural Grocery Store through Nutritional Education and Labeling.* **\$500,000 funded.**
- Alavi, S and Lilja, N (PIs); E. Chambers IV, B. Lindshield and **S. Procter**, Co PIs. (2012). USDA. McGovern-Dole International Food for Education and Child Nutrition Program. “Micro-Nutrient-Fortified Food Aid Products Pilot Proposal for Tanzania.” **\$2.9 million funded.**
- Peters, P (Director); **Procter, SB (Co-PI)** et al. 2010 AFRI Grant. Childhood Obesity Prevention: Integrated Research, Education, and Extension to Prevent Childhood Obesity. *Mobilizing Rural Communities to Assess and Improve the Ecological Environment to Prevent Childhood Obesity.* **\$4.7 million funded.**
- **Procter, SB** (PI), Garfinkel, P (2009 – 2011). Increase acceptance of food assistance Vision cards by rural Kansas groceries to improve resident health & economic viability within rural Kansas communities. Center for Engagement and Community Development (K-State); **\$10,800 funded.**

**Graduate students – Procter serving as major advisor:**

- Stull, Valerie J. – MPH, Public Health Nutrition. Field Experience Report + Thesis. “Agriculture programs impacting food security in two HIV/AIDS-affected Kenyan and Zambian communities.” 12/2009.
- Morris, Joan (Buchholz) – MPH, Public Health Nutrition. Field experience report: “TriHealth Corporate Health.” 12/2009.
- Finney, Abigail (Bauer) – MPH, Public Health Nutrition. Field experience report + Thesis: “The effects of communal eating on perceived social support and academic success in first year college students.” 5/2012.
- Taylor, Melissa – MPH, Public Health Nutrition. Field Experience report: “Nutrition and health education in rural and urban areas of Kansas.” 5/2013.
- Ndlela, Arlerta – MPH, Public Health Nutrition. “Demographic and nutritional characteristics of infants who are Medicaid births compared to non-Medicaid births in a Kansas WIC population.” Thesis + Field Experience Report. 8/2013.
- Rockler, Briana – MPH, Public Health Nutrition. “Communities partnering with researchers: an evaluation of coalition function in a community-engaged research approach.” Thesis + Field Experience Report. 5/2015.
- Bonilla, Emily (Kinder) – MPH, Public Health Nutrition. “Community Needs Assessments in Collaboration with Public Health.” Field Experience Report. 12/2016.
- Frans, Nike – MPH, Public Health Nutrition. “Development of cooking skills questionnaire for EFNEP participants in Kansas” Graduate report and field experience report. 5/2017.
- Kuckelman, Holly – MPH, Public Health Nutrition. “KSDE Child Nutrition and Wellness: Administration of child nutrition programs.” Field Experience Report. 12/2017.
- Aronson, Elena – MPH student, Public Health Nutrition. Graduated 5/19.
- Kough, Aubrey (Griffin) – Dietetics bachelor’s with concurrent masters – Graduated 5/19.
- Achakzai, Ariana – MPH, Public Health Nutrition. “Nutrition Outreach Efforts through the Manhattan/Riley County Food and Farm Council.” Field Experience Report. Graduated 5/20.

Busenitz, Isabelle – PhD student, Nutrition

*Procter serving as outside chair:*

Watkins, Tracee – HM.

Miller, Michael – Sociology.

Frizzell, Rebecca – Sociology – “Manufacturing Satisfaction with Work-Family Balance: The effects of employee type, technology use and life role salience” Defended 9/16/15

Wen, Han – HMD – “Risk communication when serving consumers with food allergies. Defended 7/1/15.

**Undergraduate student mentoring – Procter served as faculty mentor:**

Held, Courtney – University Honors Program Project, graduated 12/2010. “Efforts to improve health in Kenya and other developing countries.”

Fort, Victoria – Developing Scholars Program for Undergraduate Research (for underrepresented students), graduated 5/2011. “Nutrition education for childcare providers: What does Extension need?”

Dixon, Katelyn N. – graduated 5/2016. Directed student research and co-authorship of “Gluten and Your Gut’s Good Health” Family and Consumer Sciences Annual Lesson Series 2016.

Ewoldt, Laina – University Honors Program – Graduated 5/2019. Project: “*Food Desert No More, They’re Getting a Grocery Store: Plains Grocery Store Initiative*”

**Service and awards**

*Elected participant* – Member of the Extension Committee on Planning, (EXCOP) 5/2020 -  
*Search committee* – Department head -- Food, Nutrition, Dietetics and Health – Spring 2020.

Selected participant – *2019 National Institutes of Health’s Mary Frances Picciano Dietary Supplement Research Practicum*, Bethesda, MD May 29 – 31, 2019.

*Faculty Extension Excellence Award* – Kansas State University College of Human Ecology. 2017 – 2018.

*Advisory Board*, Cat’s Cupboard Student Food Pantry, Kansas State University. 2018 – present. Co-chair, nutrition committee. Board secretary, 2019.

Epsilon Sigma Phi – Membership committee. 2016 – 2018. Co-chair, Global Extension committee, 2020.

EFNEP Policy, Systems and Environmental Change National Workgroup – Co-chair, 2016 – 2019.

Kansas to Kenya (K2K) – Provided maternal and child nutrition and health education to women in rural Kenya, summers, 2008 - 2016. Participated on both K2K medical team and community team in 2014.

<https://www.youtube.com/watch?v=c6XsM2OjQ4A>

KSU Honor Council, Faculty member, 2010 – 2011.

*James R. Coffman Honor Council Award* for Outstanding Service to the KSU Honor Council. 2010 – 2011

*Diversity Award* -- EFNEP programming-- K-State Research and Extension, 2001.